



Recalibrating Autonomic Balance in the Digital Age

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Objective: To propose a Reiki-centered integrative framework for addressing autonomic nervous system (ANS) dysregulation associated with chronic mobile technology exposure and to align subjective stress regulation with measurable physiological outcomes.

Methods: This conceptual and translational model synthesizes peer-reviewed literature on heart rate variability (HRV), vagal tone, digital stress exposure, posture-related neurophysiology, and Reiki-based biofield interventions. The framework integrates metered mobile technology exposure, slow diaphragmatic breathing (approximately 5–6 breaths per minute), postural realignment, and Medical Reiki as a primary biofield intervention.

Results: Existing evidence suggests that slow breathing improves HRV and parasympathetic activation, while Reiki interventions are associated with reduced perceived stress, anxiety, and physiological arousal. The proposed model anticipates reduced baseline sympathetic overactivation and improved autonomic recovery when these practices are combined. It also offers a translational bridge between experiential energetic shifts and objective physiological markers relevant to Reiki research.

Conclusions: Medical Reiki may serve as a clinically relevant complementary modality for restoring autonomic balance in the context of modern digital stressors. By pairing Reiki with measurable indicators such as HRV and stress biomarkers, this framework supports the advancement of evidence-informed Reiki practice and research within integrative healthcare.