



EEG Correlates of a Reiki Sender-Recipient Dyad: A Randomized Single-Case Pilot Study

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Objective: To assess EEG changes in Reiki practitioner and student recipient during eyes-open (EO) and eyes-closed (EC) sessions, as well as randomized recipient blind sessions of send/receive or self-Reiki/relaxing.

Methods: 8-channel EEG recordings were made of a 74-year old male experienced Reiki teacher/practitioner (R) and a female collaborator/recipient (C) unfamiliar with Reiki. Conditions included eyes-closed and eyes-open baselines and six interleaved 2-minute Reiki runs: three self-directed, three directed at C. Analysis was carried out twice, once by neuroscientists and once with the aid of Anthropic's Claude.

Results: (1) The practitioner showed a large, highly significant occipital alpha-power increase with eyes closed relative to eyes open (channels O1, O2; Cohen's $d = 0.69-0.88$, FDR-corrected $p < 10^{-16}$), consistent with experienced meditators; the recipient showed no comparable effect ($d = 0.00-0.09$). This result was replicated across multiple epoch lengths and independent alpha sub-bands.

(2) Session-level comparisons between send-Reiki and self-Reiki conditions showed one session-comparison cell with a stable, consistent-direction effect across both session halves, i.e., the recipient's delta-band power at O2 (higher during receiving sessions), with the practitioner's alpha/O1 and the recipient's delta/Fz as weaker, second-half-driven candidates.

Conclusions: According to one case study, Reiki practice appears to result in alpha-power increases similar to that of experienced meditators. Distant Reiki directed to a recipient unfamiliar with Reiki resulted in higher recipient's delta-band power at O2. Tentative other distant Reiki effects, on the second half of sessions, include increases in practitioner's occipital alpha and recipient's frontal delta. Larger follow-up studies seem warranted.