



## Reiki for Parkinson's: Integrating Visual Images from PD Science

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**Objective:** This paper presents a long-term informal case study with the author's husband, who was diagnosed with Parkinson's Disease (PD) in 2022 at 86 years old. To enhance symptom alleviation while practicing classical (American) Usui Reiki for him, the author coordinated hand movements with silent visualization of techno-scientific images of physical sites of neuromuscular degeneration.

**Methods:** As a professional cultural anthropologist, the author used participant observation skills while practicing Reiki for routine and urgent home care about once or twice/week for over three years. Reiki energy sent into the receiver's biofield was shaped and focused using images of brain structures (substantia nigra, glial cells, dopaminergic neurons) and circuits (phrenic nerve - diaphragm). Integration was bidirectional: scientific data led to new Reiki visions, and Reiki diagnostic intuition led me to lesser-known byways of PD science.

**Results:** Targeting PD-specific neuropathies within classical Usui and other Reiki practices alleviated tremors, "shortness of breath" (i.e., diaphragmatic flutter and air hunger) and anxiety. The receiver repeatedly reported feeling deep relaxation at sessions' close. The author clearly observed calming of tremors and breath during sessions, sensed that aftereffects continued for one-two hours, and hypothesized that Reiki enhanced a sense of well-being that slowed disease progression.

**Conclusion:** Integration of techno-scientific imagery into Reiki practice can reduce the suffering associated with common PD symptoms. This finding can provide the basis for a quasi-experimental design to objectively test its reliability for use in homes and hospitals.