

TALKING REIKI

with PAMELA MILES
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www.ReikiInMedicine.org

what are Reiki facts?

Here are a few things you can say that have either historical or scientific documentation:

Mikao Usui lived 1865-1926.

Usui is the founder of Reiki practice; this practice did not exist before him.

Reiki is a spiritual healing practice.

There are no known medical contraindications to Reiki practice.

Research has associated Reiki with:

Improved blood pressure

Improved heart rate

Improved heart rate variability

Improvement in the mood and functioning of people with depression

Reduced anxiety

Reduced pain

Enhanced well-being