

MEASURING REIKI HEALING - MYSTERY, PLACEBO, OR REAL ENERGY HEALING?

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Abstract

Hand healers (called Reiki Healers) and their patients were measured with sensitive patented equipment before and after treatment. The measurements proved that indeed energy has been transferred from the hand healers to the patients. The most substantial result was: not only is the energy of the patients higher and better balanced after healing; the energy of the healers is always higher and better balanced. This proves that the Reiki healers don't use their energy to heal. They channel energy. Indeed, Reiki Healers means Universal-Energy Healers. We found that they channel either magnetic energy from the earth or electric energy from the atmosphere. The greatest advantage of this type of healing is that it can be used for prevention. Energy imbalance could be detected 5-7 years before the symptoms of the disease would appear. If the energy is balanced by using energy healing or acupuncture, the symptoms of the disease would never appear, and the disease would be prevented.

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1. Introduction

Reiki (Hand) Healing was first introduced to the western world by the Buddhist monk Usui and skeptically accepted by both, scientists and medical doctors. Are these "healers" doing something by laying their hands on patients or the patients just imagine

they are feeling better? Is this a placebo effect? By measuring with sensitive equipment the body energies of both the healer and the patient, this article shows that there is a transfer of energy.

'Rei-Ki' means 'Universal Energy' and the Reiki Masters claim that they don't use their body energy to heal; they channel universal energy, which passes through their hands and enters the patient's body. They claim that some of the channeled energy remains in their bodies and goes mainly to fill the places with low energy, which are sick or going to be sick. In this way, by healing others they heal themselves.

Honestly, at the beginning I doubted their statements. I was trying to explain to them that if hot and cold bodies were put together, the cold body would gain some energy and warm up, while the hot body would lose some energy and cool. The same should be the case with their hand healing.

If energy is transferred to the patients during hand healing, the patients must gain some energy and the healers must lose some energy, for which they would compensate later on. It was difficult for me to believe that the hand healers channel universal energy during the healing and heal themselves.

I decided to measure to prove them wrong, but first I had to find a way to measure the energy transferred from the Reiki healers to the patients. If the energy is electromagnetic, both electric and magnetic measurements should be able to give me the desired information. Since magnetic measurements require shielding, I decided to use electric measurements.

2. Historic Background

Dr. Herold Saxton Burr, professor at the Yale University School of Medicine, first suggested in the 1930s that diseases could be detected in the energy field of the body before the physical symptoms would appear. Also, he proposed in 1932 an electrodynamic theory of development [1]. In 1935 he published with F.S.C. Northrop an article: *The Electrodynamics Theory of Life* [2]. In 1936 he published with C.T. Lane and L.F. Nims the article: *A Vacuum Tube Micro-voltmeter for Measurements of Bioelectric Phenomena* [3]. In 1962 he wrote the book: *The Nature of Man and the Meaning of Existence* [4]. In 1973 he wrote the book: *The Fields of Life* [5].

Dr. James Edward Zimmerman [6], who coined the word SQUID, when working at the National Bureau of Standards, measured with SQUID people doing hand healing called 'therapeutic touch'. He measured pulsating biomagnetic field emitted from their hands with frequency between 0.3 and 30 Hz. He observed the following phenomena: when the healers connect themselves to the Earth's magnetic field, the right and left hemispheres of their brain become balanced and show alpha rhythm with frequency 7.8 - 8 Hz. He found that the electromagnetic emission of their hands have the same frequency of pulsation.

3. Body Energy and Acupuncture Meridians

The energy balance of our body determines our health. The body energy circulates along a system of acupuncture meridians. They are chains of acupuncture points, which are electrically conducting ellipses oriented with their long axes along the chain. These conducting ellipses are imbedded in the semi-conducting tissue of our body [7]. The acupuncture meridians are usually vertical straight lines running in front upward and on the back downward.

Dr. Hiroshi Motoyama (Japan) first measured the acupuncture meridians of a Reiki Healer and his patient before and after Reiki healing [8], [9]. He found that both patient and healer had different energy after the healing, but his findings did not provide straightforward answer for only one-way energy transfer from healer to patient.

Dr. Motoyama [8], [9] claimed that in some cases the healer's meridian for a particular organ was lower after healing. Also, it seemed that after healing the heart meridian of the healer usually had higher energy, but the results were not persistent. Probably, his measuring equipment did not have the needed sensitivity and accuracy. Obviously, I needed to re-measure, but first I had to built equipment with high sensitivity and accuracy.

2. Method

To measure the energy changes, which Reiki healing creates in the body, I needed noninvasive equipment with high sensitivity. Such equipment was created and patented. The measuring system, beside measuring equipment with certain number of specially designed electrodes, included multi system analyzer, and a computer. The measurements were done before and after each Reiki healing and both healers and patients were measured.

Software explains at which body points the energy must be measured and where to measure the functional energy of heart, solar plexus, stomach, colon, etc. The most frequently used acupuncture points were chosen to provide adequate information about the state of health or disease of the organs and the body. Measurements were also done along the backbone, which reflect the balance or imbalance of the vertebrae and

the state of the neurons exiting between them, which innervate different body parts (and organs).

I decided to measure to prove the Reiki Masters wrong because I didn't believe their energy would be higher after healing session. However, surprisingly the measurements proved them right.

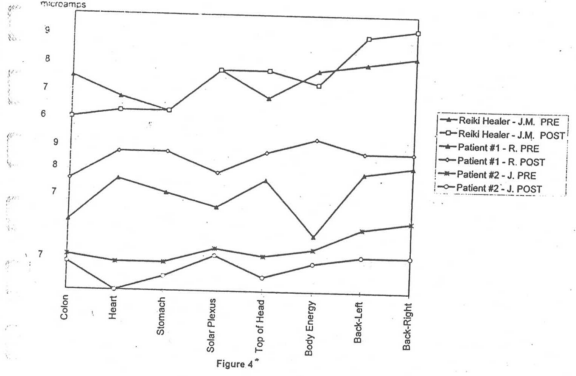
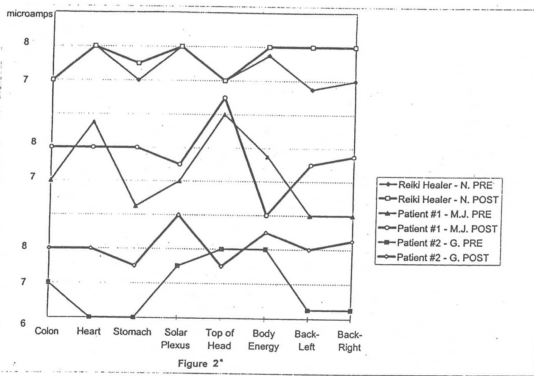
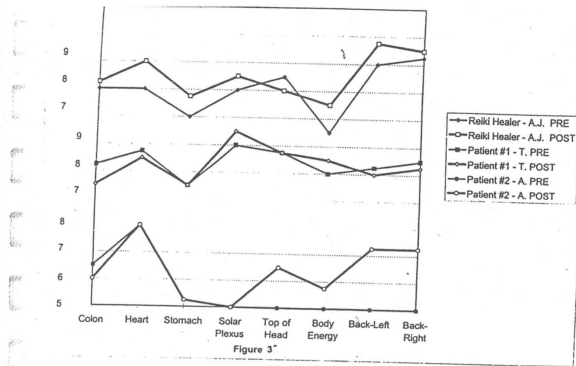
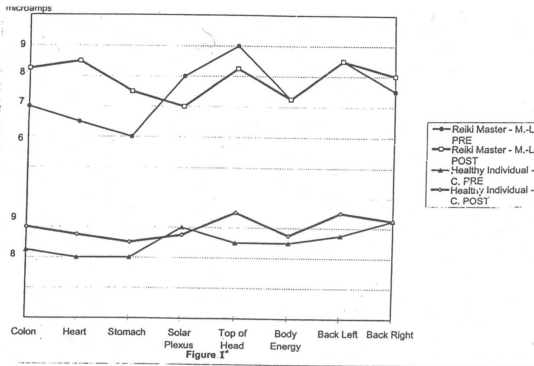
3. Results

Our patented high sensitivity energy meter was measuring subtle electrical characteristics of the human electromagnetic field. Our measurements did not detect any energy decrease in organs of the healer after healing, as Motoyama reported [8], [9]. Opposite to this, the total energy of the healers increased after healing and the increase was maximal in the organs with low energy, which were sick or going to be sick. This proved the Reiki Masters right when claiming that by healing others they heal themselves.

The difference between our measurements and that of Dr. Motoyama [8], [9] could be caused by: using measuring equipment with not enough sensitivity, or measuring not adequately trained Reiki Healers. We measured the students of Reiki Master Mary Lou, who were well trained to channel energy, and our results were consistent. We did later a lot more measurement on her students, studying the effect of crystals, effect of channeling, effect of colors, etc. and repeatedly received consistent meaningful results.

Fig. 1, Fig. 2, Fig. 3 and Fig. 4 reflect the measurements of four Reiki Healers and their patients before and after Reiki healing sessions. These figures are the

graphics seen on the screen of the computer. It was a blind experiment, nothing was known a priori about the healers or their patients.



Healer #1

The top two curves on Fig. 1 represent the energy balance of Reiki Master Mary Lou. The bottom curve PRE reflects her measurements before the healing session and top curve POST after it. From these curves one can see that her energy substantially increased after healing, which proves that she did not use her energy to heal. If her energy is higher after healing, this means that a third source of energy was

involved. Thus, our measurements proved that the claim of the Reiki Healers that they channel Universal energy seem to be right.

Our measurements also proved that the channeled energy fills first the organs in the healers' body with lowest energy, which will become sick. The low energy reading of the stomach and back of Reiki Master Mary Lou before the healing session indicates digestion and spinal problems. Indeed, when asked after the measurements, she confessed that she has food allergies and some back pain.

As one can see from her top (POST) curve in Fig. 1, after the Reiki healing session the energy of her stomach and back were much higher, which means her stomach and back were better. Therefore, the hand healer benefited from the healing session as well. Probably, the reason she was having only minor health complains was, she was doing a lot of hand healing, which was improving her energy balance.

Perfect health means perfect energy balance represented graphically by a straight horizontal line [4]. From the graphic, it is clear that after healing the energy balance of Reiki Master Mary Lou had improved, but it was still far from a straight line. If you look at the energy balance of the person Charlie she treated, you will see her far-from-perfect 'balance' imprinted on his energy balance. This explains why Reiki Masters always teach: "Balance yourself first before doing any Reiki healing!"

The lower two curves reflect the energy balance of Charlie, who was treated by Reiki Master Mary Lou. One can see from his energy balance before the treatment (bottom curve PRE), which are close to a straight horizontal line, that he was a healthy individual [4]. After Reiki Master Mary Lou treated him, his balance is even better (see top curve POST) because the line of his energy balance is even closer to a straight line [4]. Therefore, even a healthy individual can benefit from a Reiki treatment, which will

increase his energy balance and thus improve his health. The rest of the Reiki Healers (#2, #3, and #4) were students of Reiki Master Mary Lou.

Healer # 2

The top two curves in Fig. 2 represent the energy balance of Reiki Healer Norm. The low readings of his stomach and back before the healing session (bottom curve PRE) indicate digestion and low back problems. Later conversation with him confirmed that he has digestion problem. It was recently found that he has gluten intolerance and gluten-free diet helped him feel better. He said doing Reiki healing helps him feel better, too.

His measurements after the healing (top curve POST) confirm his statement - the energy reading of his stomach and low back were higher after the healing, which proves that by healing others the Reiki Healers heal themselves. He explained that his low back troubles are old - he even had surgery in the past, which temporary helped, but now he is having pain again. Doing Reiki to others really helps [10].

Both his patients M. J. and G. happened to have low energy readings of stomach and back (low curves PRE) and both of them showed improvement after Reiki healing (see top curves POST). However, while after the healing the POST energy balance of patient G. is closer to straight line (health balance), the health POST curve of M. J. is still very much out of balance regardless of the substantially improved energy readings of her stomach and back.

The reason for this was: the patient M. J. had serious pathological problems: obesity, hormonal imbalance, and a lot of health complaints. She obviously needed a lot of healing work done for substantial improvement [10].

Healer # 3

The top two curves on Fig.3 represent the energy balance of the Reiki Healer Ann J. Bottom curve (PRE) reflects her measurements before the healing session and top curve (POST) after it. The low reading of her body-energy point TE6 indicates exhaustion, while the low energy reading of her stomach point indicates digestion problems. After the measurements, she confessed that she felt very exhausted before the healing session began. For this reason, her first patient T. did not show substantial improvement.

However, Ann obviously felt recharged after the first healing session because her top (POST) curve shows higher energy reading of her body-energy point TE 6 and increase of her total body energy and balance, i.e. after she did the first healing, her energy was recharged and her energy balance was closer to a straight line [10].

Since she was energetically recharged after the first Reiki healing, no surprise the healing effect of her second Reiki healing (top of the bottom curves) was much stronger. This patient had flu and felt very miserable, which explains her very low energy readings before the treatment. After the healing session, however, her energy substantially improved and she said she felt much better.

Healer #4

The top two curves on Fig. 4 represent the energy balance of the Reiki student Jim, who was still studying Reiki with Reiki Master Mary Lou. Bottom curve (PRE) reflects his measurements before the healing session and top curve (POST) after it.

Compare the energy curves of this healer before and after healing session with the energy curves of the rest of the healers and you will immediately see that, while after healing their energetic balance improved (becoming closer to a straight line [10]), the energy balance of Jim #4 was worse after the healing.

The energy curves of the patients treated by Jim are plotted underneath. From these curves it becomes obvious that 'healer' Jim picked the energy pattern of his patient # 1 (middle curves), which made him more imbalanced. As a result of this, his second patient also had lower energy after the treatment and was more imbalanced.

When I plotted the graphics (at the beginning our system was not computerized yet), I called Reiki Master Mary Lou and told her that there was something wrong with Jim's 'healing'. She said, she already knows about this. After the healing session was over, Jim went to her complaining about inflicted back-pain and she had to treat him for this. Once he picked the energy pattern of his patient #1, he picked his health troubles and pain.

4. Discussion and Conclusions

Before the measurements, I expected to see that during Reiki Healing the interactions between healers and patients are on the principle of give and take, i.e. if the patients were gaining some energy, the healers would be losing some energy, which they would eventually replenish later on. However, the first obvious thing in the figures is, both patient and healer energetically benefit from the healing session – the healers' energies are higher and their energy balance is better (closer to a straight line, which means perfect health) [10].

There could be only one explanation to this - the Reiki healers are not using their own body energy to heal. The fact that their energies have increased after healing and their energetic balance has improved means that there is a third source of energy, from which they draw. Since the Reiki healers claim they channel universal cosmic energy to heal, and the energy measured at the top of their heads increased after healing, maybe indeed they channel cosmic (Universal) energy to their patients. Only by accepting this, can we explain the fact that when channeling this Universal energy they benefit from it too.

Measurements of the human electromagnetic field show that it has the form of a donut with a very narrow hole in the middle with one opening on top of the head and another at the tailbone. The donut-shaped field is spinning and the two openings are vortices, through which humans can suck energy – electrical energy from the atmosphere or magnetic energy from the earth. (Interestingly, the electromagnetic fields of our planet and Sun have the same torus shape.)

Our measurements also showed that Reiki Healing could be done wrong, if the healer does not follow exactly the recommendations of his Reiki Master. Instead of channeling universal cosmic energy, he can pick the body energy pattern of his patient (Fig. 4) and his patient's troubles and pain. This was the case with Jim (Fig. 4). He needed treatment from his Reiki Master to get rid of the inflicted pain.

This means that the Reiki Healers should be specially trained and should strictly follow the channeling and healing procedure recommended by their Reiki Master. This could be one of the reasons why Dr. Motoyama [8], [9] could not get consistent repeatable results.

Our measurements also showed why the recommendations of the ancient Reiki Masters: "balance your energy first before doing any hand healing" should always be followed. Looking at the energy curves of the three hand healers presented in Fig. 1 – Fig. 3, one could see that when the healer was not balanced, his imbalance became imprinted on the energy balance of the treated person.

The greatest advantage of energy healing is: it can be used for prevention. Energy imbalance precedes the symptoms of each disease and if the energy is balanced through energy healing with hands or acupuncture, the symptoms of the disease would never appear, and the disease would be prevented.

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