

An Introduction to Reiki

Presented at The Wellness Exchange

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Wellness Exchange – Introduction to Reiki

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Experiences here today

Biofields

General Overview—What, Why, How, and more

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Energetic and Physical Systems

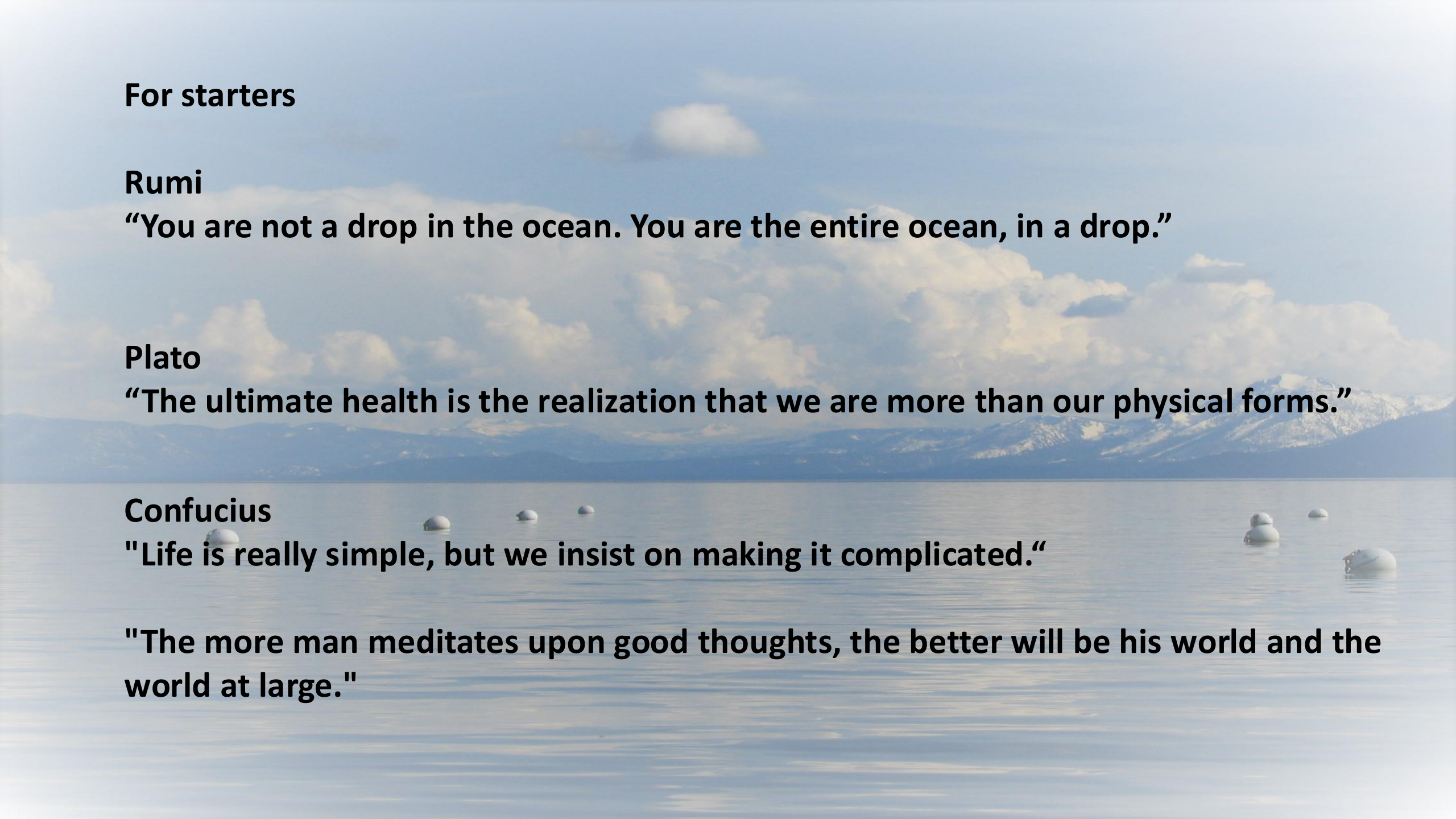
Reiki at UNC Lineberger CCSP

Learning Reiki

Announcing Reiki at Get Real & Heel

Q&A

Guided meditation



For starters

Rumi

"You are not a drop in the ocean. You are the entire ocean, in a drop."

Plato

"The ultimate health is the realization that we are more than our physical forms."

Confucius

"Life is really simple, but we insist on making it complicated."

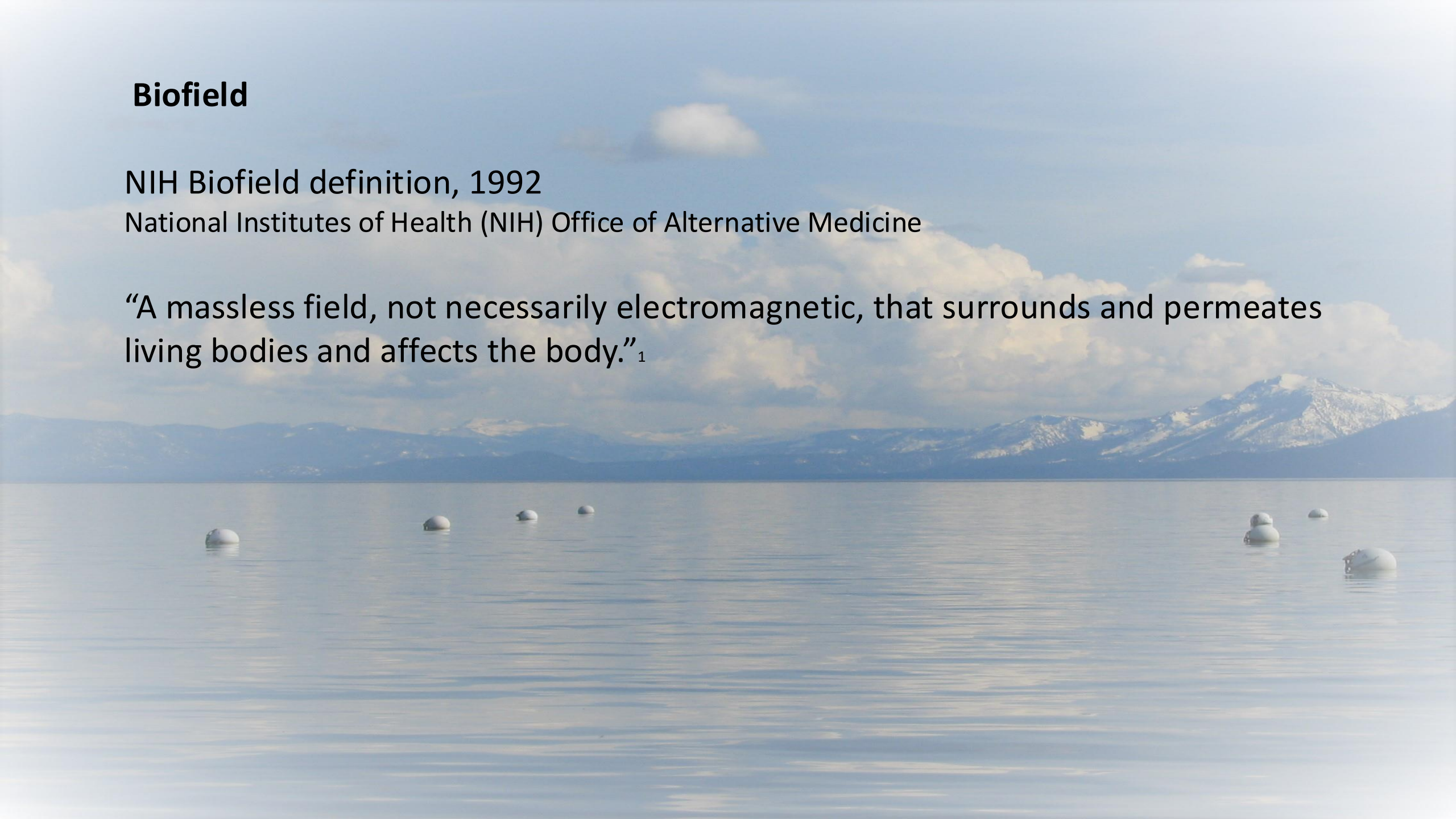
"The more man meditates upon good thoughts, the better will be his world and the world at large."

Biofield

NIH Biofield definition, 1992

National Institutes of Health (NIH) Office of Alternative Medicine

“A massless field, not necessarily electromagnetic, that surrounds and permeates living bodies and affects the body.”₁



Biofield

NIH Biofield definition, 1992

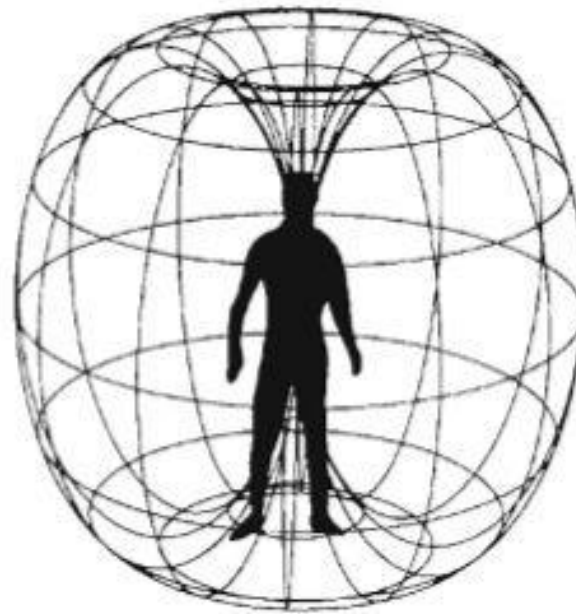
“The term originated out of a group convened by the National Institutes of Health (NIH) Office of Alternative Medicine in the early 1990s in an attempt to provide an organizing schema for a wide range of healing practices, often referred to as energy medicine or bioenergetic therapies.

Reiki, Therapeutic Touch, Healing Touch, Bengston Method --all are “laying of hands” style practices

Qigong, Tai Chi, Acupressure & Acupuncture are several examples. ² (2018)

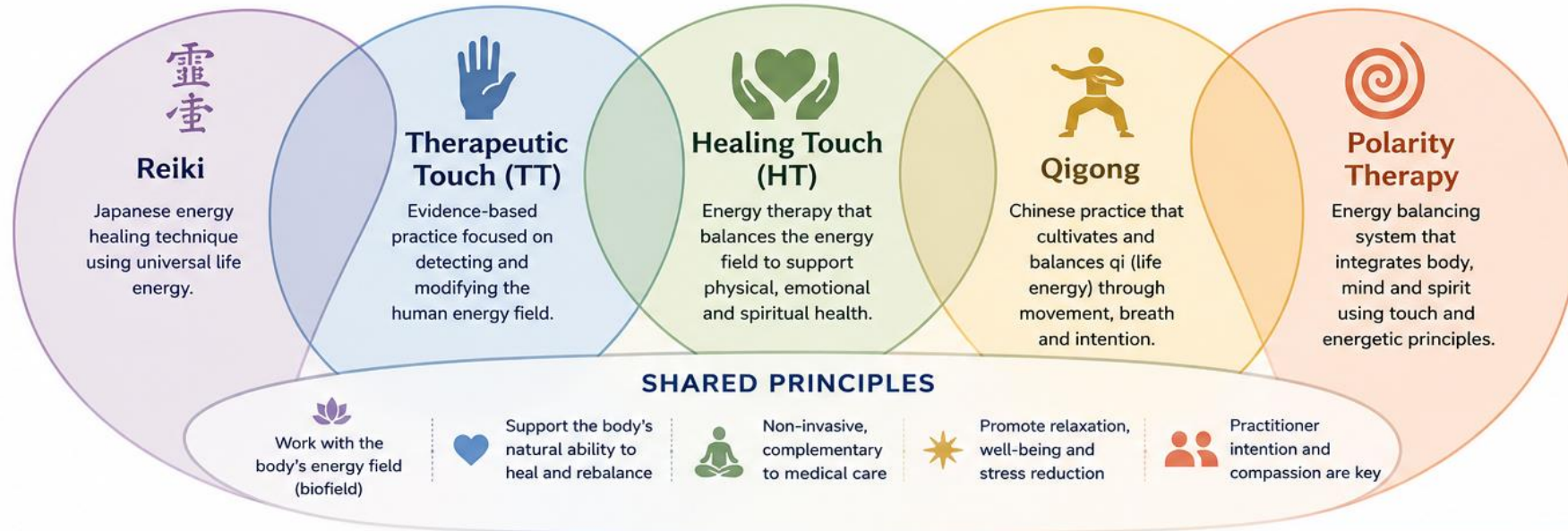
What is the Human Biofield ?

- "Biofield" is the National Institute of Health's term for the field of energy and information that surrounds and interpenetrates the human body.
- It is composed of *veritable* energies – electromagnetic, thermal; and *putative* energies – subtle energies yet unmeasured and undefined by Western science



Biofield Therapies: Similarities & Differences

Energy therapies that support the body's natural ability to heal and promote whole-person well-being.



	Reiki	Therapeutic Touch (TT)	Healing Touch (HT)	Qigong	Polarity Therapy
Primary Focus	Balance and flow of universal life energy	Energy field assessment and balance	Balance the energy field to support healing	Cultivate and balance qi (life energy)	Balance the body's energy for optimal health
How It's Done	Practitioner channels energy with hands lightly placed or near the body	Hands in the aura (energy field) to assess and rebalance	Hands on or off the body using techniques to clear, balance and energize	Movement, posture, breath and visualization to build and direct qi	Gentle touch, energy balancing and bodywork on energy pathways
Practitioner Training (typical)	Levels I-III, Master (variable hours)	Level 1-2 (48-60 hours)	Levels 1-3 (60-80+ hours)	Varies widely (weeks to years)	Professional training (500+ hours)
Use of Touch	Light touch or hands off	Hands off	Light touch or hands off	Self-practice (no touch)	Light to moderate touch
Evidence Base	Research shows positive effects on pain, anxiety, well-being	Extensive research; endorsed by some healthcare organizations	Research supports benefits for pain, anxiety, fatigue and well-being	Research on stress reduction, health outcomes and quality of life	Research and case studies show benefits for pain, stress and well-being
Common Uses	Stress, pain, relaxation, healing support	Pain, anxiety, insomnia, surgical recovery	Chronic illness, emotional stress, recovery	Energy, vitality, stress management, health maintenance	Pain, stress, digestive issues, overall balance

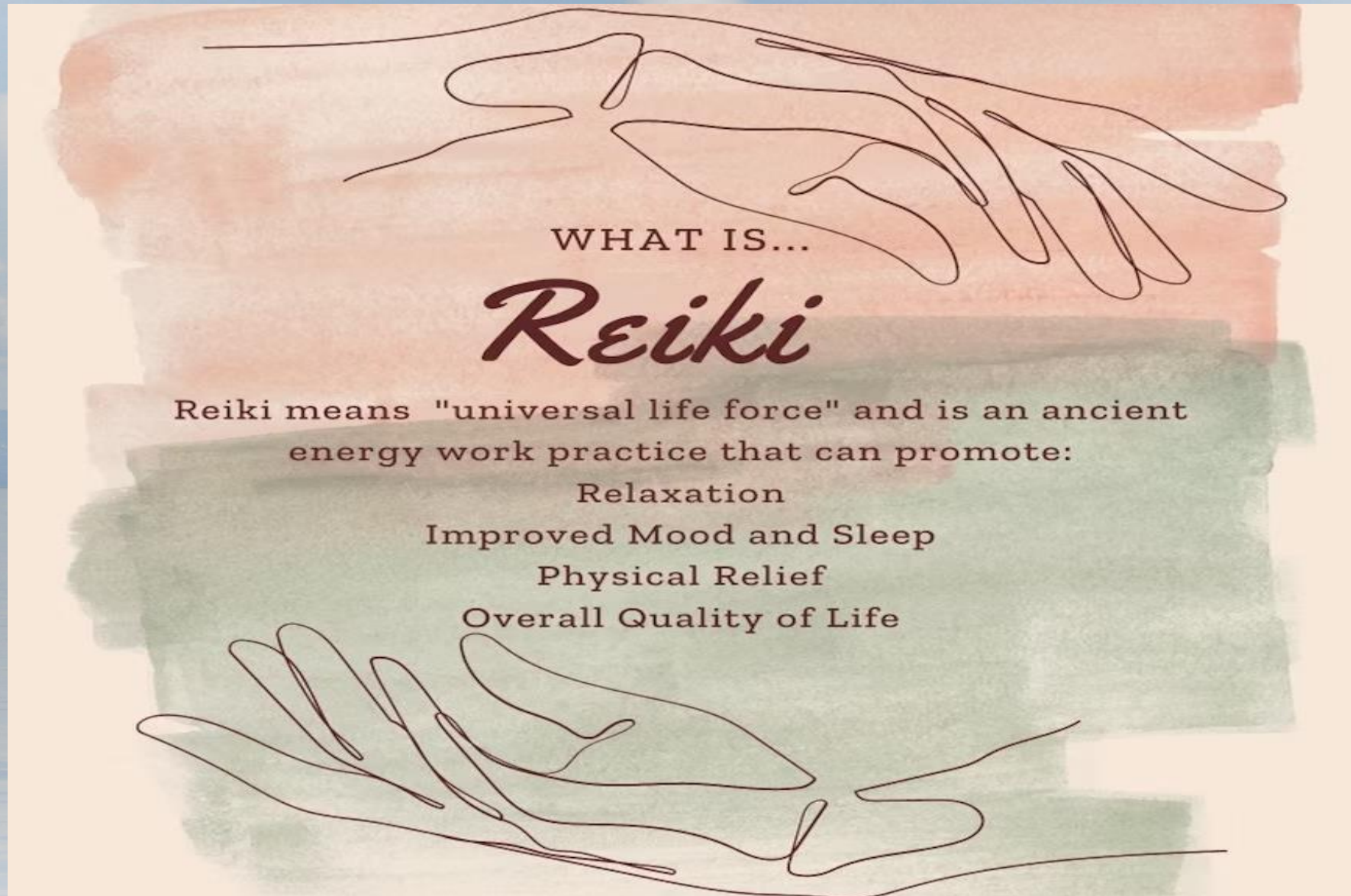


Important to know: Biofield therapies are complementary approaches and are not a substitute for medical treatment. They are most effective when used as part of an integrative plan of care.



Different paths, same purpose:
Supporting healing, balance and well-being.

What / Where / When / Who / How / Why



What: Reiki is a biofield therapy*. A practitioner, via their intention and hands, sends vital energy to the recipient. A treatment can be done either hands on or hands slightly above the patient. *AKA Healing Touch, Energy Healing

Why: Reiki has been shown to reduce pain and anxiety for many different types of populations including: patients in cancer care, their caregivers, and nurses.

Who: Patients, their caregivers, families, and staff can all benefit from Reiki treatments. To learn to use Reiki, one is attuned by a Reiki Master Teacher. Nurses can earn CEU credits for Reiki training.

Where: At private practices, veterans support centers, and in hospitals and clinics.

When: Flexible length treatment times from 10-90 minutes.



What / Where / When / Who / How / Why

Reiki (as a therapy)

Reiki is a Japanese touch therapy that can **promote healing**. It is a gentle “hands-on” **relaxation technique** to help you feel calmer and more comfortable, facilitating the healing of **mind, body, and spirit**.

- Hartford Hospital

(1st Hospital Reiki program in The USA.)



What / Where / **When** / Who / **How** / **Why**

So, what is a treatment like?

Hands on or hands off.

Seated, reclined, laying flat



Treatment time is variable

Short: 10 minutes, Long: 90 min.

Average: 30-45* *20-30 minutes here

Long: 90



Before Reiki



After Reiki



REIKI BENEFITS



Adapts to needs of recipient



Helps meditative states



Promotes personal awareness



Enhances spiritual connection



Fosters natural self-healing



Relaxes and reduces stress



Balances energies in the body



Relieves pain and discomfort

What / **Where** / When / Who / How / Why

Reiki is offered across the USA:

Yale Medicine, Duke Integrative Medicine, Beth Israel, Brigham & Women's, Mayo Clinic, Cleveland Clinic, University Hospitals (Ohio), Kaiser, MD Anderson Cedars Sinai, Hackensack Meridian Health (NJ), Cincinnati Children's, Boston Children's, Philadelphia Children's, Garnet Health (NY), Brown University Hospital Atrium Health Levine Children's, Penn Medicine Abramson, Dana Farber Zakim Memorial Sloan Kettering, MD Anderson, and so many more including Canada and the UK

What / Where / When / Who / How / Why

Reiki as a therapeutic tool:



Reiki as a practice:



What / Where / When / Who / **How** / Why

4 Training Levels

1st Degree

2nd Degree

Master Practitioner

Master Teacher

The 4 Levels of Reiki:

What's the Difference Between
Reiki I, II, Master & Teacher?



Reiki Level I – For Self-Healing

Ideal For: Those beginning their spiritual or personal healing journey.



Reiki Level II – For Family & Friends

Ideal For: Those who want to share healing energy with others in a personal way



Reiki Master – For Professional Practice

Ideal For: Practitioners ready to serve clients and deepen their energetic mastery



Reiki Teacher – For Training & Attuning Others

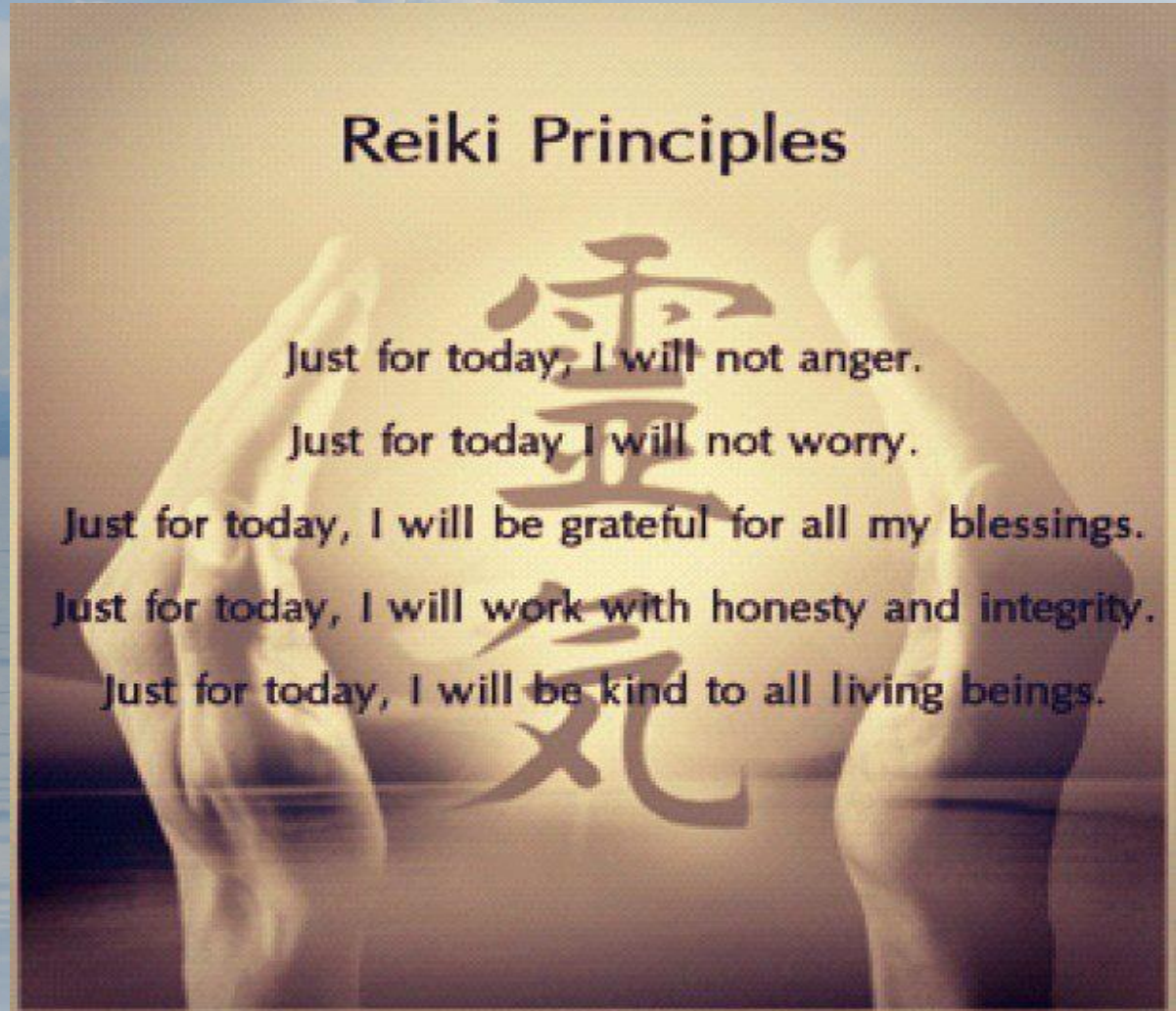
Ideal For: Reiki Masters who feel called to teach, lead, and attune others

What / Where / When / Who / How / Why

Reiki precepts

"[Reiki principles] are there to encourage us to embody the reiki energy throughout the day, every day. They speak to the importance of one day at a time." —Reiki master Nina Endrst

Just for today,
do not worry
do not anger
be humble
be earnest in your work
be kind to others



What / Where / When / Who / How / Why

Reiki as a practice:



While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not*.

*Belief has been shown to influence outcomes across a very wide spectrum of phenomena.

What / Where / When / Who / How / Why

Reiki as a practice:

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by laying on hands and is based on the idea that an unseen life force energy flows through us and is what causes us to be alive.

If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

(from www.reiki.org/faqs/what-reiki)

What / Where / When / Who / How / Why

Reiki as a practice:

When one's "life force energy" is low, then one becomes more likely to get sick or feel stress. When it is high, we are more capable of being happy and healthy.

Qi is one of the THREE TREASURES of Chinese Medicine, that constitutes our energy, strength, and vitality.

- Qi flow is related to the breath
- Life-force energy, our day to day energy
- Separates living things from inanimate objects
- Functions through our metabolism & immune system
- Qi is also related to the "yin" substances, the body fluids; blood, sweat, lymph fluid, and tears.

Healthy Qi

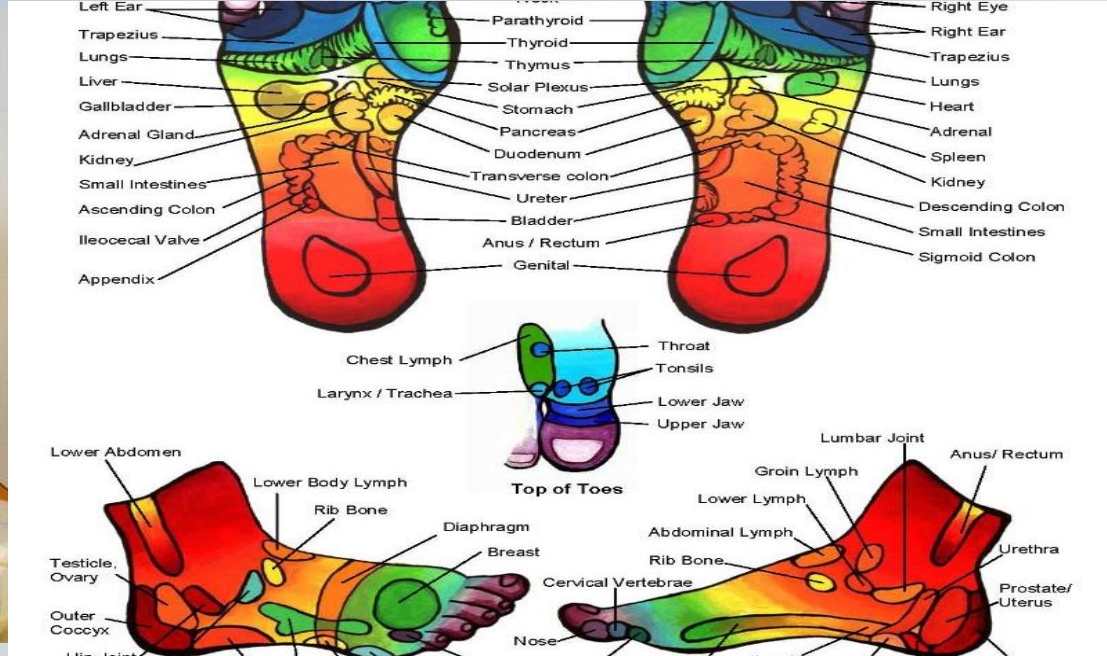
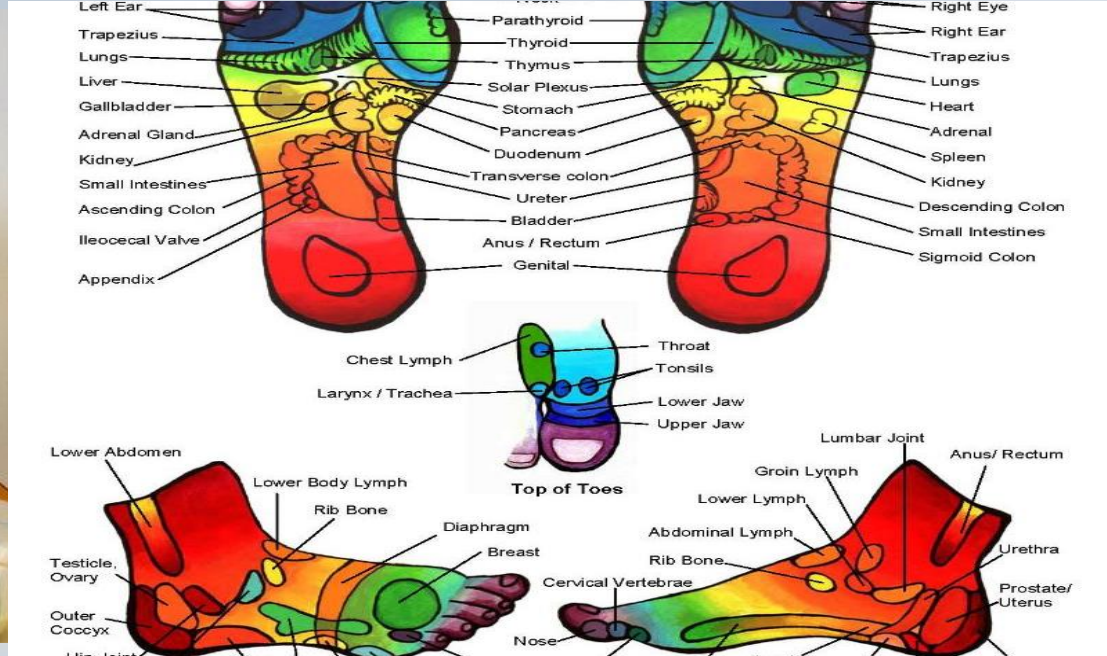
- Plenty of energy
- Relaxed & happy
- You feel "in the flow"
- Strong immune system

Blocked / Stagnant Qi

- May develop disease
- Aches and pains
- Mood swings



Physical / Energetic Systems



MERIDIANS IN THE BODY

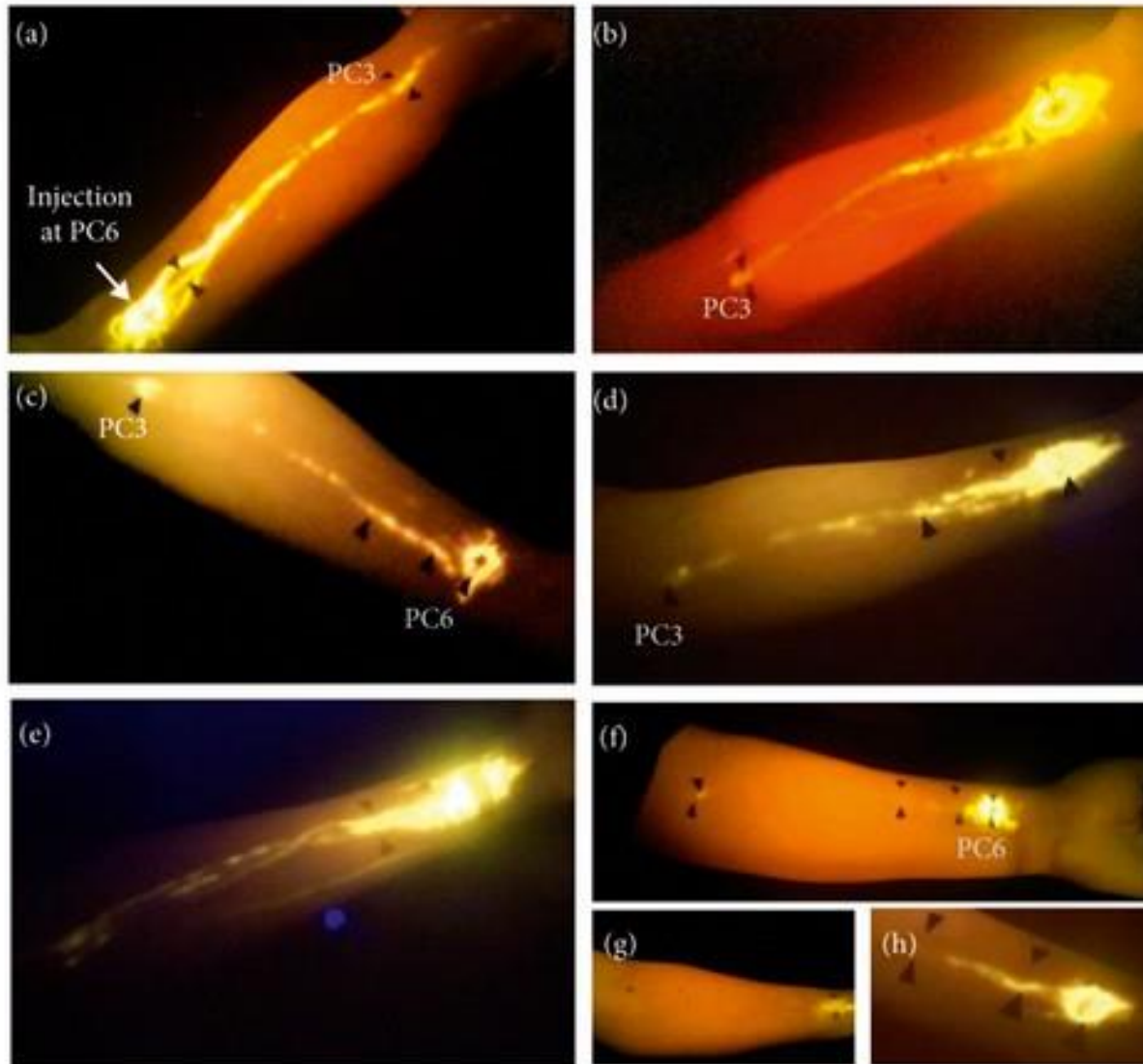
Physical / Energetic Systems Meridians

12 Channels in which Qi flows
6 yin, 6 yang

Organs, body functions,
psyche

When flowing well, restores
balance and harmony

In TCM, good health is based on yin-yang harmony



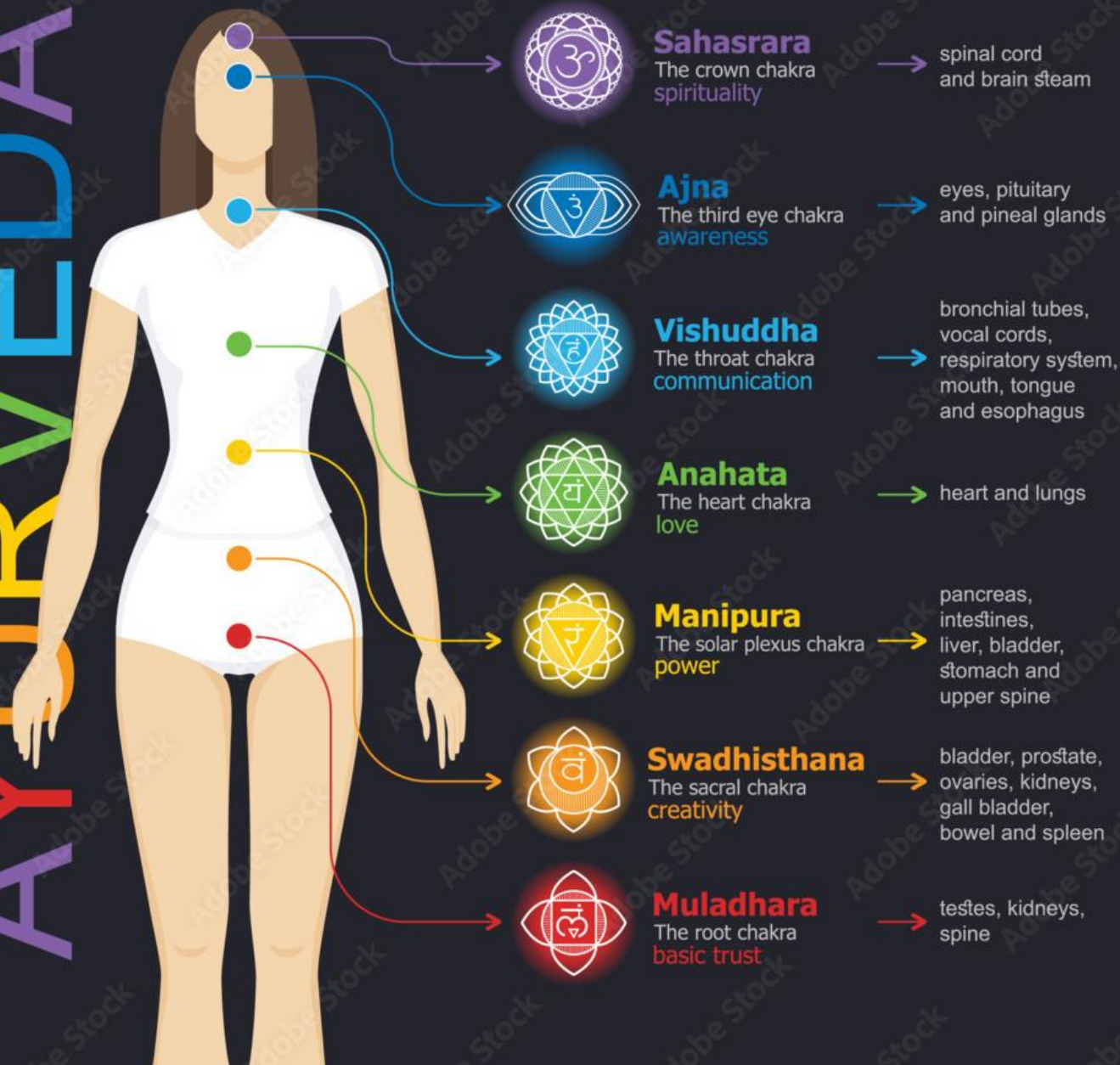
Photos of fluorescent dye moving along the pericardium meridian from point PC6 to PC3.

5. Conclusions

After injection of fluorescent dyes (fluorescein sodium and ICG) in the acupoints of the pericardium, not at adjacent nonacupoint control points, we observed their fluorescent lines proximately along this meridian. Especially fluorescein sodium emerged and ostensibly coalesced exactly where PC3 was demarcated beforehand. These lines cannot be attributed to blood vessels or lymphatics

In Vivo Visualization of the Pericardium Meridian with Fluorescent Dyes (Li, Tang, Et al.) 2021

7 CHAKRAS OF THE HUMAN BODY AND THEIR ROLE IN THE HEALTH OF ORGANS



Physical / Energetic Systems

Chakras

Energy centers in the body

7 commonly referenced centers

Other systems: 12, 114

What / Where / When / Who / How / Why

1. Universal Life Force Energy

Universal Vital Energy

Vis Medicatrix Naturae

Qi / Chi / Prana

2. Japan, early 1900s

Usui Mikao

scholar, teacher

Further developed by

Chujiro Hayashi 1925-30s

3. Hawayo Takata, Hawai'i



Reiki at Lineberger CCSP

Started: Volunteer program: July 2024

Regular staff: February 2025

Treatment: rough estimates %

Outpatient: 85%

Inpatient 10%,

Staff 5%

Experience Ultimate Relaxation Through Reiki

Reiki is a gentle therapy that supports your body's natural healing processes. Offered by certified Reiki practitioners at UNC Health Cancer Care, this complementary therapy is designed to help manage stress, soothe pain and enhance overall well-being. Treatments are typically 15-45 minutes and are customized to your individual needs.

Benefits:

- Supports healing
- Reduces stress and anxiety
- Deep relaxation and peace of mind
- Enhances your prescribed treatment plan

unchealth.org



Schedule Your Session:

To learn more on how Reiki works, who can benefit and how to schedule a session, please stop by or call the UNC Health Cancer Care Patient and Family Resource Center at **984-974-8100**.

Reiki at the Lineberger CCSP:

Feedback from patients and staff

Far left side: “I feel relaxed.” “I feel calmer.”

Left Middle: “I noticed warmth and tingles.”
“I feel really relaxed.”

Right Middle:

“My pain is a lot less.”

“I feel lighter.”

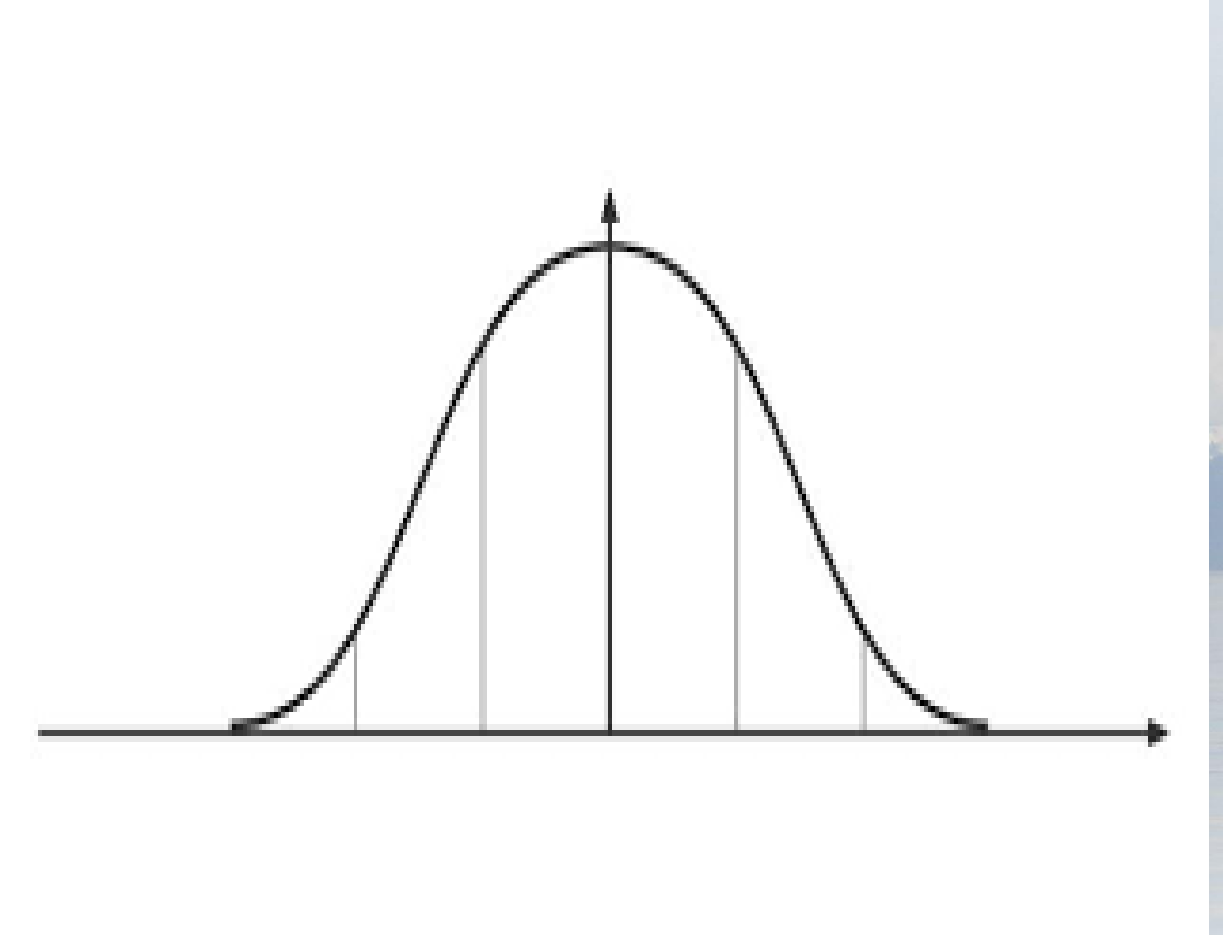
“I felt something like electricity.”

“That is the most relaxed
I’ve felt in a long time.”

Far right side:

“I was floating/levitating.”

“I felt my energy body come back into my physical body.”



Reiki and Cancer Related Fatigue (CRF)

CRF remains a significant challenge for patients with cancer and survivors, creating demand for passive, low-burden therapies beyond established exercise recommendations. *

Conclusions: Reiki and massage are safe, feasible, and promising interventions for managing CRF in patients receiving hormone therapy. **Reiki showed the largest improvements**, supporting its clinical relevance. Larger trials are needed to confirm these findings and inform CRF management guidelines.*

*Feasibility and Efficacy of Reiki Versus Massage for Cancer-Related Fatigue in Patients With Breast and Prostate Cancer Receiving Hormone Therapy (McGuire, Roscoe, et al)

© JNCCN—Journal of the National Comprehensive Cancer Network | Volume 24 Issue 7 | July 202

What / Where / When / Who / **How** / Why

How does one learn Reiki?

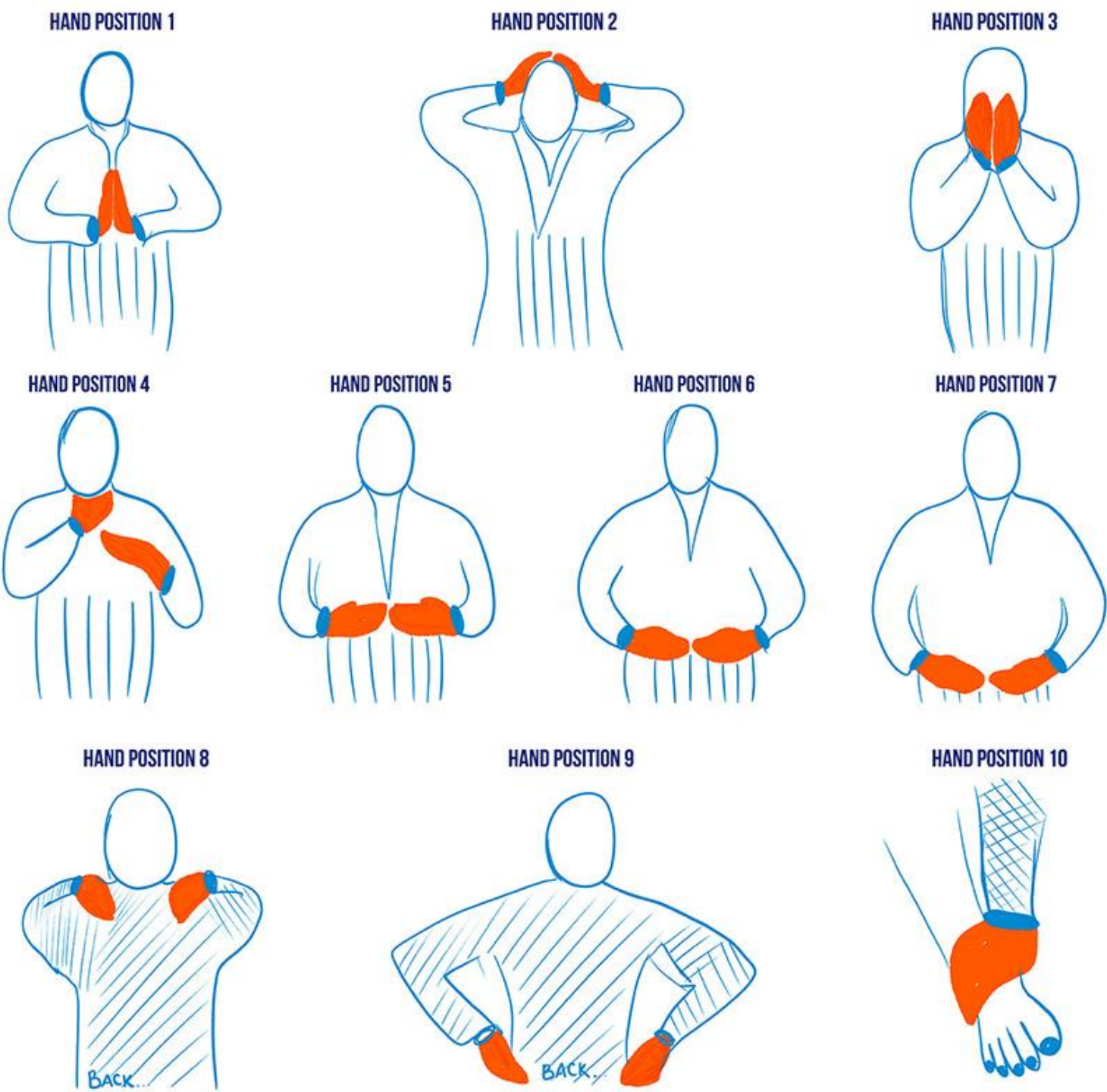


What / Where / When / Who / **How** /

How to give a self-treatment?

Learning hand positions for treatments is part of 1st degree training.

3-5 minutes recommended per position, or as time allows.





Reiki 1 Training Class

Learn the benefits of Reiki and how to perform
Reiki on yourself and others

Wednesdays Oct 7, 14, 21, 28

6-8 PM

Get Real and Heel

410-A Country Club Blvd Chapel Hill

Register via email- Carly_Bailey@med.unc.edu



GET REAL & HEEL

To close:

1. Q&A

2. Let's meditate together with a Reiki-powered guided meditation



Suggested Further reading:

[Reiki For Cancer Patients: Dispelling Common Reiki Myths | OncoLink](#)

<https://www.bannerhealth.com/services/integrative-therapy/reiki>

How Does Reiki Therapy Work?

Healing energy exists in the body, but is depleted when you are sick or stressed. Reiki helps to increase your healing energy supply. This increased flow of healing energy sets the stage for your body, mind and spirit to heal itself. It has been used to help relieve headaches, insomnia, fatigue, anxiety, sinus problems and more. Reiki does not promise specific results. - <https://www.bannerhealth.com/services/integrative-therapy/reiki>

<https://pubmed.ncbi.nlm.nih.gov/28874060/>

Reiki Is Better Than Placebo and Has Broad Potential as a Complementary Health Therapy

<https://iarp.org/how-reiki-helps-cancer-patients/>

<https://www.reiki.org/articles/healing-space-reiki-hospital>

<https://www.reiki.org/articles/reiki-hospitals>

[UNC Lineberger Cancer Network Video Library - An Introduction to Reiki - M. Tokarz - 20241211](#)

[UNC Lineberger Cancer Network Video Library - Mind, Body and Biofield Science: How Consciousness Catalyzes Healing - S. Jain – 20230308](#)

Reiki in recent media

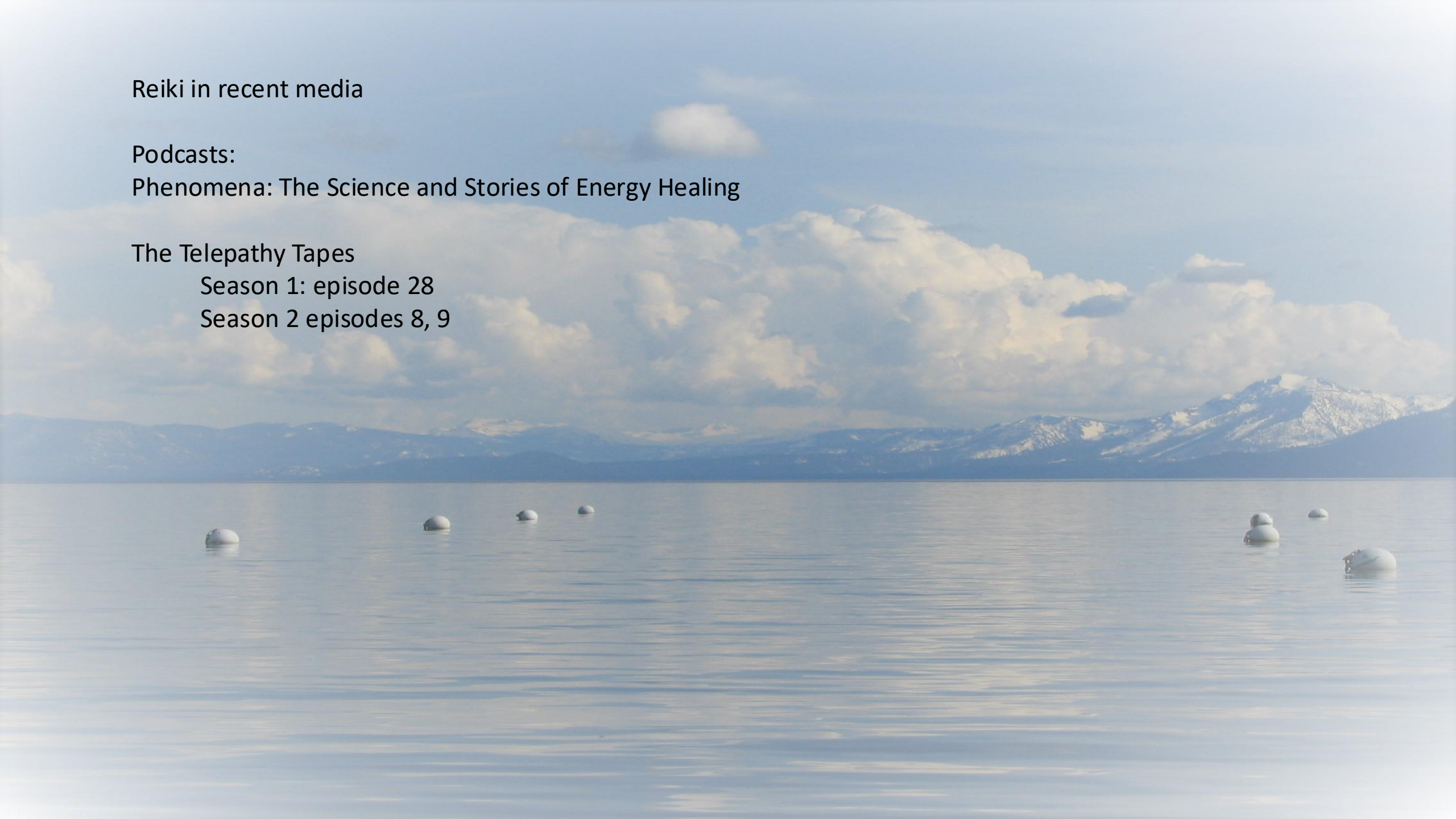
Podcasts:

Phenomena: The Science and Stories of Energy Healing

The Telepathy Tapes

Season 1: episode 28

Season 2 episodes 8, 9



"THE BEST AND MOST BEAUTIFUL
THINGS IN THE WORLD CANNOT BE
SEEN, NOR TOUCHED...BUT ARE FELT
WITH THE HEART."



- HELEN KELLER

RainShadowReiki.com

VERY
grateful.



THANK YOU



What effects do Reiki treatments have?

Research Overview

Summary:

- + Pain relief!
- + No side effects found
- + Mental and Emotional benefits
- Mostly low sample sizes

Research opportunities!

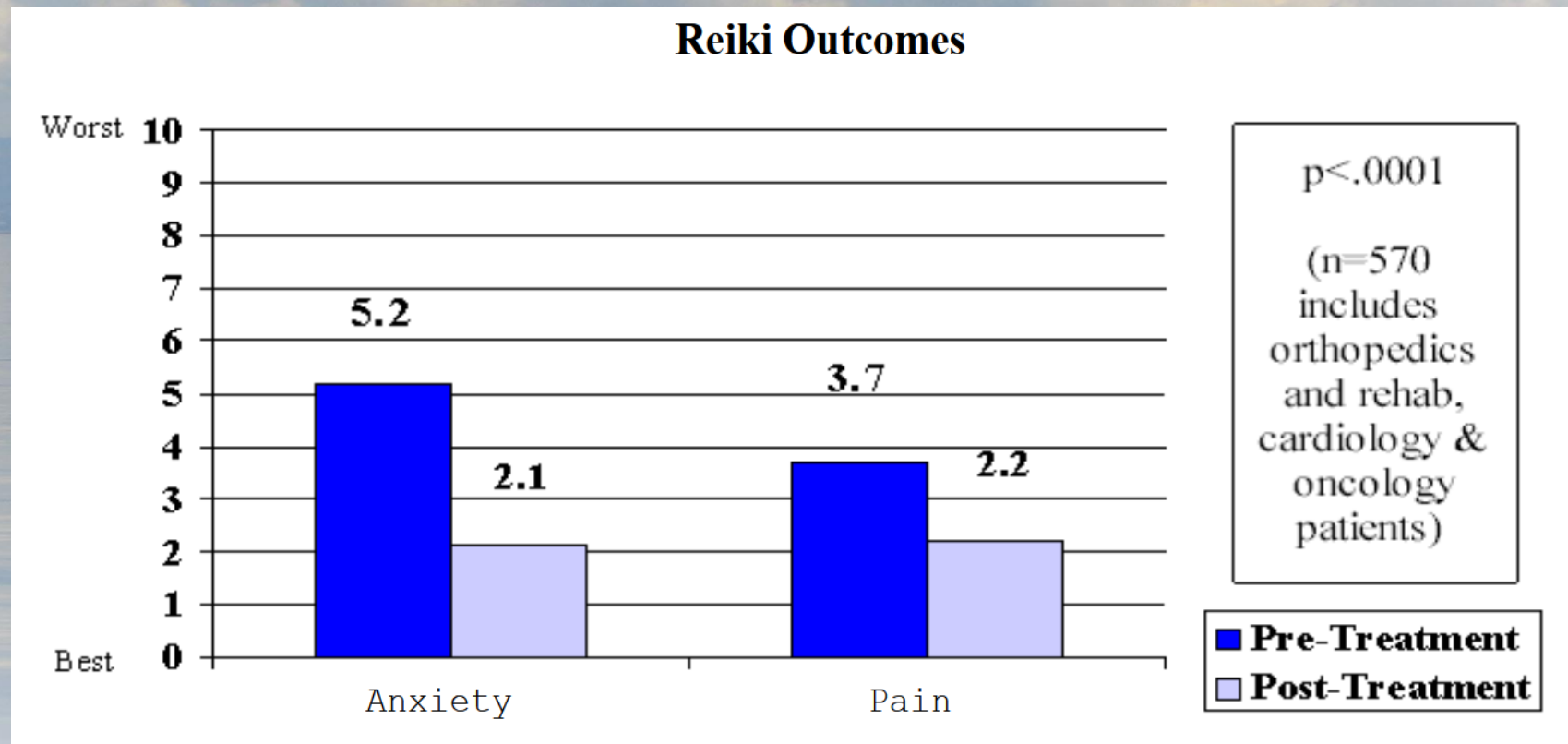
Link: <https://hartfordhospital.org/file%20library/unassigned/reikienergymedicine.pdf>

Authors: Alice Moore, RN, BS, Reiki Master,

Published: Hartford Hospital Dept.of Integrative Medicine, Hartford, CT, circa 2002

Title: Reiki Energy Medicine: Enhancing the Healing Process

Key findings:



The Effect of Reiki on Fatigue Symptoms of Cancer Patients - A Systematic Review

Melek Yeşil Bayülgen, PhD
2024 Wolters Kluwer Health

Main Findings and Result

Quality Score

The study has determined that reiki and acupressure applications reduce pain, analgesic use, and fatigue in stage III and IV cancer patients receiving palliative care.

5

		Mean ± SD	Reiki	Acupressure	Control
Fatigue	Time 1		6.26 ± 1.05	6.15 ± 1.19	6.23 ± 0.88
	Time 2		5.44 ± 0.66	5.09 ± 0.56	6.30 ± 0.91
	Time 3		4.96 ± 0.86	4.94 ± 1.46	6.46 ± 0.80
	P-value		<.001	<.001	.812

Reiki and guided imagery applied to oncology patients have been found to reduce pain and fatigue.

3

		Mean ± SD	Reiki	Guided imagery	Control
Fatigue	Pretest		7.35 ± 0.86	6.94 ± 0.96	6.64 ± 0.83
	Posttest		6.48 ± 0.75	6.55 ± 0.87	6.63 ± 0.83
	P-value		<.001	<.001	.064

The Effect of Reiki on Fatigue Symptoms of Cancer Patients - A Systematic Review

Melek Yeşil Bayülgen, PhD
2024 Wolters Kluwer Health

Main Findings and Result				Quality Score
Reiki has been found to reduce fatigue and improve the quality of life in chemotherapy-receiving patients with stage II and III breast cancer.				2
Fatigue	Mean ± SD	Reiki	Control	
	Pretest	6.72 ± 1.15	6.64 ± 1.21	
	1st measurement	5.29 ± 1.45	7.03 ± 1.02	
	2nd measurement	4.43 ± 1.25	7.67 ± 0.85	
	3rd measurement	3.42 ± 1.09	8.40 ± 0.73	
P-value		.0001	.0001	
Reiki has been found to reduce pain, stress, and fatigue in oncology patients.				3
Fatigue	Mean ± SD	Reiki	Control	
	Pretest	2.87 ± 0.83	2.70 ± 1.76	
	Posttest	1.75 ± 0.70	3.80 ± 2.25	
	P-value	.001	.001	
Reiki applied to stage I and IV cancer patients has been determined to reduce fatigue and improve quality of life.				2
Fatigue	Mean ± SD	Reiki	Resting	
	Pretest	29.71 ± 11.51	31.53 ± 10.91	
	Posttest	35.65 ± 9.55	31.13 ± 10.33	
	P-value	.05	.85	

Link: <https://doi.org/10.1016/j.ctim.2021.102708>

Published in: Complementary Therapies in Medicine, May 2021

Authors: Ulviye Ozcan ˆ Yüce, Sultan Tas, cı

Title: Effect of Reiki on the stress level of caregivers of patients with cancer: Qualitative and single-blind randomized controlled trial

Table 2

Comparison of changes in CSI and SCL outcomes within and between the Reiki and sham Reiki groups.

	Reiki group (<i>n</i> = 21)		Within- group <i>p</i> -value	Sham reiki group (<i>n</i> = 21)		Within- group <i>p</i> -value	Pretest between groups <i>p</i> -value	Posttest between groups <i>p</i> -value
	Before Reiki	After Reiki		Before Reiki	After Reiki			
Caregiver Strain Index (<i>Mean ± SD</i>)	10.09 ± 1.76	6.90 ± 1.55	<0.001*	9.40 ± 1.73	9.80 ± 1.20	0.345*	0.210**	<0.001**
Saliva Cortisol Level (<i>Mean ± SD</i>)	0.39 ± 0.31	0.36 ± 0.22	0.539*	0.29 ± 0.21	0.27 ± 0.20	0.739*	0.182***	0.110**

Note. *SD*: Standard deviation.

* Obtained from the paired *t*-test.

** Obtained from independent-samples *t*-test.

*** Obtained from Mann Whitney *U* test. Bold *p* values are statistically significant (<0.05). For Caregiver Strain Index Power of test:0.99.

Link: <https://pubmed.ncbi.nlm.nih.gov/21998438/>

Published: American Journal of Hospice and Palliative Medicine, June 2012

Authors: Birocco MD, et al

Title: The effects of Reiki therapy on pain and anxiety in patients attending a day oncology and infusion services unit

Key findings:

All 118 patients received at least 1 Reiki treatment (total number, 238). In the subgroup of 22 patients who underwent the full cycle of 4 treatments, the mean VAS anxiety score **decreased from 6.77 to 2.28** ($P < .000001$) and the **mean VAS pain score from 4.4 to 2.32** ($P = .091$).

Overall, the sessions were felt helpful in improving well-being, relaxation, pain relief, sleep quality and reducing anxiety. Offering Reiki therapy in hospitals could respond to patients' physical and emotional needs.

Link: [https://www.jpsmjournal.com/article/S0885-3924\(24\)01132-1/abstract](https://www.jpsmjournal.com/article/S0885-3924(24)01132-1/abstract)

Published in: Journal of Pain & Symptom Management, March 2025, Vol. 69 Issue 3

Title: Evaluation of a Reiki Volunteer Program within Two Cancer Infusion Centers

Participants in the outpatient infusion clinics completed Edmonton Symptom Assessment System measures of pain, fatigue, anxiety, nausea, and well-being before and after receiving a 15–20-minute Reiki session during their infusion.

Key findings: Participants reported clinically significant mean [95% CI] improvements (≥ 1 unit) in pain (-1.78 [-2.38, -1.18]), fatigue (-1.33 [-1.85, -0.82]), anxiety (-2.09 [-2.68, -1.50]), nausea (-2.30 [-2.95, -1.62]), and wellbeing (1.37 [0.95, 1.79]).

Participants also commented that the Reiki session was a positive experience helpful for promoting relaxation and symptom reduction.

Link: <https://doi.org/10.1016/j.ctim.2021.102708>

Published in: Complementary Therapies in Medicine, May 2021

Authors: Ulviye Ozcan " Yüce, Sultan Tas, cı

Title: Effect of Reiki on the stress level of caregivers of patients with cancer:
Qualitative and single-blind randomized controlled trial

Key findings: Post-intervention CSI scores declined in the Reiki group compared with that in the sham Reiki group ($p < 0.05$). All **caregivers** stated that they **found the caring process less stressful** after the Reiki sessions. **None** of the caregivers **reported any side effects**.

Link:

<https://pubmed.ncbi.nlm.nih.gov/32618216/>

Authors: Ann Bondi, Tina Morgan, Susan B Fowler

Published:

Journal of Holistic Nursing, March 2021

Title:

Effects of Reiki on Pain and Anxiety in Women Hospitalized for Obstetrical- and Gynecological-Related Conditions

Key findings:

Results: Mean **pain scores** after Reiki significantly **decreased** from 3.24 to 1.52 ($n = 203$; $z = -11.67$, $p < .001$). Mean **anxiety** scores after Reiki significantly **decreased** from 3.56 to 1.28 ($n = 195$; $z = -11.42$, $p < .001$).

Findings from this study confirm the positive and lingering effects of Reiki in women hospitalized for obstetrical and gynecological conditions.

Journal of the American College of Cardiology Vol. 56, No. 12, 2010
Effects of Reiki on Autonomic Activity Early After Acute Coronary Syndrome
Link: <https://pubmed.ncbi.nlm.nih.gov/20828654/>

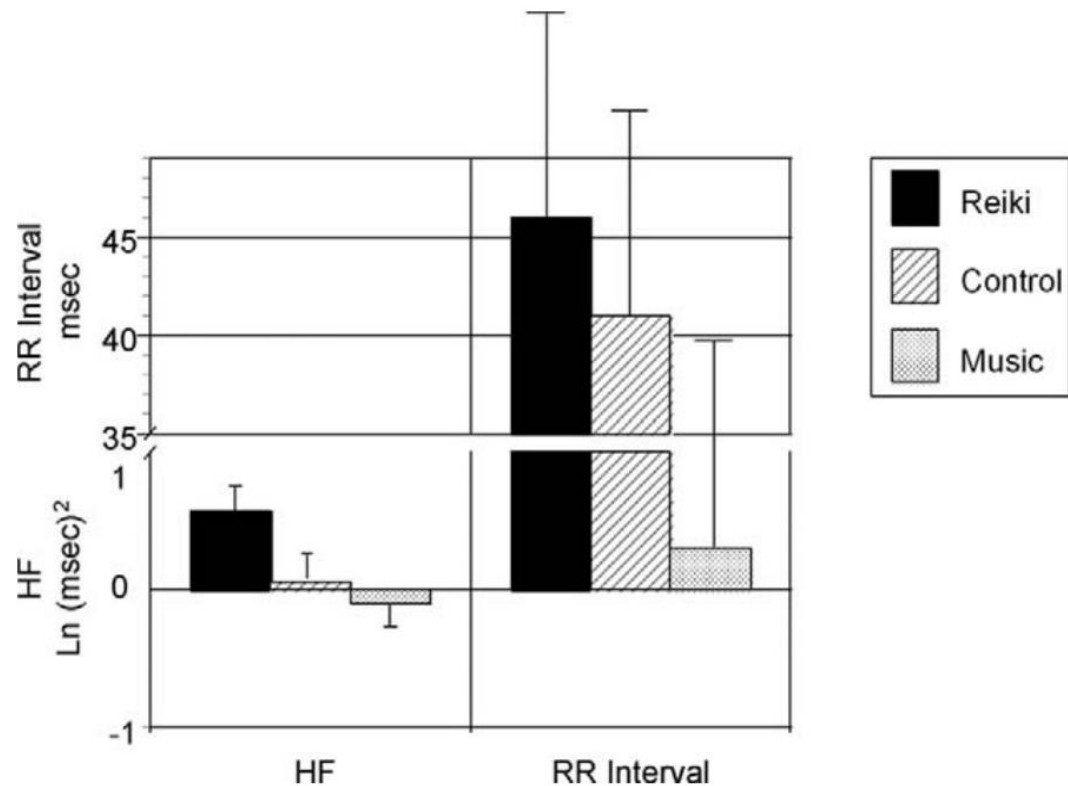


Figure 1

Impact of Interventions on Heart Rate Variability and R-R Interval

Bars represent change in high-frequency (HF) heart rate variability and R-R interval with each intervention.

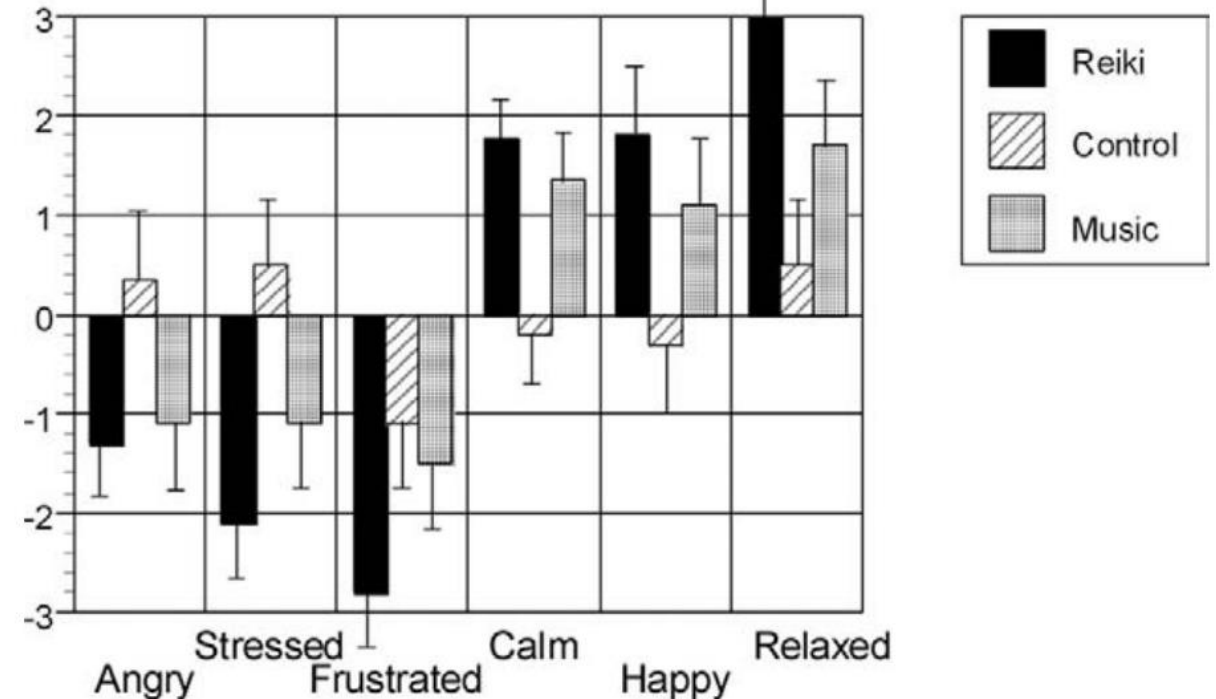


Figure 2

Effect of Intervention on Emotion

Values represent change in the level of emotion as measured by a Likert scale from baseline to intervention.

Reiki at the CCSP:

Feedback from patients and staff

Far left: "I feel relaxed."

"I feel a little better."

Left Middle: "I feel good."

"I feel really relaxed."

I noticed warmth and tingles.

Right Middle:

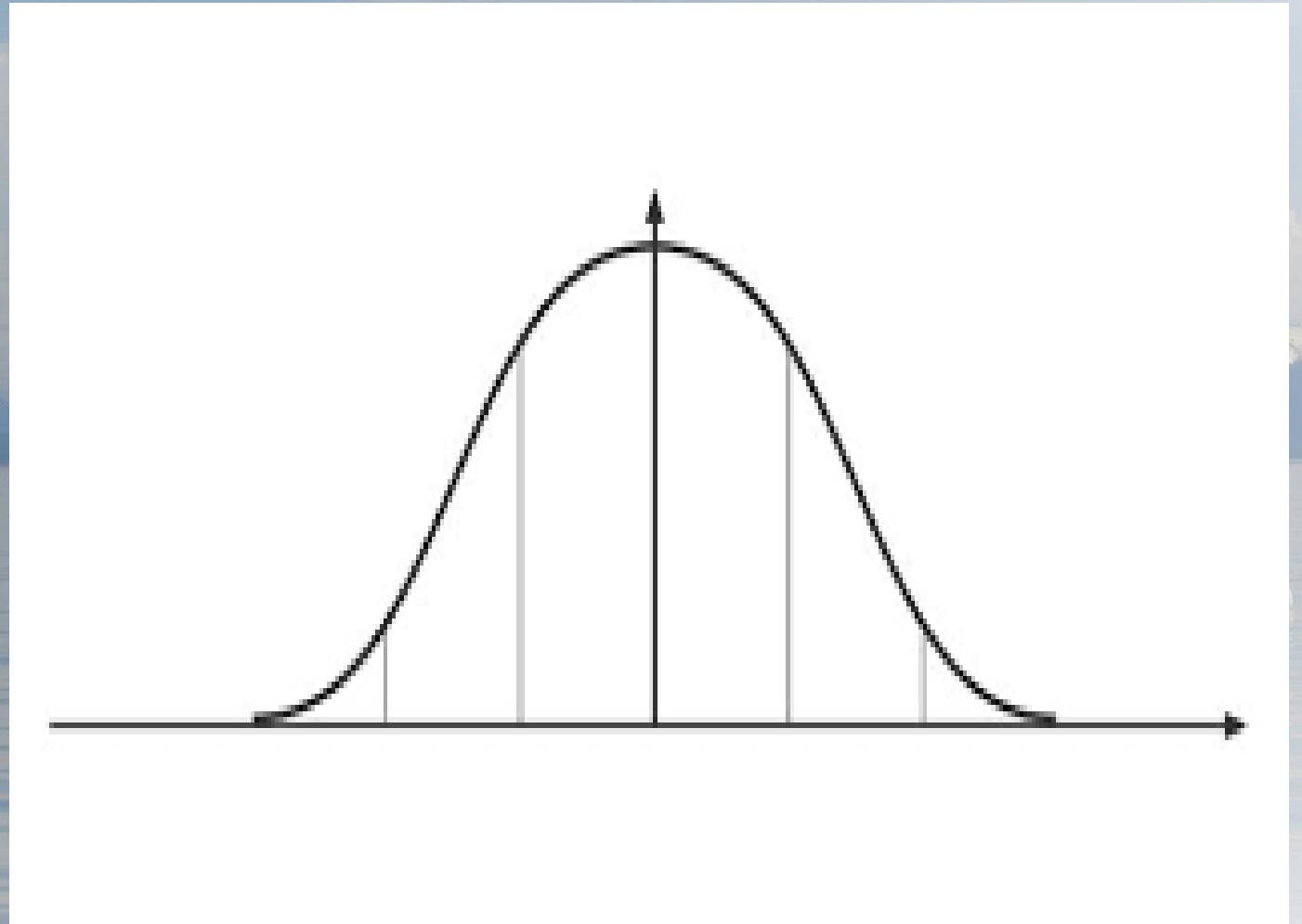
"My pain is a lot less."

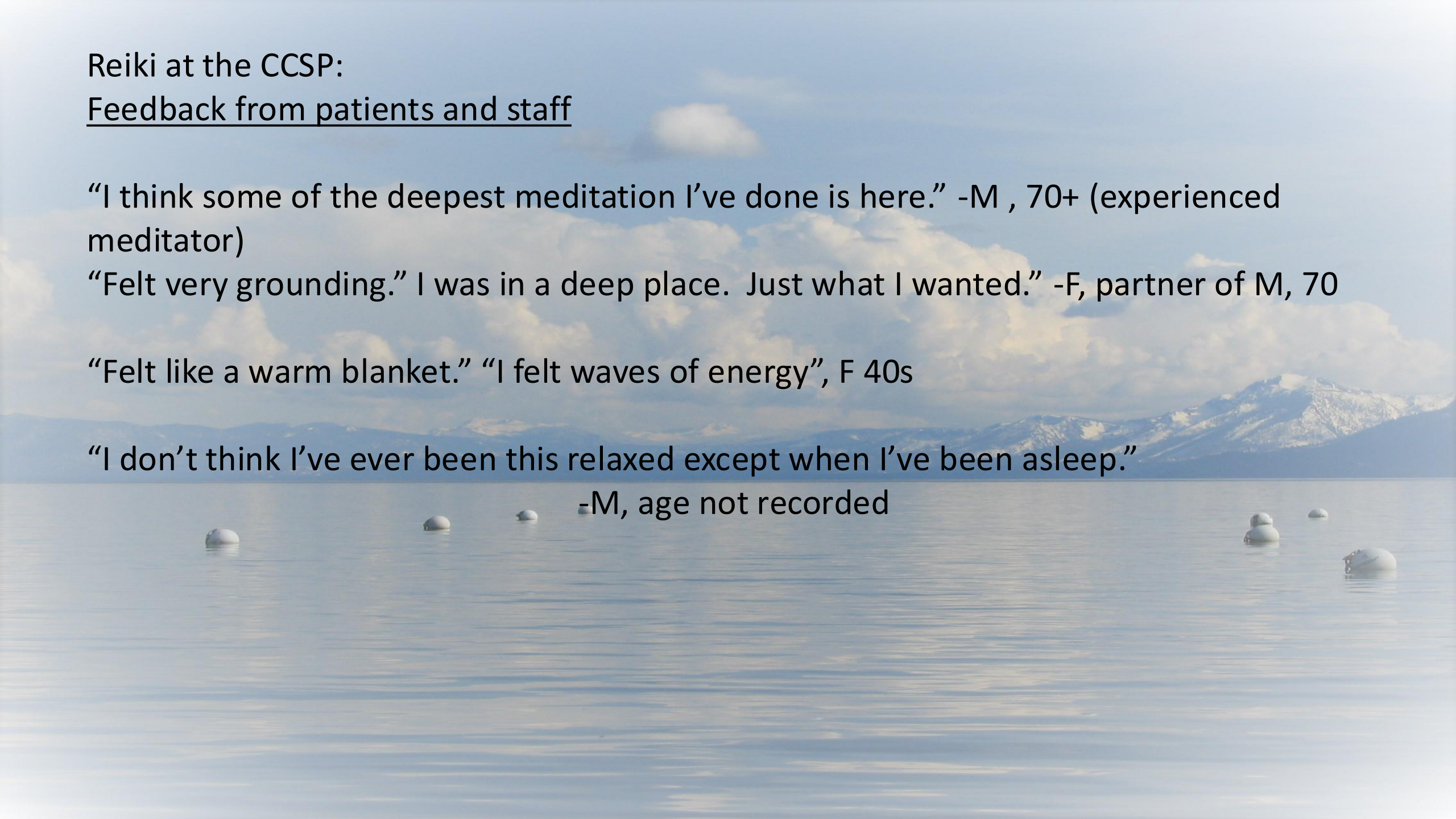
"I feel lighter."

"I felt something like electricity."

"That is the most relaxed
I've felt in a long time."

Far right: "Floating" / "Levitating"





Reiki at the CCSP:

Feedback from patients and staff

“I think some of the deepest meditation I’ve done is here.” -M , 70+ (experienced meditator)

“Felt very grounding.” I was in a deep place. Just what I wanted.” -F, partner of M, 70

“Felt like a warm blanket.” “I felt waves of energy”, F 40s

“I don’t think I’ve ever been this relaxed except when I’ve been asleep.”

-M, age not recorded

Acknowledgements!

Feedback time!

Questions?, comments,

Let's meditate and experience Reiki :)

Acknowledgements!

Feedback time!

Questions?, comments,

Let's meditate and experience Reiki :)

References and Suggestions for Further Learning

<https://www.takingcharge.csh.umn.edu/how-can-reiki-help-me>

<https://bwhbulletin.org/2019/12/12/behind-the-scenes-at-the-brigham-reiki-program/>

<https://www.brighamandwomens.org/medical-professionals/nursing/center-for-nursing-excellence/reiki>

At Brigham and Women's Hospital, the Reiki program is one of many Caring and Healing Modalities programs supported by the Department of Nursing. Since 1997, Reiki therapy has been esteemed in Massachusetts as an autonomous nursing procedure performed within the professional practice of nursing.

The Massachusetts Board of Registration in Nursing and the Massachusetts Department of Health and Human Services identify Reiki as a holistic nursing practice, along with several other complementary and alternative modalities. According to the [Nurse Practice Act](#), Reiki may be offered to any individual whom the practitioner or the patient's nurse judges may benefit. Reiki may also be requested directly by the patient.

At BWH, any nurse, volunteer, or other approved hospital staff member who is trained, certified, and competent in Second Degree Reiki or above thus meets our hospital's minimum policy requirement to perform Reiki on patients.