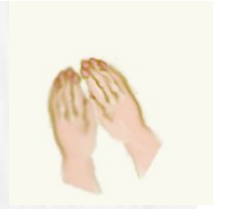


靈  
氣



# Reiki at Virginia Tech

**Edward A. Fox**

Faculty Advisor, VT Reiki Club

Member, IARP (Int'l Assn. Reiki Professionals)

Professor, Dept. of Computer Science, VT

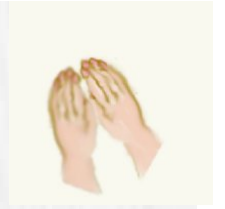
fox@vt.edu, <http://fox.cs.vt.edu/reiki.htm>

January 26, 2007

# Outline



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



# Terminology

- Reiki = “universal life energy” (rei + ki)
- Mikao Usui = founder of Reiki, associate / contemporary of those who founded karate and aikido
- 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

ESSE QUAM VIDERI TO BE RATHER THAN TO SEEM

Edward Fox

has attained the

**THIRD DEGREE**

in the

**USUI REIKI SYSTEM of NATURAL HEALING**



*Nelson R. Jacobsen*

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



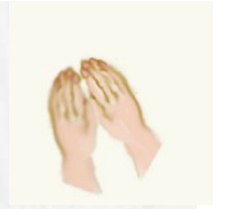
- **Vet School:**

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

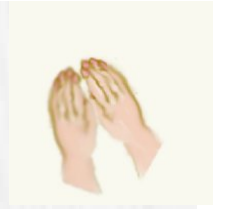
- **Rest of Campus:**

- 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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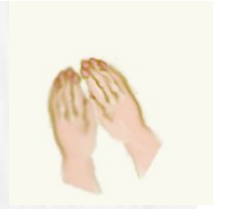


# Why Reiki?

- 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](http://clinicaltrials.gov/search/term=(NCCAM)+%5BSPONSOR%5D+(reiki)+%5BTREATMENT%5D?recruiting=false)

# Outline



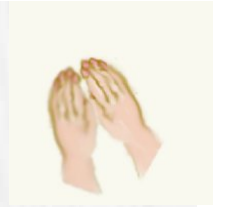
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# Terms related to “Energy”

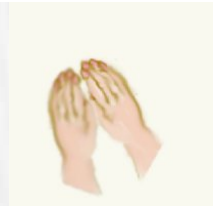
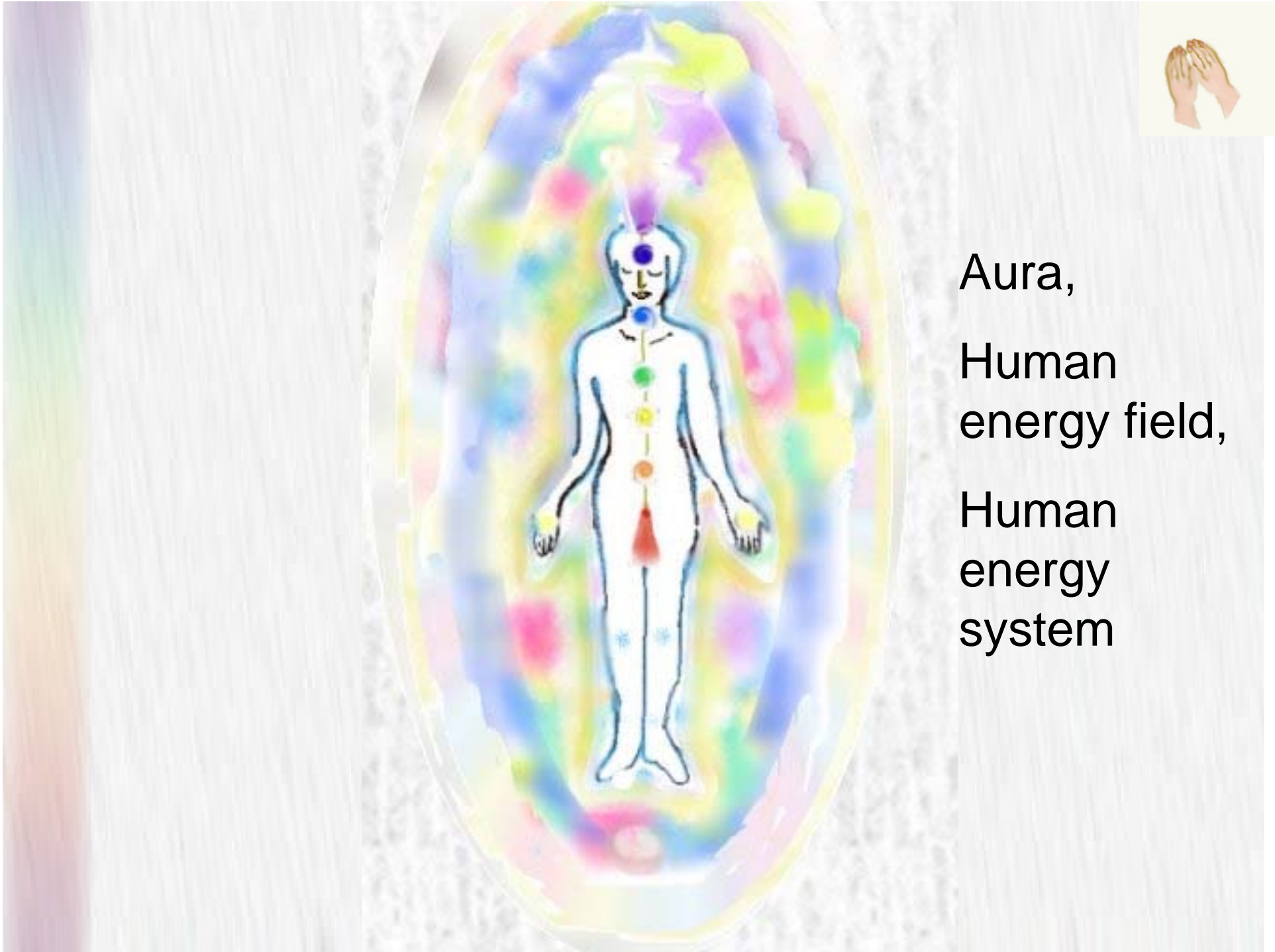


- Aura
- Biological energy (Wilhelm Reich)
- Chi, Ki, Qi (China, Japan)
- EMF (electromagnetic force)
- HEF (human energy field)
- Huna (Hawaii)
- Prana (India)
- Spirit (Jesuit translation of Chinese “Qi”)
- Vital force (homeopathy)

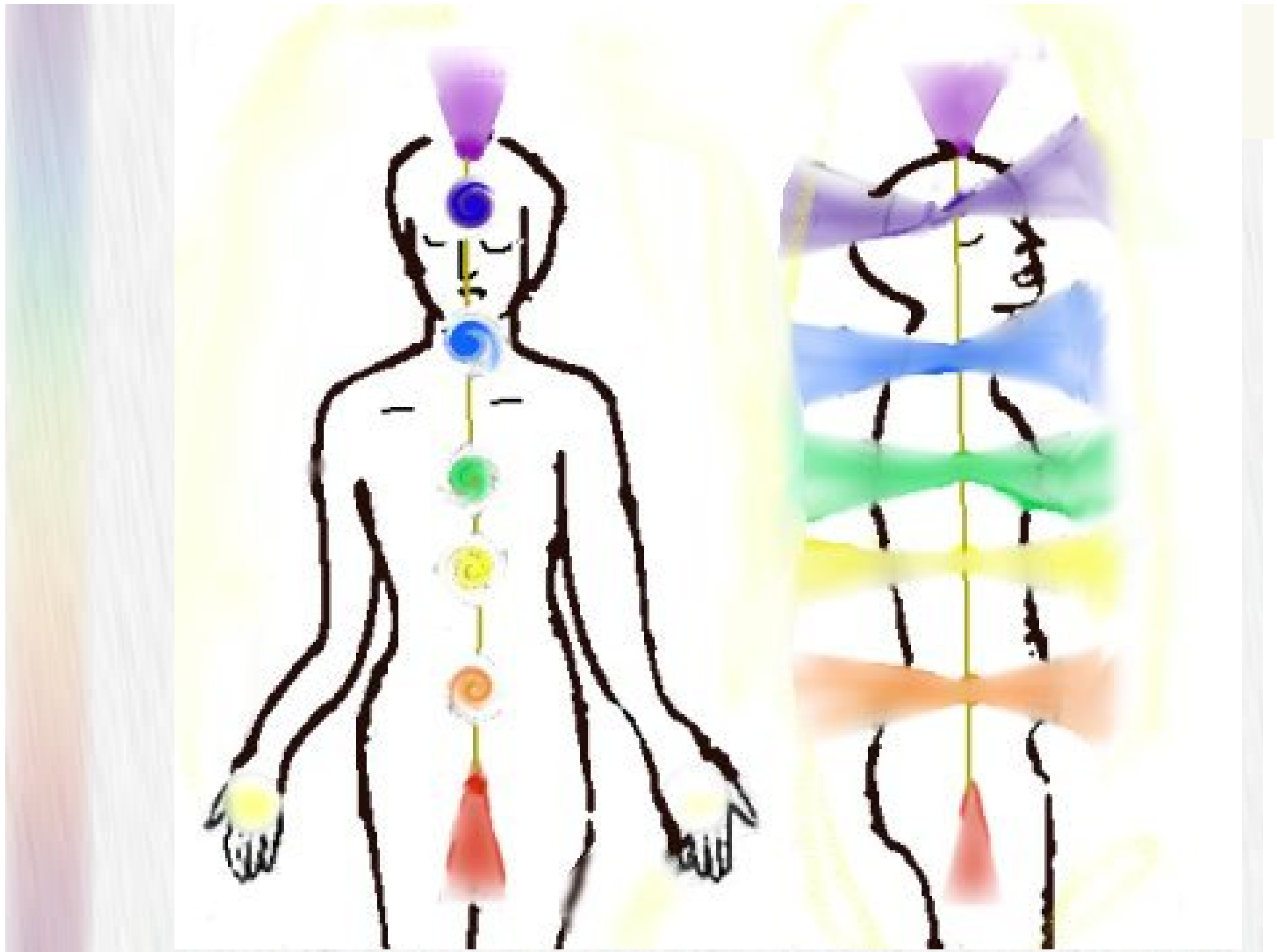
# Measurement of “Energy”



- 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



Aura,  
Human  
energy field,  
Human  
energy  
system



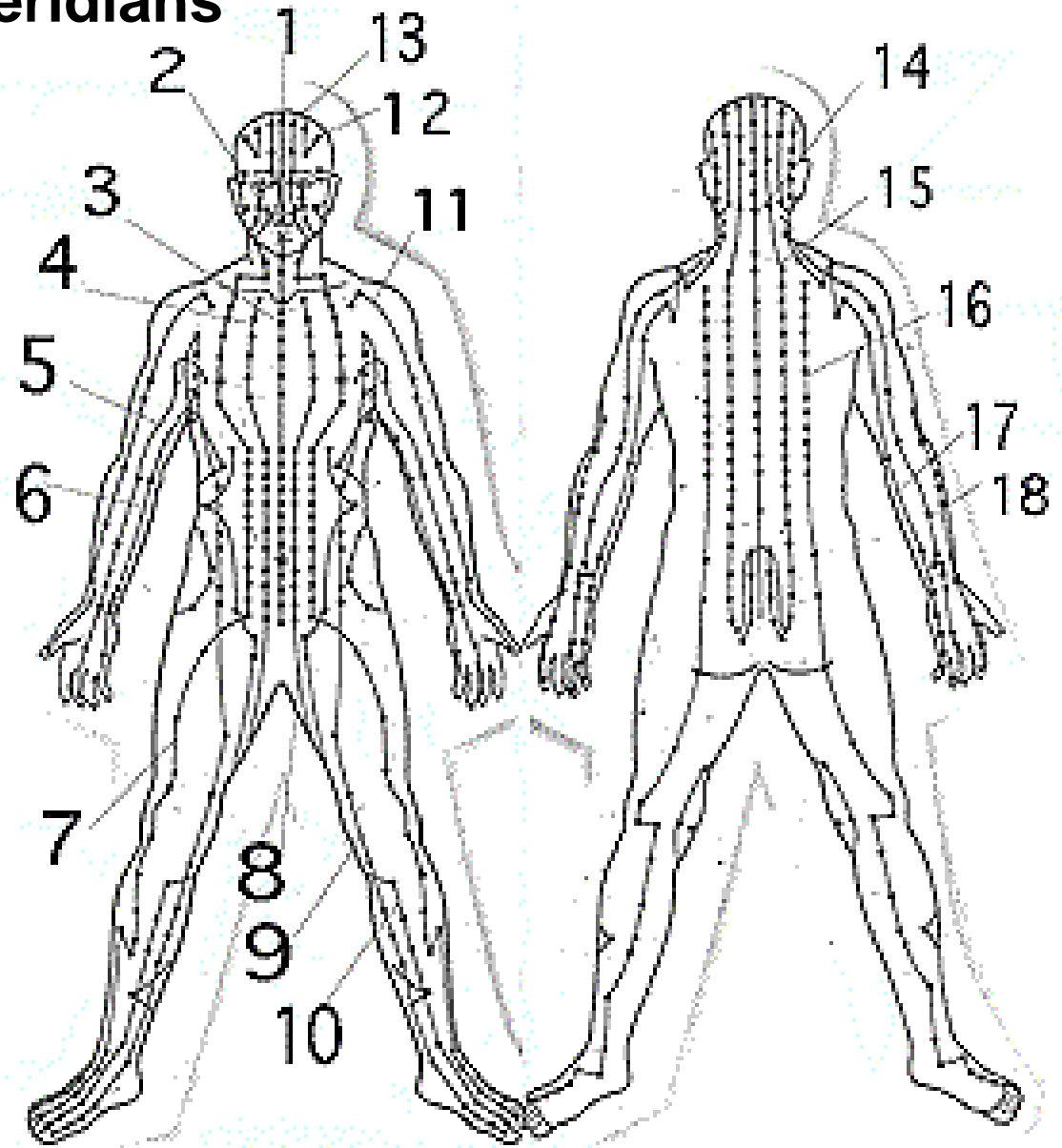
# Chakras vs. Nervous System



Number, Gland	Chakra	Nervous System
7 pituitary	Crown	Brain upward
6 pineal	Brow (3 <sup>rd</sup> eye)	Brain
5 (para)thyroid	Throat	Cervical plexus
4 thymus	Heart	Cardiac plexus
3 pancreas	Solar plexus	Solar plexus
2 gonads	Hara (center)	Pelvic plexus
1 adrenals	Root	Sciatic plexus

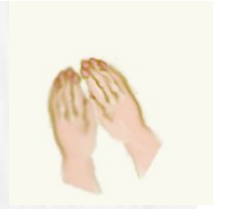
## Chinese: Acupoints, Meridians

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



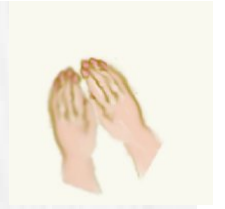
Gassho is a common practice in many eastern traditions, holding the hands clasped in a “prayer position” at about the level of the chest.

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

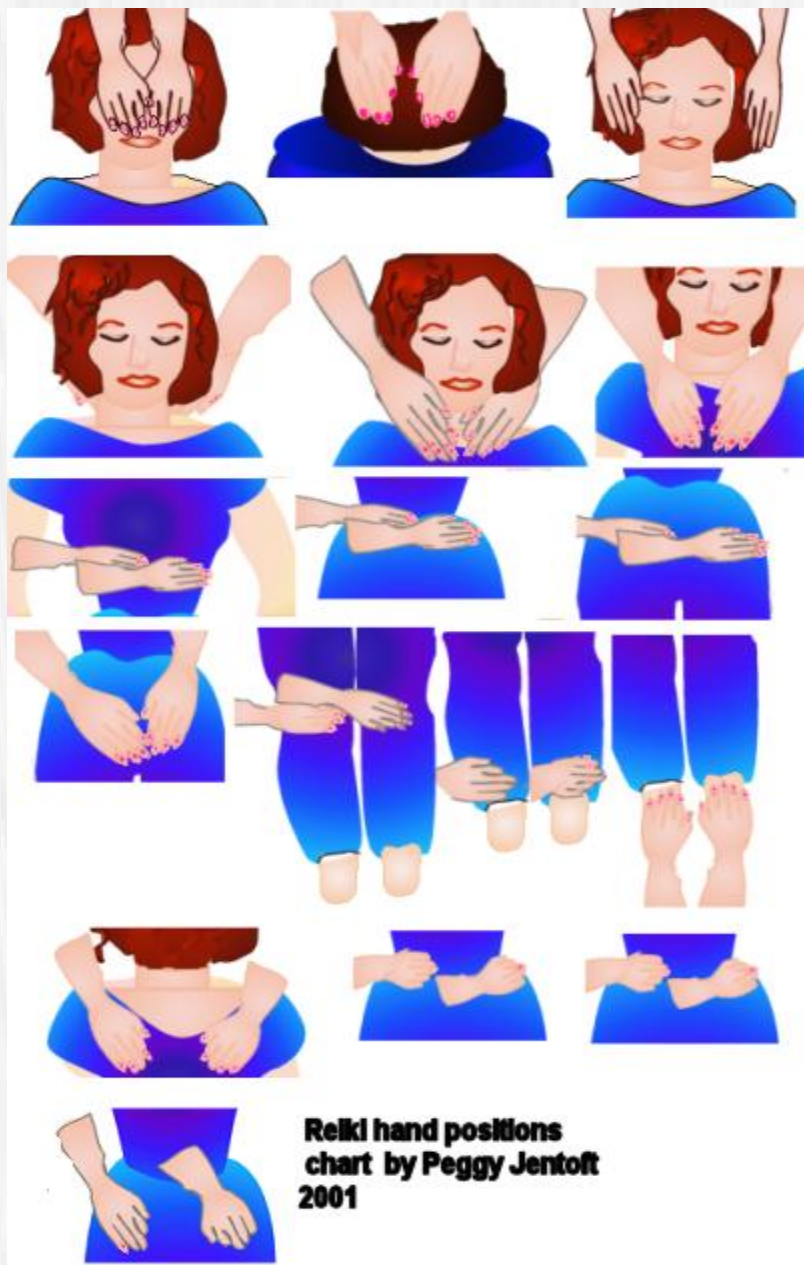
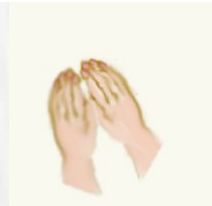
In Reiki, Gassho is formally practiced by sitting on the floor or on a chair, with the eyes closed.

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



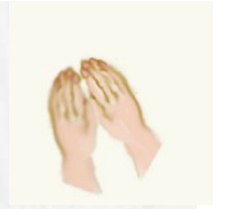
**Reiki hand positions  
chart by Peggy Jentoft  
2001**

# History



- August 1865: Mikao Usui born in Gifu prefecture in Japan
- March 1922: Usui experienced spiritual awakening at 3<sup>rd</sup> wk fasting Mt. Kurama, Kyoto; named healing as Reiki Ryoho
- March 1926: Usui-sensei passed away in Fukuyama
- Chujiro 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:

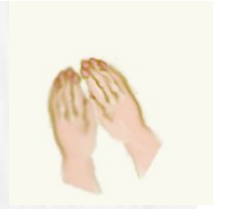
1. Abide by a vow of **confidentiality**. Any information that is discussed within the context of a Reiki session is confidential between the client and the Practitioner.
2. Provide a safe and comfortable area for client sessions and work to provide an empowering and supportive environment for clients.
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

# Outline



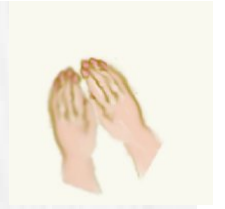
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# Sponsored Research Project



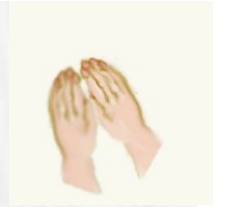
- Sponsor: Argyll Foundation
- Title: Relief for Canine Hip Dysplasia Related Pain through Reiki
- PI: Marie Suthers-McCabe
- Co-PIs:
  - Peter K. Shires
  - Edward A. Fox
- Data collected – yet to be analyzed, published

# 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



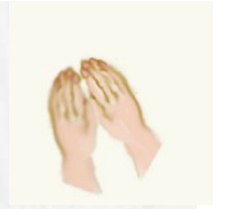
- Tissue cultures (Duca)
  - Hamster cells cultured in Petri dishes
  - Exposed to virus
  - Reiki: before, 1 day, 2 days, 3 days
  - Chart spread of virus vs. control
- Infrared videography (Odendaal)
  - Hand chakra
  - Rapid rise in skin temperature
  - Local and distant treatment

# Outline



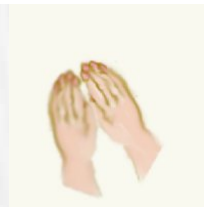
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# VT Reiki Club



- <https://secure.hosting.vt.edu/www.reiki.org.vt.edu/>
- [reiki@vt.edu](mailto:reiki@vt.edu)
- Wednesdays, 6-8pm, Squires
- Open to public
- Free “treatments” and “attunements”

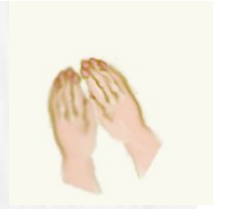
# Reiki References - Getting Started



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- Burack, Marsha. Reiki, Healing Yourself & Others: A Photo-Instructional Art Book. Reiki Healing Institute, Encinitas, CA: ISBN 1-880441-39-X, 1995.
- Lubeck, Walter, Frank Arjava Petter, William Lee Rand. The Spirit of Reiki. Lotus Press, Shangri-La; 2001, ISBN: 0-914955-67-5, 200. (Has lots of guidance on treating various conditions - a good manual.)



# Reiki References - Intermediate

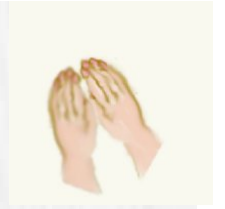


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# Reiki References - More Advanced



- Stein, Diane. Essential Reiki: A Complete Guide to an Ancient Healing Art. The Crossing Press, ISBN 0-89594-736-6, 1995.
- Usui, Dr. Mikao and Frank Arjava Petter, Foreword by William Lee Rand. The Original Reiki Handbook of Dr. Mikao Usui. Translated by Christine M. Grimm, Lotus Press, Shangri-La, 2000, ISBN 0-914955-57-8
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- Lübeck, Walter. Aura Healing Handbook. Lotus Press, Shangri-La; 1991 Germany, 2000 English, ISBN: 0-914955-61-6
- Lübeck, Walter, Frank Arjava Petter. Reiki Best Practices: Wonderful Tools of Healing for The First, Second, and Third Degree of Reiki. Lotus Press, Shangri-La; 2003, ISBN: 0-914955-74-8



# Reiki References - Historical

- Frank Arjava Petter, Tadao Yamaguchi, Chujiro Hayashi. The Hayashi Reiki Manual: Traditional Japanese Healing Techniques from the Founder of the Western Reiki System. Lotus Press, Shangri-La; 2003, ISBN: 0-914955-75-6
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## Related References - Healing

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- Brennan, Barbara Ann. Hands of Light, A Guide to Healing Through the Human Energy Field. Bantam, NY, ISBN 0-553-34539-7, 1987
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- Gach, Michael Reed. Basic Acupressure: The Extraordinary Channels & Points. Acupressure Inst., Berkeley, 1999
- Gach, Michael Reed. Intermediate & Advanced Acupressure Course Booklet. Acupressure Inst., Berkeley, 1984

## Related References - Healing (cont.)

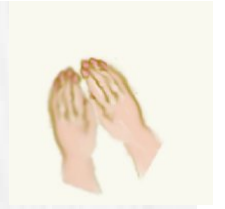


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- Angelo, Jack. Hands-On Healing: A Practical Guide to Channeling Your Healing Energies; Healing Arts Press, Rochester, VT, 1997, ISBN 0-89281-734-8
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# Related References - Science

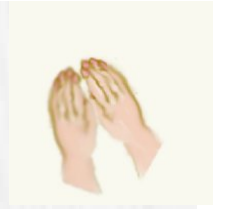


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- **Pert, Candace B. Molecules of Emotion: Why You Feel the Way You Feel. New York: Scribner, 1997. ISBN 0-684-84634-9**
- **Benor, Daniel J.; Healing Research: Holistic Energy Medicine and Spirituality; Volume 2: Holistic Energy Medicine and the Energy Body; Helix Editions, Munich, 1992, ISBN 3-927930-22-9**
- **Francomano, Clair A. and Wayne B. Jonas (ed. Ronald A. Chez); Proceedings: Measuring the Human Energy Field: State of the Science; The Gerontology Research Center, National Institute of Aging, National Institutes of Health, Baltimore, MD, April 17-18, 2002**



## Related References - Animals

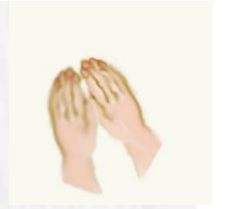
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- Zidonis, Nancy A. and Marie K. Soderberg. *Canine Acupressure: A Treatment Workbook*. Equine Acupressure, Parker CO, 1995, ISBN 0-9645982-0-5



# Reiki Web Sites

- <http://fox.cs.vt.edu/reiki.htm> - my Reiki site, pointing to many sites
- <http://www.iarp.org> - the International Association of Reiki Professionals, of which I am a member.
- <http://pjentoft.com/0Reiki.html>  
- good manuals and reference material.





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