

### PURPOSE OF STUDY

This study attempted to repeat experiments performed 20 years ago that detected exceptionally high strength electromagnetic fields (100 nT) from the hands of several energy healers. The equipment utilized in this replication attempt was far more sensitive, and the magnetic shielding used to block confounding fields from electrical lines far more effective, than in the original studies.

### What Is Reiki?

Ancient healing practice renewed by Dr. Mikao Usui (1865-1926) in Japan

'Rei' means spiritual wisdom and 'ki' means energy

Involves *hands on touch*, *chi* or *life force energy*, to strengthen body's ability to heal



Healing energy is energy of a pulsing electromagnetic field of low energy and extremely low frequency (below 100 Hz) (James L. Oschman)

Electromagnetic energy of specific frequencies produced by devices can heal different tissues (Sisken & Walker, 1995)

# Does Practicing Reiki Alter the Electromagnetic Field of Heart and Hands of Reiki Practitioners?

A.L. Baldwin. University of Arizona, Tucson, AZ, USA

### PROTOCOL

Using a Magnes 2500 WH SQUID at the Scripps Research Institute, San Diego, the electromagnetic field from the hands and heart of each of 3 Reiki masters was measured for 5 minutes when they were:

- Not practicing Reiki,
- Sending Reiki to a distant person
- Sending Reiki to a person in the room.

Similar measurements were made on 4 Reiki-naïve volunteers before and after they received Reiki attainments enabling them to run Reiki energy through themselves.

### William Rand with the SQUID

Magnes 2500 WH SQUID with 148 sensors  
Measurements made in frequency range 0-100 Hz

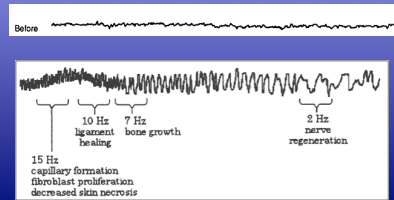


### RESULTS

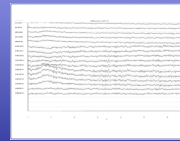
- Analysis of all the data from pre-selected channels from all subjects under all conditions did not show any time segments of electromagnetic fields with intensity greater than  $3 \times 10^{-12}$  T
- Using an instrument sensitive enough to detect the electromagnetic field of a single heartbeat and of respiratory sinus arrhythmia, together with magnetic shielding adequate down to frequencies of 1 Hz, we were not able to reproduce the previous results.

### PREVIOUS WORK

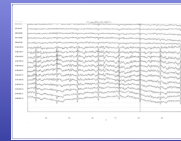
Electromagnetic signal recorded by Dr. John Zimmerman (1990) from the hand of a practitioner of therapeutic touch.



Electromagnetic 'noise' – no person in the SQUID room

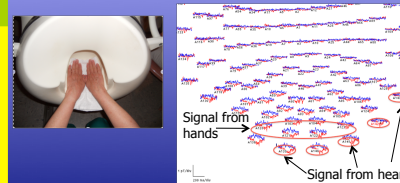


Electromagnetic field recorded by sensors near heart of Reiki-naïve person at SQUID



Spikes represent heart beats  
These were seen for all people

### Sensor Layout Display of Squid



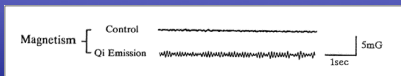
### CONCLUSION

These results suggest that practicing Reiki does not routinely produce high intensity electromagnetic fields from the palms or heart. The previous findings could have been from a few exceptional healers. Alternatively, it is possible that energy healing is stimulated by attunement to an external environmental radiation, such as the Schumann resonance, which was blocked in the present study by the strong magnetic shielding in the room containing the SQUID.

The frequency is not steady but sweeps up and down from 0.3 to 30 Hz, with most activity between 7 and 8 Hz. Signal detected in 4/7 practitioners.

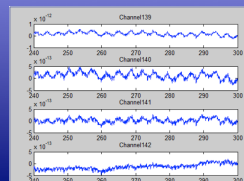
Detection of extraordinary large bio-magnetic field strength from human hand during external qi emission

Seto et al, Acupunct. & Electro-therapeut. Res Int J, 17: 75-94, 1992



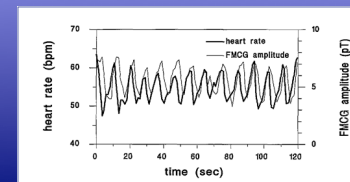
$1 \times 10^{-7}$  Tesla field detected from 3/37 subjects emitting Qi

Recordings from two Reiki Masters and one volunteer showed this low intensity sine wave oscillation of 0.25 - 0.3 Hz (shown over 60 seconds) whether or not they were practicing Reiki. It was probably caused by a normal variation of heart rate synchronous with breathing (respiratory sinus arrhythmia).



Foetal magnetocardiogram amplitude oscillations associated with respiratory sinus arrhythmia

Ronald T Wakai, Minghong Wang, Arthur C Leuthold and CB Martin. Physiol Meas, 16: 49-54, 1995.



Possible Mechanism of Reiki Energy Flow

Robert O. Becker 1990

