



### **'Try Reiki,' Dr. Oz tells millions on TV**

Dr. Mehmet Oz, a [renowned cardiovascular surgeon](#) and host of the [third \(or possibly second\) most popular syndicated television program in America](#), this week introduced millions of viewers to the natural healing practice of Reiki as part of a program on alternative and natural remedies. The [Dr. Oz Show](#) included not only a segment featuring a demonstration by Reiki author [Pamela Miles](#), but an emphatic recommendation to "try Reiki" as the #1 "Oz's Order" at the show's conclusion.

In a related (and unsurprising) development, the audience member who received a brief Reiki chair session from Miles told Oz and his viewers (an estimated 3.5 million people) after only a few minutes of Reiki that her headache was going away.

By week's end, the Reiki segment of the show had made its way to YouTube, where it found even more viewers. [Click here to see it for yourself.](#)

Oz, whose wife, Lisa, is a Reiki Master, called Reiki "my favorite treatment that could change the future of medicine forever." Reiki was the last of an assortment of featured alternative remedies, including mud baths, herbal remedies, aromatherapy, yoga, saunas, and cupping.

"If we put cupping in the hybrid category between biomanipulation and energy," Oz said as the Reiki segment began, "It provides me with a good segue to what I think may be ultimately the most important alternative medicine treatment of all. And we are embarking on this whole new vista of opportunities, it broadens dramatically the spectrum of where we might be able to go in our bodies, and this is the area of energy medicine." At that point, the camera pulled back to reveal Pamela Miles and the audience member.

"And joining me today is Pamela Miles," Oz continued. "Pamela has actually been to the operating room with me where we have done Reiki. He pointed out that, like Pamela, "my wife Lisa is a Reiki master, so when the kids get sick, or when I'm out of sorts, she





actually comes by, I can't even tell when she's treating me, sometimes she secretly treats me, if she thinks I'm in a bad mood" -- everyone laughed -- "and I see hands moving around, but I actually feel the heat."

As the session began, Oz asked Pamela to explain a little about Reiki.

"Reiki is a balancing practice," she said. "And so rather than addressing the headache or whatever else is the problem, what it does is it influences the person's overall system toward balance, and then as her system becomes more balanced, symptoms tend to fall away. Then over time, for example, if you get headaches, you may find that you get them less frequently."

"Do you feel anything?" Oz asked the Reiki recipient.

"Yes, my headache's going away," she said.

"Let me show you why I think energy has been overlooked," Oz continued, turning to reveal a large microscopic image. "This is an image of a cell. And it's beautiful, isn't it? You see that cell there, and it looks colorful, and look at the blue pattern on the outside. That's the membrane of the cell. That blue area on the outside differentiates life. Because it separates no energy on the outside from energy that's present on the inside. So if you think about it in that way, if the membrane of a cell keeps an energy balance between inside and outside, which is what defines life, if we put those cells together, into an organ, shouldn't the organ have energy? And if you put those organs into a body, shouldn't our bodies have energy? And so many of the ailments that we suffer from can be treated through energy therapies, which will become become much more prevalent over the next few years."

At the show's conclusion, Oz did his usual "Oz's Orders" segment: "Here are the three things I want you to remember from today's show. First off, try Reiki. This alternative medicine treatment can manipulate your energy and cure what ails you." And he recommended that viewers boost their metabolisms and check their blood pressure. "Those are my doctor's orders."

As word spread via the Internet across the global Reiki community, web traffic here at **The Reiki Digest** increased tenfold, and hundreds of new readers subscribed to our email edition. To accommodate the many inquiries coming in from people seeking Reiki treatments, training, or more information, we set up [a free referral service to help clients and students find qualified practitioners](#). We urged Reiki practitioners who have not already done so to add their information to our [Global Reiki Census](#), which has developed into a database of more than 500 practitioners. And during our local broadcast of the show, we offered [live Twitter coverage](#) as we watched.

In Columbia, South Carolina, [Reiki Master Margaret Self](#) contacted

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## Energy to Burn



her local Dr. Oz Show affiliate to offer a "local angle" feature for the evening news, and in Seattle, Reiki Master Rose De Dan issued a press release headlined, "[Dr. Mehmet Oz Declares Reiki as His #1 Alternative Medicine Secret.](#)"

Meanwhile, Pamela Miles herself responded to the wave of interest with [several new informative YouTube videos on Reiki](#). Pamela is also creating online training materials for Reiki practitioners -- to find out more, you can [sign up for her monthly Reiki Update here](#). Practitioners in the New York City area may be also be interested in her Jan. 24 [Spiritual Self-Protection](#) class.


This wonderful exposure for Reiki gave us a chance to [take another look at some of our previous coverage of Dr. and Mrs. Oz and their Reiki connection, and offer some quick hints to Reiki teachers and practitioners on getting the message out to even more potential students and clients.](#)

Of course, there had to be at least one person who didn't approve of Dr. Oz's mention of Reiki -- though it took some doing to find that dissenter, a lone tweeter who so far has gotten not a single response to his claim that "[Oz lost any cred he had.](#)"

### [World's 1st pro cycling race of 2010 won by Celeb-Reiki](#)

Our [Celeb-Reiki of the Year for 2009](#) is already making headlines in 2010. New Zealand's Hayden Roulston, who [credits Reiki with his recovery from a life-threatening heart condition and subsequent athletic success](#) (not to mention a calmer, happier life), has won pro cycling's first stage race of the year. [Roulston won both the second and final stages of the Vineyards race in Nelson, NZ, by a one-second margin.](#)

### [Music we love to practice Reiki by: Sambodhi Prem](#)

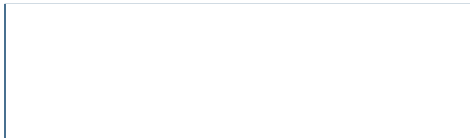
Our first featured artist this year is [Sambodhi Prem](#), whose relaxation music includes three albums with the word "Reiki" in the titles: [Reiki Ocean](#), [Reiki Forest](#), and [Reiki Mountains](#). Click on the  button to find out more. Many thanks to iTunes for being one of our sponsors. When you buy music at iTunes via our links, we receive a small portion of each purchase to help cover some of our costs.

### [The weekly waka](#)

Oz

There is no wizard  
Other than the little man  
Or little woman  
Standing behind your curtain  
And pulling the strings of life.





By [budo adana](#)

(Waka wanted: If you'd like to contribute a waka to our regular series, check out [these guidelines](#), write your waka, and email it to editor @ thereikidigest.com.)

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