



Intention-Specific Reiki vs. Simple Relaxation Quantifying the Effects on Human System Biofields

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Objectives: The main purpose of this study was to measure the effect of a single session of Reiki on physical and nervous biofield system health as compared to a relaxation control session in a small cohort of 20 individuals.

Methods: The study design was a randomized, two-round, crossover, pilot study to evaluate the bioenergetic effect of Reiki performed with specific intent between Reiki practitioner and subject as compared to a relaxation session of the same time duration using the Biofield Energy Systems Technology (BEST) Scan.

Results: Each of the 20 subjects completed both a Reiki and relaxation session of the same duration. Statistically significant improvements were observed for all Reiki physical outcome measures: Cardio, $p=3.45e-5$; GI, $p=4.90e-4$; Hep, $p=0.028$; Ren, $p=2.60e-4$; Resp, $p=1.84e-5$. The Reiki autonomic nervous system measurements also had significant outcomes: Cardio, $p=1.34e-5$ and Resp, $p=1.61e-5$, while the remaining systems did not achieve significance. The relaxation sessions' physical measurements also produced significant outcomes for all systems except Hepatic, $p=0.079$ with Cardio, $p=0.003$; GI, $p=0.010$; Ren, $p=0.034$; Resp, $p=0.022$. Relaxation autonomic nervous system measurements had significant results for Cardio, $p=0.004$; Ren, $p=0.023$; and Resp, $p=0.004$ while Hep, $p=0.223$, and GI, $p=0.06$ were not significant.

Conclusions: The results from this double cross-over study suggest that a single session of Reiki improves multiple variables related to physical and autonomic nervous biofield system health, and in direct correlation to the intentions held by the Reiki practitioner to a highly significant degree as compared to a relaxation session of the same duration.