



Healing Presence in Reiki Practitioners: Evidence for Interpersonal and Experiential Aspects

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Objective: The aim of this study was to examine the psychological, spiritual, and experiential characteristics associated with healing presence among Reiki practitioners and to better understand the nature of healing presence.

Materials and Methods: An international cross-sectional online survey was conducted among Reiki practitioners. The survey was distributed worldwide through Reiki networks and social media platforms. Participation was voluntary, and informed consent was obtained electronically. A total of 1,019 responses were received, of which 602 completed surveys were included in the analyses. Participants completed self-report measures assessing demographic characteristics, Reiki practice, and psychological, spiritual, and experiential variables relevant to healing presence. Descriptive statistics, correlation analyses, multiple linear regression, and exploratory factor analysis were performed to investigate factors associated with healing presence. Statistical analyses were conducted using R.

Results: Healing presence was positively associated with universal love, spirituality, nondual awareness, noetic beliefs, and extraordinary experiences during Reiki sessions. Multiple regression analyses showed that universal love and experiential phenomena during Reiki were significant correlates of healing presence. Exploratory factor analysis supported a two-factor solution, suggesting that healing presence comprises distinct interpersonal and experiential aspects. Nondual awareness showed associations with both factors, suggesting that it may act as a bridge between these two dimensions.

Conclusions: These findings suggest that healing presence is a multidimensional construct comprising both interpersonal and experiential aspects. Nondual awareness may represent a bridge between these dimensions, providing a preliminary framework for understanding healing presence among Reiki practitioners.