

Reiki is a spiritual practice that helps people feel better, function better, and make better choices, and a practice the NIH's National Center for Complementary and Integrative Health (NCCIH) has deemed to be safe. My Reiki self practice kept me sane and functional during the long Covid lockdown. When I was recovering from surgery, injury and illness, at times the pain and was so intense I couldn't see my way through. My Reiki practice reliably brought me a sense of peace and possibility so I could keep trying. I sleep better.

Reiki is a spiritual practice, like meditation is a spiritual practice. We don't regulate meditation, we don't need to. We don't need to regulate Reiki.