

Reiki and Physical Healing

Reiki Practitioners make no claims around cure of physical illness or disease – healing at whatever level is accomplished by the recipient. Similarly, a nurse or doctor might repair a deep cut by cleaning and then stitching the wound closed, but the healing of the wound, tissue-knitting etc all comes about because the injured person does the healing.

Reiki is simply a resource the human body can utilise which may accelerate healing, and improve mood/reduce stress. As for research, there have been some studies over recent years – and links are provided below.

Questions can be directed to Sue Lake-Harris by using reiki@suelakeharris.com. She'd be happy to help...

Studies on Reiki as a Therapy

These studies are available via the US Library of Medicine / National Institutes of Health.

Topics and links to Abstracts appear below. From the Abstract pages, full versions of the studies can be accessed.

Effects of Reiki on Post-cesarean Delivery Pain, Anxiety, and Hemodynamic Parameters: A Randomized, Controlled Clinical Trial.

<https://www.ncbi.nlm.nih.gov/pubmed/26025798>

Reiki's effect on patients with total knee arthroplasty: A pilot study.

<https://www.ncbi.nlm.nih.gov/pubmed/26760383>

Reiki Reduces Burnout Among Community Mental Health Clinicians.

<https://www.ncbi.nlm.nih.gov/pubmed/26167739>

Reiki Is Better Than Placebo and Has Broad Potential as a Complementary Health Therapy.

<https://www.ncbi.nlm.nih.gov/pubmed/28874060>

Reiki for Pain During Hemodialysis: A Feasibility and Instrument Evaluation Study.

<https://www.ncbi.nlm.nih.gov/pubmed/30170509>

Effects of Reiki on Pain and Vital Signs When Applied to the Incision Area of the Body After Cesarean Section Surgery: A Single-Blinded, Randomized, Double-Controlled Study.

<https://www.ncbi.nlm.nih.gov/pubmed/27763932>