Electric Relaxation: Evaluating the Effectiveness of Reiki and AI-Generated Video Content on Relaxation, an EEG-Based Study

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Objectives: This study aimed to investigate the effects of Reiki on participants and the potential ability of Artificial Intelligence (AI) to assist humans in relaxation; comparing the relaxation effects of Reiki therapy to AI-generated video content, using electroencephalogram (EEG) measures to quantify changes in relaxation levels. The goal was to identify which modality most effectively promoted relaxation and whether AI-generated content could emulate or surpass relaxation induced by Reiki.

Methods: The participant received Reiki (virtually and in-person) from an Usui and Karuna Reiki Master Teacher. Virtual Reiki was offered via Zoom and through a proxy. EEG data was collected to measure brainwave patterns indicative of relaxation, including alpha and theta wave activities during the Reiki sessions. The participant shared how he felt before and after the treatment to assess his relaxation levels and perceptions of the life-force energy. This baseline measure of relaxation is then used to compare the three distinct video AI models to determine which outputs more relaxing videos.

Results: The results showed that there were constant and consistent relaxation levels during the Reiki sessions. These measures can then be used to help AI models generate more relaxing output.

Conclusions: This study provides evidence that Reiki can be an effective tool for teaching AI how to create relaxing output. Further research is needed to explore the AI models (i.e./video) trained on synthetic relaxation data which humans can utilize to relax and compare those results with the Reiki data. Thus, integrating Reiki with AI technologies to enhance well-being.