Reiki at Virginia Tech

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Outline

- **Background:** Terminology, Training, Acks
- Why Reiki?
- Reiki Practice
- Research Projects at VT
- For more information: Club, References
- Questions
- Demonstrations
Terminology

- **Reiki** = “universal life energy” (rei + ki)
- **Mikao Usui** = founder of Reiki, associate / contemporary of those who founded karate and akido
- **RMT** = Reiki “Master/Teacher”
- **Levels** = 1, 2, 3 (at which point can teach)
- **Attunement** = process of learning Reiki (tuning in, so you can channel energy)
DC Reiki Center

Edward Fox

has attained the
THIRD DEGREE
in the
USUI REIKI SYSTEM of NATURAL HEALING

Nelson R. Jacobsen
Certified Master Teacher
By Veronica L. Vela

Feb. 10 2003

Certified this day
Experience with “Energy Work”

- Acupressure since 1979 (“Touch for Health”)
- Reiki: 100s of attunements, 1000s hours practice
- Worked with RMTs in a number of countries:
  - Brazil
  - China
  - England
  - Germany
  - Greece
  - India
  - Italy
  - Malaysia
  - Russia
  - USA
Acknowledgments: VT

- **Vet School:**
  - Front office staff
  - Ryan Gorbutt
  - Cindy Hatfield
  - Elise Reardon Powell
  - Jeanette Shires
  - Peter K. Shires
  - Marie Suthers-McCabe

- **Rest of Campus:**
  - Karen Duca (VBI)
  - Bettina Heid (VBI)
  - Ming Luo (Club)
  - Renee Nester (CS)
  - Lucy Nowell (alumnus)
  - Hardus Odendaal (EE)
  - Sarah Penich (VBI)
  - Rao Shen (Club)
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Why Reiki?

• Reiki is very easy to learn; anyone can do it.
• Those trained can help themselves and others (including animals and humans).
• It can promote health, healing, and emotional/mental/spiritual development.
• It can lead to benefits of acupuncture, hatha and kundalini yoga, homeopathy, qigong, and other types of “energy medicine”.
NCCAM Clinical Trials

- Efficacy of Reiki in the Treatment of Fibromyalgia ✓
- Effects of Reiki on Painful Neuropathy and Cardiovascular Risk Factors ✓
- The Use of Reiki for Patients with Advanced AIDS ✓
- Reiki/Energy Healing in Prostate Cancer
- Effects of Reiki on Stress

- http://clinicaltrials.gov/search/term=(NCCAM)+%5BSPONSOR%5D+(reiki)+%5BTREATMENT%5D?recruiting=false
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Terms related to “Energy”

- Aura
- Biological energy (Wilhelm Reich)
- Chi, Ki, Qi (China, Japan)
- EMF (electromagnetic force)
- HEF (human energy field)
- Huna (Hawaii)
- Prana (India)
- Spirit (Jesuit translation of Chinese “Qi”)
- Vital force (homeopathy)
Measurement of “Energy”

- Electrocardiogram, electroencephalogram
- Magnetoencephalograph, SQUID
- Galvanic skin response (acupoints)
- Kirlian photography
- Gaseous Discharge Visualization (GSV)

- Or by skilled human practitioners:
  - Reiki, Traditional Chinese Medicine (e.g., pulse check), Therapeutic Touch
## Chakras vs. Nervous System

<table>
<thead>
<tr>
<th>Number, Gland</th>
<th>Chakra</th>
<th>Nervous System</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 pituitary</td>
<td>Crown</td>
<td>Brain upward</td>
</tr>
<tr>
<td>6 pineal</td>
<td>Brow (3&lt;sup&gt;rd&lt;/sup&gt; eye)</td>
<td>Brain</td>
</tr>
<tr>
<td>5 (para)thyroid</td>
<td>Throat</td>
<td>Cervical plexus</td>
</tr>
<tr>
<td>4 thymus</td>
<td>Heart</td>
<td>Cardiac plexus</td>
</tr>
<tr>
<td>3 pancreas</td>
<td>Solar plexus</td>
<td>Solar plexus</td>
</tr>
<tr>
<td>2 gonads</td>
<td>Hara (center)</td>
<td>Pelvic plexus</td>
</tr>
<tr>
<td>1 adrenals</td>
<td>Root</td>
<td>Sciatic plexus</td>
</tr>
</tbody>
</table>
Chinese: Acupoints, Meridians

1. Governing Vessel
2. Large Intestine
3. Conception Vessel
4. Kidney
5. Pericardium
6. Heart
7. Stomach
8. Kidney
9. Spleen
10. Liver
11. Lung
12. Gall Bladder
13. Bladder
14. Governing Vessel
15. Bladder (Inner Line)
16. Bladder (Outer Line)
17. Small Intestine
18. San Jiao
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Usui Reiki Principles

Version a: For today only

• anger not,

• worry not.

• Be humble, and

• With Gratitude work on yourself.

• Be Compassionate.

Version b: Just for today

• do not worry,

• do not anger.

• Treat others with respect and forgiveness.

• Work with integrity.

• Be grateful.
Gassho

Gassho is a common practice in many eastern traditions, holding the hands clasped in a “prayer position” at about the level of the chest.

It is called "Namaste" in the Indo-Tibetan traditions.

In Reiki, Gassho is formally practiced by sitting on the floor or on a chair, with the eyes closed.

The hands are in the prayer clasped position with the fingers touching in front of the chest; this completes the meridians that terminate in the hands.
Attunement

• Opens Chakras:
  – Crown, Brow, Throat, and Heart Chakras
  – Hand Chakras – to heal self / others

• Teacher:
  – transmits energy so student will “tune in”
  – walks to back and front
  – affirmations that student becomes attuned

• Student:
  – hands in “prayer position”
  – “return” when ready, drink extra water
Reiki hand positions
chart by Peggy Jentoft
2001
History

• August 1865: Mikao Usui born in Gifu prefecture in Japan
• March 1922: Usui experienced spiritual awakening at 3rd wk fasting Mt. Kurama, Kyoto; named healing as Reiki Ryoho
• March 1926: Usui-sensei passed away in Fukuyama
• Chuijro Hayashi (1879-1940)
• Western Reiki: Hawayo Takata (1900-1980), Phyllis Furumoto, …
IARP Code of Ethics

Code of Ethics for Registered Practitioners

The Registered Practitioner (RP) agrees to:

1. Abide by a vow of confidentiality. Any information that is discussed within the context of a Reiki session is confidential between the client and the Practitioner.

2. Provide a safe and comfortable area for client sessions and work to provide an empowering and supportive environment for clients.

3. Always treat clients with the utmost respect and honor.

4. Provide a brief oral or written description of what happens during a session and what to expect before a client's initial session.

5. Be respectful of all other's Reiki views and paths.
6. Educate clients on the value of Reiki and explain that sessions do not guarantee a cure, **nor are they a substitute for qualified medical** or professional care. Reiki is one part of an integrated healing or wellness program.

7. Suggest a consultation or **referral to qualified licensed professionals** (medical doctor, licensed therapist, etc.) when appropriate.

8. **Never diagnose or prescribe.** Never suggest that the client change prescribed treatment or interfere with treatment of a licensed health care provider.

9. Never ask clients to disrobe (unless in the context of a licensed massage therapy session). Be sensitive to the boundary needs of individual clients. Do not touch the genital area or breasts. Practice **hands off healing** of these areas if treatment is needed.

10. Be **actively working on your own healing** so as to embody and fully express the essence of Reiki in everything that you do.
What Can Reiki Do?

- Sense energy “blockages”
- Clear an acupoint
- Clear a meridian
- Clear a chakra
- Clear the aura
- Speed up healing
- Help calm, relax, reduce pain
- Non-invasive help to body internals
  - Work on an organ or gland
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Sponsored Research Project

• Sponsor: Argyll Foundation
• Title: Relief for Canine Hip Dysplasia Related Pain through Reiki
• PI: Marie Suthers-McCabe
• Co-PIs:
  – Peter K. Shires
  – Edward A. Fox
• Data collected – yet to be analyzed, published
Initial Vet School Project

- Selection: 2 years, 40+ lbs., “arthritic hip”
- Force-plate lab (immediate measurement)
- Video record of dogs walking
- Screening: clinical exam, blood test, X-ray
- Treatment: 1 hour of Reiki
- Repetitions: 3 times, 3 week intervals
- Other observations:
  - Daily record by owner
  - Final examination at end of project
- Sample: 6 each, control vs. treatment
Other VT Studies

• Tissue cultures (Duca)
  – Hampster cells cultured in Petri dishes
  – Exposed to virus
  – Reiki: before, 1 day, 2 days, 3 days
  – Chart spread of virus vs. control

• Infrared videography (Odendaal)
  – Hand chakra
  – Rapid rise in skin temperature
  – Local and distant treatment
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VT Reiki Club

- https://secure.hosting.vt.edu/www.reiki.org.vt.edu/
- reiki@vt.edu
- Wednesdays, 6-8pm, Squires
- Open to public
- Free “treatments” and “attunements”
Reiki References - Getting Started

Reiki References - Intermediate

Reiki References - More Advanced

Reiki References - Historical


Related References - Healing

Related References - Healing (cont.)

Related References - Science

Related References - Animals


Reiki Web Sites

• [http://fox.cs.vt.edu/reiki.htm](http://fox.cs.vt.edu/reiki.htm) - my Reiki site, pointing to many sites

• [http://www.iarp.org](http://www.iarp.org) - the International Association of Reiki Professionals, of which I am a member.

• [http://pjentoft.com/0Reiki.html](http://pjentoft.com/0Reiki.html) - good manuals and reference material.
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