

## Research

### Reiki Research

#### **Reiki and science**

As with other types of complementary and alternative medicine (CAM), the scientific community currently regards Reiki as an unproven method. However, there have been many promising pilot studies into the effects of Reiki, reported in peer-reviewed journals. Based on the evidence so far, Reiki is used in several hospitals, alongside conventional medicine, as part of a comprehensive approach to patient care.

## Reiki surveys

### 2020 Reiki survey

**In 2020 Elaine Hamilton Grundy, The Reiki Centre, accomplished a Reiki survey with 1280 respondents from over 68 countries.**

The key findings of the report showed:

- 1. Reiki is a Proven Tool to Increase Wellness and Decrease Stress**
- 2. Most Significant Benefits seen in Supporting Mental/Emotional Well-being**
- 3. Reiki helps Physical Health and Lifestyle changes too**
- 4. The Key to Success is a Regular Reiki Self-practice**
- 5. Online or Face to Face Reiki Education is Equally Effective**
- 6. Shorter Time spent in Reiki Education is Trending**
- 7. Recommendations for the Reiki Teacher Community**

Read the full report 2020 GLOBAL REIKI SURVEY here:

<https://www.reiki-centre.com/2020-reiki-survey>

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### 2010 Reiki survey

**In 2010 Elaine Hamilton Grundy accomplished a Reiki survey with 546 respondents from over 20 countries.**

The key findings of the report showed:

- 87% of people noticed more peace after Reiki
- 80% noticed more happiness
- 80% experienced less stress
- 75% were less anxious or worried
- 73% were less angry

The key criteria for successfully utilizing Reiki is the amount of self-Reiki administered. Reiki is a cumulative therapy; the more hours of self-Reiki the respondent does, the better the results they report.

Read more about this survey, click on the link [www.reikireport.com](http://www.reikireport.com)