

Reiki is Now Reaching the Top Hospitals in the US

By Arjun Walia | [Collective Evolution](#)



In Brief

- The Facts: Reiki, a healing practice that focuses human intention in order to heal another with touch, or at a distance, is starting to be offered at multiple hospitals in America. This is due to scientific publications as well as patient feedback.
- Reflect On: Why have ancient practices like this, ones that have an unexpected amount of scientific validity and patient success, been shunned by the mainstream medical community? Is it because the medical industry can't make money off of it?

Dr. Jessica Utts, the Chair of the Department of Statistics at the University of California and a professor there since 2008,

published a paper in 1999 showing that parapsychological studies and their results are far more statistically significant than the studies that are used to approve some of our medications. Not long ago, she expressed:

“What convinced me was just the evidence, the accumulating evidence as I worked in this field and I got to see more and more of the evidence. I visited the laboratories, even beyond where I was working to see what they were doing and I could see that they had really tight controls... and so I got convinced by the good science that I saw being done. And in fact I will say as a statistician I’ve consulted in a lot of different areas of science; the methodology and the controls on these experiments are tighter than any other area of science where I’ve worked.” ([source](#))

In fact, in 1999 she published a paper [published a paper](#) showing that parapsychological experiments have produced much stronger results than those showing a daily dose of aspirin helping to prevent heart attacks.

Here, she’s talking specifically about remote viewing, but she’s also referring to parapsychology, which includes distant healing and Reiki. Reiki is a very specific form of energy healing in which hands are placed just above the body or lightly touching the body, as in “laying on of hands.” Reiki can also be done “long distance” as a form of prayer.

This deals directly with human intention and whether or not our thoughts can have a direct effect on our biology. We already know that human intention can have a direct effect on our physical material world in multiple ways. [This](#) document I obtained from the CIA’s electronic reading room titled, “Paranormal Ability To Break Through Spatial Barriers” clearly outlines that, and it’s only one of dozens of examples.

Studies within quantum physics also illustrate this fact. For example, [a paper](#) published in the peer-reviewed

journal *Physics Essays* explains how this experiment has been used multiple times to explore the role of consciousness in shaping the nature of physical reality. Human intention, via meditators, was able to actually collapse the quantum wave function. The meditators were the “observer” in this case.

In fact, the author points out in his lecture that a “5 sigma” result was able to give CERN the Nobel Prize in 2013 for finding the Higgs particle (which turned out not to be Higgs after all). In this study, they also received a 5 sigma result when testing meditators against non-meditators in collapsing the quantum wave function. This means that mental activity (the human mind, attention, intention, consciousness) compelled physical matter to act in a certain way.

“Observations not only disturb what has to be measured, they produce it. . . . We compel [the electron] to assume a definite position. . . . We ourselves produce the results of the measurement.”

A recent study has found that healing intentions and energy can be stored and used to treat breast cancer cells in vitro. It’s one of many examples of mind-matter interaction and the mind-body connection. You can read more about that and access the study [here](#).

There are so many examples, and I just wanted to provide a brief background and overview. There are thousands of papers out there examining the effects of human intention, and this theory dates back thousands of years, from ancient cultures and indigenous peoples throughout all periods of history.

Reiki

The popularity of this practice is exemplified by the fact that, as of 2000, there were more ‘distant healers’ in the United Kingdom than therapists practicing any other form of complementary or alternative medicine, and the same goes for

the United States. (Barnes PM, Powell-Griner E, McFann K, Nahin RL. Complementary and alternative medicine use among adults: United States, 2002. Adv Data. 2004. May 27;(343):1-19. [[PubMed](#)])

Reiki is a type of study that can be grouped into the category of Distant Mental Interactions With Living Systems (DMILS). The effects of distant mental interactions are measured using electrodermal activity, heart rate, blood volume pulse, and electrocortical activity (EEG electrodermal activity, heart rate, blood volume pulse, brain blood oxygenation [MRI], and electrogastrogram [EGG]). These studies have yielded remarkable results, which have since been successfully repeated in laboratories around the world.

DMILS experiments, which relate to distant healing, more clearly indicate the existence of genuine interactions between people from a distance. As Dean Radin, Chief Scientist at the Institute of Noetic Sciences (IONS), explains:

But the proof-of-principle offered by DMILS experiments more clearly indicates the existence of genuine interactions between distant people. This presents us with an evidence-based enigma worthy of serious consideration. However, for many researchers, the mere concept of distant healing continues to elicit significant resistance for two main reasons. The first is based on the assumption that "action at a distance" is impossible because it violates one or more physical or biological laws. The second is founded on the neuroscience-based assumption that the mind is identical to the brain, in which case it does not make sense to propose that the brain activity we call "healing intention" can interact with anything outside of the brain's own body.
([source](#))

Below is another great point that really gets to the core of why it's taken so long to integrate such therapies into

hospitals.

There seems to be a deep concern that the whole field will be tarnished by studying a phenomenon that is tainted by its association with superstition, spiritualism and magic. Protecting against this possibility sometimes seems more important than encouraging scientific exploration or protecting academic freedom. But this may be changing. -Cassandra Vieten, PhD and President/CEO at the Institute of Noetic Sciences ([source](#))

But it's not all about the science, it's about what patients report and feel, which is why this practice is starting to enter into multiple hospitals in the United States.

[The Johns Hopkins Integrative Medicine & Digestive Center](#) in Maryland USA offers Reiki to its patients [“to create deep relaxation, to help speed healing, reduce pain, and decrease other symptoms you may be experiencing”](#). They don't explain its mechanisms, but have wisely adopted Reiki among acupuncture, integrative psychotherapy, and therapeutic massage.

The Mayo Clinic was ranked No. 1 at USNews.com's [Best Hospitals Honor Roll in 2017-18](#). This is a clear example of an integrative model where the latest developments and technology are applied *and* the spiritual and emotional needs of the patient during cancer treatment are addressed.

Their [Integrative Healing Enhancement Volunteering Program](#) along with the Clinic's Complementary and Integrative Medicine Program have a wide range of wellbeing and healing services in which Reiki is clearly included. They also have a [brief explanation of what Reiki is about](#).

If this isn't enough, their **Dan Abraham Healthy Living Center** has a huge range of services, and guess what? [Reiki is in the list of the Relaxation Services](#).

[\[Read more here\]](#)



Robert O'Leary, JD BARA, has had an abiding interest in alternative health products & modalities since the early 1970's & he has seen how they have made people go from lacking health to vibrant health. He became an attorney, singer-songwriter, martial artist & father along the way and brings that experience to his practice as a BioAcoustic Soundhealth Practitioner, under the tutelage of the award-winning founder of BioAcoustic Biology, Sharry Edwards, whose Institute of BioAcoustic Biology has now been serving clients for 30 years with a non-invasive & safe integrative modality that supports the body's ability to self-heal using the power of the human voice. Robert brings this modality to serve clients in Greater Springfield, Massachusetts and New England (USA) & "virtually" the world. He can also be reached at romayasoundhealthandbeauty@gmail.com.