

To Whom it may concern,

I have been practicing and receiving Reiki for the past five years and am now a Reiki practitioner at the Master level.

While I understand and even see the need for this type of professionalism in the Reiki community at large, I do not believe that this bill is an appropriate avenue.

First, Reiki practitioners are unique, and cannot be lumped in with all other alternative modalities (life coaching, hypnosis, etc.) Each modality warrants its own committee, including individuals who understand and have been trained in that modality. Reiki is a spiritual practice that brings balance and stress reduction to the individual. Much like mindfulness practices that are now being offered in major hospitals and schools throughout our state. As a practice, Reiki cannot ever do harm. The NIH's National Center for Complementary and Integrative Health (NCCIH) has deemed Reiki to be safe. (<https://www.nccih.nih.gov/health/reiki>) My concern is that a bill such as this creates a misunderstanding about Reiki, rather than the wrongful business practices of individuals.

The use of Reiki is wide and varied; it is unclear in what ways regulatory practices would impact many important Reiki services in Oregon. For example, I have offered Reiki as a volunteer in addition to my business services. I sat with my sister during chemotherapy offering reiki to ease her anxiety and nausea and I've been with those in the processing of dying giving them some peace. Reiki was also a comfort to the grieving. I use reiki as a self practice as well.

My colleagues and I all follow a Code of Ethics set by professional Reiki associations. I understand and support the need to ensure safety guidelines and proper practices regarding Reiki. This bill, however, does not outline any specific actions, and instead appears to put the regulatory jurisdiction in unknown hands.

- I support the addition of practitioner transparency in training and qualification.
 - I support guidelines for stating the professional qualifications of Reiki practitioners (ie. we are NOT mental health professionals).
- All in the name of safety and clarity for the public.

I do not support the passing of this bill in regards to broad term regulations for the alternative health field. Much more consideration should go into such an act.

Sincerely,

Pamela Linegar