

# **Effects of Reiki and Body Magnets in Distant Healings of the Chakra System**

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## **Research Proposal**

The hypothesis is that the energy of a distant Reiki healing coupled with body magnets vs. a healing without body magnets will have a stronger field of conduction and thus reception. To test this hypothesis a Reiki practitioner will beam two 10-minute chakra healing sessions to one client with a 20-minute rest time in between. The practitioner will receive the name and location of the client; and both will receive a predetermined time for facilitation of this protocol. By random choice, the practitioner will wear body magnets on the hand chakras in 1 of the 2 sessions. The client will record a graded pulse (strong, medium, low, none) felt in each of the seven main chakras before and after each beaming. Support of this hypothesis will be obtained if a pulse of 1 grade higher or more is recorded with the magnetic Reiki beaming. The client's ability to diagnose pulse gradient of the chakras has been predetermined. Neither participant will know the hypothesis. The client will not know about the Reiki energy or body magnets.

*Independent variable construct:* Application of body magnets on the practitioner hands.

*Independent variable (operationally defined):* Practitioners will be instructed to conduct two 10 minute beamings: one with magnets placed on the hand chakras; and one without magnets.

*Dependent variable construct:* Client record of the energy pulse in each of the seven main chakras of the two Reiki beamings.

*Dependent variable (operationally defined):* Clients feeling a gradable pulse of the beamed Reiki energy in each of the seven main chakras during the two beamings.

*Sample:* Reiki practitioners; intuitive clients without Reiki training.

*Population of interest:* Energy medicine practitioners

## INTRODUCTION

The ancient art of Reiki as an alternative healing modality has brought this "universal life energy" practice into recognition as an energy medicine modality. A premise of Reiki energy is that it can be "beamed" at a distance to a client. Can Reiki energy beamed in a distant healing be quantitatively felt by a clairvoyant, clairsentient intuitive? Does the placement of 12,000 gauss body magnets on the hand chakras, coupled with Reiki enhance the amplitude of the beaming, and therefore of the energy reception by an intuitive?

Reiki practitioners and clients claim numerous beneficial results with the application of this universal life energy. However, to date little research has been done and only a handful of studies have focused on measuring Reiki energy. Dressen and Singg (1998) studied the "Effects of Reiki on Pain and Selected Affective and Personality Variables of Chronically Ill Patients," with the application of Dr. Norman Shealy's instrument, Life Information Systems Ten (LISTEN). The LISTEN device was able to measure positive energy conductance through skin points, demonstrating measurable energy changes with statistical significance at eight of these points before, during, and after Reiki treatments. "The Effects of Reiki Treatment on Telepathy and Personality Traits," investigated the effects of Reiki on telepathic communication; the results showed that Reiki influenced telepathy trial scores. (Neklason, 1987)

The majority of research with magnets studies the therapeutic effect of wearing a magnet. Most of this research is done to discover how magnets can relieve specific conditions such as; chronic pain; arthritis; fibromyalgia; depression; fatigue; carpal tunnel syndrome and sports injuries.

Three research studies done by team of researchers directed by Elmer Green, Ph.D., included one hypothesis regarding the effect of magnets on developing heightened reception of self-aware states. One study, "Copper Wall Research; Psychology and Psychophysics," (Green, 1999) was inspired from a passage that Dr. Green read in, *The Mahatma Letters*. These letters written during 1880-1884 were correspondence between A.P. Sinnett and two East Indian teachers of H.P. Blavatsky:

The methods used for developing lucidity in our chelas may be easily used by you. Every temple has a dark room, the north wall of which is entirely covered with a sheet of mixed metal, chiefly copper, very highly polished, with the surface capable of reflecting in it things, as well as a mirror. The chela sits on a insulated stool, a three-legged bench placed in a flat bottomed vessel of thick glass, -- the lama operator likewise, the two forming the mirror wall a triangle. A magnet with the North Pole up is suspended over the crown of the chela's head without touching it. The operator having started the thing going leaves the chela alone gazing on the wall, and after the third time is no longer required. (Sinnett, 1948, p.455)

This passage also inspired Dr. Green to conduct two more research projects, "Anomalous Electrostatic Phenomena in Exceptional Subjects;" and "Gender Differences in a Magnetic

Field.” These research projects used sensitives, healers and nationally known intuitives as the participants. In the former research study the question was asked, “Would a range of magnets strengths have a corresponding range of experiential effects?” In preliminary analysis indicators found that the magnetic field of 140 gauss at the crown of the head has a stronger physical effect than the field of 14 gauss. In the latter study, one the of the 18 hypotheses was the same question, and the results stated were, “That the experiential effects of the 140 gauss magnet would be stronger than the experiential effects of the 14 gauss magnet. Since effects were detected at least as sensitively with only 10 subjects at 140 gauss as with a larger sample of 19 subjects of 14 gauss there is some preliminary indication that effects of the stronger magnet were indeed more potent than effects of the weaker magnet.” (Green, 1999)

These research studies were done 10 years ago at which time the stronger neodymium body magnet (11,500-12,500 gauss) had not been developed. General Electric’s recent research conducted by MIT physicist, James Livingston has produced the current highest gauss ratings in magnetic materials for motors and generators of automobiles. A higher gauss rating material has led to the development of the small, 1 inch neodymium body magnets. The early magnet research with the chela monks was assumed to be done with steel and magnet composite magnet bars (probably loadstone) which has a much lower 14 gauss rating.

Another factor in the magnet and self-awareness states research is the North Pole versus South Pole question. The chela monks placed North Pole up; Dr. Green's studies experimented with both North Pole up and South Pole up; and the current literature on body magnets states that North Pole up sedates and calms and South Pole up excites and stimulates. This present paper and research project hypotheses is that South Pole up will stimulates the Reiki energy in the practitioners hand chakras and therefore produce a stronger magnetic field which will carry enhanced surge properties for both the sending and receiving of the Reiki distance beamed energy. Scant research information was found on the surge measurements of body magnets. A study measuring gauss rating of magnets, done by Marco Marcroft, Ph.D., “...showed a marked drop-off in magnetic field strength 1 cm from the skin at with bipolar magnets. This was not as pronounced with monopolar magnets.” (Lawrence & Rosch, 1998, p.173)

A premise of Reiki energy is that it can be distance “beamed.” Can Reiki energy beamed in a distant healing be received and quantified by an intuitive? Does the placement of 12,000 gauss body magnets on the hand chakras, along with Reiki energy enhance the amplitude of the distance beaming, and therefore of the energy reception by an intuitive?

The present research theoretical questions are:

1. When Reiki energy is beamed at a distance can the intuitive quantify (0- 10) the received energy pulse?
2. When 12,000 gauss magnets are randomly introduced by the Reiki practitioner in 1 of the 2 beamings, will the intuitive detect a stronger field of Reiki energy when the magnets are used?
3. Will the chakra energy of the intuitive be different before and after the two separate distance beamings?

The present research hypotheses are:

1. An intuitive who is trained to recognize magnetic field fluctuations within chakras can quantify the reception therein of Reiki energy received at a distance.
2. An intuitive will feel a stronger pulse of energy in the chakras when the Reiki practitioner is wearing body magnets on the hand chakras.
3. The intuitive will feel an upgraded pulse of energy after the two Reiki beamings in comparison to the energy felt in the chakras before the Reiki beamings.

## METHOD

### Participants

The beaming of energy was conducted by 5 Reiki certified practitioners; 1 level I; 3, level II; and 1 Master level. The 5 clients did not have Reiki training and had never received a Reiki energy healing. The “clients” did not know they were receiving Reiki energy and did not know the identity of the “distance healer.” The practitioner was given the name and location of the client; neither had met the other except in one pairing of client and practitioner where they had been in a class together. The practitioners and clients were chosen from a group of Master of Intuition Medicine® (M.I.M.) diplomates who received training at the Academy of Intuitive Studies and Intuition Medicine®, located in Northern California, USA. The 5 Reiki practitioners and the 5 clients all have expert level development and skill accuracy in clairvoyant and clairsentient diagnosis of the chakra system. Skill level had been determined through 3 years or more of professional observation and training required for the M.I.M. diploma. All volunteered to participate with no remuneration.

### Materials

The 12,000 gauss body magnets were purchased through Dowling Magnets of Sonoma, California. All sets were identical 1 inch neodymium disc magnets; and marked with the red side as North Pole and the blue side as South Pole.

Six charts were designed to record the information, and give directions to the 10 volunteers. The “Reiki Practitioner” , gives directions on the placement of the body magnets on the hand chakras with the North side up; and the random choice of using the magnets with the first or second healing. The name and location of the client is given; and the first healing, rest time, and second healing times; and returning the form instruction complete this first document. The “Reiki Practitioner” chart, requests written confirmation of the date, time of beaming, name of the client; and in which of the two healings were the magnets worn. Comments and observations were requested at the end of this document.

The “Client Protocol” chart gave instructions on how to prepare for the 1 hour healing; what would be focused on; exact times of the two healings; and instructions for returning the forms. The “Client Protocol” chart, asked the client to grade the pulse felt in each chakra before the first distant healing. The client was to grade according to their personal predetermined experience of

chakra pulses. The grading scale was divided into four levels: 0 = no pulse reception felt to 10 = highest personal sense of pulse in each of the seven main chakras. The client chart, “First Healing,” and “Second Healing,” both gave the “begin and end times” of the healings; and included the same grading scale chart as in the “Before” healing. All three charts had a “Comments” space at the bottom.

### Procedure

All distant beamings were conducted during a 7 day period from March 20 – 31, 2002. The participants and clients sat in meditation each at their own home on the assigned day and hour. They were asked to be prepared by sitting in a quiet, grounded, meditation place in order to optimally receive and send the distant healing.

The practitioners were instructed to use the magnets during only 1 of the 2 healings; to choose either the first or second healing; to hold or tape magnets onto each of the hand chakras (at the palms); and to place the North (red) side of the magnet against the skin. The practitioners spent 10 minutes beaming Reiki energy into each of the seven main chakras of the client beginning with the first chakra and moving up sequentially to the seventh chakra. After a 20 minute rest time after the first healing, the practitioner began beaming the second Reiki energy healing for 10 minutes following the previous stated chakra protocol. The “Reiki practitioner page 2” document was then filled out and signed.

The clients were not given the name of the practitioner; they were told that the practitioner was a M.I.M. diplomate. They were given the following preparatory instructions:

Begin before the first appointed healing time by recording your chakra information on the before chart. You will be receiving, two separate “seven main chakras” healings from a MIM alumni. Both energy healings will be directed at your seven main chakras only, beginning with the first chakra and moving sequentially up to the seventh chakra. Each healing will last 10 minutes. After the first healing, there will be a 20 minute resting space; this allows time for you to record your chakra pulses on the chart provided.

The clients were instructed to record the pulse of each of their seven main chakras, graded on personal experience, within a 4-tiered range (0, 1-4, 5-8, 9-10) on three charts before the healings; and after the first and second healings. A space at the bottom of the document for comments ended each chart.

## SCORING

Analyses were performed as follows. The five clients were asked to place a chakra pulse grade value within 1 of 4 quadrants. The first quadrant represents a flat or low vibrancy of energy and the fourth quadrant a high or healthy vibrancy of energy. Each quadrant was given a numerical rating from 0 to 10. Individuals scored each of the seven chakras. Scores were tabulated. A summary of the five clients gradient scores totals is represented in each box. The net change is arrived by comparing the before and after score represented in the first table; and in the second table by comparing the with-magnets and without magnets results.

## RESULTS

The first hypothesis was:

An intuitive who is trained to recognize magnetic field fluctuations within chakras can quantify the reception therein of Reiki energy received at a distance.

This hypothesis was supported by the graded reports (see Figure 1) of the pulse fluctuations and the written comments of the five clients. Some of the comments were:

- Stinging pulse moved to fifth chakra.
- I had a definite sense of when each chakra was being worked on.
- I felt heavier and more in my body.
- My second chakra didn't feel as strong a pulse as first and third, but my fourth was really humming.
- Interesting to notice the sensitivity of my throat and particularly my sixth chakra to what seemed a very gentle energy.
- We were already at 12 minutes when the pulse stopped, and I think (she?) unplugged.  
*Note: The practitioner actually spent 12 minutes sending Reiki energy, not the 10 minutes that was asked for in the protocol. This client was exactly correct in his reception time, and his intuition that the sender was female.*

The second hypothesis was:

An intuitive will feel a stronger pulse of energy in the chakras when the Reiki practitioner is wearing body magnets on the hand chakras.

This hypothesis was supported by the summary data received (see Figure 1). The statistics in each of the separate five healings reports show that one client felt no pulse change in either the with-magnet vs. without-magnet healings; this client graded both healings in the fourth quadrant. Interestingly, this client was receiving from the Reiki master, and all the others were level I or level II practitioners. The second client felt four chakras pulse higher with magnets; the third client felt three chakras pulse higher; the fourth client felt one chakra pulse higher without magnets and three chakras pulse lower with magnets; and the fifth client felt one chakra pulse higher without magnets and three chakras pulse lower in the with-magnet healing. The net result summary data shows that the healings with the magnets demonstrated a stronger (6.8%) pulse of received Reiki energy.

The third hypothesis was:

Will the chakra energy of the intuitive be different before and after the two separate distance beamings?

This hypothesis was supported by the summary data received (see Figure 1). A significant percentage (35.4%) of a higher pulse grading was reported. Within this model of energy healing this difference is understood to mean a healthier chakra which contributes to a greater sense of well-being.

## DISCUSSION

From the practitioner comments, it seems reasonable to conclude that magnets have a significant effect on intuitives and alter their usual experience of beaming Reiki energy. The majority of comments reported from the five Reiki practitioners stated that the magnets were difficult to use in combination with Reiki energy. Mostly the practitioners did not like using the magnets and felt that they could beam a more consistent and effective healing without the increased pulse which the magnets seemed to create when applied to the hand chakras. Some of the practitioner comments were:

- With the magnets, I experienced difficulty sending streams of Reiki.
- Using the magnets, made my hands feel more focused and energized. A definite, stronger buzz than usual.
- The session with the magnets, I felt the energy more revved up and speedier than normal. They didn't work well with my energy as I felt as if I had drunk two cups of coffee. I had to throw them across the room to get clear enough to do the second healing without magnets.
- The second healing with magnets was difficult. The magnets caused me a lot of pain in my hand chakras as I beamed Reiki energy.
- Without magnets there was less effort required sending Reiki energy.
- The magnets felt like they were burning my palms. I also started to feel achy on the left side of my body when I started using them. I felt drained after 10 minutes.
- I felt much more alert during the second healing, without the magnets. I could feel where the magnets had been in my palms, but there were not body aches and I felt less 'blocked'.

Assuming that the 12,000 gauss magnets created the discomfort experienced by the healers, a question for further research may be to replicate this study using a lower gauss magnet. The theory being that with the lower gauss rating magnet the healer would be able to beam a more comfortable and consistent pulse of Reiki energy.

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Figure 1

Summary of Results in Hypotheses 2

QUADRANT RANKINGS	1ST	2ND	3RD	4TH
Without	0	16	5	14
With	3	5	15	12
Net Change	-3	9+	-10	2+

Summary of Results in Hypotheses 3

QUADRANT RANKINGS	1ST	2ND	3RD	4TH
Before	9	9	16	1
After	0	13	7	15
Net Change	-9	7+	-9	14+