

To Whom It May Concern:

I have been a Reiki practitioner and teacher for 15 years in Multnomah County. I offer individual sessions, Reiki training classes and a Reiki Practitioner Mentorship Program. My own training consists of multiple classes at all levels of Reiki training, through the International Center for Reiki Training.

It has been my passion to provide and teach Reiki in a way that is professional and law-abiding. My business is registered with the state, and my client forms contain language stating that I am not a doctor or health care professional of any sort, and that I do not diagnose any conditions as part of my practice. I consider this standard for my work.

While I understand and even see the need for this type of professionalism in the Reiki community, I do not believe that this bill is an appropriate avenue.

First, Reiki practitioners are unique, and cannot be lumped in with all other alternative modalities. Each modality warrants its own committee, filled with individuals who understand and have been trained in Reiki. As a practice, Reiki cannot ever do harm. The NIH's National Center for Complementary and Integrative Health (NCCIH) has deemed Reiki to be safe.

(<https://www.nccih.nih.gov/health/reiki>)

Reiki is a spiritual practice that brings balance and stress reduction to the individual. Much like mindfulness practices that are now being offered in major hospitals and schools throughout our state.

I have offered Reiki as a volunteer in addition to my business services. Through the Northwest Reiki Association, I have given hundreds of short sessions to oncology patients and many sessions to patients at the Providence Acute Rehabilitation Center. Each and every patient reported stress reduction and relaxation, a benefit to their overall being. I urge you to contact the board of the NW Reiki Association for further investigation.

My colleagues, my students and I all follow Code of Ethics set by a professional Reiki association. I understand and support the need to ensure safety guidelines and proper practices regarding Reiki. This bill, however, does not outline any specific actions, and instead appears to put the regulatory jurisdiction in unknown hands.

I would be happy to serve on any committee to further the professional practices of Reiki in Oregon. Feel free to contact me at any time.

I do not support this bill.

Sincerely,
Judith Maxey