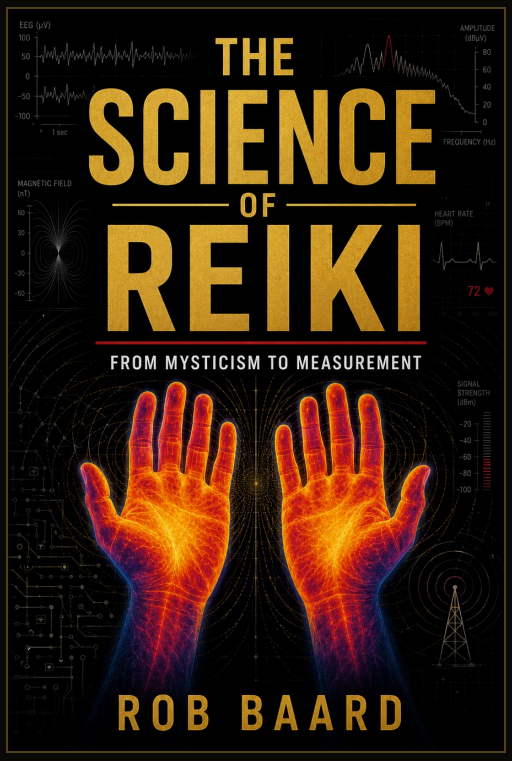
FREE COMPANION GUIDE · THE SCIENCE OF REIKI

Where Science Meets Reiki

Six places the practice and the measurements meet.



Rob Baard

USUI REIKI MASTER · AUTHOR OF FISTS & PHILOSOPHY

THE DOCTRINE

The Energy You Can't See.

Think of the television. A picture arriving out of empty air. Radio carrying a voice across a country. The phone in your pocket talking to a tower miles away, through walls, through your own body. All of it invisible. All of it real.

Once you understand that the world is full of energy you cannot perceive, the idea of an energy moving between two people stops sounding like a fairy tale. And you are not the first to get there. Every culture on earth found a way of describing something moving through a living body: ki, qi, prana, pneuma, rlung, mana. When that many people, that far apart, arrive at the same observation, it deserves better than being waved away.

The Science of Reiki lets Reiki speak first, in its own words, then sets beside it what science has measured in the same territory. Every claim is checkable.

> *Could be. Not is. That is the whole standard.*

Six Places They Meet

This guide walks each one. The full book covers 42 chapters.

1. **Ki and the electric body**
2. **The heat in the hands**
3. **What touch does**
4. **The rest state**
5. **The heart's field**
6. **What the trials found**

Not medical advice. Reiki is a complementary practice. It does not replace diagnosis or treatment by a qualified medical practitioner, and nothing here should be used to delay or avoid medical care.

Ki and the Electric Body.

The world is full of energy you cannot see.

What Reiki describes

Reiki describes ki, a life energy moving through the body. It is not alone. China calls it qi and built a medical system on it. India calls it prana. The Greeks said pneuma, Tibet rlung, the Pacific mana.

What science has measured

— The body runs on electricity. Every nerve holds a charge of about −70 millivolts and fires in pulses lasting around a millisecond.

— Hospitals read that energy every day: ECG for the heart, EEG for the brain, EMG for muscle.

— Radio, phone signals and Wi-Fi pass through your body right now. You have no organ to detect any of it, and all of it is real.

Where they meet

Cultures that never met looked at living bodies over centuries and each described something moving through them. Once you see how much real energy you cannot perceive, an energy moving between two people stops sounding like a fairy tale.

> *Their being there has never depended on my ability to detect them.*

The Heat in the Hands.

The warmth practitioners and clients feel is real.

What Reiki describes

Hands grow warm during treatment. Recipients feel warmth spreading beneath the hands, sometimes stronger than an ordinary palm, sometimes with no contact at all. Practitioners use it to guide where they stay longer.

What science has measured

— Blood flow through the skin can change hand temperature substantially.

— Warm skin radiates infrared energy, peaking around 10 to 12 micrometres. In a hands-off treatment, invisible energy really does leave the practitioner's hand and cross the gap.

— A thermal camera can watch it happen.

Where they meet

Unseen energy passing across a gap between two bodies is not contrary to physics. It is happening in every session. And this is one of the easiest parts of Reiki to study directly: we have the instruments.

> *Reiki's familiar heat has a real physical foundation.*

What Touch Does.

A resting hand reaches deep into the nervous system.

What Reiki describes

Hands-on Reiki rests the palms in a sequence of positions for minutes at a time. No rubbing, no pressure. The hand simply rests.

What science has measured

— The skin has slow fibres, C-tactile afferents, tuned to gentle touch at skin temperature and linked to the pleasant, social side of contact.

— Gentle touch enters the systems that shape how pain is felt. Rubbing a bumped shin is the everyday version.

— Touch has been linked with changes in mood, stress and bonding across a lifetime of research.

Where they meet

Relaxation, drowsiness, easing discomfort and the feeling of being cared for all have real physiological pathways in a hands-on session. Consent and comfort are part of the treatment, not paperwork before it.

> *Touch can account for a meaningful part of what happens during hands-on Reiki.*

The Rest State.

Ten minutes in, the client drops down.

What Reiki describes

Practitioners learn to recognise the moment. Breathing slows, a long sigh, the stomach starts to work, the head grows heavy in their hands, and time seems to slip away.

What science has measured

— The body shifts toward its rest-and-digest state, and the vagus nerve carries much of that traffic.

— Breathing, heart rhythm and heart-rate variability give researchers a direct window onto the change.

— A quiet room, stillness, sustained attention, slower breathing and gentle touch: a Reiki session brings together every condition known to move the body toward rest.

Where they meet

The deep calm clients describe is not imagined. It can be measured as it happens, and a Reiki session brings together a powerful combination of conditions known to produce it.

> *Something measurable really is happening when a person settles deeply during a Reiki session.*

The Heart’s Field.

An invisible field beyond the skin.

What Reiki describes

Reiki places important hand positions on the chest, and nearly every energy tradition gives the heart a role far beyond the pump.

What science has measured

— The heart’s electrical activity produces a magnetic field that extends outside the body.

— It was first recorded by Baule and McFee in 1963, and is now measured by magnetocardiography.

— Newer sensors are steadily lowering the barriers to measuring it.

Where they meet

The traditions had no magnetometers. Modern measurement adds a fact they could not have known: the organ at the centre of the chest produces a real, invisible field beyond the body.

> *A living organ therefore generates an invisible physical field beyond the skin — not figuratively, but measurably.*

What the Trials Found.

The question most people ask first.

What Reiki describes

People receiving Reiki report less pain, less anxiety, deep calm and better sleep. Controlled trials are how you find out whether those reports form a pattern.

What science has measured

— A review by Thrane and Cohen found effects from d = 0.24 for anxiety up to d = 2.08 for pain, and all but one study achieved at least one significant result.

— A 2025 meta-analysis of 11 trials and 661 people found quality of life improved.

— On cancer pain, five of seven studies found pain reduced with Reiki.

Where they meet

The record is not empty. Pain and anxiety are the most consistent areas of positive results, and people have reported and, in some studies, demonstrated measurable improvement.

> *It is difficult to describe the record fairly as though nothing has happened.*

THE COMPLETE BOOK

The Science of Reiki.

This guide gave you six places science meets Reiki. The full book takes the inquiry across 42 chapters: the spectrum you cannot see, the body's electricity and fields, Usui, Hayashi and Takata, qi, prana and the world's other medical traditions, the hands, touch, heat and fascia, the heart's field and light from living tissue, chakras and meridians, the attunement, the precepts and the symbols, distance Reiki, what quantum physics actually says, and what the research found.

Every factual claim is referenced. Where a claim is contested, unresolved or unsupported, it is described that way.

> *Could be. Not is.*

ABOUT THE AUTHOR



Rob Baard

14th-Degree Bujinkan Shihan · Japan-licensed Shidoshi

Rob Baard is a Bujinkan Ninjutsu Shihan and licensed Private Investigator with over thirty years of training. He studied directly under Grandmaster Masaaki Hatsumi in Japan. His documentary on the tradition was screened by invitation at the Togakushi Ninja Mountain ceremony and is now permanently exhibited at the Togakushi Ninja Museum, Japan.

He trained at the Usui Reiki Clinic in Geelong through to Master level. The Science of Reiki is the book he needed and could not find.

GET THE BOOKS

The Rob Baard Library.

The Science of Reiki sits with Fists & Philosophy on the Eastern side of the library: traditions taken seriously and examined properly. Micro Expressions, Body Language and Vocal Tells read people; the rest train the body and the eye.

The Science of Reiki — From Mysticism to Measurement
New release on Amazon

The Discipline of Non-Selection — Stealth and Camouflage in Practice
On Amazon

Tradecraft — Methods of Espionage from the Historical Record
On Amazon

Fieldcraft for the Private Investigator
On Amazon

Body Language — The Truth in Motion
On Amazon

Micro Expressions — The Split-Second Truth
On Amazon

Vocal Tells — The Truth in the Tone
On Amazon

Escape & Evasion: Surviving Capture and Pursuit
$60.00 AUD on Amazon

Stealth & Camouflage: The Complete Manual of Invisibility
$73.92 AUD on Amazon

Tactical Knife Fighting & Defence: The Complete Manual
$66.00 AUD on Amazon

Fists & Philosophy
$66.20 AUD on Amazon

The Ninja Saga — Book 1: Ninja Prelude
$22.00 AUD on Amazon

The Ninja Saga — Book 2: Ninja Infinite Ways
$22.00 AUD on Amazon

> *Could be. Not is.*

© ROB BAARD · MARTIALARTSGEELONG.COM.AU