

THE SCIENCE BEHIND REIKI ENERGY



A client-friendly guide inspired by research from universities, hospitals, and Reiki practices around the world

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Reiki is a complementary wellness practice. It is not a replacement for medical care but a supportive way to reconnect with balance, clarity, and well-being.

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WHAT IS Reiki Energy?

Everything in the universe is made of energy. At its most basic level, whether it's the chair you sit on or the plant on your windowsill, all matter vibrates at a unique frequency. Even the human body can be measured in terms of its energy: an electrocardiogram records the heart's energy, while an electromyograph measures the energetic patterns of the whole body.

It is said that on average, humans vibrate at around 250 cycles per second. When we work with life force energy, through Reiki as a practitioner or recipient, This frequency can rise significantly. Studies have noted that, Reiki recipients often vibrate between 400–800 cycles per second. Some accessing higher states of consciousness may reach around 900 cycles per second.



Dr. Valerie Hunt of the University of California studied energy fields and imbalances using fractal mathematics. She suggested that illnesses such as cancer may arise, in part, from incoherent patterns in the energy field. Her book, Infinite Mind: Science of the Human Vibrations of Consciousness, offers fascinating insights into this work.

Each of us carries a natural energetic signature. We replenish it daily through food, water, connection with others, and our environment. But when we hold onto emotions, memories, or beliefs that vibrate differently from our natural frequency, our energy can become fragmented. Over time, this stored "dissonance" can disrupt the body-mind's ability to restore balance.

REIKI AND THE Human Biofield

Reiki resonates at a high frequency, offering the body awareness it can use to recognize and release dissonant energy. This process helps the system de-fragment and return to its natural state of balance.

The mechanism of Reiki is often described through the concept of the biofield, the network of energy fields that surround and flow through the human body.

Scientific perspectives suggest Reiki may influence the biofield in several ways:

- **Electromagnetic interaction:** The body is inherently bioelectrical. Reiki may support balance within these natural signals.
- **Quantum entanglement:** Some theories propose Reiki works on a quantum level, allowing energy exchange across distance and time, helping explain distance Reiki.
- **Resonance & Entrainment (sympathetic resonance):** Just as a guitar string causes another of the same pitch to vibrate, Reiki provides a clear tone. The body naturally responds by syncing with that harmonious vibration, this is resonance. Similarly, when two pendulums swing at different intervals, the one with the weaker energy gradually aligns with the stronger one, demonstrating entrainment. Both processes reflect how Reiki helps the body and energy field return to balance through harmony and synchronization.

Energy, Cells & Memory

Our bodies may look solid, but our cells are more than 99% space, filled with information that instructs them how to function. When that information becomes distorted, cells may behave in unhealthy ways.

Reiki supports the body's natural ability to scan and restore information, allowing it to return to its original, healthy blueprint.

Memories and beliefs are stored deep in the body, even influencing how our DNA expresses itself. Some patterns are inherited, others are formed through life experiences. These can be assessed, adjusted, or released through awareness and energy work.

As more memories and emotions accumulate, our reactions to life's triggers intensify. Instead of responding only to the moment, we react from the weight of all past experiences. This can lead to a cycle of constant triggering and chronic stress.



Over the years, numerous case studies from universities, hospitals, and Reiki practitioners have highlighted the benefits of Reiki. While science may not yet fully understand how it works, the consistent results speak for themselves.

If you'd like to explore some of the research supporting Reiki, you'll find many resources under the Research tab on my website, click the [SwissReiki](#) link.