



## Word of the President...

Dear friends,

A new year always arrives carrying a particular quality of energy. Not the loud, fireworks-and-promises kind, but something quieter and more useful, a sense of reset, perspective, and choice.

As we step into 2026 together, I find myself reflecting less on what we want to add, and more on what we want to strengthen.

Across Europe, Reiki practitioners often work independently. That independence has real value, it fosters depth, responsibility, and personal integrity. But independence does not have to mean isolation. One of ERG's greatest strengths is the way it allows us to

remain rooted in our own traditions while standing shoulder to shoulder with others who share the same commitment to practice, ethics, and service.

This year, the invitation is simple but powerful: bring your energy not just into your own work, but into the shared field we are building together.

We see this already in the way our community shows up, through meditation circles, collaboration between associations, research initiatives, and honest conversations about the future of Reiki in a changing regulatory and cultural landscape. Strength does not come from uniformity. It comes from connection, respect, and the willingness to stay in dialogue even when perspectives differ.

The fresh energy of a new year is not about rushing forward. It is about becoming more present, more intentional, and more supportive of one another. When we do that, individually and collectively, we create something resilient. Something that lasts.

Thank you for the energy you bring, to your practice, to your communities, and to ERG. I look forward to what we will continue to build together in the months ahead.

Warm regards,

**Gavin Ford**

**President, European Reiki Group**



## Online Meditation Circles

Each month, ERG members take turns offering a Meditation Circle. Why you should join: this is more than a meeting – it's a chance to widen your Reiki network, deepen your practice, and feel the power of community from your own space. We often work in isolation; here's an opportunity to share energy, expand our horizon and support one another.

The next meditation circle will take place on March 18th 20:30 CET, and it is our brand new member My Reiki Italy with Federico Scotti who will guide the meditation. This is a wonderful opportunity to get to know this very successful association.

It will be in English with Italian interpretation. We'd love to see practitioners from all parts of Europe (and beyond). Save the date now.

See here for info and zoom link: [https://europeanreikigroup.org/?tribe\\_events=erg-meditation-circle-march-2026](https://europeanreikigroup.org/?tribe_events=erg-meditation-circle-march-2026)

[The videos of the meditation circles are available on ERG Youtube channel](#)

## Have an article to submit?

Email: [media@europeanreikigroup.org](mailto:media@europeanreikigroup.org)

Website: [www.europeanreikigroup.org](http://www.europeanreikigroup.org)



## **EUROCAM - still active in advocating for TCIM** **by Chinta B. Strubin - Representative ERG for EUROCAM**

The new WHO strategy on TCIM mentions the need for regulation. Some professional organisations such as doctors, vets, are already nationally regulated. But complementary therapy organisations have a long way to catch up and it is important that regulation delivers for ALL patients and practitioners. Of course, there are positive and negative experiences about regulation, that's why national organizations need to engage and anticipate, making sure their whole sector is well regulated and remains connected in the regulation. Once regulation is set it does not tend to change easily.

EUROCAM recognizes the importance of good regulation that brings everybody (those who want to keep high standards, patient safety and promote cooperation) together, but it will not take part in any regulation discussions. The regulation of therapeutic methods is entirely within the countries' purview.

Therefore EUROCAM wishes to help people sharing their experience and thoughts: experiences about regulation-ideas/principles that are/were good and also regulation issues/ideas that created (unforeseen) issues. Share examples and experiences in a respectful way.

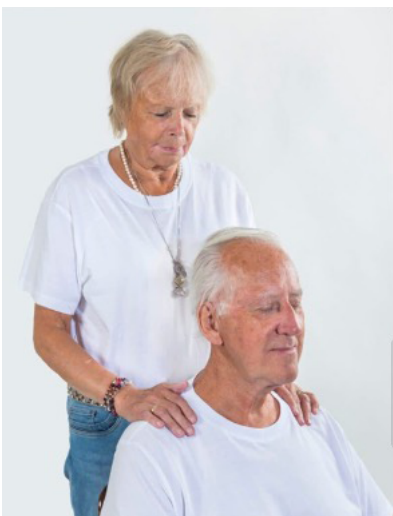
A working group has formed around Mr. Edward de Beukeler (Homeopathic Veterinary Surgeon and Board member EUROCAM) with Mrs Adrienne Waldt (Acupuncturist and representative for ETCMA) and Chinta B. Strubin (Reiki practitioner and representative for ERG). The plan is to create a forum where examples and experiences can be shared and used as inspiration for regulation projects by electronic and written means.

[Please join the group and share your experience and projects.](#)



## **Förenade Reikiförbundet i Sverige**

**In memory of Bengt-Arne Gustavsson - President of the Swedish Reiki Association**  
**by Annica Hagelin and Maria Lohrnt, Board members.**



After a short illness, the chairman of the Reiki Association in Sweden has passed away.

For many years, the United Reiki Association in Sweden has had the privilege of having an angel on earth present. Bengt-Arne Gustavsson has inspired us all with his genuine kindness and humble calmness. He remained involved in the board until the very end, and we know that the association now has a new guardian angel.

Bengt-Arne Gustavsson called himself a "Jobbonär" – a pensioner who worked because he enjoyed it. After a career in industry, he met his future wife, Reiki Master Liliann Gustavsson, and his life took on a whole new purpose. Fascinated by the healing energy, he began giving treatments and holding training courses. Soon he joined the United Reiki Association. There he held various roles and for the last six years he served as chairman.

We were all infected by his curiosity. Bengt-Arne was fascinated by everything he encountered, especially people. He may not have been particularly tech-savvy, but he was the first member of the board to start using AI to help with planning.

In his spare time, Bengt-Arne enjoyed travelling. He preferred face-to-face meetings, even though he felt comfortable in the digital space. He and his wife were also involved in folk dancing.

## ERG is expanding! Welcome to My Reiki Italy!

Since January 2026, the Association My Reiki Italy has been a full member of ERG. The organization is dedicated to its mission, drawing on traditional inspiration and personal experience in its approach to Reiki. Federico Scotti, an anthropologist who serves as founder and President of My Reiki, leads annual tours to Mount Kurama in Japan, the birthplace of Reiki.

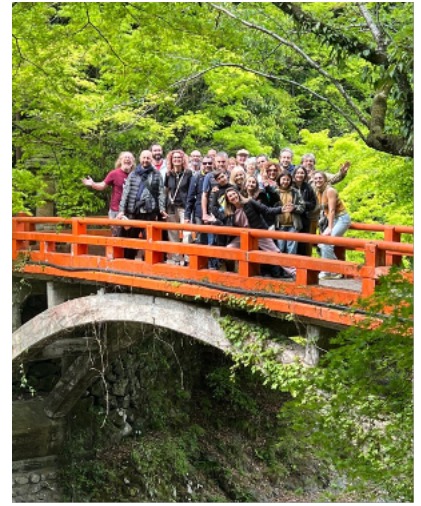
Read his presentation below and get to know him by watching his interview.

### My Reiki: Practice, Context, and Dialogue Reflections from within practice - by Federico Scotti

We chose this group photograph on a bridge during a Reiki study and practice journey in Japan not as a simple memory, but as a way of making visible what holds our practice together. A bridge is a place of passage rather than destination, a space where one pauses only briefly, suspended between where one comes from and where one is going. Standing together there, we were not marking an arrival, but acknowledging a shared moment of connection.

What the image captures is not an idealized unity, but a temporary alignment of bodies, rhythms, and presences. Each person carries their own history and trajectory, yet for a moment these paths intersect. From a phenomenological perspective, this is where practice begins: not in abstraction, but in being-with, in proximity, in the subtle negotiation of distance and closeness that allows a group to take shape without erasing differences. It is from this understanding that My Reiki has grown.

Read more: <https://europeanreikigroup.org/?p=33301>



## Together in Reiki with an open heart in Romania by Iulia Stoica, New President ARU (Asociatia Reiki Usui)



This year, our association celebrates 20 years of activity. Over these two decades, we have built a beautiful Reiki community and carried out many meaningful projects, all guided by open hearts and deep dedication. The Asociatia Reiki Usui (ARU) Romania has grown beautifully under the coordination of Eniko Simon since 2006, and her contribution remains a foundation for everything we continue today. The new board, elected at the end of last year, carries both the responsibility and the honor of supporting our Reiki community and maintaining strong collaboration with Reiki practitioners worldwide.

I am truly honored to serve as president, and I feel the full support of our team and all our members. We begin this year with a beautiful intention: "Together in Reiki, with an open heart." It feels like a fresh beginning, a new chapter in which we welcome Reiki energy to guide us forward.

In our contribution to ERG, my hope is to bring our openness, sincerity, and commitment to promoting Reiki.

In my daily life, I work as an engineer, which keeps me grounded. Yet I experience life through my heart, and Reiki is, for me, a true blessing of the Universe.

May Reiki guide us now and always, as we walk together with open hearts.

## Preserving the history and development of Reiki in Germany - Reiki Alliance Deutschland e. V. (RAD)

Our current project focuses on preserving the history and development of Reiki in Germany. We are working to make early masters' heritage accessible to the Reiki community, addressing both technical and legal aspects. We are collaborating with another German association, "Freunde der Reiki-Kultur e. V." (Friends of Reiki Culture), who previously supported ERG's trademark registration through a donation.

Presenting this "History of Reiki in Germany" may also help gain official recognition for Reiki in Germany - a significant challenge. Our partner, FdRK, is currently submitting a request to the fiscal authorities to have the Reiki method officially accepted for public welfare.

The findings from the scientific research project "REASSURE" are expected to support this effort. With such recognition, collaborating with social organizations could become easier in the future.

We are also actively working on reconstructing and updating our websites.

In early March, we will hold our annual general meeting in Gersfeld, which we refer to as the "main capital of Reiki in Germany." Currently, no guest participation is planned, but we may decide at the meeting to host an event for our 22nd anniversary this year; guests are usually welcome.

Every October, the Reiki Festival takes place in Gersfeld, near Fulda and Frankfurt. The next one is scheduled for October 16–18, 2026. [Click for more information.](#)



Reiki Alliance  
Deutschland e.V.

## Reiki Vereniging Cirkel - Netherlands

A joint day for members is planned later this year, with possible meetings, workshops, or lectures, though details are still being finalized.

The Netherlands also aims to organize more local gatherings and meet-ups for members nationwide.



## The Portuguese association announces positive results of the project for children.

By João Magalhães



The Reiki for Children project at Amadora-Sintra Hospital was completed with positive results for patients and nurses, who had the opportunity to learn level 1 Reiki over a period of six months.

The Portuguese Reiki Association is a partner in the LUSO-BRAZILIAN PROJECT FOR COOPERATION AND SUPPORT FOR RESEARCH ON THE BENEFITS OF REIKI

A cooperation project created in August 2025 by João Magalhães, Prof. Amanda Margatho and Prof. Mariana Borges, with an extensive database of more than 1050 studies, theses and articles on the benefits of Reiki, to support the academic community, with a main focus on Portugal and Brazil. This project has already generated support for three academic studies and presentations in hospitals focusing on anxiety, children and animals.

And many, many more projects across the country.

## **A wonderful immersion in Reiki at the Grand Hotel - Samokov - Bulgaria. by Nico Michielson - President Reiki Vereniging Cirkel - Netherlands**



On Thursday, October 14th, I was invited back to the Grand Hotel in Samakov. A place that now feels familiar, almost like coming home. It was time for the fourteenth Reiki conference, organized by the Reiki Association of Bulgaria, and upon arrival, I felt the warm, inviting energy of the gathering.

We began these days with a special visit to the Church of St. Nicholas. In this sacred space, we gathered in meditation. Silence, stillness, and connection—with each other, with the place, and with that which is greater than ourselves. It was a solemn beginning, in which the energy of Reiki was already palpable.

After that, Stefan Kanev, our host, opened the program. With great dedication and care, he and his team had once again put together a beautiful and loving program. This became even more tangible as the days progressed.

The conference focused on Reiki in all its aspects: talking about Reiki, experiencing Reiki, but above all, being in Reiki. We delved into Reiki as a discipline and Reiki in the invisible world. Usui Shiki Ryoho was given attention, as was working with guardian angels and the subtle interplay between Reiki energy and gemstones. Throughout it all, there was space for exchange, touch, silence, and deep presence.

For many of us, it was a renewed encounter with a place and with each other. We were once again grateful for the environment in which we could gather: a place to meet, eat together, share, and simply be.

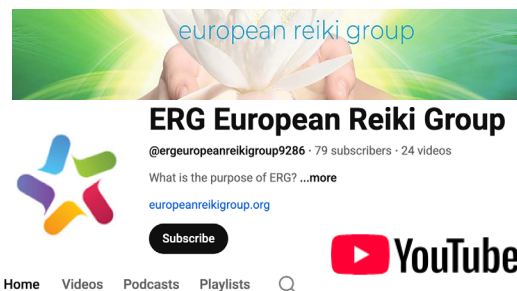
These were special and nourishing days in Samakov. Days that will continue to resonate with me long after. I look back with gratitude and long for the next encounter - hopefully, I may be there again.

### **Keep in touch with ERG online...**

#### **ERG Youtube channel - 5 good reasons why you should watch the videos on ERG channel!**

It includes interviews, news, talks about Reiki research, presentation of ERG Members, testimonials from Reiki practitioners and records of the meditation circles.

Thanks for liking the channel and please, become a follower.



#### **ERG Facebookgroup is open to all the members of ERG Associations.**

Its aim is to provide a way for Reiki associations to keep each other informed across national boundaries about current endeavours, projects, local regulations, recognition of the Reiki method by society, local authorities, education and health institutions. This brings a sense of belonging to a larger community and enhances coherence on all levels. We communicate in the spirit of Reiki.

The group cannot accept advertising for training courses or consultations.

See you there soon!

