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## **Book Review: "Medical Reiki" is not Medical**

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### ***Medical Reiki***

**By Raven Keys**

**Ebook ISBN: 9780738764351**

There are many forms of Reiki being practiced in the US. Some have new symbols. Some have new attunements. Some have unique theories on how the process of an energy session works. Some have unique theories on how the transmission of energy works. Some use other healing systems to add to the Reiki process or support an individual's process. When reading *Medical Reiki* by Raven Keys, given the myriad of possibilities, one would expect some new practice or technique which is specific to Reiki when done in a medical setting. Something that advances energy work or produces some form of exceptional healing. The book contains none of that information.

A trademarked practice, which requires that clients which seek a "medical reiki" practitioner must go through an exclusive single system to book a practitioner, that only practitioners who have gone through this exclusive program can use the trademarked title "medical reiki practitioner" and that charge the practitioners to maintain the title. The book appears to provide no actual information on the difference between "medical reiki" and any other form of reiki. Containing a series of anecdotal stories, no empirical information, no explicit techniques and no researched proof that anything in this process provides improved outcomes or care, the book fails in most standard expected outcome measures. Keys states "for me, the word "mystical" has come to equate with "scientific." Perhaps that reason is why there is no clear defined techniques or research proof that "medical reiki" does anything other than be "mystical." Of course "mystical" is never defined either and would hardly be considered medical. She does follow this statement by advocating for research later in the book, as stating, "Now I understand that surgeons are scientists, and as such, they wanted to see what Reiki was capable of producing."

Distilled and separated from the nostalgic and what might be considered perhaps narcissistic anecdotes, the book tells the practitioner to stand at the side of the room and not make noise or interfere with any surgical process. This hardly requires the purchase of the book and is the only really useful information in it.

Repeating the same information, but never completing the story or the topic, the book returns to the same stories and topics again and again. For example: The "What If I'm Not Feeling Heard?" section starts by making excuses for the doctors being tired, switches to stating they (physicians) need proof of credentials. Then starts talking about the ethics of autonomy, goes back to the importance of credentials, and ends with, you are hiring the practitioner, to do a job, trust them. This section is 1.5 pages long. It never explains what to do if you (the practitioner) are not feeling heard. Teaching using stories and metaphors is a traditional method in energy work. However, when one uses this method it is generally considered a good idea to actually finish the story and the topic and get to the point.

There is no question that Reiki, in the hands of a properly trained practitioner, has the potential to support the well being of individuals as it has done so for years and in a number of clinical trials. At this time there is no required training at the state or federal level for a practitioner to support the client in a hospital setting that is any different from any other setting. While the single useful piece of information to not interfere with the surgeon in a surgical setting is useful, it may also be considered common sense.

Keys makes the claim repeatedly that "(Medical Reiki) has no negative side effects." She does so without ever providing any proof or references to demonstrate that claims validity. Keys also claims "reiki always helps doctors', patients and their families" which also has no validity provided. And again, those claims unreferenced bring nothing to the book. Wisdom would support that a new edition with a perhaps new editing would bring a level of coherence to the material. It might mean the book has a potential to do better. We will have to see what the future holds. In the interval remember that single useful piece of information for the practitioner in the book: *stand on the side of the room and do not interfere with the surgeon.*

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