





Reiki by Science  
in Honor of  
Mystic Matriarchs

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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.



## CONTENTS

Introduction	Pg 1
1 What is Reiki	Pg 3
2 The Main Effects of Reiki on Recipients	Pg 15
3 The Main Effects of Reiki on Practitioners	Pg 19
4 A word about Practitioner Training	Pg 27
5 Why is Reiki called Spiritual	Pg 35
6 Conclusions	Pg 47
7 Funny	Pg 49
8 Glossary	Pg 55
9 About the Author	Pg 57
Some References	Pg 63
Some Books	Pg 67





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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## 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,
- ✓ 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 of conferences. This is deliberate in order to invite people to attend the conferences and interact, take notes, join the workshops.

When a new subject comes up, a new paragraph begins with a line break or indent.

This book is available to everyone because sharing and caring are part of the Reiki philosophy.

## 1 WHAT IS REIKI

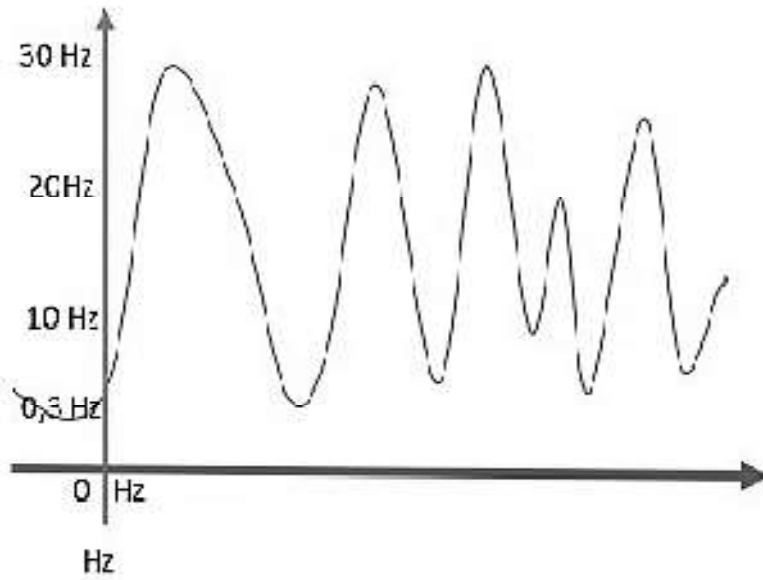
In this chapter, we discover some scientific publications explaining how Reiki is working and what it is on a scientific way.

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

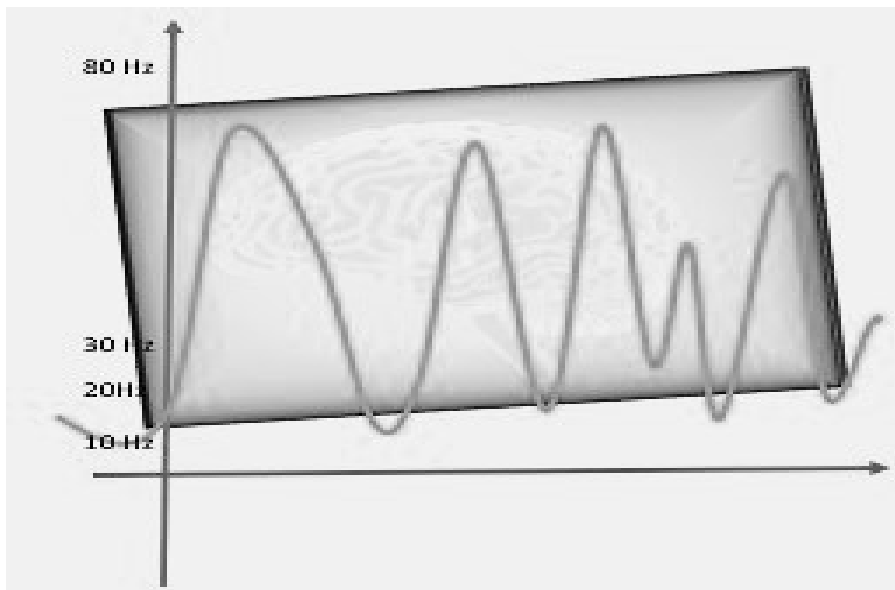
1980, Dr John Zimmermann studied Therapeutic Touch or TT and discovered that a pulsating bio magnetic field emanated from the hands of a TT practitioner.

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>.



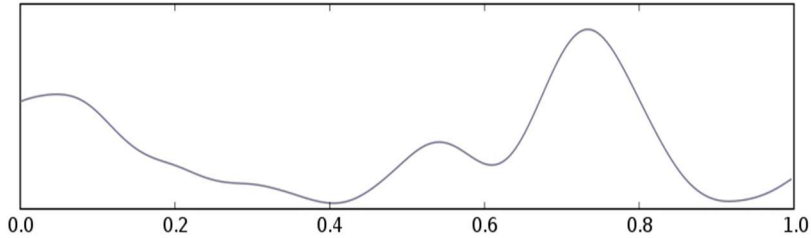
The magnetic pulses of the hands are in the same frequency range as certain brain waves and naturally sweep across the entire range of therapeutic frequencies to stimulate healing in the tissue or organ under the hands.



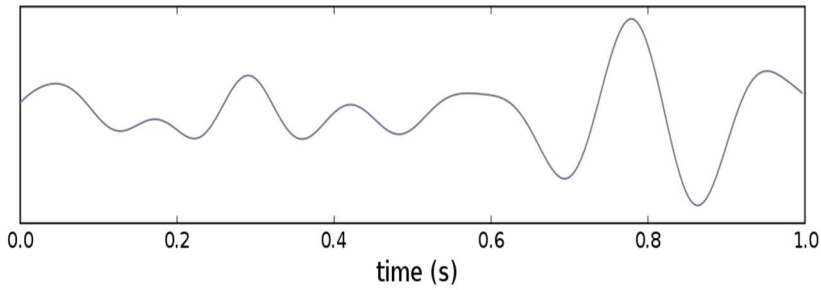
The study was published in 1990 in the "Journal of the Bio-Electro-Magnetics Institute".

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

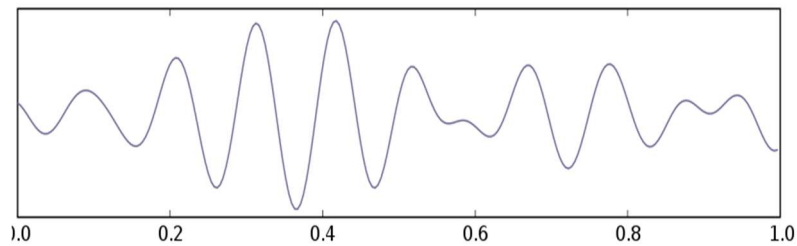
Main brain rhythms observed in humans. Scientific studies indicate that the Reiki practitioner can deliver Hertzian waves at this level.



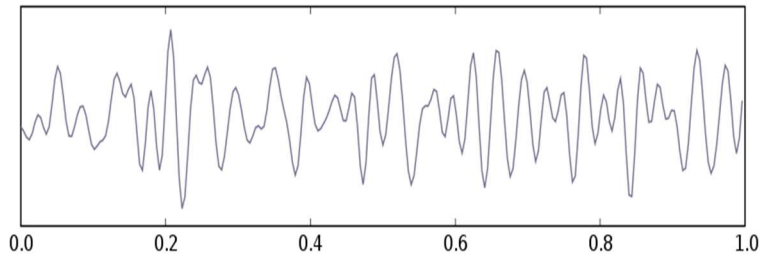
Delta waves over one second - 1Hz to 4Hz (Hertz). Deep sleep and meditation.



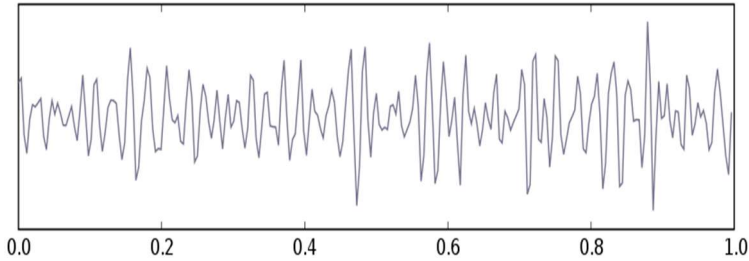
Theta waves over one second - 4Hz to 8Hz. Sleepiness, hypnosis, meditation and memorising information. Present in the REM sleep phase: dreams REM in French is paradoxical.



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.



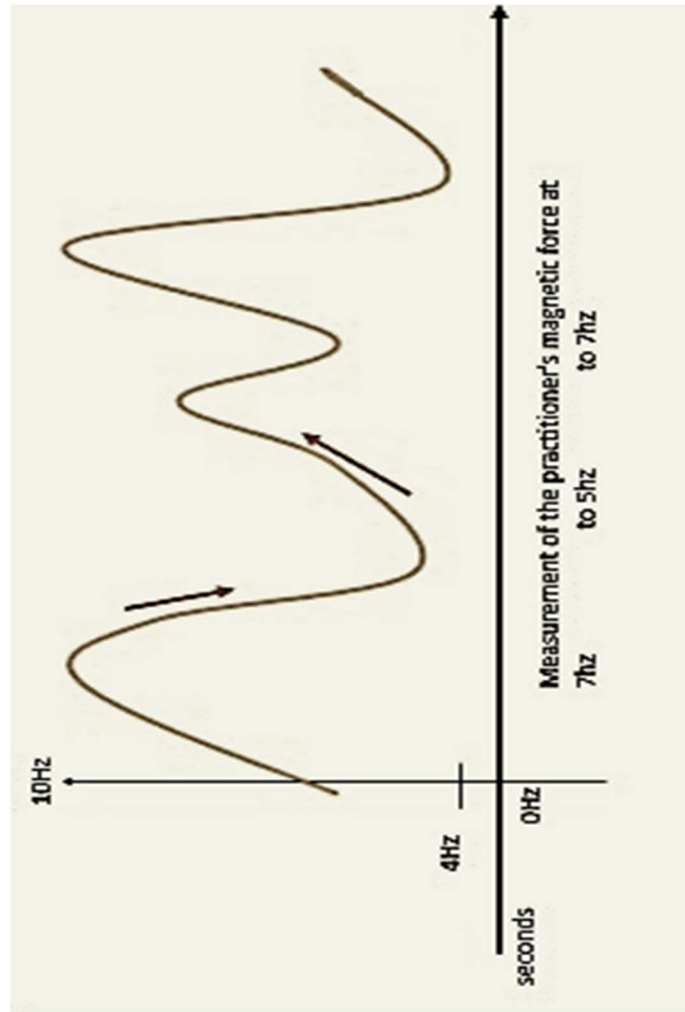
Gamma waves over one second - 35Hz to 80Hz. Intense mental activity such as chess, calculations or complex problems.

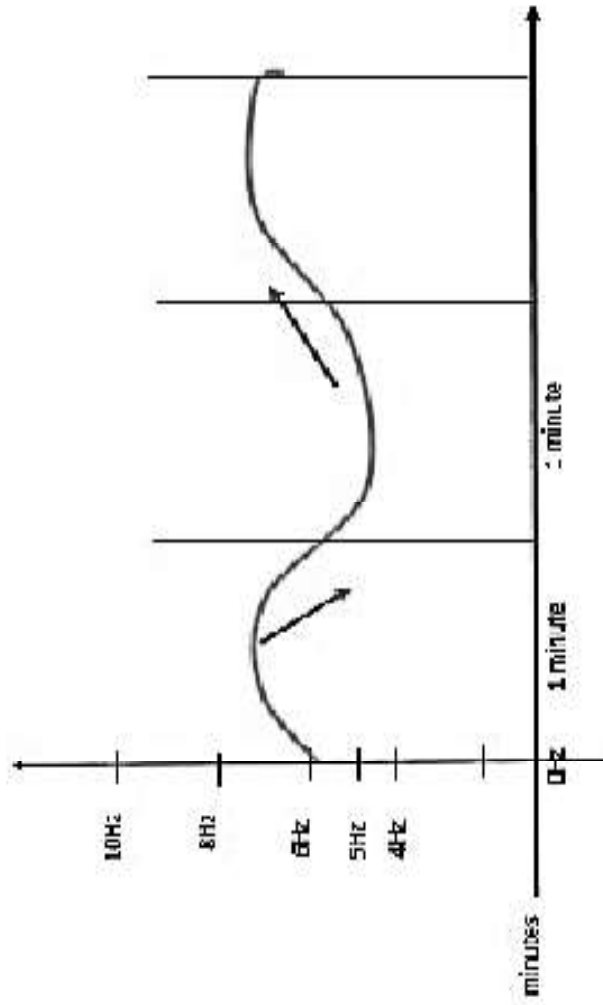
1992, Akira Seto, a researcher at Saitama Medical University in Japan, tested biomagnetism using an instrument with which it is impossible to detect normal or usual human magnetic fields.

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.







Discover an average magnetic force measured frequency between 7 Hz and 5 Hz (Delta and Theta waves of the brain)

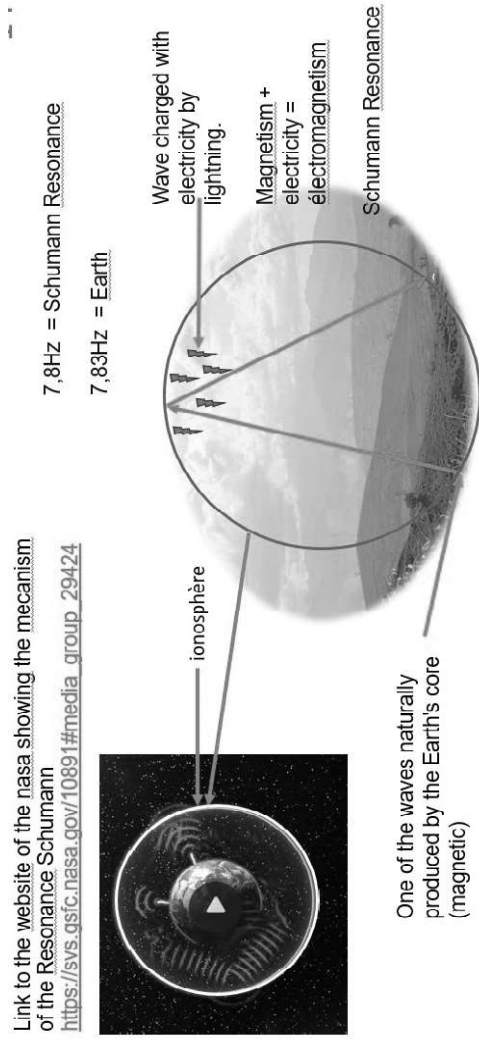
When we talk about electromagnetic discoveries in the field of TT, it is interesting to note that this frequency is the same as the fundamental frequency of Schumann resonances.

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

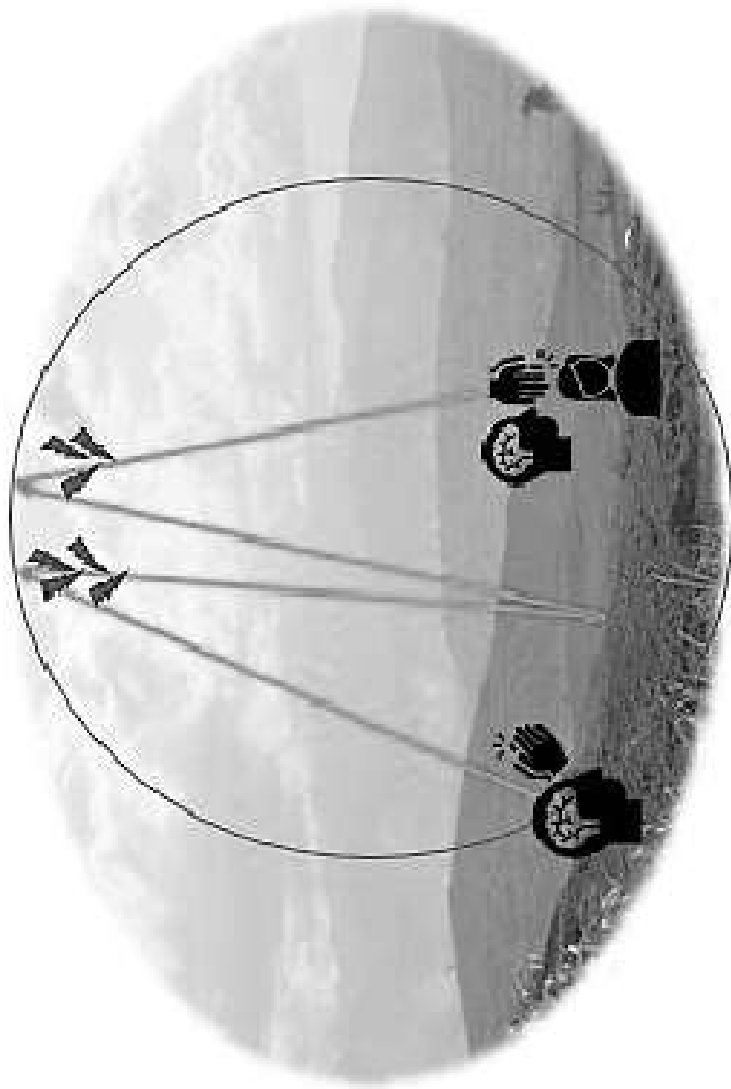
They are global, generated by these spectra and pass from waves to resonances by being charged with electricity by the numerous lightning strikes in space.

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.



Average force measured by scientists of 7.8Hz for Reiki practitioners.



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.



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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 & Engbretson 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.

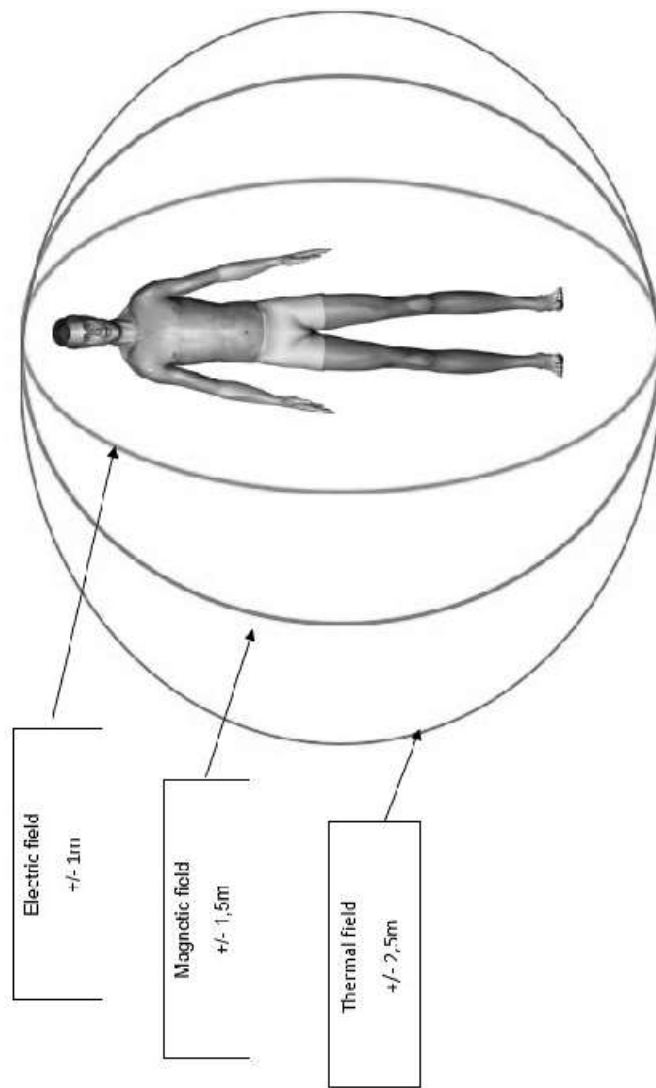
A great deal of research has produced positive results. It is not possible for me to present them all this evening. I invite you to visit some websites or university and scientific libraries to discover publications on the subject.

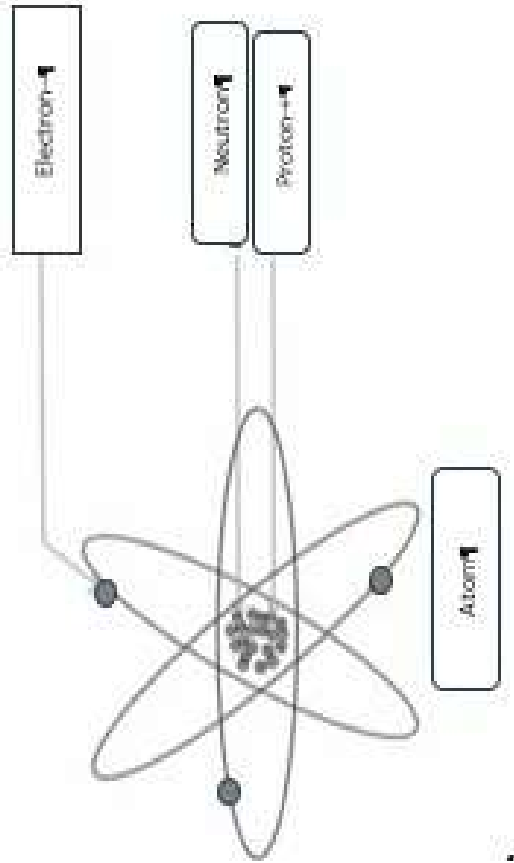
### 3 THE MAIN EFFECTS OF REIKI ON PRACTITIONERS

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

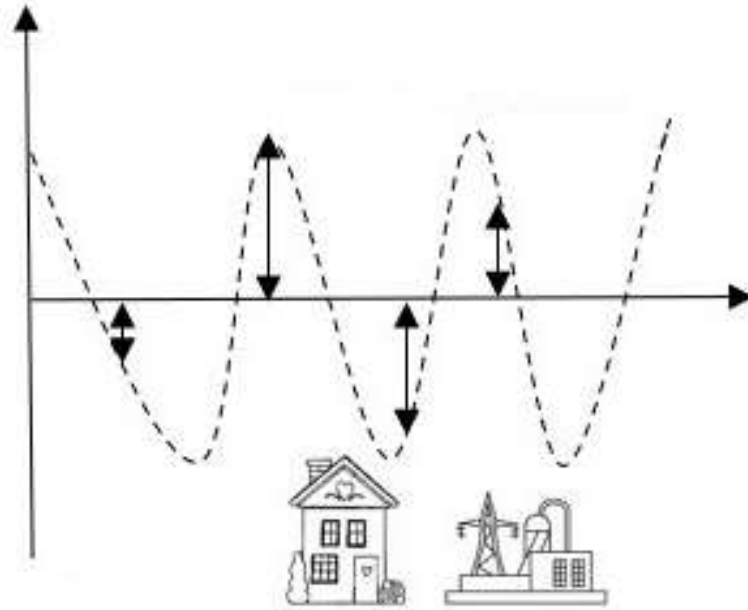
The energy fields in the human body is measured with the Lecher antenna.

- 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.

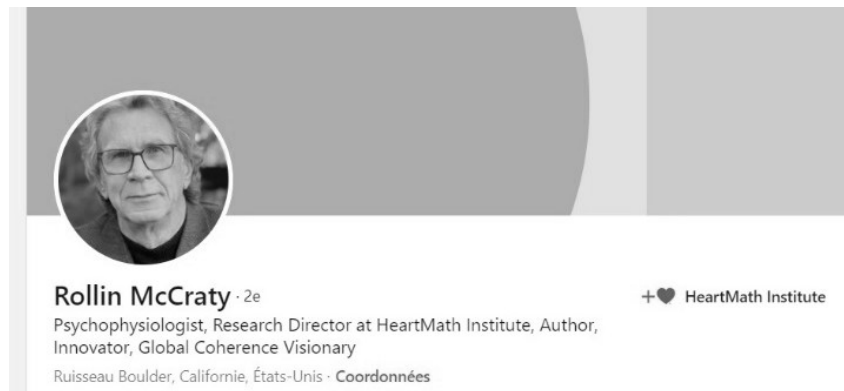


- 6 Extremely Low Frequency (ELF) is the band of electromagnetic radiation (radio frequencies) between 3 and 30 Hz (wavelength of 100,000 to 10,000 km). As these waves propagate in seawater, they are useful for communicating with submarines or underwater robots in the upper 30 to 300 Hz band.



- 7 Reiki is also called a spiritual technique because:
- science shows, the practitioner can also use the electromagnetic waves produced by his brain and soul,
  - practitioner lives with some Buddhism rules like the Gokaï.

Dr. Rollin McCraty has shown that intentional feelings of compassion and love produce a certain spectrum of electrocardiogram frequencies that appears in the biomagnetic field and induce beneficial changes in the structure of water and DNA. He had the same conclusion on human body.



According to Dr. James Oschman, viewing a symbol or other object triggers electrical activity so that the electrical energy spreads over a wide area. The electric and magnetic fields produced are then distributed throughout the body via the:

- nervous system,
- adipose tissue,
- tendons, ligaments,
- cartilage,
- bone tissue,



- blood tissue,
- circulatory system tissue.

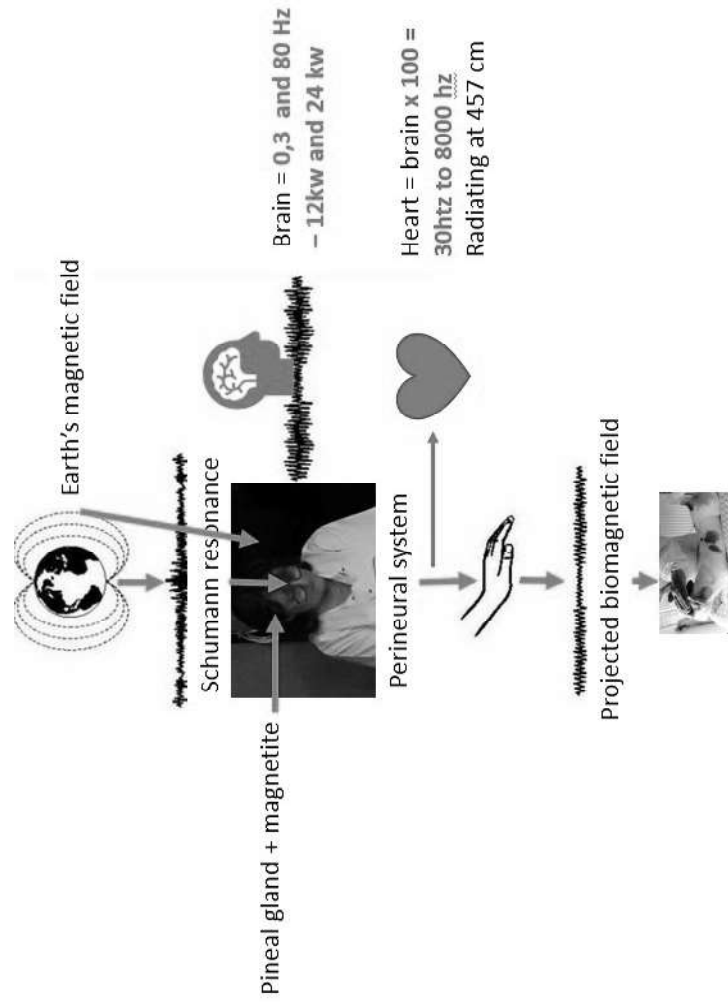
Physical scientist Robert C. Beck concludes that during active therapy, practitioners brainwaves synchronise in phase and frequency with the Earth's Electromagnetic Spectrum.

Other researchs show that the brain waves of energy therapists also synchronise with the Earth's Magnetic Fields.

Researchers in the field of TT indicate that Reiki therapists are conductors off the Schuman frequency.

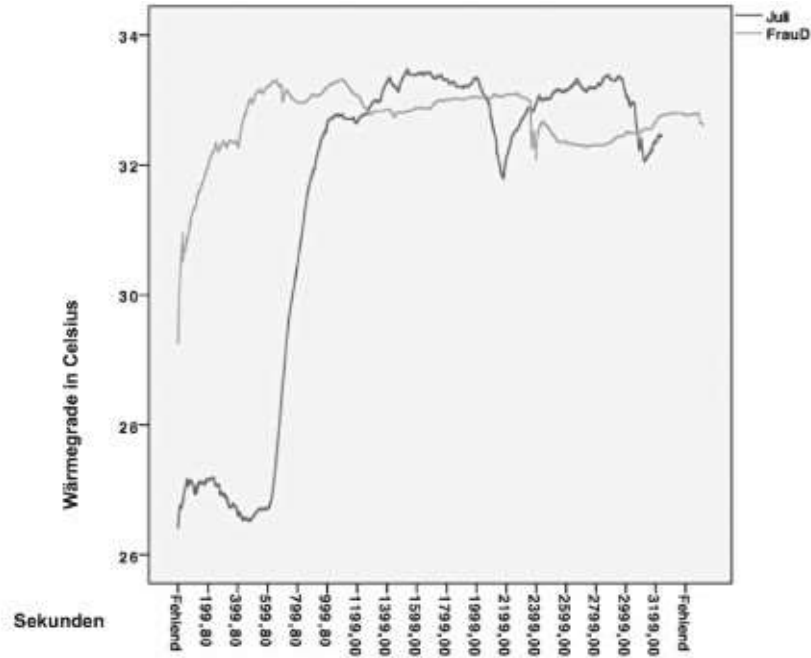
The Reiki practitioner's heart generates the largest electric and magnetic field in the body around 100 times stronger than the brain's and is able of radiating up to around 457 cm.

This Schumann frequency is important to consider when thinking about channeling and interaction between the Earth and humans.



September 2014, Gerald Polhier and Julia Kantor conducted research on the heat of the hands of the practitioner.

They show that the temperature of the Reiki practitioner's hands rises by 7°C during the Reiki session and drops when the practitioner finishes the session by rubbing and blowing into his hands.



(Reiki im Test - Gerald Polhier, Julia Kantor)

Empathy, compassion and a brotherly love for human beings are among the skills and know-how that are essential for quality work. Marie Paucsik shows the importance of compassion and love from a practitioner to a recipient.

## 4 A WORD ABOUT TRAINING

The training of practitioners is a serious matter. Some countries like Switzerland, England and the USA have understood this. They use practitioners in hospitals as employees.

Switzerland, for example, bases the trainings of Reiki on Science. The schools are accredited by the government and the students can be only doctors, nurses and naturopaths and Reiki must be a complementary activity.

180 hours for the first year or level of trainings. 70 hours for the second level (in 2023) or year but it will be more in the future. Regulated Reiki means, practitioner can be employed by hospitals and receive a salary, means also the social security or medical insurances reimburse the sessions.

In England Reiki is regulated by the Think Tree hub, an official association composed by doctors, nurses, patients, for example. Reiki is taught in the universities and colleges. Doctors and nurses are allowed to follow the trainings and can be employed by hospitals (in 2023). In England the NHS hospitals have a Reiki practitioner to give sessions to patients. The Reiki sessions are reimbursed by the medical insurances and the social security.

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In the USA, for example, Reiki is taught in the universities and in the colleges. Doctors, nurses and physiotherapists are allowed to follow the trainings. Reiki is regulated in this country and so Reiki practitioners can be employed by hospitals, clinics, any medical institutions and receive a salary. The Reiki sessions are reimbursed by the medical insurances and the social security.



On the 27<sup>th</sup> March 2021, the Brazilian government voted the Decree 849 to regulate some complementary medicines, Reiki included. It's usual to find Reiki practitioners in the hospitals in each town. Regulated Reiki means, practitioner can be employed and receive a salary, means also the social security or medical insurances reimburse the sessions

Ecuador and Chile are also good examples.