

Reiki as a Communication Process: Between Philosophic Concepts and Experimental Application

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The main purpose of this paper is to analyze and provide reliable solutions to the Reiki application technique, starting from the fundamental principles expressed by the Reiki origin philosophy, which are proved to be in accordance with the Informational Model of Human and Living Structures (IMHLS). This model reveals the following main fundamental features of the living organisms: (i) On the entire scale of evolution and organization, from the eukaryotic cell—the composing unit of human, plants, animals to human, the living organisms show a similar informational structure, defined as Informational System of Human and Living Structure (ISHLS); (ii) this informational system is organized in seven informational components, three of them assuring the structuration/restructuration/reproduction and maintenance of the body itself, and the other four the connection with external/inner reality for adaptation; (iii) the neuro-connections between brain and body of the informational components of the ISHLS correspond with the activity of “Chakras” of the ancient empirical model as vital centers of human; (iv) the activity of the ISHLS is reflected in mind by cognitive centers, explaining consciousness. The comparison between the informational results of the IMHLS, with the philosophic Reiki origin concepts, sustains the application of Reiki technique, but improves its understanding and right application by using new, modern concepts developed by the informational model, in accordance not only with their ancient, empirical expression, but much more than that, with actual scientific knowledge on this issue nowadays, concerning information and info-transferring/communication stream in the living bodies. The successful application and effective results of this new version allow to consider this as Ro-Reiki version, just to recognize the essential Romanian contribution to this improvement, concerning the implication and effectiveness of information and the info-communication mechanisms into the human and living organisms, explained in scientific terms of information and psycho-somatic therapy effects.

Keywords: Reiki philosophy, experimental application, informational model/system, info-communication, living structures, mind/body/consciousness, cognitive centers, info-transferring/communication stream, right/compatible info-connection, Ro-Reiki version

Introduction

In our nowadays informational era, when information concept is largely recognized and applied in a large range of private and professional fields (Filip, 2020; 2021; 2022), including healthcare domain (Gaiseanu, 2023a;

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2022a), the alternative medicine is more and more taken into account also both as adjuvant and curative strategy (Gaiseanu, 2020a) in various diseases and preventive treatments (Gaiseanu, 2020b), because of non-invasive and natural processing and low cost application, not only under particular conditions, but also by specialized nursing centers (Anonymous, 2020). Whereas the conventional medicine treats the human health starting from the symptoms, the alternative medicine focuses on the causes (Anonymous, 2019). Within alternative medicine, Reiki is considered a healing technique, based on an ancient philosophy with Buddhist/Taoist roots, raised in 500 B.C.E. in China and India (Smith, 1958; Gaiseanu, 2019a) and which grew out in Japan in the mid-11th century (Anderson & Wolk-Weiss, 2008). The philosophy of this art of cure (Rei + ki = Reiki) assumes that human health depends on the level and harmonious flow of the vital energy, called “Ki” in Japanese, “chi” in Chinese, or “prana” in Indian (Sanskrit), which would be a universal “vital life force”, and conducted by “Rei”—an universal “spirit” of life. The main aim of this practice is to remove all energetic blockages in individual’s body (Kosakowska, 2005), raised from inadequate life force or an imbalance of energy flow, causing of disease and emotional distress, so that energetic patterns should be reset/redressed to create an environment for health and wellbeing (Anderson & Wolk-Weiss, 2008). According to this philosophy, such universal energy interacts with individuals or can be exchanged between individuals by touch technique, placing the hands especially on the specific regions of the body, which correspond according to the Buddhist traditional philosophy to each of the main seven “channel-wheels” (Chakras), developed especially in India (Smith, 1958; Gaiseanu, 2019a) and used commonly in Reiki practice. Even more, this energy can be also transmitted by trained specialist/Master practitioners to animals and plants (Gleisner, 2002), both by touch/small distance and distance.

According therefore to this philosophy, it became necessary that the practitioners of this technique of “hands-on healing”, developed by oral transmission from the original teachings of Mikao Usui in the early 1920s, should first of all acquire some high principles of personal life preached by it, and various levels of spiritual purification concepts and training degrees, driving personal conduit, consisting/educating mainly the honor, honesty, generosity, respect, and protection towards life and all living creatures in the environment and everywhere (Gleisner, 2002). The already large popularity of this technique, recommended also recently as “easily” applicable, “simple-to-learn”, “easy-to-use”, focusing on physical and/or mental health for self-care practice and well-being and according to own experience (Winters, 2023), is based on the believe that this can realign and re-balance the human energy fields, creating optimal conditions (Vitale, 2007), needed by the use and application in the domain of mind-body medicine, even for preoperative and postoperative treatments, oncology regimens, stress management modalities, anxiety and depression, musculoskeletal relaxation, chronic disease and pain management (Gleisner, 2002; Vitale, 2007). Nurses could apply it also for themselves care in many states and could address issues of stress, compassion fatigue, and burnout (Natale, 2010). However, it is necessary to note that no any person could practice Reiki, without a preliminary preparation, such as it is shown in more details along this paper. The initiation in Reiki (first level) should be done by a Master, allowing the self-healing only. For Therapist practitioner, it is necessary the second level, followed by the Pre-Master (third level) and Master (fourth level), which permits the knowledge of a full range of symbols, their specific application, and to teach others.

In spite of such increasing popularity of Reiki technique, little research studies have been published to date, these ones using mainly statistic measurements on quantitative (skin resistance response polygraph readings) or qualitative (verbal extractions from unstructured participant qualitative interviews and questionnaire responses). These studies show discrepancies and/or incoherence on health improvement results (Vitale, 2007), so it is

difficult to extract a cert conclusion of efficiency on Reiki technique. Therefore, the aim of this paper is to re-examine the application of this technique, starting first of all by the re-evaluation of the philosophic concepts which this technique is actually based on, lost or not well understood yet for a correct application, showing that the fundamental involved mechanisms are actually communication-assisted processes in the human body. For this, it is shown that the ancient empirical model of Chakras can be explained in term of information, and that actually all the living organisms on the entire evolutionary/organizational scale, including the single living cells, self-structure their body and function on the basis of an informational system composed by seven basic centers, which determine their functionalism and behavior. Useful conclusions for a correct implication of mind and info-communication during the application of this technique are drawn on the basis of such a relevant analysis, useful also for a correct and coherent evaluation of its effects in the research studies. No other paper or research study approached this issue from this info-communication perspective till now.

The Informational Model of Human and Living Structures Reveals the Significance of Chakras as Informational Centers

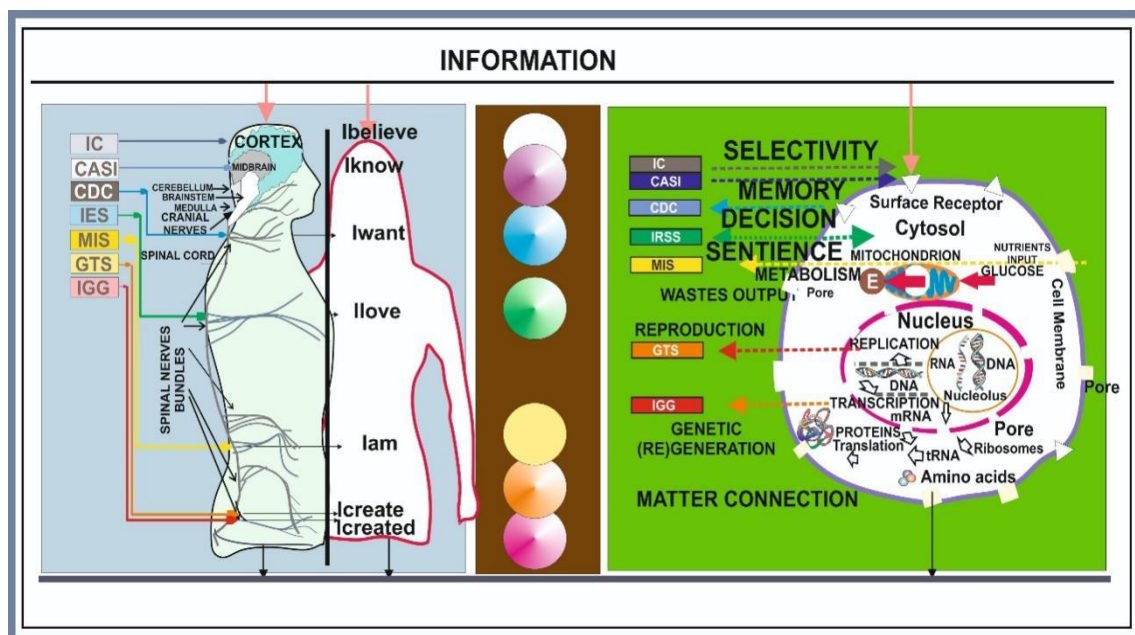


Figure 1. Schematic representation of the Informational Model of Human (left side) and Living Structures (right side in the eukaryotic cell), and symbolic equivalence with Chakras (central side of the figure).

Information is therefore the active component of the living organisms which animate them, assuring both their structure and functional working (Gaiseanu, 2021d; 2021e). To understand how information acts in the human and other living organisms, with reference in particular to the eukaryotic cell—the unit component of human, plants (Gaiseanu, 2022b; 2022c), and animals (Gaiseanu, 2022d) (Figure 1 right side), it is necessary to take into account that they are connected with two main sources of information: an internal, genetic information iS, and external informational eS sources. The iS drives two kind of processes:

(1) the structure of the body through transcription-translation processes, consisting in copying by mRNA (messenger ribonucleic acid) of various sequences of the deoxyribonucleic acid (DNA) of nucleus, to form various proteins—the bricks of the body, fulfilling various functions depending on internal necessities, after the

intervention of tRNA (transfer ribonucleic acid) in ribosomes, and with the contribution of amino acids in cytoplasm (Gaiseanu, 2023a; 2023b);

(2) the reproduction by means of the replication process, which is initiated by the splitting of DNA molecules of genes in two strands and the completion of each strand with necessary nucleotides (Alberts et al., 2015; Gaiseanu, 2023b);

(3) the metabolic processes, which consist in the conversion of foods (nutrients, water, air) in energy E, necessary to assist the chemical reactions and provide heat/energy for the body, with the major intervention of oxidation mechanisms in mitochondria organelles, endowed themselves with their own DNA genetic informational source, are also informational driven automatic processes of the body (Gaiseanu, 2023b). According with this analysis, the living informed matter knows how to organize itself (Gaiseanu, 2023e), so the following programmed informational system (PIS) can be defined: $PIS = GTS + IGG + MIS$, where GTS is the genetic informational system, dedicated to reproduction, IGG is the info-genetic generator, responsible for the body growth and development according to age, and MIS is the maintenance informational system based on metabolic processes, providing energy and micro substituting/growing components for the body, by processing of foods in a circuit with an input and an output for wastes through membrane pores, as shown in the Figure 1 right side. At human (Figure 1 left side), the same functions are performed by specific organs, managed by the brain.

The connection at the external environmental informational sources eS of the living organisms is necessary mainly for food detection, for defense, reproduction, and adaptation to external cues. Such tasks are fulfilled by the activity of an operative informational system for optimal/rapid adaptation $OIS = CASI + CEC + IES/IRSSM + IC$, where CASI is the center of acquisition and storing of information (memory), connected permanently to sensors network, CDC is the center of decision and command (decision), IES at human is the info-emotional center (emotions), corresponding in subhuman organisms with the info-reactive sentience system (IRSS), and IC is info-connection, establishing the permissible range of input information, according with the acquired/inherited information as reference (Gaiseanu, 2023b; 2023c; 2023d). In the eukaryotic cell (Figure 1 right side), the surface receptors serve as sensor for the detection only of specific certain selected (IC) signals, which are transferred/transduced into the cytoplasm of the cell by means of specific reactive circuits as cascade chain reactions, with decision (CDC) and/or sentience (IRSS) role, in corroboration with activation/deactivation of genes in the central memory (nucleus) (CASI) of the cell. The “intelligence” of eukaryotic cells acting as individual fighters against the undesirable invader of the human organism (microbes), assisted by vaccine “education” procedure or native support, is only one example (Gaiseanu, 2023f) among many others (Gaiseanu, 2023b) of their info-actuation and info-communication abilities by means of their own informational system (Gaiseanu, 2023c; 2023d).

With these definitions, the Informational System of the Human and Living Structures can be defined as:

$$ISHLS = PIS + OIS = (CASI + CDC + IES/IRSS + IC) + (MIS + GTS + IGG) \quad (1)$$

Consciousness in human (Gaiseanu, 2023g; 2023h) and subhuman organisms (Gaiseanu, 2022e) is a result of the projection/transduction of the informational activities of ISH (informational system of human) in mind, like a mass-media projection on the prefrontal “display” of the brain (Gaiseanu, 2022f; 2023i). According to IMHLS (Gaiseanu, 2023g; 2023h), mind is an informational operative system, which allows the real-time access to memory, with a subsequent emotional/sentient reactivity and decision effect, manifested in attitude, expressed

in general by vocal reaction and other mobility processes of the execution elements (muscles). Therefore, the Self (Iself) can be expressed by the relation:

$$\text{Iself} = (\text{Iknow} + \text{Iwant} + \text{Ilove} + \text{Ibelieve}) + (\text{Iam} + \text{Icreate} + \text{Icreated}) \quad (2)$$

where Iknow is the perception of memory, Iwant that of decision, Ilove of the feeling/emotions (love is the driving force of life (Gaiseanu, 2019c; 2018), Iam of the self-status/vivacity, Icreate represents the biologic creation, Icreated the biologic inheritance, and Ibelieve the trust/certainty, based on mentality/decision criteria. All these cognitive centers contribute/compose consciousness, as a mental representation of reality, in a personal, virtual form. Under normal conditions, each center contributes to consciousness to the extent that this center is activated or not, but Iwant and Iknow/Ibelieve are imprescriptible for conscious state (Gaiseanu, 2023g; 2023h). An extensive analysis of mind functioning and its benefic training is explained recently elsewhere (Gaiseanu, 2020f; D. H. Bennet, A. Bennet, & Turner, 2022).

The informational components in human (and animals) are managed by specific zones of the brain (Gaiseanu, 2019d), and are neuro-connected with body organs and execution elements, highlighting the nervous centers corresponding with “Chakras” activities as it is schematically shown in the central and left side of Figure 1, as follows:

- CASI is managed especially by the prefrontal cortex for short-range and hippocampus for long-range memory, by cerebellum for learned motor abilities;
- CDC is managed by prefrontal cortex and cortex hemispheres, and is neuro-connected in the body with the vocal system/execution components (EE);
- IC activity (attention) is driven by the anterior and posterior cingulate cortex, and is expressed by social empathy, by adherence/acceptance or rejection of certain information, according to earlier experience/education/mentality and judgment criteria, so this is a selective center of information, assuring a right/compatible connection with respect to the existing inherited/acquired one (Gaiseanu, 2018; 2020g); in particular, the complex activity of IC is reflected by implication of the posterior cingulate cortex, which manages the daydreaming, planning and desires (Gaiseanu, 2020h), stimulating intuition, inspiration and info-creativity (Gaiseanu, 2019a; 2021f), and also by disembodies mental processes in extreme conditions (Gaiseanu, 2017a; 2017b);
- IES is connected with the limbic system in the brain and with heart in the body;
- MIS is managed by the brainstem and medulla, and is connected in the body with metabolic system in abdomen and solar plexus;
- GTS and IGG are managed in the brain by hypophysis and hypothalamus, and are related in the body with sexual organs; they are reflected in mind by society/family behavior, and by talents, predispositions, and inherited abilities respectively (Gaiseanu, 2019e).

According to Hindu philosophical texts, written between 1500 and 500 B.C.E. in Vedas, a collection of poems, hymns, and spiritual writings on knowledge of the religion of Hinduism, Chakras (translated as “wheel”—spinning disks (vortices) in practicing Yoga philosophy), are specific vital centers of energy (prana in Sanskrit—breath of the body’s energy system), the main/primary of them in alignment (health) or not (illness) (Klein, 2023), corresponding to major organs/nervous system, distributed along the length of the spine, as follows (Klein, 2023; Jain, 2019): Root, at the base of the spine, followed by Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown Chakras. It is important to note that in this empirical model the Chakras in the lower part of the body correlate to earthly elements such as power, survival, and sex (Klein, 2023) (well corresponding with MIS/Iam, GTS/Icreate,

IGG/Icreate in ISH), while the Chakras in the upper part of the body correlate to truth, purpose, intuition, and higher consciousness (well corresponding with CASI/Iknow, CDC/Iwant. and IC/Ibelieve, composing awareness and consciousness) together with the heart median/bridges Chakra between the lower and upper centers, expressing compassion, love, and empathy (Klein, 2023) (i.e., IES/Ilove in ISH). Moreover, it is believed that this vital (prana/ki (in Reiki)) Chakras store actually the experiences, memories, feelings, and thoughts of the body, just as the IMH actually reveals.

In particular, the philosophy of Chakras predicts that the Throat Chakra is related to the ability of communication and expression of personal power, just as Iwant reveals within IMH, and an open Chakra of Solar Plexus expresses an improved self-esteem and self-confidence, just the IMH reveals about the activity of MIS/Iam. The Chakra Third Eye in IMH acceptance corresponds just with the activity of prefrontal cortex (Gaiseanu, 2020h; 2023g): During the connection with external reality, this is the center of short-term memory (CASI/Iknow) and judgment (CDC/Iwant), but when information is recalled from memory with the “mind eye” during the contemplation and profound visionary states, including intuition, this uses the same imagine circuitry, which is practically the same in both cases (Kosslyn, Ganis, & Tomoson, 2001). IC corresponds with Crown Chakra, a center operating between reality and imagination/intuition, open to “disembody” imaginary/virtual mental “travels” and connection with external/internal “Universe”.

Root represents in Chakras’ philosophy the own origin (so IGG/Icreated in IMH terms), related in the ancient symbolic representation with earth, which practically expresses the relation/connection with “matter”, i.e., with the material source (Figure 1 bottom side), and as living systems with genetic matter/material, as IMH shows. The connection with “universe” is according to IMH represented by IC, the own informational “window” of the info-relation/communication with external world by CASI/Iknow, and subsequent own reactivity by means of IES(Ilove)/CDC(Iwant), represented schematically in Figure 1 by the upper pink arrow.

Reiki as a Communication Process, From the Perspective of the IMHLS

According to the IMHLS shortly presented above, any information received from the external environment or recalled from memory is processed by the ISH with participation of the informational components, among which IC has a specific, major contribution. Therefore, this should benefit of a specific education, to be able/open to connect with high aspirations and specific concepts of Reiki, claimed by this philosophy, for mental/body preparation. These concepts should be reflected thus not only in the requirements claimed to practitioners, but also to receiving persons/applicants. Such a fundamental requirement seems to have been neglected or ignored both in the studies on Reiki, which have been promoted it as an “easy” practicable technique, and in the evaluation studies, which do not pay attention to the necessary comparability of receiver with such new information, which Reiki is actually based on.

Reiki cannot be actually limited to a “touching” method, transmitting only a local heat/energy by hands, but this is a tool of info-transferring/communication stream between practitioner and receiver, mentally “placed”/connected to the same valuable values, which should be commonly acquired and accepted through the center Ibelieve. According to the theory of information, applied for the first time to electric/electronic systems (Shannon, 1948), a communication system consists in an emitter and a codification method of the transmitted message, a channel of communication, and a receiver with a decoder system. There are two main fundamental aspects which should be taken therefore into account: (1) The communication channel could induce non-valid/random information, treated as “noise”; (2) the receiver cannot decode the received information, both

because this one is not within the tolerance/accepted range, or the received message is not well/correctly interpreted.

In the common/current communication between people, a similar problem may appear (Gaiseanu, 2019a): Assuming that the channel of communication consist in a direct verbal expression, the “noise” induced by the channel is excluded. However, two main factors are still involved into such a type of communication: the explicit transmission of information by the transmitter, which should be done in a form of clear and relatively simple messages, by using adequate/unequivocal concepts (so by using clear “codification”), and the capability of receiver to decode/understand/interpret the real content of the message. What that means actually? First of all, both communicating partners should have similar preparation in the domain of communication content (Iknow) and availability/affinity to communicate on it (Ibelieve). Secondly, the receiving partner should interpret/judge correctly the message (Iwant), according to his/her own beliefs and judgment criteria (Iwant/Ibelieve). Emotion is also an important/impactant factor of decision/judgment in this process (Ilove), as well as education, culture, and inherited aspirations/predispositions (Icreated). And the list of requirements does not finish with this: In the Reiki process, which is a non-verbal info-transferring/communication based stream, it should be assured a right, “free of noise” climate and proactive but protective touch, as a communication channel inspiring calm, tranquility, protection, trust, confidence, peace, and safety. And more than anything, both—practitioner and receiver, should believe in the results of the experiment, which in terms of IMH refers to the focusing and fortification of the informational center Ibelieve, so the message could be clearly transmitted and fully absorbed and understood.

This analysis points out thus a new question, that referring to the compatibility with Reiki communicative process before its application. This could be assured by the possibility to evaluate the attitude—as the informational output of the organism, reflecting the contribution of each component of self-personality of applicant on this specific field, according to the Relation (2). This can be done by a questioner-based technique, evaluating the contribution of each informational cognitive center to such specific objective/goal, as described in detail elsewhere, in a recently published paper (Gaiseanu, 2020i; 2021g).

The right acquirement of Reiki principles of philosophy is well supported by IMHLS. Among these principles should mentioned the following (Gleisner, 2002):

Just for Today . . . Do Not Anger
Just for Today . . . Do Not Worry
Honor your parents, teachers, and elders
Earn your living honestly
Show gratitude to all living things...

These principles express actually the pre-requirements of a successful experimental session: Anger and worry are informational/emotional negative states (associated with IES), transmissible to receiver by touch (CASI through sensors) and mental involved transmission (IC connectivity), during the info-transmitting/communication stream-based process (Gaiseanu, 2021h; 2021i). As it was shown recently, the neuro-psychological response to beauty or ugly is also automatically expressed, inducing corresponding states (Gaiseanu, 2021j). That is because according to the IMHLS described above, the ISHLSs show similar structures on the entire evolution/organizational scale of the living systems, so every cell of the body is sensitive to the receiving informational message, be this consciously or unconsciously perceived. The sensitivity of plants and animal cells to such a transmission claimed by Reiki philosophy is also explainable therefore by IMHLS.

“Show gratitude to all living things...” recognizes actually such a reality, revealed also by the IMHLS, as a universal property of the living organisms. The gratitude transmission creates/generates an environmental climate of agreement, concord and harmony, amplifying in this way the appropriate emitted/signaling state.

The honor addressed to parents, teachers and elders, recognizes the substantial info-contributive substrate of the center Icreated, which powerfully offers to Ibelieve the necessary support of the inherited/acquired knowledge (Iknow) for a suitable and stable/reliable decisional state (Iwant), for the fortification of Ibelieve. A personal evolution in conformance with the natural/nature conforming laws is a guaranty of a harmonious personal growth and development (Gaiseanu, 2023j; Bennet et al., 2022).

According to Reiki philosophy, the transfer of universal energy through any living (human, animals, plants) is considered a safe and non-invasive method of natural healing. The careful experimental application of this method proved that the body is capable of healing himself, without any prescribed medicine, by stimulation of the vital centers in a few sessions, and even cured some dysfunctions, especially when it is combined with other therapy procedures like acupuncture.

Symbology represents a suggestive way of expression, like in religious cultures or empirical models, themselves philosophical actually at their origin, with which the thinkers tried to describe their new concepts in some available terms at the level of that time, and which were deduced/inspired especially through self-practice and self-vision. The effects and their correlation with the methodology itself were constituted into a complex system, which serves actually in its entirety the application, even if in terms of modern sciences, this complex may seem to be incomprehensible and therefore considered obsolete, or rather an implausible and pure mental creation. The symbology of Reiki, practiced nowadays, considered a sacred and secret emblem, developed in early 1900s Japan by Mikao Usui, has been revealed however recently by various practitioners schools (Anonymous, 2023).

The meaning of “Cho Ku Rei” Reiki Symbol can be translated as “Placing all the power of the Universe here, now”, which in application terms means the mental “charging”/activation/accumulation and operability with energy (by mind eye visualization (prefrontal cortex (Gaiseanu, 2023g; 2021f)), which may be commuted like a switch to block/unblock or increase/decrease the stream to/from various regions/Chakras of the body (so on physical/vital plan and physical creation (including biologic one (Icreate))—abundance). In terms of ISHLS/ISH, that operation is equivalent with info-connection (IC) and decision (CDC) as Ibelieve/Iwant activation.

The “Sei Hei Ki” Reiki Symbol can be translated by “God and man become one”, which identifies the full available power (“God”) with self (Iam), either for practitioner and applicant, activating/balancing the available potential/power recourses of unconscious/conscious mind and emotions (IES) (emotional plan—purification/love), so is useful to treat anger/fear/anxiety (Gaiseanu, 2020i) and improve emotional/mental states (Gaiseanu, 2021i), or recovery from addiction/depression (self-esteem (Iam) increasing).

The “Dai Ko Myo” Reiki Symbol would mean in translated language: “Great Shining Light”, which seems to be equivalent with more ancient traditional view in the Tibetan philosophies (Anonymous, 2023). This symbol has a sacred significance and expresses illumination, referred especially to practitioners, offering a “bright”/clear info-connection (IC) (Gaiseanu, 2021f) and the possibility to activate and enhance the other Reiki symbols, amplifying their healing operability for a powerful healing session.

The “Hon Sha Ze Sho Nen” Reiki Symbol would mean: “Without past, present or future”, so allows the connection/unification of past (especially childhood—Icreated) (Gaiseanu, 2018) with the present under a

peaceful balance for a right future (IGG/Icreated harmonious/spiritual development), helping the distance healing (in space and time), treatment of past traumas (involving IC (info-connection)/IES (emo-states)/CASI (memory)/CDC (info-reactions)) and/or the loss of loved persons (IC/CASI/IES) (causal, “karmic” plan—deep/genetic memory (Gaiseanu, 2023g)).

The “Raku” Reiki Symbol can be translated as: “Fire serpent”, which would signify “a jagged lightning bolt”, used especially at the end of a Reiki “attunement”/info-connection (IC) process, used also to help to release/“cut” old/obsolete thinking/habit patterns (CASI (memory)/CDC (reflexes)/IES (emo-reactions) acquired stereotypes), and to promote inner peace (equilibrium between YES/NO alternatives: $YES + NO = 0$ (Gaiseanu, 2020b)).

Reiki must therefore be viewed as a psycho-somatic technique/complex in which the somatic tranquillizer system expected and obtained through psychic induction opens the channels of communication between all centers harmonizing them, and the reawakened self-confidence and in the “magical” power of the method make it revives not only latent or inhibited internal powers, but also the ability to observe with other (confident) eyes and discover new opportunities, which would otherwise have been ignored or overlooked. Confidence in the life force and thus in oneself switches the body’s internal energies on a positive path in order to tune in to the transmitted message and the real example of the Master. That’s why, as man still cannot measure consciousness with measuring devices, but can even quantitatively determine the contribution of cognitive centers to the orientation towards an objective, the level of well-being remains entirely the prerogative of the disciple (applicant) to determine subjectively. This healing process is therefore directed mentally, assisted by the support of faith in achieving the objective under the guidance of the master. Touch transmission ensures the material support of this applicative complex.

Thus, in one of the cases of experimental application study, the following were found.

Case A: Male, 45 years old, with signs of depression, no job, and a very acute voice (involving the blokage of Throat Chakra (Iwant), i.e., no communication), explaining that he and his sister were abandoned by their father at very young age, so he bearer of a childhood trauma (involving Root/Sacral Chakras—Icreated/Icreate => creation/abundance in Reiki philosophy), he had no luck to cure with Occidental Medicine. The application of Reiki philosophy/concepts according to symbolic representation involves Hon Sha Ze Sho Nen symbolism and all others, for the reception of all love (improved Ilove center) that he needed in order to heal, to be able to forgive himself and his father (Icreated), as forgiveness is one of the most important steps in the healing process, inducing elimination of tension/chronic disharmonies. The applicant reported that he felt very hungry and he had to immediately eat (the stomach—Solar Plexus Chakra (Iam), is one of the main areas blocked by emotions), after he needed to sleep (the “tiredness” is a result of relaxing process). The repetition/consolidation of healing procedures within a few more Reiki sessions increased his self-esteem (Iam) and capability to detect new opportunities (improved Ibelieve/Iknow => Iwant), and to obtain in this way a job position.

Case B: Female, 42 years old, signs of depression, anxiety, feeling erratic, with non-sense to live, unable to sleep, and with eating disorders, mentioning a toxic relationship she could not leave behind, a non-present father and a mother who passed away few years ago, so involving an acute psycho-emotional trauma which blocked the connection with reality (IC/Ibelieve) and with own origin (IGG/Icreated). According to Reiki philosophy, this case needed to intervene on Root (IGG/Icreated, which expresses the relation with genetic (parents)) and Crown Chakra (opening the connection with the external world), so allowing in this way the info-downstream flow of communication in the body—the subsequent knowledge centers CASI (Iknow)/IES (Ilove)/CDC (Iwant), which

means actually to re-learn to really live and to ref-eel the “appetite”/joy of living. In parallel, it was needed also to operate with the Solar Plexus Chakra, to increase the self-esteem and vitality (MIS/Iam) for reconnection with life (IC (Ibelieve)/CASI (Iknow)/IES (Ilove)/CDC (Iwant)), with notable/effective effects after about 10 sessions; when she did not show any signs of anxiety or depression, the eating disorders were solved and the sleep quality significantly improved. Also, she gained mental clarity and was capable of leaving the toxic relationship, healing herself and to practice forgiveness with herself and those who hurt her. Therefore, she gained general balance, mental health, and peace of mind, reestablishing a normal relation with her existence as a human being, seeing a sense for life and being able to have healthy relationships.

According therefore with IMHLS, there are many factors which should be taken into account, mentioned also by the philosophic origin concepts, which IMHLS explains and thereby supports. The incoherent investigation results and experimental evidences reported in literature should be re-evaluated accordingly. New careful experiments on such conditions would really reflect and support the benefices of Reiki practice. The application of Reiki technique by using the new concepts explained by IMHLS is demonstrated to be really effective and useful, in accordance not only with the ancient concepts, but especially with the nowadays scientific knowledge, revealed by this informational model. This new modern version of the ancient Reiki technique could be considered a RO-Reiki technique, just to record the deep improvement in understanding and application of the info-communication mechanisms into the human and living organisms, explained in scientific terms of information, info-communication mechanisms, and psycho-somatic effects, discovered and promoted by Romanian contribution to this issue.

Conclusions

Observing the incoherence and scattered results on the Reiki technique evaluation and application, in this paper was presented the Informational Model of Human and Living Structures, which reveals the following main results: The living organisms on the entire organization/evolution scale, including the eukaryotic cell—the unit component of human, plants and animals, are informational driven by an informational system, with the same structure consisting in seven informational components, which assure: (1) the structure, reproduction and the maintenance of the body, by connection to the genetic informational internal source of genes/genome and with the material elements from external environment—nutrients, water, air; (2) the adaptation to the external cues, by means of an operative informational system, which is info-connected to the environment at a suitable/selected safe/reliable information, according to the inherited/acquired experience, and is able to decide/memorize and respond/react in an emotive/sentient manner by attitude. The neuro-commotions of the brain with the body reveal the correspondence with the vital centers claimed by the ancient empirical model of Chakras, used also by the Reiki technique through hand-touch stimulation and info-transferring/communication stream, to attain well-being and healing state of organism. It is shown also that the informational activity of the informational system of human is projected/transduced in mind by seven cognitive centers, with a quantifiable participation to attitude.

These results allow to compare the ancient philosophic supporting substrate of Reiki, with the necessary requirements for a correct/suitable experimental application of the Reiki technique, in terms of information and info-communication transferring stream. This comparison shows that the compatibility between the practitioner and the receptor, expressed in terms of IC connectivity, assured by a preliminary high preparation of practitioner with the philosophic concepts, as well as by a preliminary preparation/introduction of the applicant, is inprescriptible for a successful application of Reiki technique.

The informational model of human and living organisms sustains the initial/ancient philosophic concepts of Reiki procedures, and the experiential application, if these concepts are well understood and fulfilled. This model demonstrates also the compatibility of these concepts referred to all living structures, including the eukaryotic cell as elemental unit of multicellular organisms, and their sensitivity to info-communication, as the Reiki philosophy claims.

The right/careful application of Reiki concepts analyzed in this paper permits a correct application and evaluation of the beneficial/effective results of this technique, but much more than that, it is shown that the using of new, informational concepts, explained with much more sense and clarity by IMHLS, are really effective and useful, in accordance not only with the millenary wisdom of humanity, but especially with the nowadays scientific knowledge, revealed and demonstrated by this informational model. This deep improvement can be recorded as Ro-Reiki technique, which is based on modern concepts and application in the ancient Reiki methodology of the new terms of information, info-communication mechanisms, and psycho-somatic therapy effects.

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