



“Reiki by Science”

In honor of Mystic Matriarchs

Victoria B. Lohay

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DEDICATION

To my paternal grandmother, Berthe Scheepers, a
marvelous healing practitioner with a passion for science
and naturopathy, whose humanism and love of others were
a common thread in her life.

This book is the support for lectures given at the invitation
of Tonya Mollere, President of the Mystic Matriarch Market
in Saint-Gabriel, Louisiana, USA

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ACKNOWLEDGMENTS

Thank you to the researchers involved in the scientific explanations and demonstrations of Reiki. Their work has made it possible to create serious studies, to legislate, to structure the study and the practice of this technique, and to integrate it into” integrative medicine or health”.

INTRODUCTION

We are still trying to understand how energy fields can trigger the healing process in different tissues. There are several theories. In the decade of the 90s, a phenomenon called amplification emerged, essentially implying that a very small field or reaction can produce a large effect. It was discovered that a single hormone molecule or neurotransmitter or a single photon of electromagnetic energy can trigger a cellular response. It was later discovered that the frequencies of Reiki could be linked to the human electromagnetic field.

What's more, the channeling process is intimately linked to the input and output of energy. Some cultures call this energy prana, chi, qi or vital energy. Electricity and magnetism could be their highways. This is where energy medicine and bio-field therapies come in. Biological field therapies essentially include Reiki, Therapeutic Touch and Qi Gong.

One very important aspect that research into energy healing has provided is that very small fields can produce the best effects. This is in fact a profound

and vital realization that has implications for every branch of medicine. We now know that the body also emits light, sound, heat and electromagnetic fields and, like all matter, has a gravitational field. Energy medicine involves understanding how the body creates and reacts to electric, magnetic and electromagnetic fields, including light and sound, as well as other forms of energy such as heat, pressure, chemical and elastic energy and gravity. It is interesting to know how the body produces these different types of energy, and how these energies can be applied to the body for beneficial effects.

Reiki is :

- ✓ a lifestyle,
- ✓ a philosophy,
- ✓ a set of techniques whose effects are explained by quantum physics,
- ✓ a range of techniques for deep, intense relaxation,
- ✓ explained by the quantum physics.

Reiki uses part of martial arts.

This book takes a brief look at Reiki from the perspective of Quantum Physics. The reason for this is that this book is the support for lectures given at the invitation of Tonya Mollere, President of the Mystic Matriarch Market in Saint-Gabriel, Louisiana, USA. You may find this book incomplete, so please bear in mind that it is only a summary. This is deliberate in order to invite people to attend the conferences and interact, take notes, and also to have a memory. This book is available to everyone because sharing and caring are part of the Reiki philosophy.

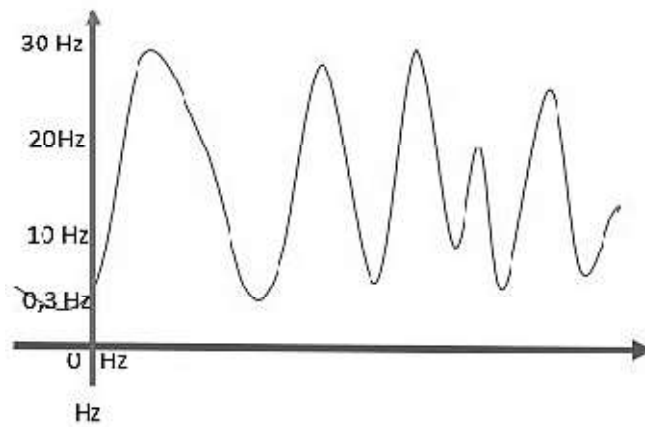
1. WHAT IS REIKI

In this chapter, we discover some scientific publications explaining how Reiki is working and what it is on a scientific way.

Ford team researchers created the SQUID magnetometer in 1970. This is used to measure very weak magnetic fields.

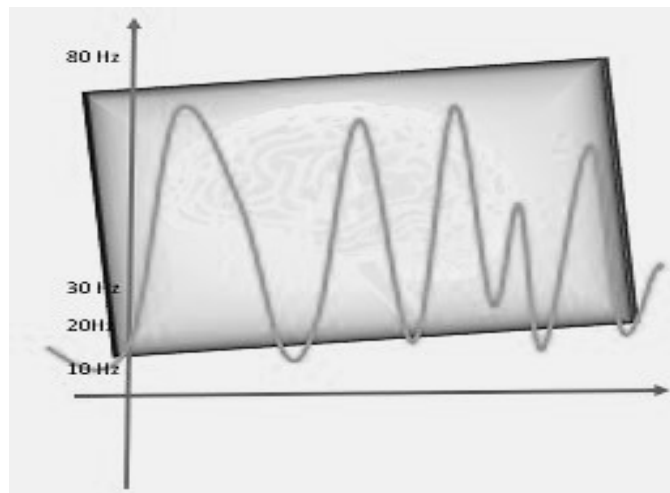
1980, Dr John Zimmermann studied Therapeutic Touch or TT and discovered that a pulsating bio magnetic field emanated from the hands of a Therapeutic Touch (TT) practitioner.

The frequency of the pulses sweeps up and down from 0.3 to 30 Hz using a SQUID magnetometer.



He used a SQUID magnetometer to measure this field. Link to know what a SQUID is: <https://en.wikipedia.org/wiki/SQUID>

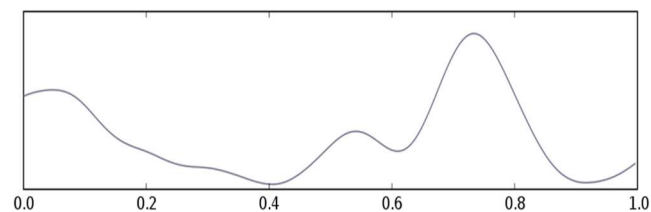
The magnetic pulses of the hands are in the same frequency range as certain brain waves and naturally sweep across the entire range of therapeutic frequencies to stimulate healing in the tissue or organ under the hands.



The study was published in 1990 in the “Journal of the Bio-Electro-Magnetics Institute”.

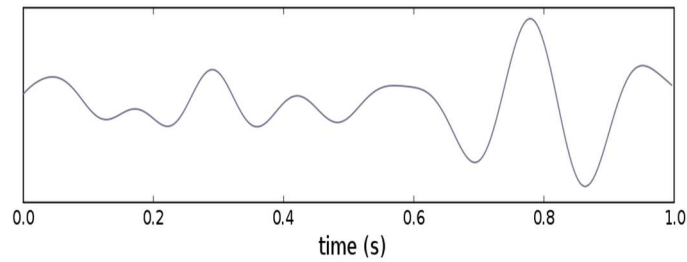
By looking at brain waves, we can get an idea of the range of therapeutic frequencies emitted by a Reiki practitioner.

Main brain rhythms observed in humans. Scientific studies indicate that the Reiki practitioner can deliver Hertzian waves at this level.

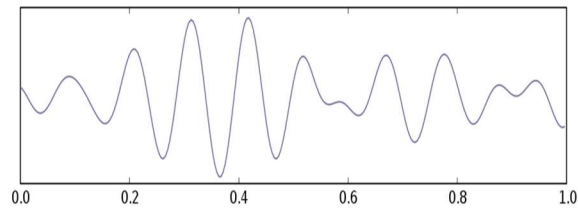


Delta waves over one second - 1Hz to 4Hz (Hertz).

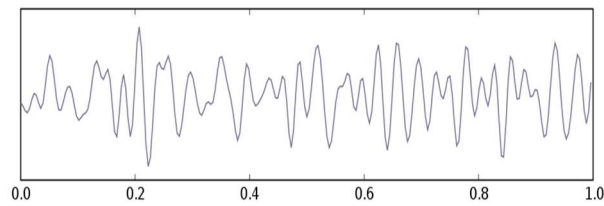
Deep sleep and meditation.



Theta waves over one second - 4Hz to 8Hz. Sleepiness, hypnosis, meditation and memorising information. Present in the REM sleep phase: dreams REM in French is paradoxical).

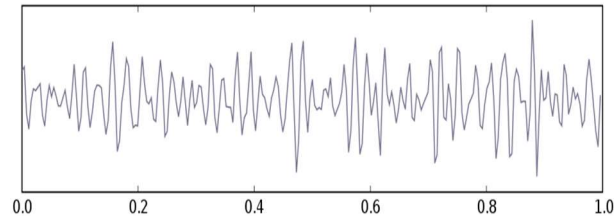


Alpha waves over one second - 8Hz to 12Hz. Calmed state of consciousness when the subject's eyes are closed.



Beta waves over one second - 12Hz to 35Hz
Everyday state, conversation, anxiety,

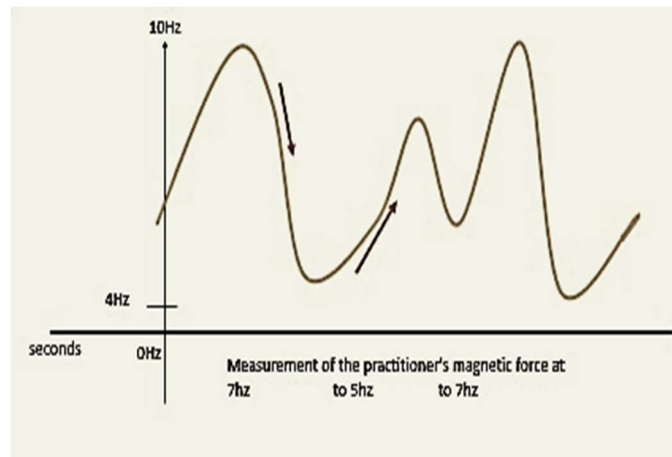
concentration, intense activity.



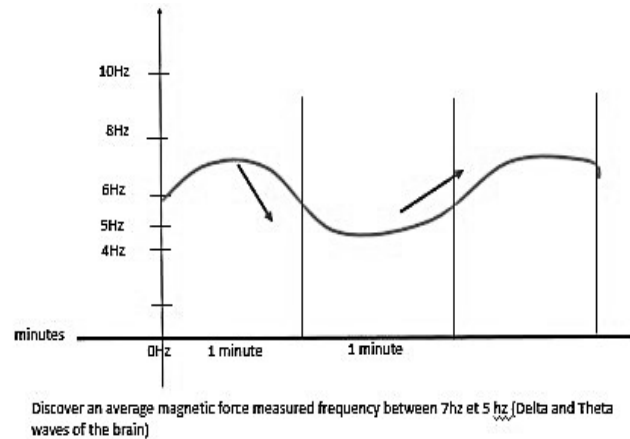
Gamma waves over one second - 35Hz to 80Hz .
Intense mental activity such as chess, calculations or complex problems.

1992, Akira Seto, a researcher at Saitama Medical University in Japan, tested biomagnetism using an instrument with which it is impossible to detect normal or usual human magnetic fields.

Despite his method, he discovered that subjects practicing TT had an average measured frequency varying between 4 and 10 Hz.



He also observed an average magnetic force measured from 7 Hz to 5 Hz, returning to 7 Hz after 120 seconds or two minutes. He tested a female Buddhist and observed that she had also been serving as a healer, her average magnetic strength was 2 mGauss and 7 Hz, temporary going to 5 Hz, and setting back at 7 Hz after 120 seconds.



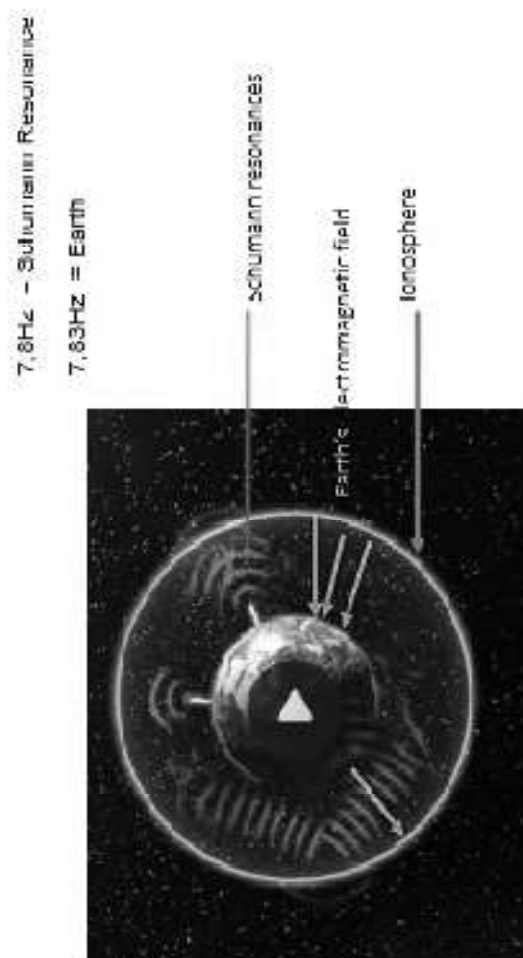
When we talk about electromagnetic discoveries in the field of TT, it is interesting to note that this frequency is the same as the fundamental frequency of Schumann resonances.

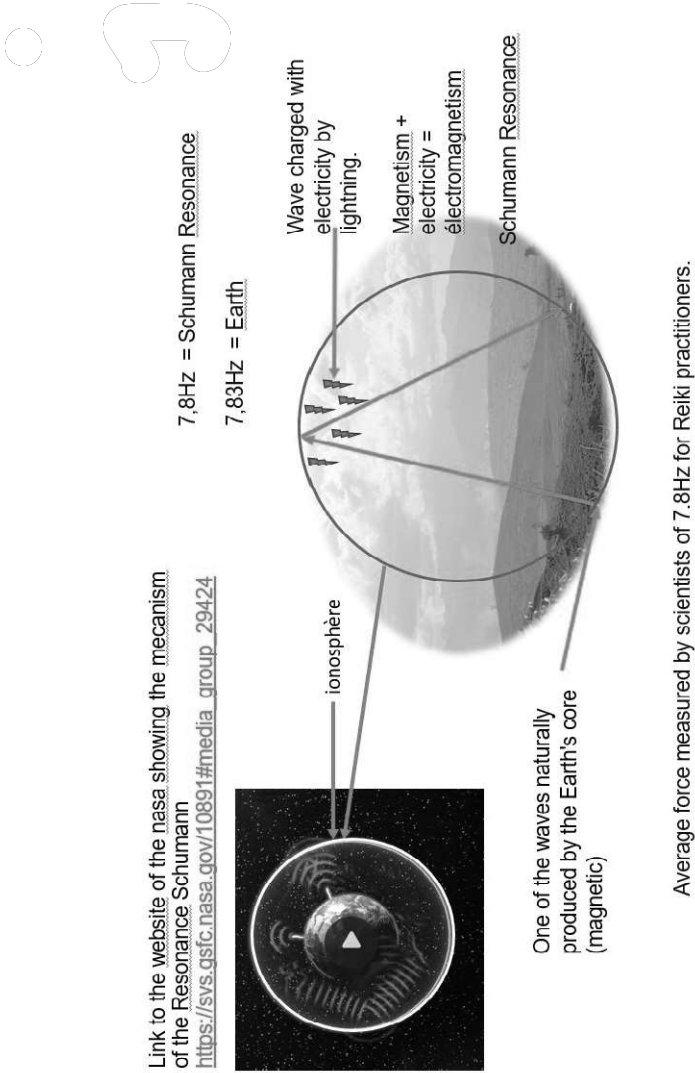
Schumann resonances are a set of spectral peaks in the Extremely Low Frequency (ELF) part of the Earth's electromagnetic field.

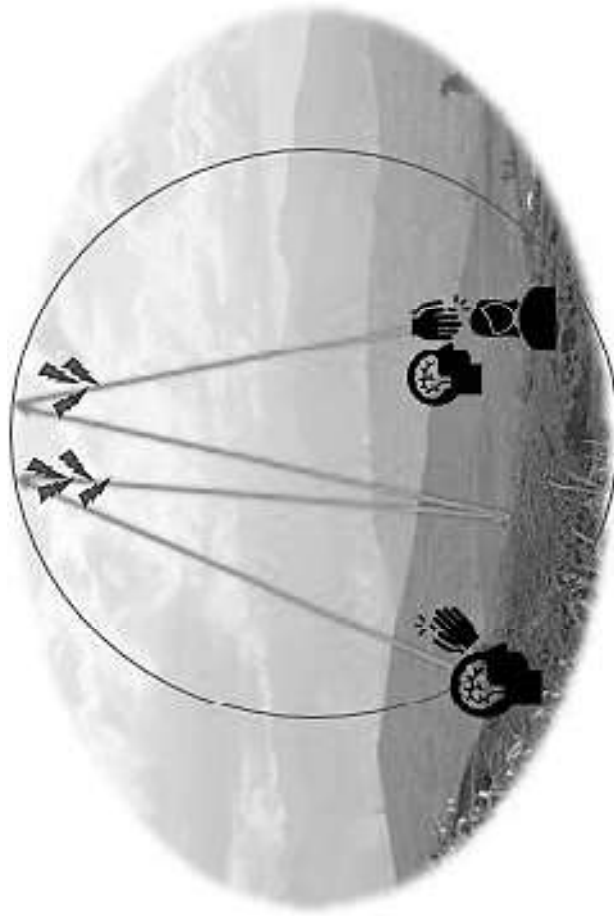
They are global, generated by these spectra and pass from waves to resonances by being charged with electricity by the numerous lightning strikes in

space.

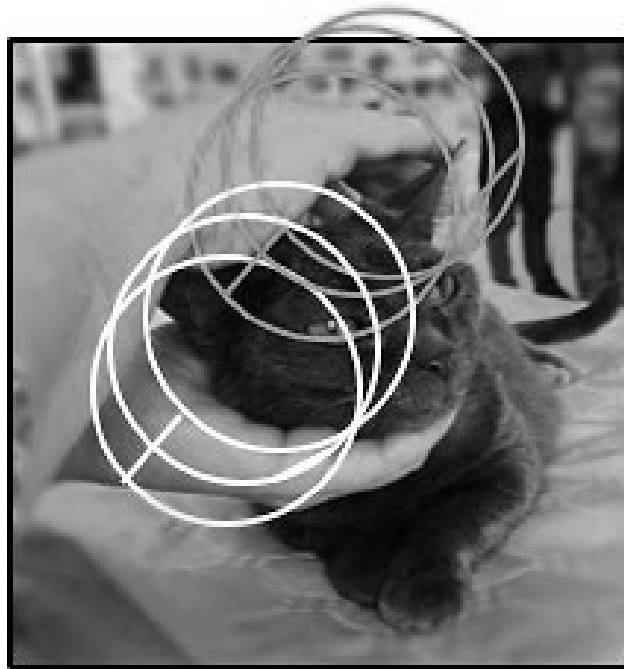
These resonances bounce off the cavity formed between the Earth's surface and the ionosphere. The basic frequency of the Earth's electromagnetic spectrum is estimated in 2023 at 7.83 Hz.







As you can see in the picture with the cat, the waves from the hand of the practitioner have a 3-dimensional radiation. Height, width and depth.



2. THE MAIN EFFECTS OF REIKI ON RECIPIENTS

We know that the activities of human and living cells and tissues in general generate electric fields that can be detected on the surface of the skin.

1920 - 1930 Harold Saxon Burr, a researcher at the Yale University School of Medicine, believed that illnesses could be detected in the energetic body before symptoms appeared. Today, this is confirmed by research all over the world.

1920 and until his death, the Japanese war Doctor Chujiro Hayashi was the first to develop protocols and move away from Usui Reiki to create the purely scientific Reiki therapy or Jikiden Reiki.

1963, engineers Gerhard Baule and Richard Mc Fee from Syracuse University in New York detected the biomagnetic field projected by the human heart.

1970, David Cohen used the SQUID magnetometer and confirmed Baule and Mc Fee's discovery.

According to James L. Oschman, Ph.D., one of the

leading authorities on the science of energy medicine, Reiki has electrical and magnetic qualities that can be measured. He offers sceptical scientists a theoretical basis for exploring the physiology and biophysics of energy medicines, including Reiki.

He discovered also that :

- 2 Hz is effective for nerve regeneration,
- 7 Hz is adequate for bone growth,
- 10 Hz is effective for ligament repair,

slightly higher frequencies are used for the skin and capillaries.

Numerous studies have demonstrated the effects as:

- ✓ Stimulation of tissue repair
- ✓ Nerve regeneration
- ✓ Stimulation of the bone growth process
- ✓ Reconstruction of ligaments
- ✓ Hair formation
- ✓ Reduced anxiety
- ✓ Reduces depression, despair and stress
- ✓ Increased immunological performance and response to infections
- ✓ Reduces blood pressure and heart rate
- ✓ Regulation of muscular tension
- ✓ Reduced pain
- ✓ Reduced side effects following chemotherapy sessions
- ✓ Improved sleep

Scientific studies show that Reiki sessions administered to people suffering from Schizophrenia are harmful to the patient.

Protocols exist in Reiki. These protocols specify precise hand positions and durations that are also determined according to the pathologies.

In the case of Reiki complementary to medicine, the practitioner must be able to modulate the Schumann resonance using various techniques.

He generally does not touch the patient, by keeps his hands a few centimeters away.

Dr William (Bill) Bengston discovered the effects of Reiki sessions on mammary cancers that he had inoculated in mice. Thanks to his scientific research on the subject, he was able to determine, for example, the number of sessions needed to improve the patient's condition.



Treating laboratory mice

In 2008, Myeong Soo Lee conducted a comprehensive review. The studies analyzed suggest positive effects in the areas of pain, anxiety, stress and despair.

Wardell & Engebretson examined the heat of the skin of those treated before, during and after a Reiki treatment. Before and during the Reiki session, the temperature did not increase significantly. Rodriguez found evidence of an increase in body temperature in patients treated after Reiki treatments compared to pre-treatment values.

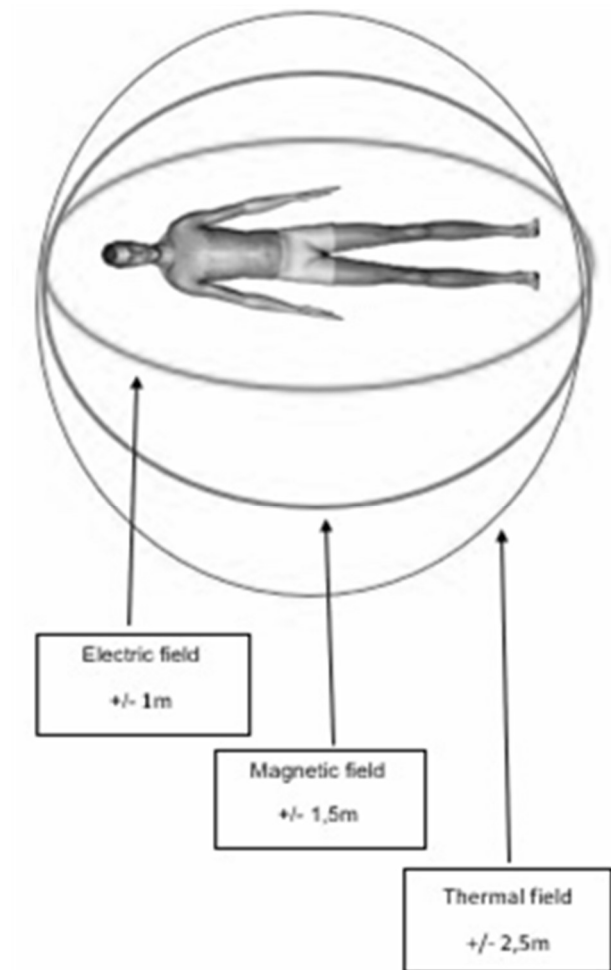
A great deal of research has produced positive results. It is not possible for me to present them all this evening. I invite you to visit some websites or university and scientific libraries to discover publications on the subject.

3. THE MAIN EFFECTS OF REIKI ON PRACTITIONERS

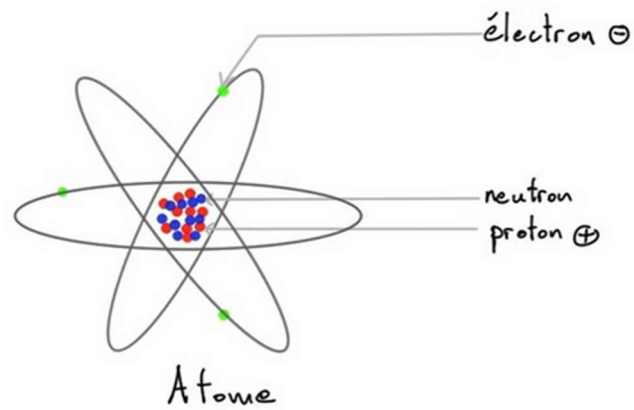
To understand some scientific publications, you need minimum knowledges. It's impossible to give you all the basis in this book but let us see some notions.

The energy fields in the human body measured with the Lecher antenna.

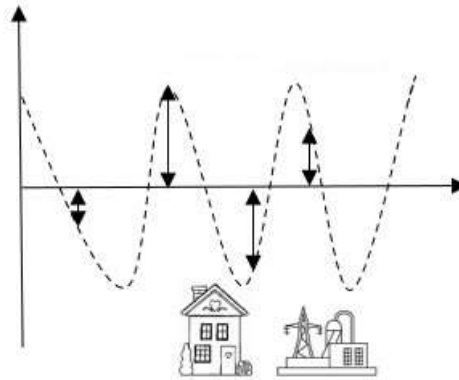
1. We are interested by the two first fields. Electric and Magnetic.
2. Electricity is a physical phenomenon caused by the different electrical charges in matter, manifested as energy. For scientists, electricity is linked to magnetism, and the study of this phenomenon is called electromagnetism.



3. Electric charge is a physical quantity that measures the fact that an object is not electrically neutral.



4. The human body, like salt water and metals, is a conductor of electricity.
5. Alternating current is when it changes periodically. The frequency of an alternating current is the number of periods per second. It is expressed in hertz [Hz], for example in Europe the current distributed in electrical installations is at a frequency of 50 Hz.



6. CONCLUSIONS

As you can see, Reiki is not magic. It is the ability of a being to pick up the waves emitted by the Earth and reflected in the ionosphere.

Some scientists say that the practitioner enters in harmony with these waves, others say that the practitioner picks them up. In theory, anyone can harness this energy. Their ability to capture it depends on their training, the level of salt and minerals in their body and their ability to let go.

Everyone agrees that the practitioner is only a channel, and that he or she must enter into meditation to be able to capture this energy. Some go so far as to say that the purer the practitioner's heart, the better he or she is able to capture and transmit energy.

This channel only allows energy to circulate in the direction from which it is given to the receiver.

It is 'impermeable', like a pipe through which energy passes. In other words, the practitioner cannot transmit his own energy whether he is in good health

or not, in shape or not. Similarly, the recipient cannot transmit anything to the practitioner.

Energy always flows from the most charged point to the least charged point. There is therefore no question of the intelligence of energy. Energy has no capacity to reason, nor to learn on its own. It simply goes to the organs with the least energy, the organs above which are the practitioner's hands. These are tired, sick, stressed and weak. The same applies to the soul, affect and psychology.

Scientific discoveries are constantly being made, and they constantly bring us back to this ability of certain practitioners to capture the energy produced by the planet and return it to a beneficiary. The same principle also applies to the other techniques of returning or channeling energy through the hands.

The correct scientific definition of Reiki is that of Dr James Oschman: *'Reiki energy, whether produced by a medical device or projected from the human body, is the energy of a particular frequency or set of frequencies that stimulates the repair of one or more tissues.'*

Mr. Tesla Nikola already explained certain major quantum physical principles that are currently being used to create machines that replace the Reiki practitioner in certain fields, such as accelerating bone reconstruction after a fracture, repairing muscles and ligaments after heavy exertion, and accelerating wound healing.

Reiki is a Schumann resonance captured by the

practitioner and returned to a recipient. The wave is measured and measurable. Consequently, the wave cannot be sent without serious training because it can harm the recipient if it is returned in an inappropriate manner.

Reiki is a set of holistic techniques for deep relaxation of the body, part of the body and the soul. Holistic = considering the whole = mental, physical, emotional. It is no way replaces the doctor or the treatments he or she offers to his or her patients.

You have just discovered that when it comes to Reiki, there is no room for magic or the unexplained.

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