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## **Energy Healing Use in the Commonwealth of Massachusetts: Number and Distribution of Practitioners, Types of Therapies Offered, and Costs for Services**

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### **Abstract**

#### **Objective**

To determine an accurate baseline for the number of energy healing practitioners working in the Commonwealth of Massachusetts.

#### **Materials & Method**

An Internet search was conducted using the following search terms: Brennan Healing Science, Dowsing, Eden Method, Energy healing, Energy medicine, Healing Touch, Laying on of Hands Healing, Medical Intuition, Polarity Therapy, Reconnection, Reiki, Shamanism, Spiritual Healing, Tai chi/Taiji, Therapeutic Touch, Qigong, and Quantum Touch. The search was limited to businesses in the Commonwealth of Massachusetts who had a web site for that business. All identified businesses were put into a spreadsheet. Businesses with more than one practitioner were noted and are included in the total count.

#### **Results**

There were 1,951 practitioners identified in this study. 237 web sites were identified which stated hourly, or session prices. Hourly rates ranged from \$40 - \$600 with an

average of \$120.64 per hour. Most practitioners exceeded 15 hours per week and worked an average of 46 weeks per year. A total of 235 types of energy practices were identified with an additional 191 styles of alternative health care being practiced in the Commonwealth. With a confirmed count of at least 1,951 practitioners working an average of 15+ hours per week for an average 46 weeks per year at a salary average of \$120 per hour, the combined annual income of practitioners in the Commonwealth is \$161,542,800. Lack of identification and as a result, the lack of health and fire safety inspections of home-based practitioners and the impact that has on Massachusetts consumers needs to be studied.

### **Conclusion**

With 1,951 practitioners identified, with a combined annual income of \$161,542,800 this study provides a significantly different assessment of numbers of practitioners working in the Commonwealth. This is a minimum number of practitioners, as only those operating with web sites were assessed. The information provided supports efforts to develop appropriate assessment, regulation and protection for both the consumer and energy practitioner in the Commonwealth of Massachusetts.

**Keywords:** Energy Healing, Energy Medicine, Polarity Therapy, Reiki, Healing Touch, Qigong, Tai Chi, Medical Intuitive, Shaman

### **Introduction**

The use of energy healing therapies such as Healing Touch, Qigong, Polarity Therapy, Therapeutic Touch and Reiki are relatively commonplace in many medical settings (Flynn et al., 2021; Jurkovich & Watson, 2020; Lopez et al., 2020; Vergo, Pinkson, Broglio, Li, & Tosteson, 2018, King, 2005.) Much of the reason for this acceptance of these therapies can be attributed to the growing body of evidence demonstrating their efficacy and effectiveness (Dyer, Surdam, & Dusek, 2021; Radin, 2021). For example, studies of diverse patient groups as well as of healthy volunteers show these therapies provide meaningful decreases in pain, anxiety, insomnia, fatigue and nausea and overall improvements in well-being (Billot, Daycard, Wood, & Tchalla, 2019; Jain & Mills, 2010; Jurkovich & Watson, 2020; Lin et al., 2019; Lopez et al., 2020; Vergo et al., 2018).

As a result of the increased dissemination and use of these therapies, there is a growing interest in developing a national certification for energy healers, which would be a first step in the progression to an Energy Healing profession and state by state licensing (Langevin, 2021; Taylor et al., 2019). These efforts are consistent with broader efforts for regulation of complementary and alternative medicine practitioners (Sturm & Unutzer, 2000; Van Hemel, 2001). An obstacle to developing this national certification and subsequent licensing, however, is a lack of clarity on the demographics of energy healing practitioners across states, such as the number and distribution of practitioners across a particular state. Having such information will be important, for example, in being able to

identify the amount of staffing needed to support such licensing, as well as potentially for reciprocity between states, inter-state transport and tariffs.

As such, this survey study sought to identify the availability of energy practitioners in the Commonwealth of Massachusetts. Massachusetts was chosen because it has been a historical leader in the integrative health process. It was the first state in the US to license Acupuncturists (Baer, 2001; M.G.L.c.112 § 149, 1998). The study sought to identify the following: the number and distribution of energy medicine practitioners, the types of therapies being offered, and the costs for a respective energy healing service, and how many individuals were in part-time vs. full time professional practice. The overall goal of this study is to determine whether there is sufficient utilization of energy practitioners' services on the part of the citizens of the Commonwealth of Massachusetts to warrant the establishment of a board of registration. As a secondary component to the study, the questions of consumer protection and advocacy were also raised but not directly addressed.

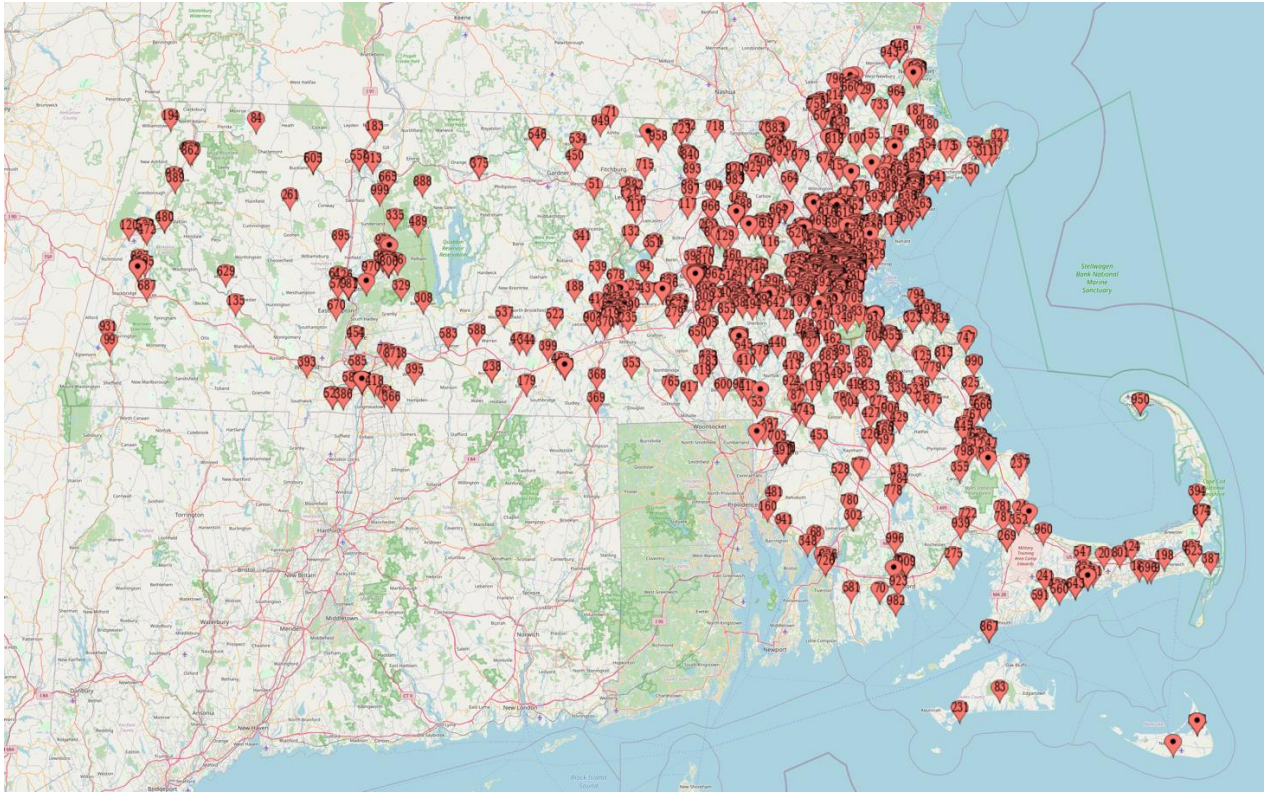
## **Methods**

An Internet search was conducted using the following search terms: Brennan Healing Science, Dowsing, Eden Method, Energy healing, Energy medicine, Healing Touch, Laying on of Hands Healing, Medical Intuition, Polarity Therapy, Reconnection, Reiki, Shamanism, Spiritual Healing, Tai chi/Taiji, Therapeutic Touch, Qigong, and Quantum Touch. The search was limited to businesses in the Commonwealth of Massachusetts who had a web site for that business. All identified businesses were put into a spreadsheet. Businesses with more than one practitioner were noted, and those practitioners were included in the total count. The primary data points identified were:

- Number of energy healing practitioners
- Distribution of energy healing practitioners across the Commonwealth
- Types of energy healing therapies offered
- Costs for energy healing sessions across a range of modalities
- Frequency of usage by consumers

## **Results**

Based on the US Census Bureau counts, as of 2021 the population of Massachusetts was approximately 6,900,000 people. The population density is approximately 840 people/square mile. We identified 1,951 energy healing practitioners with active "energy practitioner" business websites for businesses based in Massachusetts using the specified search parameters (Figure 1).



**Figure 1.** Distribution and density of Energy Healing practitioners in the Commonwealth of Massachusetts (generated by Map Customizer Program - <https://www.mapcustomizer.com/#>)

- Two-hundred thirty-seven web sites were identified which displayed hourly, or session prices.
- Hourly rates ranged from \$40 to \$600 with an average of \$120.64 per hour (dropped from the calculation was a practitioner group charging \$4000 per reading/session).
- Most practitioners exceeded 15 hours/week and worked 40 – 50 weeks per year, with an average of 46 weeks.
- Practitioners who charged by the session listed sessions which ranged from 30 - 120 minutes.
- With prices/session converted to hourly rates, they which ranged from \$50 - \$300, with an average rate of \$109 per hour.
- All persons interviewed stated that their practice had changed during the pandemic (n= 54) and many went from in person work to distance energy sessions (n= 41).

Unexpected findings from the study included a much more complex range of energy practices being used in Massachusetts than the dozen or so that were expected. Instead, at least 234 types of energy practices are being used as of 2021. Table 1 gives a

list of energy healing therapies offered in Massachusetts in 2020. By 2021 there were a total 156 styles of Reiki practiced in Massachusetts. Please note not all schools for each style are in Massachusetts. Not included in this listing is Clinical/Medical Intuition as that data was not taken at that time.

**Table 1: Types of energy healing therapies offered in Massachusetts in 2020**

<b>Styles of Energy Healing used in Massachusetts</b>	
<b><u>Full Spectrum</u></b>	<b><u>Spiritual Healing</u></b>
Brennan Healing Science	Calling in Holy Spirit
Resonance Modulation	Peruvian Shamanic Healing/Four Winds
Polarity Therapy	Shaktis
Healing Touch Program	Ascended Masters
Healing Beyond Borders	Rings of Oden
Integrative Energy Healing/AIEH	Godess Healing
Eden Method	Direct Divine Light Healing
Touch Healing	Energy Touch Spiritual Ministry
Core Star Healing	Healing Light Center Church
Energy Healing Institute	Marconic Ascension Energy
Rhys Thomas	Kabbalah
Energy Medicine Partnerships	All Souls (jason shulman)
Vortex Healing	Divine Intervention
	Earth Shamanism
	Modern Mystery School
<b><u>Laying on of Hands</u></b>	Universal Kabbalah
	Collective Souls
Theta Healing	Prananadi (Tibetan)
Quantum Healing	
Quantum Touch	<b><u>Shaman</u></b>
Pranic Healing	
Integrated Energy Healing	Celtic Shaman Ritual
Body Talk	Peruvian
Light Body	Cuendaro
Therapeutic Touch	Foundation for Shamanic Studies
Krysantha Healing (matrix/threading)	Sky Shaman (Mongolia)
HBLU	Nigerian Shaman
Institute for Integrated Healing	Australian Indigenous Shaman
Herquala Healing	
Field Dynamics Healing	<b><u>Cognitive Somatic Energy Practices</u></b>
	HBLU
<b><u>Shorter training - Laying on of</u></b>	TAPAS Acupresure Technique (TAT)

<b><u>Hands</u></b>	
	Allergy Antidotes (AA)
The Reconnection	Emotional Freedom Technique (EFT)
Matrix Energetics	Wholistic Hybrid Energy (WHEE)
Matrix Reimprinting	Thought Field Therapy (TFT)
Xponential Intelligence	Comprehensive Energy Psychology (CEP)
Archangel Michael	Body Code
Archangel Raphael	Emotion Code
EMF Balancing	Repatterning Association
Chakra Balancing	Heart Asisted Therapy (HAT)
Altar of Creation	
Energetic Healing	<b><u>Radiesthesia</u></b>
Energy Balancing Technique	
Trauma Release Exercises	Vessica Institute (school) French devices
Esoteric Healing	Altera (Spanish devices)
Shamballa Multi-Dimensional Healing	Radionics
Solar Star	Supersensonics
Morphogenic Field Technique	Psychotronics
Rising Star	Physical Radisthesia
Prima Birthing	Phosphenism
Language of Light	Biogeometry
Light Language	Abrams Method
Life Activation Initiation	AetherForce
Bengston Energy Healing	
Still Point	<b><u>Taiji please note that Taiji is a part of Qigong</u></b>
White Time Healing	
Polarity Energy Balancing	Yang
Foot Zone	Chen
Pleiadian Lightwork	Wu/Hao (1st Wu)
Ancestral Healing/illumination	Wu (2nd Wu)
Karmaic Regression Therapy	Sun (used in physical therapy)
Ruach Healing Method	
Hermetics	<b><u>Qigong</u></b>
Sekhem Energy Healing	
Chakracologist	Three principal types (7000 types practiced in the US)
Core Alignment	Martial Qigong
	General Maintenance Qigong
	Medical/Clinical Qigong (There is contraversey about this seperation.)
<b><u>Reiki</u></b>	
Jikiden Reiki	Muscle-Tendon Change Classic (Yi Jin Jing 易筋經).
Komyo Reiki Kai	Five Animals (Wu Qin Xi 五禽戲).

Traditional Reiki™	Six Healing Sounds (Liu Zi Jue 六字訣).
Usui Reiki Ryoho	Eight Pieces of Brocade (Ba Duan Jin 八段錦).
Usui Shiki Reiki Ryoho	Five Elements
Usui Shin Kai	Shi Er Duan Jin
Usui Teate	Daoyin Yang Sheng Gong Shi Er 12 routines guiding and pulling qi.
Usui Teate Reiki	Mawangdui Daoyin- guiding qi along the meridians with awareness.
Usui-Do	Da Wu (大舞): choreographed exercises to lubricate joints and guide qi.
	Iron Shirt
Gendai Reiki Ho	Soaring Crane Qigong
Gendai-Ki Reiki	Wisdom Healing Qigong
Hayashi Reiki Ryoho Kenkyu-Kai	Pan Gu Mystical Qigong
Holy Fire Reiki	Wild Goose (Dayan) Qigong
Karuna Reiki	Dragon and Tiger Qigong
Reiki Jin-Kei-Do	Primordial Qigong (Wujigong)
Tenohira Ryoji Kenkyu-Kai	Zhang Zhuan (Standing Meditation, done in various postures)
Tibetian Reiki	Wu Xing-Five Organs (Tonifying each organ system.)
Tomita Teate Ryoho-Kai	3 Dantians
	Cloudy Hands (Arms movements which integrate other types of qigong)
Archangelic Seichim Reiki	Muscle Tendon Lengthening (The art of stretching)
Green Tara Seichim Reiki	Golden Ball (Moving qi around the dantian)
Imara Reiki	8 Extraordinary Meridians
Indigo Reiki	Heaven & Earth (Micro/macro cosmic orbit, pulsing & elasticity)
Kava Reiki	Spine training (Drawing qi into the spine for healing, power)
Ki Manna Reiki	Chan Su Jing, (Silk Spinning –joint releasing & spiraling movements) go
Lemurian Reiki	Immortals Dancing in the Clouds (Includes Bone Marrow Washing)
Lightarian Reiki	Daoyin, An orthodox Daoist Lineage Hermit Practice.
NiKawa Reiki	Hunyuan (Prenatal movement emphasis on the movement of fluids.)
Original Seven Degree Reiki	8 Silken Brocades (8 Sinew lengthening and integrating movements)
Reido Reiki	Longevity Self Massage
Source Light Reiki	Shibashi
Taokan Kruna Reiki	Mobility Improving Qigong

	Wai Qi (external qigong)
Aloha Reiki	Warrior Qigong - Luohan Carrying Water
Angel Flames Reiki	Ba Gua
Archangelic Seichim Reiki	Push Hands
Ayurveda Reiki	CHOW qigong
Blue Lotus Reiki	International College of Medical Qigong
Crystal Reiki	Franzas (school)
Dragon Ki Reiki	Cohen Qigong (school)
Empowerment Reiki	Spirit Dragon Institute (school)
Guardian Angel Reiki	Chung Nan Style
Hawaiian Trinity Reiki	Neigong
Hexa Reiki	Flying Phoenix Qigong
Isis Blue Moon Healing	White Tiger Qigong
Karmic-Auric Reiki	Three treasures
Lotus Petal Reiki	Dragon's Way Qigong
Ma Heo O Reiki (Ma'heo'o Reiki)	Spring Forest Qigong
Medicine Buddha Reiki	Ma-qigong
Planetary Reiki	Radiant Lotus Qigong
Reiki Crystal Healing	Integral Qigong
Sacred Moon Reiki	Dancing Qigong
Siddheartha Reiki	White Crane Qigong
Stellar Reiki	Emei Qigong
Taokan Seichim	Pangu Qigong
Tathagata Wisdom Reiki	Energy Gates Qigong
White Dove Reiki	Recharging Qigong
White Light Reiki	Organ Harmony Qigong
	Horse Stance (Horse Ridding Stance Ma Bu) Qigong
	Chiang Mai Qigong
	Chi-Lel Qigong
	Dragon-in-the Woods Qigong

Table 2 below shows the additional styles of healing therapies that were practiced in Massachusetts in 2021. In the process of doing the analysis it was discovered that there were 191 styles of alternative therapies in addition to the energy practices where were being conducted in Massachusetts.

**Table 2: Additional styles of Alternative Therapies practiced in MA in 2021**

<b><u>Alternative Therapies Listings</u></b>		
<i>Additional Techniques</i>	<b><u>Medicine</u></b>	<b><u>Homeopathy</u></b>
	Chelation therapy	Electrohomeopathy
Activated charcoal cleanse	Blood irradiation	Isopathy



	therapies	
Autogenic training		Standard Homeopathy
Affirmative prayer	<b><u>Osteopathy</u></b>	
Animal-Assisted Therapy	Manipulative therapy	<b><u>Ayurveda</u></b>
Apitherapy (bee products)		Siddha medicine
Aromatherapy	<b><u>Functional medicine</u></b>	Herbalism
Astrology	Eclectic medicine	Chakra
Bach flower therapy	Detoxification	Urine therapy
Bioresonance therapy		
Chromotherapy	<b><u>Holistic medicine</u></b>	<b><u>Unani Tibb</u></b>
Cinema therapy	Biofeedback	Urine therapy
Coding (therapy)	Gut Rebalancing	Hijama (like cupping
Colloidal silver therapy	Hair Analysis	but includes incision)
Colon cleansing	Light therapy	
Colon hydrotherapy (Enema)	Occupational Therapies	<b><u>Meditation</u></b>
Creative visualization	Phototherapy	Mind–body intervention
Crystal healing	Photobiomodulation	Mindfulness meditation
Dietary supplements	Mega-vitamin therapy	Transcendental meditation
Ear candling	Micro-dosing	Vipassana
Equine-assisted therapy	Mycotoxin Therapies	Autogenic training
Faith healing	Neurofeedback	
Fasting	Trace Metals	<b><u>Hypnosis</u></b>
Feng shui		Hypnotherapy
	<b><u>Naturopathic Medicine</u></b>	
Flower essence therapy		Past Life Regression
Grahamism Diet Therapy	Herbal therapy	Autosuggestion
Graphology	Nutritional healing	Self-hypnosis
Herbalism	Bioresonance	
Holistic living	Prokarin- medication	<b><u>Psychotherapeutic</u></b>
Iridology		Attachment therapy
Korean Hand Therapy	<b><u>Chiropractic</u></b>	Autogenic training
Laughter therapy	Applied kinesiology	Bioenergetics
Macrobiotic lifestyle	Craniosacral therapy	CORE energetics
Magnet therapy	Manipulative therapy	EMDR
Nutritional supplements	Network Chiropractic	Family Systems
Numerology		Havening Technique
Orthopathy	<b><u>Acupuncture</u></b>	Light therapy
		Neuro-linguistic reprogramming
Pilates	Auriculotherapy	
Prayer	Chinese medicine	Rebirthing
Radionics	Chinese food therapy	Support groups
	Chinese pulse diagnosis	
Recreational Therapy		
Salt Therapy	Meridian stimulation	<b><u>Martial arts</u></b>
Support groups	Five elements	Chinese martial arts

Therapeutic horseback riding	Gua sha	Asahi Health
Tibetan eye chart	Moxibustion	neigong
Traditional Chinese medicine	Cupping	Tao yin
Traditional Korean medicine	Zang fu	Brazilian Marshal Arts
Traditional Japanese medicine	Tui Na	Korean Marshal Arts
Traditional Mongolian medicine		Akido
Traditional Tibetan medicine	<b><u>Optometry</u></b>	Tai Kuan Do
Vaginal steaming	Oculomotor coordination	
Visualization	Bates method	<b><u>Yoga</u></b>
		Ashtanga yoga
	<b><u>Dance therapy</u></b>	Ashtanga vinyasa yoga
<b><u>Massage therapy</u></b>	Body Mind Centering	Bikram yoga
Massage	Breath of Life	Daoyin Taoist Yoga
Swedish	Leonard Therapy	Hatha yoga
Craniosacral therapy		Kundalini yoga
Deep Tissue	<b><u>Music Therapy</u></b>	Iyengar yoga
Sports Massage	Composing	Siddha yoga
Chair Massage	Drumming	Sivananda yoga
Pregnancy Massage	Improvisation	Tantric yoga
Cupping	Hemi-Sync	Viniyoga
Gua sha	music assisted relaxation	Vinyasa yoga
Craniosacral therapy	Recreation	
	Spatial Angular Modulation	<b><u>Structural Integration</u></b>
<b><u>Body-based manipulative therapies</u></b>	Spiritual Music	Rolfing Structural Integration
Reflexology		Rosen Method
Manual lymphatic drainage	<b><u>Sound Therapy</u></b>	Alexander technique
Myofascial release	Biodanza	Heller Work
Trager approach	Entrainment	Trigger point
Trigger point	Goldman Method	Feldenkrais method
Acupressure	Sonic tuning	Grinberg Method for pain
		Naprapathy (connective tissue)
<b><u>Asian Bodywork</u></b>	<b><u>Art Therapies</u></b>	
Shiatsu	Altar	
Thai massage	Collage	
Tui Na	Relevant Images	
	Forgiveness box	
<b><u>Hawaiian Bodywork</u></b>	Painting body Commonwealth	
Lomi Lomi	Painting emotion Commonwealth	

Kumu Kahi Lowa	Power mask	
	Zentangle	

## Discussion

Within the Commonwealth of Massachusetts, this study sought to identify the number and distribution of energy healing practitioners, the types of therapies these practitioners offer, and the respective costs for their healing services. Using an intensive internet search approach, the findings show that as of 2021 there were at least 1,951 energy healing practitioners distributed across the Commonwealth. The number may be substantially higher as it is not currently possible to quantify a complete list of practitioners and their training. For example:

- One energy healing meetup group in Boston, The Boston Healers Network, listed a total of 2,217 members in 11-20-2020.
- The Massachusetts Holistic Practitioner association claimed 6,000 members in a query done Sept 10, 2020.
- The 2020 Change.org petition to stop Massachusetts bill SD168, included 20,000 signatures prior to submission.

These findings present a radically different picture of the number of healing energy practitioners as compared to currently available energy healing service directories in the Commonwealth, such as the *Energy Medicine Directory* and *Alternative Medicine Now*. For example, the *Energy Medicine Directory* for the Commonwealth of Massachusetts currently lists 19 practitioners (Directory, 2021). It is possible that this study of Massachusetts practitioners will provide a representative sample of practitioners throughout the country. Follow-up studies are being conducted on practitioners in Arizona, Ohio, Oregon and North Carolina in order to give a better sense of the range and distribution of the practitioners and the utilization of energy practices across the country.

During the course of this study, questions began to develop on significant secondary issues. For example:

- How many energy practitioners working out of their homes are not paying for a business license?
- How many practitioners have had appropriate health and safety inspections at their place of business?
- How many practitioners are not disclosing their annual income when paying Commonwealth and federal taxes?

If most of the industry operates without business licensing, fire, and health safety checks and as a cash process - cities, counties and states are losing a potential taxable income. With a confirmed count of at least 1,951 practitioners working an average of 15+ hours per week for an average 46 weeks per year at a salary average of \$120 per hour, the combined annual income is of these practitioners is a minimum of \$161,542,800 per year.

**If there are closer to 6,000 practitioners in the Commonwealth given the size of**

**clubs and meetup groups, the combined yearly income may be closer to \$496,303,200.** If only a portion of practitioners are purchasing business licenses, and having health and fire inspections, (the need for these is something about which the practitioner community that works out of their homes appears to be confused) **this has the potential to be well over a million per year in lost income to the Commonwealth.** Future research will need to be done to address these questions more comprehensively.

Additional concerns around the lack of national certification and licensing of practitioners to support consumer protection has become another significant secondary issue and one that needs to be explored in future research. A national trade board for energy practitioners, with ethical standards, standards of practice, division definitions and standards for national certification, was developed ([www.nccoep.org](http://www.nccoep.org)) in 2018. The number of practitioners registered with this national board is increasing and will help with licensing in the states.

A limitation of this study is the confirmed number of practitioners is limited to those operating web sites and the total number of practitioners may be significantly higher, thus we did identify practitioners who:

- 1) Operate solely by word-of-mouth referral,
- 2) Who are listed only on Facebook or LinkedIn,
- 3) Use only local advertisers,
- 4) Are in training,
- 5) Work in Massachusetts but their business is not based in the commonwealth, and
- 6) Practitioners who are not listing their services online.

In addition, many energy healing practitioners do volunteer work at nursing homes, do palliative care, support humanitarian relief efforts and work in/with hospital departments and do not charge for their services. Previous studies have found that alternative providers are marginalized and have lower incomes than licensed healthcare workers (Ijaz et al., 2021), and that the majority only work part-time (Steel et al., 2018). These studies indicate that registration and licensing may be beneficial for both practitioner and consumer.

## **Conclusion**

In summary, this paper examined business web sites based in the Commonwealth of Massachusetts and found 1,951 energy practitioner listings. This is a significantly larger number than was expected given other documentation. Hourly rates for energy healing ranged from \$40 to \$600 with an average per hour rate of \$120.64 per hour and an average per session rate of \$109 per hour. Most practitioners exceeded 15+ hours per week and worked 40 – 50 weeks per year, with an average rate of 46 weeks. With a count of 1951 practitioners working an average of 15+ hours per week for an average 46 weeks per year at a salary average of \$120 per hour, the combined annual income of these practitioners is a minimum of \$161,542,800 per year. This is a significantly different figure from the reported salary of "pin money" by practitioners testifying at the legislative

hearings on Mass bill SD168. Lack of identification and as a result the lack of health and fire safety inspections of home-based practitioners and the impact that has on Massachusetts consumers and the potential Commonwealth tax base needs to be studied.

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**Bio:**

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