



## **Initial Explorations of Meditation Practice in Reiki**

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**Objective:** The project was developed to ascertain whether Reiki practitioners viewed meditation as a means of enhancing their Reiki practice.

**Methodology:** The project was approved through the UK Reiki Federation research ethics process. The survey was in two parts. Part one asked demographic questions and consisted of 7 questions, whilst part two asked about meditation practice and Reiki and consisted of 10 questions. The average time taken to complete the survey was 4 minutes 15 seconds. SurveyMonkey was used to collect the data for 6 months from July 2023 to January 2024. The survey was promoted through email and social media channels with a global reach.

**Results:** Two hundred and eighty-eight Reiki practitioners responded to the survey. Of those, 31.82% were aged between 45-54 years, and 33.22% were aged between 55-64 years. There were 89.90% identified as female, 78.93% as White English/Welsh/Irish, 78.29% resided in the UK and 73.87% were members of the UK Reiki Federation. Ninety-five percent practiced meditation and 33.58% meditated between 2-5 times a week. Multiple types of meditation were reported, the most popular were mindfulness (65%), guided (56%) and gassho (53%). Eighty-nine percent felt that meditation increased their connection to Reiki, 85% believed it increased their ability to channel Reiki, whilst 92.91% believed it enhanced their ability to connect to Universal energy.

**Conclusion:** Several types of meditation, many not linked directly to Reiki, were practiced by the majority of practitioners and some considered meditation to be central to Reiki practice.