



Whispering Wind Reiki

An overview of recent research on energy healing

“An impressive number of studies with excellent design and execution have found that energy healing is an effective therapy and offers a potent complement to conventional medicine.” Daniel J. Benor, M.D., *Spiritual Healing; Scientific Validation of a Healing Revolution*, Vision Publications, 2001.

Numerous studies have found a statistically significant decrease in both anxiety and pain in patients who received energy healing in the hospital, along with less use of pain medications, shorter lengths of stay and increased patient satisfaction:

At the Columbia Presbyterian Medical Center in New York City, none of the 11 heart patients treated with Reiki experienced the usual postoperative depression, the by-pass patients had no postoperative pain or leg weakness and the transplant patients experienced no organ rejection.

A 2000 study of Reiki in various hospital units showed a significant decrease in anxiety and pain, regardless of specialty area.

A 1997 study at the Cross Cancer Institute in Edmonton, Canada showed a highly significant reduction in pain following Reiki treatments.

A 1997 study published in *Alternative Therapies* evidenced a reduction in pain, an increase in relaxation, and more mobility reported in patients with chronic conditions such as multiple sclerosis, lupus, fibromyalgia and thyroid.

Columbia/HCA Portsmouth Regional Hospital in Portsmouth, N.H. found less use of pain medication, shorter lengths of stay and increased patient satisfaction in their surgical patients who have received Reiki.

Patients reported decreased anxiety, decreased discomfort, and an improved sense of calm before and after surgery in the energy healing program at the North Shore Medical Centers in Massachusetts. Medical staff also observed that

patients require less sedation and pain medicine.

The National Institutes of Health Warren Grant Magnuson Clinical Center integrates Reiki and other complementary care in to the rigorous research setting at the clinic. Reiki has been found to be particularly valuable for those in great pain or emotional distress and has provided relief from the side effects of medications and medical procedures. Reiki treatments are provided by nine hospital staff members who have Reiki training.