



european reiki group

Newsletter March 2025

This is the official newsletter from ERG. It keeps the members of your organisation up to date with the latest news. It is written in English, the official language of ERG. Feel free to translate the content to your own language and share the information.



Advocacy and Communication Capacity Building Training 2025

To truly amplify our impact on a European level, we've identified a need for stronger advocacy on the national level.

This is why ERG is committed to organizing this 6 x 90min. training, which is offered free of charge to all members of ERG and EUROCAM.

2 April to 11 June (7 to 8:30 pm CET)

This online training series is designed to equip you with essential understanding to advocate for and communicate effectively about TCIH (Traditional, Complementary, Integrative Healthcare) with decision-makers.

The training will provide practical, hands-on experience in policy advocacy and strategic communication. Participants will learn how to engage with policymakers, develop advocacy strategies, and communicate effectively with various stakeholders, including the media.

"Great tools, fun, a wonderful feeling to be part of a bigger community who promotes integrative medicine in Europe"

[For more details](#) and registration before 29th March.

Do you have something you want to share in your newsletter?



Facebook Website Contact

Recently launched Meditation circle project is a great success!

ERG invites anyone interested to participate in the online Reiki meditation spaces it organizes monthly.

Through these sharings, we support each other in our practice of Reiki, creating a sense of belonging to a community whose aim is to preserve a harmonious quality of life that is integrated into today's world. The meditation circles are led in turn by the members of ERG.

The next meditation will be hosted by the Swedish Reiki Association and guided by it's vice-president Anna-Sofia Giese Vesterlund.

7 April 2025 from 8 to 8:45pm CET

[For more details](#)



Actual trends where Reiki is effective Reiki research

Stress-related treatments

- Carers and work stress
- Students and exam stress
- Psychological strain and stress
- Geriatrics (geriatric medicine)

Cancer care (patients and relatives)

- Depression, anxiety, insomnia, fatigue and quality of life
- Pain treatment, nausea
- Palliative care
- Cell treatments and analysis
- Biomarker integration into studies

Constant increase in studies and research on Reiki

- Reiki symbols and colors on clothes for autistic children
- Smart homes; Gokkai (5 Reiki principles) to lighten the mood.

Overlapping data from some of the stronger studies support the ability of Reiki to reduce anxiety and pain, and suggest its usefulness to induce relaxation, improve fatigue and depressive symptoms, and strengthen overall wellbeing.

The [National Center for Complementary and Integrative Health](#) (NCCIH) of the [National Institutes of Health](#) (NIH) has completed five studies looking at Reiki's ability to benefit people with diabetes, advanced AIDS, prostate cancer, fibromyalgia, and stress.

Reiki has been increasingly offered as part of workplace wellness programs to address burnout and improve skills in healthcare and other industries, as well as in university wellness centers.

