

Reiki and Epilepsy

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<https://reikirays.com/16077/reiki-and-epilepsy/>

Since I began on my path with Reiki, I have become very interested in learning about its benefits for neurological disorders. I suffered with different types of epileptic seizures and the related issues for 20 years and noticed that once I was attuned to Reiki and practicing daily self Reiki, the neurological issues reduced significantly. I went from having migraines and twitching every day to very rarely having these issues at all. Now if I get a migraine, it's mild instead of debilitating. I have only had one seizure-like episode in 6 years. At one time, I was having some type of seizure nearly every day and even at my best, I rarely went more than a year or so without an episode.

In researching Reiki and epilepsy, I found that a great many people with epilepsy have tried Reiki and found that their seizures were either greatly reduced or stopped completely after having treatments. There are reports from adults as well as from parents of children who say that they obtained relief from large numbers of seizures after a series of Reiki treatments. Most of them had a series of treatments, usually over the course of a few months.



Image by [HaPe Gera](#)

I also found reports from Reiki practitioners who have had results using Reiki on epilepsy sufferers. I found it interesting that a common suggestion among Reiki practitioners who use this to treat epilepsy is to treat the feet first, instead of the head. This is the same suggestion that I noticed when researching using Reiki with those who suffer from anxiety, depression or other mental health disorders. In fact, it seems that in treating any issue where the patient may tend to be ungrounded or have an excess of activity in the head, it is often suggested to start in the feet and work up, rather than the traditional method. I do recognize that starting at the Earth Star and Root chakra often works best for me personally, during my Reiki self healing, as my head area often feels too active at the beginning of a treatment and I can't settle in as well. The energy can feel too much in that area until I have calmed my energy down and grounded.

I found one scientific research study that used a Reiki type healing method and meditation to test 15 patients with epilepsy against a control group. These patients had refractory seizures, which means that their seizures were could no longer be controlled by any medications, despite the fact that they were taking them properly. None of the patients had any other major health issues. After undergoing 3 months of Reiki type hands on healing and daily meditation, they all showed a significant reduction in seizures. The researchers concluded that further studies were warranted in this area.

Based on this research, both scientific and experiential, it seems that Reiki does help with epilepsy for a large number of people. Personally, I find that I benefit from having a Reiki session or two from someone else now and then, in addition to my daily self Reiki. I also notice that I have more issues when I skip days with self Reiki, so I have learned not to do that.