

“Is Reiki Just Another Means to Medicine?”

I have a daughter who is 8 and [whose health] is very compromised. We have been to doctors, etc. who have yet to come up with an answer. I have had several people recommend Reiki. I have hesitated because I am very leery of “energy” based healings. I am a believing, Bible reading Christian. There is a woman in our church who suggested Reiki and is trained in it. In “testing” her [words against Scripture] I catch a lot of New Age phrases that I am not comfortable with and [it has] become clear she is not actually reading the Word of God...(vs. just attending services).

Your answer supplying [a Christian Perspective on Reiki](#) was the best in terms of guiding me that this is wrong. I think that the reason Reiki is more questionable is because it is reaching out to the “spiritual realm” that does not glorify God. Yet, I am wondering, given that conventional medicine does not glorify God (more so it glorifies the doctor) is Reiki just another means to medicine? Or is it not considered viable because it is so spiritually based?

I just do not understand energy healing and many people (including Christians) suggest we explore energy healing. Given my faith...I know that God is sovereign and can use ALL things...but He also warns us. Do you mind if I ask you to further elaborate? Given modern medicine is simply a tool of God, it does also violate some scriptural things if you look at Old Testament teachings (i.e. vaccines contain animal DNA and we are not to mix this, etc.)

I just want to put this to rest once and for all and know if I am not neglecting an avenue of potential healing for my child. Thank you.

Thanks for your letter. I'm truly sorry to hear about the health difficulties your daughter is struggling with! However, I could not, in good conscience, recommend Reiki energy medicine as a possible solution. You mentioned an email response which I wrote on a Christian perspective on Reiki, but I'm wondering if you read the article I wrote on Reiki? If not, you can find it [here](#).

In the article I go into much more depth than I can do over email. I offer an overview of Reiki energy medicine, look into the question of whether or not there is any legitimate scientific support for such energy, ask about Reiki's alleged success stories, and discuss some reasons why I believe that Christians should be concerned about Reiki.

First, and foremost, I think that we should be concerned about the spiritual aspects of Reiki. As my article spells out in much more detail, I think that we should be concerned about where the power of Reiki really comes from (provided that there is any real power there to begin with). This leads to my second main concern: if Reiki really has no power whatever to effect genuine (as opposed to merely psychosomatic) healing of the body, then we could end up endangering people's lives by sending them to a Reiki practitioner, instead of a properly credentialed medical doctor. I also explain my reasoning here in more detail in my article.

Of course, modern Western medicine is not perfect. But its reliance on quality control, reproducible results, the scientific method, extensive training, education, and licensing, etc., clearly distinguish it from much of energy medicine. In addition, since those who practice it are not typically calling upon spirit guides and other questionable entities, it is much less likely to entangle those making use of it with possible demonic involvement.

At any rate, as my article shows, it seems to me that there are sufficient reasons for Christians to be wary of Reiki and

to avoid it. Others may disagree, but this is definitely my opinion on the matter.

I hope this is helpful and, again, please check out my [article](#) on the subject (if you have not done so already).

Shalom in Christ,

Michael Gleghorn

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