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Methodological issues in Reiki Reporting: Part One

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Abstract

Purpose:

To clarify the styles and types of Reiki available for clinical research in the US and some of the differences between those styles.

Materials & Method:

Research on types and styles of Reiki was begun in 2003. Repeated internet searches were done in 2005, 2014, 2019, 2020 and 2021. Over the years searches used search engines Google, Yahoo, Bing and Duck Duck Go. Queries were "Reiki", "Reiki Training", "Reiki Training Programs", "Usui Reiki", "Energy Healing" and "Energy Medicine." Spread sheets were developed each time with listings of various styles. Review of each training program was done 2019-2021 confirming existence, basis of the style and relationship to the original form of Reiki developed by Usui. Spread sheets were reviewed and edited in 2021 to separate out groupings of the confirmed Reiki styles. Tables were developed of the different categories.

Results:

Research begun in 2003 at University of Arizona Laboratory for Consciousness and Health yielded 30 types of Reiki being used in the US (Table 1). Continuing

research in 2005 showed 199 types, (Table 2) 2014 discovered several of the styles were no longer in practice and others had been added for a total of 158 styles which could be quantified (Table 3). Additional research in 2019 and in 2020 clarified total active styles in the US to be 305 and the backgrounds of some of the styles (Table 4). Additional research was done in 2021 to define differing aspects of the various styles. A final set of tables was done to aid scientists in distinguishing where the particular style of Reiki a practitioner studied fit within the many styles so that practitioners of like backgrounds could be selected and more accurate studies could be done (Table 5-11).

Conclusion:

Accurate comparison of practitioners' credentials rather than assuming that all practitioners express the same type, level of training and skill is necessary when improving the quality of replication of Reiki studies in particular and energy healing studies in general. Categorization of the various styles has been done in an effort to aid scientists in developing high quality studies with replicability.

Keywords: Energy Healing, Energy Medicine, Biofield, Reiki, Methodology

Introduction

Reiki research has had inconsistent findings particularly in repeated trials (Ferraz, G., et. al., 2017). Research has been ongoing in this area for many years and in an effort to improve the quality of the research analysis of data collected since 2005 was undertaken (vanderVaart, S., et, al., 2009). This analysis has provided several areas of information. The first of these is that there are clear distinctions in styles and types of Reiki. No assumptions can be made by scientists that all Reiki types and styles are the same and function in the same way. Holding to the examples that the tradition of the standard of science demonstrate (Alonso-Blanco, C., & Méndez-Vigo, B., 2014, DoNascimento, C., et. al., 2017) an initial attempt to organizing and categorize the different training styles available for scientists doing clinical research has been made.

Background

Scientific rigor needs to be applied to all areas of science. In 2003, research was begun to determine if there were differences between the various forms of energy practices as research across all dimensions of energy healing research showed inconsistent results. As part of that process, internet research was done in an attempt to find all of the types of Reiki being practiced in the US (Table 1). In what then and continues today to be a developing, growing and creatively changing field, many different forms of what is commonly called "Reiki" have been found. It is unclear what these differences mean in terms of the clinical research as this area of study, as study in this area is in its infancy. However, clear designations being made in the literature, will help to clarify important distinctions over time. Like those characteristics found in the differences between types of peas (Watson, A., et. al., 2018), clear, complete and comprehensive information may yield unexpected results over time.

Purpose

To clarify the styles and types of Reiki available for clinical research in the US and some of the differences between those styles.

Materials & Method

Research on types and styles of Reiki was begun in 2003 (Table 1). Repeated internet searches were done in 2005, 2014, 2019 and 2020. With the final list used from 2021 (Table 5-11). Over the years searches used search engines Google, Yahoo, Bing and Duck Duck Go. Queries were "Reiki", "Reiki Training", "Reiki Training Programs", "Usui Reiki", "Energy Healing" and "Energy Medicine." Spread sheets were developed each time with listings of various styles. Review of each training program on the master list was done 2019-2021 confirming existence, basis of the style and relationship to the original form of Reiki developed by Usui. Spread sheets were reviewed and edited in 2021 to separate out groupings of the confirmed Reiki styles. Tables were developed of the different basic categorical distinctions.

Results

Research begun in 2003 at University of Arizona Laboratory for Consciousness and Health yielded 30 types of Reiki being used in the US (Table 1). Continuing research in 2005 (Table 2) and 2014 (Table 3) discovered several of the styles were no longer in practice and others had been added for a total of 158 styles which could be quantified. Additional research in 2019 and in 2020 clarified total active styles in the US to be 305 and the backgrounds of some of the styles (Table 4). Additional research was done in 2021 to define differing aspects of the various styles (Table 5-11). A final set of tables was done to aid scientists in distinguishing where the particular style of Reiki a practitioner studied fit within the many styles so that practitioners of like backgrounds could be selected and more accurate studies could be done.

These tables developed in 2021 were separated as follows:

1. Original: Forms of Reiki developed in Japan from Usui Reiki. (Table 5)
2. First Generation I: Reiki which was developed from the students of the original founders and lineage holders (Table 6)
3. Combination I: The first group of combination styles which requires original Usui training prior to the new attunements. (Table 7)
4. Combination II: The second group of combination styles which asks for other than original Usui specific styles of Reiki prior to attunements. (Table 8)
5. Combination III: The third group of combination styles which uses non-Usui types of energy healing combined with Reiki practices. (Table 9)
6. Not Reiki I: This group uses Reiki in the name of the organization, style or in the publicity materials but does not include any Reiki training that the researchers could find in repeated searches. The style may however, be shared via a channeled-attuned technique. (Table 10)
7. No Information: This group does not appear to be active any longer or it may be an object, the name of something like a business, etc. (Table 11) (Please note: If you have

additional information on any of these styles please contact the research team at the email address below.)

Table 1: Reiki styles 2003 found in internet searches. N=30

ADAMA STARFIRE REIKI	JIKIDEN REIKI
ALEF REIKI	KAVA REIKI
ANGELIC RAYKEY	KARUNA KI
ANGEL TOUCH REIKI®	KARUNA REIKI
ANUGRAHA REIKI	KEN REIKI-DO
ASCENSION REIKI	KUNDALINI REIKI
AUTHENTIC REIKI	LIGHTARIAN REIKI
BRAHMA SATYA REIKI	MAGNUSSA PHOENIX
DRAGON REIKI	MEDICINE DHARMA REIKI©
DORJE REIKI	MEDICINE REIKI
SEICHIM REIKI	MEN CHHOS REI-KI©
FUSION REIKI	MONASTIC SEVEN DEGREE REIKI
INFINITE LIGHT	NI KAWA REIKI©
IMARA REIKI	RADIANCE TECHNIQUE
INNERSUN REIKI	RAINBOW REIKI

Table 2. Reiki Styles in 2005 found in internet searches. N=145

7 Rays Reiki	Kabbalah Reiki	Rosari Reiki
Abundance Prosperity Reiki	KaHuna Reiki	Runic Reiki
Access Reiki	Karmic Reiki	Sacred Flames Reiki
Adamantine	Karuna Reiki	Sai Baba Reiki
Adama Starfire Reiki	Kava Reiki	Saku Reiki
Alarius/Divine Wisdom Reiki	Ken Reiki-Do	Sangye Menlha Reiki
Alchemical Reiki	Komyo Reiki Kai	Seichem Reiki
Alef Reiki	Kundalini Reiki	Seichim Reiki
Aloha Reiki	Kuanyin Reiki	Seichim Renegade Reiki
Ana Mata	Lavender Flame Reiki	Sekhem Reiki
Angelic Reiki	Lemurian Reiki	Sekhem-Seichim Reiki
Angel Touch Reiki	Lightarian Reiki	Shakyamuni Reiki
Angraha Reiki	Lotus Blossom Reiki	Shamanic Reiki
Archangelic Seichim Reiki	Lotus Reiki	Shin Reiki
Ayurveda Reiki	Lunar Reiki	Shin Jiro Reiki
Ascension Reiki	Magnussa Phoenix Reiki	Siddhearta Reiki
Aurora Reiki	Mahikari Reiki	Silverwolf Reiki

Authentic Reiki	Maori Reiki	SKHM Reiki
Blue Lotus Seichem	Mariel Reiki	Snow White Reiki
Blue Star Celestial Energy	Maitri Vihara Reiki	Spider Reiki
Brahma Sstaya Reiki	Mayan Reiki	Spirit Reiki
Buffho-EnerSense	MaHeo'o Reiki	Stellar Reiki
Celestial Reiki	Medicine Dharma Reiki	Sufi Reiki
Celtic Reiki	Medicine Reiki	Tachyon Reiki
Chakra Reiki	Melchizedek Method Reiki	Tanaki Reiki
Crystal Reiki	Men Chhos Rei-ki	Taokan Reiki
Dhaxem	Merfolk Reiki	Tara Reiki
Dolphin Reiki	Monastic Seven degree Reiki	Teate Reiki
Dolphin Trilogy Reiki	Newlife Reiki Seichim/Sekhem	Tera-Mai Reiki
Dos Rios Reiki	New Usui Reiki	Threshold Reiki
Dragon Reiki	Ni Lawa Reiki	Tibetian Reiki v1 Rand
Elemental Reiki	OBE Reiki	Tibetian Reiki v2 Tschen Li
El Morya Reiki	Oktagonal Reiki	Truth Ray Infusion Reiki
Eternal Light - Golden Age Reiki	Osho Neo Reiki	Tommo Reiki
Faery Reiki	Phoenix Seichim	Uhane Nui Reiki
Fire Serpent Reiki	Planetary Reiki	Universal Healing Reiki
Fusion Reiki	Purple Reiki	Universal Reiki Dharma
Gayatri Reiki	Rainbow Reiki	Unlimited Reiki
Gendai Reiki Ho	Rainforest Reiki	Usui-Do
Gold Reiki	Raku Kai Reiki	Usui Reiki Ryoho
Golden Triangle Reiki	Real Reiki	Usui Shiki Ryoho Reiki
Hawashi Reiki Do	Reido Reiki	Usui Shin Kai
Huna Reiki	Reiki Hijau	Vajra Tummo Reiki
Imara Reiki	Reiki Jin-Kei Do	Violet Flame Reiki
Inga Reiki	Reiki Kotodama	Violet Light Reiki
Innersun Reiki	Reiki Nur Ilahi	Wei Chi Tibetan Reiki
Intuitive Reiki	Reiki Plus	White Light Reiki
Jikiden Reiki	Reiki Ryoho	
Jinlap Maitri Tibetan Tantric Reiki	Reiki Tummo	

Table 3: Reiki styles 2014 via internet search. While close to the same number as 2005 there are differences in styles were being practiced. N=148

Abundance Reiki	Kabbalah Reiki	Sacred Flames Reiki
Adama Starfire Reiki	KaHuna Reiki	Sacred Moon Reiki
Alchemy Reiki	Kamic Reiki	Sacred Path Reiki
Alef Reiki	Karuna Ki	Sai baba Reiki

Aloha Reiki	Karuna Reiki	Saku Reiki
Amanohuna Reiki	Kava Reiki	Sangye Menlha Reiki
Angelic Raykey	Ken Reiki-do	Satya Japanese Reiki
Angel Touch Reiki	Komyo Reiki Kai	Seichem Reiki
Anugraha Reiki	Kundalini Reiki	Seichim Reiki
Archangelic Seichim Reiki	Kuanyin Reiki	Sekhem Reiki
Archangelic Reiki Attunments	Lavender Flame Reiki	Sekhem-Seichim-Reiki
Ascension Reiki	Lemuian Reiki	Shakyamuni Reiki
Authentic Reiki	Lightarian Reiki	Shamanic Breathwork Reiki
Ayurveda Reiki	Lotus Reiki	Shamanic Reiki
Blue Star Reiki	Lotus Blossom Reiki	Shin Reiki
Brahma Satya Reiki	Lunarr Reiki	Shin Jiro Reiki
Buddho Ennersense Reiki	Magnussa Phoenix Reiki	Siddhearta Reiki
Celestial Reiki	Mori Reiki	Silverwolf Reiki
Celtic Reiki	Mari El	SKHM Reiki
Chakra Reiki	Maitri Vihara Reiki	Snow White Reiki
Crystal Reiki	Ma heo'o Reiki	Spider Reiki
Dentou Teki Usui Reiki	Mayan Reiki	Stellar Reiki
Dragon Reiki	Medicine Dharma Reiki	Steller Reiki
Dolphin Reiki	Medicine Reiki	Sufi Reiki
Dolphin Trilogy Reiki	Melchizedek Method Reiki	Sun Li Chung Reiki
Dorje Reiki	Men Chhos Rei-ki	Tachyon Reiki
Dos Rios Reiki	Merfolk Reiki	Tanaki Reiki
Dragon Reiki	Monastic Seven Degree Reiki	Taokan Reiki
Elemental Reiki	New Life Reiki	Taa Reiki
El Moyra Reiki	New Usui Reiki	Tera-Mai and Tera-Mai Seichim
EnerSense-Buddha	Ni Kawa Reiki	Threshold Reiki
Faery Reiki	OBE Reiki	Real Tibetan
Fire Serpent Reiki	Oktagonal Reiki	Tibetan Reiki
Fusion Reiki	Original seven degree reiki	Tibetan Soul Star Reiki
Gakkai Reiki	Osho Neo Reiki	Truth Ray Infushion Reiki
Gayatri Reiki	Planetary Reiki	Tummo Reiki
Gendai Reiki Ho	Purple Reiki	Uhane Nui Reiki
Gold Reiki	Radiance Technique	Universal Reiki Dharma
Golden Age Reiki	Rainbow Reiki	Usui-Do
Golden Triangle Reiki	Rainforest Reiki	Usui Reiki Ryoho
Huna Reiki	Raku Reiki	Usui Shiki Ryoho
Ichi Sekai Reiki	Raku Kei Reiki	Usui Shin Kai
Imara Reiki	Real Reiki	Usui Teate Reiki
Inga Reiki	Reido Reiki	Usui/Tibetan Reiki
Innersun Reiki	Reiki Hijau "green reiki"	Usui Universal Healing Reiki
Intuitive Reiki	Reiki Jin Kei Do	Vajra Reiki
Isis Seichim Reiki	Reiki Kotodama	Violet Flame Reiki
Japanese Reiki	Reiki Nur Ilahi	Violet Light Reiki
Jikiden Reiki	Reiki Plus	Wei Chi Tibetan Reiki
Jin-Kei Do	Rei Ki Tummo	White Dove Reiki
Jinlap Maitre Reiki	Reiki Ryoho	White Light Reiki

Jinlap Maitri Tebetan Tantic Reiki	Rodari Reiki	
Johrei Reiki	Runic Reiki	

Table 4: Reiki styles found on the internet in the US in 2019 - 2020. N=306

* Abundance Prosperity Reiki	* Huna Reiki	* Reiki-Do
* Adama Starfire Reiki	* Ichi Sekai Reiki	* Ro-Hun Therapy
* Agape Reiki	* Imara Reiki	* Rosari Reiki
* Ahara Reiki	* Indigo Reiki	* Run Valdr (Runic Reiki)
* Alchemia Reiki	* Inga Reiki	* Runic Reiki
* Alchemy Reiki	* Inner Light Reiki	* Sacred Breath Reiki
* Alef Reiki	* Inner Sun Reiki	* Sacred Earth Reiki
* Aloha Reiki	* Intuitive Reiki	* Sacred Flames Reiki
* Amanohuna Reiki	* Isis Blue Moon Healing	* Sacred Geometry Reiki
* Amaterasu Reiki	* Isis Seichim Reiki	* Sacred Moon Reiki
* Ancient Egyptian Reiki	* Jikiden Reiki	* Sacred Path Reiki
* Angel Flames Reiki	* Jinlap Maitri Tibetan Tantric Reiki	* Sacred Solar Reiki
* Angel Reiki	* Johrei	* Sai Baba Reiki
* Angel Seichim Reiki	* Kabbalah Reiki	* Saku Reiki
* Angel Stones Reiki	* Kahuna Reiki	* Sanctuary Shakti
* Angel Touch Reiki	* Karma Transformational Reiki	* Sangye Menlha Reiki
* Angelic Reiki	* Karmic Reiki	* Satya Reiki
* Animal Reiki	* Karmic-Auric Reiki	* Seichem Reiki
* Anugraha Reiki	* Karuna Ki Reiki	* Seichim Reiki
* Archangelic Reiki	* Karuna Reiki	* Seiki Jutsu
* Archangelic Seichim Reiki	* Kava Reiki	* Seiki Ryoho
* Archetypal Reiki	* Ken Reiki-Do	* Seiki Te-Ate
* Ascended Masters Reiki	* Ki Manna Reiki	* Seimei
* Ascension Reiki	* Komyo Reiki	* Seitai Hô
* Ashta Lakshmi Reiki	* Komyo Reiki Kai	* Sekhem Reiki
* Attraction Reiki	* KorManu Reiki	* Sekhem-Seichim-Reiki
* Aura Reiki	* Kundalini Reiki	* Self Love Reiki
* Aurora Reiki	* Kwan Yin Reiki (Quan Yin Reiki)	* Seven Pearls Reiki
* Authentic Reiki	* Lavender Flame Reiki	* Seven Rays Reiki
* Ayurveda Reiki	* Laxmi Reiki	* Shakti Bija Mantra Reiki
* Balance Reiki	* Lemurian Reiki	* Shamanic Reiki
* Bear Reiki	* Light Dream Reiki	* Shamballa Reiki
* Birth Reiki	* Light of Truth Reiki	* Shin Reiki
* Blue Lotus Petal Reiki	* Lightarian Reiki	* Shinjiro Reiki
* Blue Star Reiki	* Lightning Reiki	* Siddheartha Reiki
* Brahma Satya Reiki	* Lotus Blossom Reiki	* Silver Wolf Reiki
* Brighid's Flame Reiki	* Lotus Petal Reiki	* Snow White Reiki
* Butterfly Reiki	* Lotus Reiki	* Sokaisi Reiki
* Celtic reiki	* Lunar Reiki	* Soul Star Reiki
* Celestial Reiki	* Ma Heo O Reiki	* Source Light Reiki
* Celtic Reiki	* Magnussa Phoenix Reiki Universal	* Spider Reiki

	Energy	
* Chakra Reiki	* Mahatma Ascension Reiki	* Spirit Reiki
* Chakra Tantra Reiki	* Mahatma Reiki	* Spiritual Ray Reiki
* Chenrezig Reiki	* Ma'heo'o Reiki	* Starlight Reiki
* Christ Child Reiki	* Maitri Vihara Reiki	* Stellar Reiki
* Christ Light Reiki	* Mantra Mudra Reiki	* Sufi Reiki
* Christ Love Reiki	* Maori Reiki	* Sun Li Chung Reiki
* Christa Healing	* Mari El Reiki	* Tachyon Karuna Reiki
* Crystal Reiki	* Mayan Reiki	* Tachyon Reiki
* Crystalline Reiki Coherent Healing	* Medicine Buddha Reiki	* Tagatha Wisdom Reiki
* Dakini Reiki	* Medicine Reiki	* Tanaka San Reiki
* Deep Healing Reiki	* Melchizedek Method Reiki	* Tanaki Reiki
* Diamond Reiki	* Men Chho Reiki™ (Medicine Dharma Reiki)	* Tantra Reiki
* Divine Light Reiki	* Merfolk Reiki	* Taokan Karuna Reiki
* Divine Protection Reiki	* Monastic Seven Degree Reiki	* Taokan Reiki
* Dna Healing Reiki	* Money Reiki	* Taokan Seichim
* Dna Reiki	* Moon Reiki	* Tara Reiki
* Dolphin Crystal Reiki	* Negative Entities Clearing Reiki	* Tathagata Wisdom Reiki
* Dolphin Healing Reiki	* New Life Reiki	* Tenchi Seiki Teate
* Dolphin Heart Reiki	* New Usui Reiki	Tenohira Ryoji Kenkyu-Kai
* Dolphin Reiki	* New Usui Reiki Ryoho	* Tera Mai© Reiki
* Dolphin Spirit Reiki	* New Usui Reiki	* Threshold reiki
* Dolphin Trilogy Reiki	* Newlife Reiki Seichim/Sekhem	* Tibetan Energetics
* Dolphin Healing Reiki	* Ni Kawa Reiki	* Tibetan Maitri Vihara Reiki
* Dolphin Crystal Reiki	* Out of Body Experience Reiki	* Tibetan Reiki
* Orca Empowerment Reiki	* Ocean Friends Reiki	* Tibetan Soul Star Reiki
* Dorje Reiki	* Oktagonal Reiki	* Tibetan Tantric Reiki
* Dos Rios Reiki	* Open Heart Reiki	* Tiger Reiki
* Dragon Ki Reiki	* Orca Empowerment Reiki	* Tomita Teate Ryoho-Kai
* Dragon Reiki	* Original Seven Degree Reiki	* Traditional Japanese Reiki
* Druid Reiki	* Osho Neo Reiki	* Transformational Reiki
* Earth Angels Animal Healing Reiki	* Past Life Reiki	* Truth Ray Infusion Reiki
* Egyptian Reiki	* Phoenix Rising Reiki	* Tummo Reiki
* El Morya Reiki	* Planetary Reiki	* Twin Flame Reiki
* Elemental Reiki	* Prosperity reiki	* U'hane Nui Reiki
* Empowerment Reiki	* Psychic Reiki	* Universal Healing Reiki
* Eternal Light (or Golden Age Reiki)	* Purple Reiki	* Universal Rays
* Ethereal Crystal Healing System	* Pyramid Reiki	* Universal Reiki Dharma
* Ethereal Crystal Reiki	* Rain Forest Reiki	* Unlimited Reiki System Of Natural Healing
* Ethereal Crystals Healing	* Rainbow Crystal Dolphin Reiki	* Usui Reiki Ryoho
* Excalibur Reiki	* Rainbow Man Ascension Reiki	* Usui Reiki
* Faery Reiki	* Rainbow Reiki	* Usui Seven Degree Reiki

* Fairy Light Reiki	* Rainbow Tribe Reiki	* Usui Shiki Reiki Ryoho
* Fairy Realms Reiki	* Raku Kei Reiki	* Usui Shiki Ryoho
* Fear Healing Reiki	* Real Reiki®	* Usui Shin Kai
* Fire Serpent Reiki	* Red Hot Reiki	* Usui Teate
* Fusion Reiki	* Reido Reiki	* Usui Teate Reiki
* Gayatri Reiki	* Reiki Crystal Healing	* Usui Tibetan Reiki
* Gendai Reiki Ho	* Reiki Evolution	* Usui-Do
* Gendai-Ki Reiki	* Reiki Hijau	* Vajra Reiki™
* Gold Reiki	* Reiki Inti	* Vajra Tummo Reiki
* Golden Age Reiki	* Reiki Jin-Kei-Do	* Violet Flame Reiki
* Green Tara Seichim Reiki	* Reiki Kundalini Tumo	* Violet Light Reiki
* Guardian Angel Reiki	* Reiki Majick	* Water Reiki
* Happy Reiki	* Reiki Nur Ilahi	* Wei-Chi Tibetan Reiki
* Hawaiian Reiki	* Reiki of Kuan Yin	* Weight Loss Reiki
* Hawaiian Trinity Reiki	* Reiki Plus®	* Wheel of Love™
Hayashi Reiki Ryoho Kenkyu-Kai	* Reiki Psychic	* White Dove Reiki
* Healing Buddha Reiki	* Reiki Tao	* White Fire Tantric Healing
* Hexa Reiki	* Reiki Tummo™	* White Light Reiki
* Holy Fire Reiki	* Reiki Universal Energies System	* Yocona Reiki
* Hoop Reiki	* Reiki Yoga	* Zen Reiki

Table 5: Original: Forms of Reiki developed in Japan from Usui Reiki. N=9

Jikiden Reiki
Komyo Reiki Kai
Traditional Reiki™
Usui Reiki Ryoho
Usui Shiki Reiki Ryoho
Usui Shin Kai
Usui Teate
Usui Teate Reiki
Usui-Do

Table 6: First Generation I: Reiki which was developed from the students of the original founders and lineage holders. N=9

Gendai Reiki Ho
Gendai-Ki Reiki
Hayashi Reiki Ryoho Kenkyu-Kai
Holy Fire Reiki
Karuna Reiki
Reiki Jin-Kei-Do
Tenohira Ryoji Kenkyu-Kai
Tibetian Reiki
Tomita Teate Ryoho-Kai

Table 7: Combination I: The first group of combination styles which requires original Usui training prior to the new attunements. N=13

Archangelic Seichim Reiki
Green Tara Seichim Reiki
Imara Reiki
Indigo Reiki
Kava Reiki
Ki Manna Reiki
Lemurian Reiki
Lightarian Reiki
NiKawa Reiki
Original Seven Degree Reiki
Reido Reiki
Source Light Reiki
Taokan Krana Reiki

Table 8: Combination II: The second group of combination styles which asks for other specific styles of Reiki prior to attunements. N=25

Aloha Reiki	Karmic-Auric Reiki
Angel Flames Reiki	Lotus Petal Reiki
Archangelic Seichim Reiki	Ma Heo O Reiki (Ma'heo'o Reiki)
Ayurveda Reiki	Medicine Buddha Reiki
Blue Lotus Reiki	Planetary Reiki
Crystal Reiki	Reiki Crystal Healing
Dragon Ki Reiki	Sacred Moon Reiki
Empowerment Reiki	Siddheartha Reiki
Guardian Angel Reiki	Stellar Reiki
Hawaiian Trinity Reiki	Taokan Seichim
Hexa Reiki	Tathagata Wisdom Reiki
Isis Blue Moon Healing	White Dove Reiki
	White Light Reiki

Table 9: Combination III: The third group of combination styles which uses non-Usui types of energy healing combined with Reiki practices. N=79

Abundance Prosperity Reiki	Dolphin Reiki	Men Chho Reiki™ (Medicine Dharma Reiki)
Adama Starfire Reiki	Dolphin Trilogy Reiki	Moon Reiki
Agape Reiki	Dolphin Healing Reiki	Open Heart Reiki
Alchemy Reiki	Dolphin Crystal Reiki	Osho Neo Reiki
Amanohuna Reiki	Orca Empowerment Reiki	Phoenix Rising Reiki
Amaterasu Reiki	Dos Rios Reiki	Reiki Hijau

Animal Reiki	Dragon Reiki	Reiki Majick
Anugraha Reiki	El Morya Reiki	Reiki Nur Ilahi
Ascended Masters Reiki	Elemental Reiki	Sacred Earth Reiki
Ascension Reiki	Fire Serpent Reiki	Sacred Flames Reiki
Ashta Lakshmi Reiki	Fusion Reiki	Sacred Path Reiki
Attraction Reiki	Gayatri Reiki	Seichem Reiki
Aurora Reiki	Happy Reiki	Sekhem-Seichim-Reiki
Bear Reiki	Huna Reiki	Self Love Reiki
Blue Star Reiki	Inga Reiki	Seven Rays Reiki
Brahma Satya Reiki	Inner Light Reiki	Shamanic Reiki
Brighid's Flame Reiki	Intuitive Reiki	Shin Reiki
Butterfly Reiki	Kahuna Reiki	Shinjiro Reiki
Celestial Reiki	Karma Transformational Reiki	Taokan Karuna Reiki
Celtic Reiki	Karmic Reiki	Tera Mai® Reiki
Chakra Reiki	Kuan Yin Lavender Flame Reiki	Threshold reiki
Chenrezig Reiki	Kwan Yin Reiki (Quan Yin Reiki)	Transformational Reiki
Crystal Reiki	Lavender Flame Reiki	Universal Reiki Dharma
Dakini Reiki	Light of Truth Reiki	Usui Seven Degree Reiki
Diamond Reiki	Magnussa Phoenix Reiki	Violet Flame Reiki
Dolphin Heart Reiki	Mahatma Ascension Reiki	Water Reiki
		Wei-Chi Tibetan Reiki

Table 10: Not Reiki I: This group uses Reiki in the name of the organization or in the publicity materials but does not include any Reiki training that the researchers could find in repeated searches. N=56

Ahara Reiki	Ro-Hun Therapy
Alef Reiki	Rosari Reiki
Angel Reiki	Run Valdr (Runic Reiki)
Angel Stones Reiki	Sacred Breath Reiki
Angelic Reiki	Sacred Geometry Reiki
Archetypal Reiki	Sacred Solar Reiki
Ashta Laxsimi	Seiki Ryoho
Christa Healing	Seven Pearls of Reiki
Deep Healing Reiki	Shakti Bija Mantra Reiki
Dorje Reiki	Shamballa Reiki
Faery Reiki	Snow White Reiki
Fairy Light Reiki	Sokaisi Reiki
Golden Age Reiki	Soul Star Reiki
Golden Tera Mai Reiki	Spider Reiki
Hoop Reiki	Spiritual Ray Reiki
Isis Seichim Reiki	Starlight Reiki
Lunar Reiki	Sun Li Chung Reiki
Light Dream Reiki	Tachyon Karuna Reiki
Maitri Vihara Reiki	Tachyon Reiki
Maori Reiki	Tanaki Reiki
MariEl Reiki	Tenchi Seiki Te-Ate

Merfolk Reiki	Tenchi Seiki Teate
New Life Reiki	Tera Mai
Newlife Reiki Seichim/Sekhem	Tiger Reiki
Ocean Friends Reiki	Twin Flame Reiki
Rainbow Reiki reg trdmrk	Universal Rays
Raku Kei Reiki	Vajra Tummo Reiki™
Reiki Yoga	Violet Light Reiki

Table 11: This group includes: Styles that do not appear to be active any longer, objects, business names, etc. N=20

Archtype Reiki	Reiki-Do
Divine Protection Reiki	Sangye Menlha
Dolphin Spirit Reiki	Satya Reiki
Earth Angels Animal Healing Reiki	Seimei
Golden Lotus Reiki	Seitai Hô
Healing Buddha Reiki	Spirit Reiki
Monastic Seven Degree Reiki	Tagatha Wisdom Reiki
Pyramid Reiki	Universal Healing Reiki
Real Reiki®	Yocona Reiki
Reiki Plus®	Zen Reiki

Of the 306 styles of Reiki being catalogued in 2019 and 2020 only 211 were able to be confirmed in some way in 2021. This may be due in part to business closures related to the pandemic. In addition, when further analysis of the 306 styles was done, over 30 duplicate styles which had been listed as separate styles under alternative names were found. Finally, a choice was made to remove sexually related styles from the list for greater adherence to the original lineages as those aspects were never part any of the original styles of Reiki healing.

While there may be many other ways to categorize the various practices of Reiki, for example, by number of symbols or the actual symbols used, this method was simple and clear. It will remain the job of the community of researchers to determine over time if other categories would be better suited for this purpose.

Discussion

The combination of these two sets of styles, Usui Reiki as practiced in Japan and styles of Reiki as developed from the students of the original founders and lineage holders in a different country, provide an idea of what elements define Reiki. For example, one key element which is present in all of those variations is that the practitioner is attuned to Reiki using specified symbols. While the symbols themselves do change, as do the number of possible symbols and the number of attunements, the act of attuning the practitioner using a symbol is a key element to all of these styles. This means

that styles of energy work which use Reiki in the name but do not include an attunement process that utilizes symbols might be assumed to not actually fit the definition of Reiki.

Similarly, there are areas which are specifically not mentioned in either Usui Reiki as practiced in Japan or styles of Reiki as developed from the students of the original founders and lineage holders in a different country, such as chakras. This means that styles of Reiki which incorporate both an attunement process that utilizes symbols and chakras are clearly distinct. While they do incorporate all of the original factors of Reiki they have also added external elements. This is distinct from styles which may not teach specific required aspects of Reiki, due to the requirement that those aspects have already been learned elsewhere. These variations define the taxonomical categories utilized in this article.

Insufficient research has been done while distinguishing between styles to determine if some styles provide better outcomes. The assumption that because all Reiki styles are supposed to use the same wave form, therefore all Reiki styles are equal for research purposes is erroneous. Since Reiki departments exist in hospitals across the country like Massachusetts General, Boston MA and the Cleveland Clinic, Cleveland OH, developing accurate assessments of effectiveness would be a concrete step forward. Current literature states there are health benefits including relief from stress, anxiety, to relieve pain and tension, and promote self-healing (Thrane, S. E., et. al., 2019, Sorel, J. C., et. al., 2020). In addition, it has supportive benefits to those undergoing chemotherapy, radiation, and surgery as well (Cleveland Clinic Staff, 2021). Confirming if this information is specific to a style or attunement process would be an important step forward.

In McManus's paper, "Reiki Is Better Than Placebo and Has Broad Potential as a Complementary Health Therapy" the author examined a total of 13 studies meeting his criteria (peer reviewed clinical studies with more than 20 subjects, controlling for placebo effect) to determine if the effects of Reiki were simply of a placebo nature (McManus D. E., 2017). He relates that "of the 13 suitable studies, 8 demonstrated Reiki being more effective than placebo, 4 found no difference but had questionable statistical resolving power, and only one provided clear evidence for not providing benefit. Viewed collectively, these studies provide reasonable support for Reiki being more effective than placebo" (McManus D. E., 2017). Of interest, two of these studies were performed on rats, collecting "hard evidence" of not only microscopic tissue examination but implanted telemetric transmitters (Baldwin, A. L., & Schwartz, G. E., 2006, McManus D. E., 2017). Baldwin and Schwarz analyzed the effects of noise induced stress in the rats (Baldwin, A. L., & Schwartz, G. E., 2006). Rats tend to show deleterious microvascular effects in the mesentery (Baldwin, A. L., & Schwartz, G. E., 2006). 3 arms were studied: Stress plus Reiki, stress plus sham Reiki, and noise only control (Baldwin, A. L., & Schwartz, G. E., 2006). Results were carried out over 21 days, and it was found that there was significantly less damage in the stress plus Reiki arm compared to the other arms (Baldwin, A. L., & Schwartz, G. E., 2006). While a sham Reiki control was used, McManus concluded that a "psychological placebo effect" was avoided in these rats, making this a highly statistically significant finding (McManus D. E., 2017). In addition,

Reiki appears to offer a safe, gentle complementary treatment that utilizes the parasympathetic system (Baldwin, A. L., & Schwartz, G. E., 2006).

Conclusion

Accurate comparison of practitioners' credentials rather than assuming that all practitioners express the same type, level of training and skill is necessary when improving the overall quality of studies and replication of Reiki studies in particular and energy healing studies in general. The assumption that because all Reiki styles are supposed to use the same wave form, therefore all Reiki styles are equal for research purposes is erroneous. Categorization of the various styles has been done in an effort to aid scientists in developing high quality studies. While Reiki certainly appears to have both continuing and emerging promise in healthcare, it is critical to examine the current styles, methods of training, symbols used, physical attunement status, etc. so that the results produce important information and long term a type of "best practices" outcome. This information is critical to provide safe and effective alternative health care for use by the general public.

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