

Hello, I am a Reiki practitioner located in Los Angeles, but have practiced nationally and internationally. I have a master's certification and come from a lineage of teachers stemming from Reiki's founder, Dr. Mikao Usui in Japan nearly a century ago.

Across the board, I work with clients to help them with spiritual and emotional well-being. As a spiritual practice (and here, spiritual refers to one's inner experience and resources as opposed to religion), the results are often that clients feel energized, balanced, motivated, and inspired after sessions, which helps them function better in their daily life. Working with people during the COVID pandemic has shown how valuable has been for many.

Reiki is not massage. It is a positive influence and safe spiritual practice and has been deemed so by the National Institutes of Health's National Center for Complementary and Integrative Health (NCCIH). Reiki has also become commonplace in hospital settings.

I oppose this bill because it will restrict how reiki practitioners choose to practice and teach reiki. Prohibitive costs and regulation could restrict a practitioners rights and ability to be a positive influence towards people being centered and more productive, and therefore better in their relationships, their work, and in their community.

Thank you,  
Scott Holman