

Integrative Care Practices with Reiki and Meditation in Nature: An Experience Report for Building a Culture of Sustainable Health

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Abstract

Describing an integrative experience between education, environment, and sustainable care practices through Reiki and Suseonjae Meditation in natural settings, aimed at promoting well-being in the university community. This is an experience report of an extension activity developed at “[omitted for peer review purposes],” with the participation of 40 undergraduate and graduate students from a university in the interior of São Paulo state. Activities included a meditative walk, collective Reiki application, and Suseonjae meditation practice in natural settings (mountain, waterfall, and ecological park).

The experiences fostered relaxation, emotional balance, stress reduction, strengthening of self-care, connection with nature, and mind-body-spirit integration. The association between Integrative and Complementary Practices (ICPs) and natural environments proved to be a sustainable, humanized, and effective strategy for health promotion, reinforcing the role of university extension in comprehensive care and critical health education.

Keywords: Reiki; Meditation; Sustainable Development; Health Promotion; Integrative Practices

Abbreviations

ICPs: Integrative and Complementary Health Practices; WHO: World Health Organization; SUS: Brazilian Unified Health System; PNPIC: National Policy on Integrative and Complementary Practices; SDGs: Sustainable Development Goals

Introduction

Integrative and Complementary Health Practices (ICPs) have been consolidating as a strategic axis of innovation in health care and nursing practice, especially due to their potential to promote biopsychosocial well-being, stimulate self-care, and expand person-centered therapeutic approaches [1].

Aligned with the guidelines of the World Health Organization (WHO), these practices were incorporated into the Brazilian Unified Health System (SUS) through the National Policy on Integrative and Complementary Practices (PNPIC), established by Ordinance GM/MS No. 971/2006 [1]. Since then, ICPs have been progressively recognized as effective tools for health promotion, quality of life improvement, contribution to planetary sustainability, and humanized care.

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Among the 17 Sustainable Development Goals (SDGs) of the World Health Organization (WHO), Health and Well-Being is the third goal: “Ensure healthy lives and promote well-being for all at all ages” [2]. In this scenario, the WHO reiterates the need for innovative, holistic, inclusive, and interdisciplinary strategies integrated with existing evidence-based practices, thus constituting a sustainable and safe path to respond to global health demands, in which ICPs play a relevant role [2]. Thus, these practices are fully aligned with the new WHO strategy for expanded and inclusive care worldwide, the Global Strategy for Traditional, Complementary, and Integrative Medicine 2025-2034 [3].

In the 21st century, the horizons for Integrative and Complementary Health Practices (ICPs) are configured not only as therapeutic expansion, but as a movement of paradigm shift in the field of Collective Health. In a context marked by demographic, epidemiological, and climate transitions, as well as by crises of meaning in the hegemonic biomedical model, ICPs challenge dominant rationalities by claiming the legitimacy of other ways of producing care, knowledge, and therapeutic bonds. By articulating contemporary science, traditional knowledge, sustainability, and social justice, these practices reposition care as a relational, territorial, and culturally situated experience. In this horizon, ICPs project themselves as an expression of an expanded paradigm of care, committed to integrality, equity, and sustainability of life.

Among the 29 ICPs recognized and offered by SUS, Reiki has stood out for its broad insertion in the health scenario, with positive outcomes in maintaining a healthy state and health rehabilitation in the illness process [4]. Reiki is an energy therapy of Japanese origin, based on the channeling of vital and universal energy through the laying on of hands, whose therapeutic effects have been increasingly corroborated by scientific literature [4].

Evidence indicates that the therapy promotes pain reduction, anxiety relief, improved sleep quality, emotional balance, and strengthening of mental health benefits especially relevant in contexts of emotional distress, stress, depressive symptoms, and overload, such as those experienced by students and workers in university institutions [5,6]. In terms of self-care, research indicates that the practice promotes well-being, self-knowledge, and quality of life, acting positively on physical, mental, emotional, and spiritual dimensions [7,8].

Regarding environmental sustainability, the therapy represents a non-pharmacological, safe, and non-invasive intervention and is considered sustainable because it does not require the use of chemical, physical, or biological materials and inputs, dispenses with light-hard and hard technologies, produces no biological waste, and can be performed in any environment [1]. By being based on the channeling of universal vital energy through the practitioner’s hands, it becomes a low-cost, renewable, and environmentally responsible method. Furthermore, its practice encourages self-perception, self-care, and the development of a broader awareness of the body, mind, and environment, favoring healthier and more harmonious lifestyles [9]. Thus, Reiki aligns with the principles of sustainability in health care, while contributing to the integral well-being and health promotion of individuals and communities.

Evidence has shown that Reiki contributes to the reduction of occupational stress, improved mood, increased tolerance and sociability, as well as the mitigation of symptoms of anxiety, depression, and sleep disorders very common in the university environment [10]. From a physiological standpoint, studies report its ability to reduce blood pressure, relieve chronic pain, strengthen immune response (IgAs), and regulate cortisol levels and heart rate, especially in individuals affected by Burnout Syndrome [11-14]. Such evidence reinforces the integrative potential of this practice, capable of comprehensively acting on multiple dimensions of the human being and contributing to a more humanized, sustainable, expanded, and person-centered approach to care.

Like Reiki, Meditation is also configured as a sustainable practice aimed at promoting integral health and improving quality of life. Both share the premise of conscious self-care, energetic balance, and harmonization between body, mind, and spirit, favoring a preventive approach to health complications and the maintenance of homeostasis. Meditation, by stimulating mindfulness and a state of presence, complements the effects of Reiki by reducing stress, promoting deep relaxation, and strengthening emotional self-regulation [15]. This

convergence of practices evidences a more sustainable care model, centered on the person and their ability to promote their own well-being, contributing to the construction of a more balanced and environmentally responsible health culture [16].

Meditation is considered an ICP for physical and mental well-being, promoted through mental attitudes, body postures, conscious breathing, and connection [17]. The human organism has the innate ability for breathing control and regulation linked to emotions and daily experiences. Conscious breathing, with heart rate control, allows regulation of body-mind interaction systems, reducing physical-emotional alterations of mental origin. The nature of respiratory system regulation consists of controlling breathing in a calm, peaceful, loving, and respectful manner toward the human body [16].

In this sense, when we associate comprehensive care with nature-based practices, the outcome of health actions can be enhanced. The WHO recognizes that contact with natural environments has a significant positive impact on physical and mental health, contributing to the reduction of stress, anxiety, depression, and chronic non-communicable diseases, in addition to favoring physical activity and strengthening social and emotional well-being [3].

Several studies indicate that regular exposure to nature is associated with improved sleep quality, mood, and cognition, as well as strengthening the immune system and decreasing blood pressure [18,19]. Green and natural spaces, therefore, are configured as social and environmental determinants of health, playing an essential role in promoting quality of life and preventing diseases. In this sense, initiatives that integrate self-care practices, such as Reiki and meditation, with natural environments reinforce the importance of public policies and sustainable interventions that favor equitable access to these spaces, expanding comprehensive health care [20-23].

The practice of Reiki and meditation in natural environments can act as a powerful catalyst for health maintenance, as it integrates the benefits of energy and mental therapies with the restorative effects of contact with nature. The natural environment favors states of deep relaxation, reduces stress levels, and stimulates physiological responses associated with homeostatic balance, such as decreased cortisol and improved heart rate variability [21].

When Reiki is applied or meditation is practiced in nature, there is an amplification of sensory and energetic perception, promoting greater connection with one's own body, with the environment, and with the vital flow. This interaction reinforces integral well-being and emotional self-regulation, while awakening an ecological awareness and sense of belonging essential elements for sustainable, preventive care practices centered on the harmony between the human being and the environment that sustains them [3,17,24-28].

From this perspective, the incorporation of ICPs in the academic space broadens interdisciplinary dialogue, favors an integral vision of care, and responds to the social and epidemiological changes that demand more humanized approaches. Thus, the public university reaffirms its role as a promoter of critical, ethical, and innovative knowledge, aimed at training professionals prepared to work in the SUS and in society.

The university occupies a strategic position in scientific advancement, not only as a producer of specialized knowledge, but as a critical space capable of reinterpreting knowledge and promoting dialogue between science and community. Its relevance stems from the integration between academic research and social experiences, recognizing local practices and collective demands as essential components of scientific legitimacy.

In this sense, the professors of the graduate course “[omitted for peer review purposes]” accredited in the Graduate Program “[omitted for peer review purposes]” and in “[omitted for peer review purposes]”, with support from the Call “[omitted for peer review purposes]” of “[omitted for peer review purposes]”, funded by the call “[omitted for peer review purposes]”. These proposals gave rise to an experience between education, environment, and sustainable care practices in “[omitted for peer review purposes]”, with the participation of 40 undergraduate and graduate students from a university in the interior of São Paulo state. In addition to its educational purpose, the

proposal aimed to support student health and well-being, strengthen bonds, promote healthy and sustainable self-care habits, and contribute to equity in access to quality complementary care, in line with the principles of inclusion, belonging, and collective care.

“[Omitted for peer review purposes]”, recognized as a climate resort and located in an Environmental Protection Area, stands out for its landscape of high scenic value, abundance of preserved water sources, and unique geological formations. As it is subject to environmental restrictions, the region requires sustainable tourism and educational practices, favoring the dialogue between care, environment, and collective health.

Thus, this study aims to describe an experience between education, environment, and sustainable care practices with Reiki and Suseonjae Meditation in nature, promoting integrative actions of care and belonging in the university community.

In this sense, the study is justified by raising student awareness about the importance of self-care, contact with nature, and inclusive integrative practices as instruments for health promotion.

Materials and Methods

This is a descriptive study, of the experience report type, developed from an extension action aimed at promoting comprehensive health and well-being through Integrative and Complementary Health Practices (ICPs), specifically Reiki and Suseonjae Meditation in natural environments. The experience was carried out at a public university in the interior of São Paulo state, with the participation of 40 undergraduate and graduate students.

The activities took place in different natural settings located in an environmental protection area, including an ecological trail, mountain formation, waterfall, and ecological park. The proposal integrated actions of education, environmental sustainability, health promotion, and strengthening of self-care, articulating bodily, meditative, and energetic practices in direct contact with nature.

Initially, participants received guidance on the dynamics of the activities and took part in a meditative walk of approximately four kilometers along an ecological trail. The walk was conducted at a slow, silent pace, focusing on conscious breathing, mindfulness, and body and environmental perception, favoring a state of introspection and presence in the lived moment.

Subsequently, participants were led to the top of the mountain formation, where they remained in comfortable positions for landscape contemplation and performed exercises aimed at expanding consciousness and connection with the natural environment. Next, the collective recitation of the Five Principles of Reiki was held, followed by the collective application of Reiki therapy, conducted by seven practitioners with master level in the technique.

The group then moved to a waterfall located in the same region, where another therapeutic experience took place involving nature contemplation and Reiki application with participants in direct contact with running water. This stage sought to promote relaxation, sensory connection, and integration between body, mind, spirit, and nature.

At the end of the activities, a Suseonjae Meditation practice was conducted by a qualified instructor, emphasizing conscious breathing techniques (Danjeon), concentration, and harmonization between body and mind. The practice was developed in an ecological park, aiming to stimulate emotional self-regulation, relaxation, and an expanded perception of self-care and environmental belonging.

The results of the experience were obtained through the perceptions and spontaneous reports of participants during and after the experiences, considering aspects related to well-being, relaxation, emotional balance, stress reduction, strengthening of self-care, and connection with nature. As this is an experience report, no standardized assessment instruments or control group were used.

Results and Discussion

Development of Reiki and Suseonjae meditation in nature

The experience with Reiki took place in two settings: at the “[omitted for peer review purposes]”, considered a sandstone geological structure over 150 million years old, and at the “[omitted for peer review purposes]” waterfall; the meditation was conducted at the ecological park of “[omitted for peer review purposes]”.

It began with instructions to the participants, followed by a four-kilometer walk along an ecological trail, at a meditative pace, focusing on conscious breathing and immersion in nature. The walk was conducted in silence, encouraging introspection and serenity, favoring focus on the present moment and on body and environmental perception during the route. Image 1 shows the moment of departure for the walk; in the background, the “[omitted for peer review purposes]” hill can be observed.



Image 1: Moment of instructions and departure for the walk.

Upon arriving at “[omitted for peer review purposes]” Hill, participants were invited to remain in comfortable positions, and a pause was taken for landscape contemplation. The location allowed a wide view of the horizon, favoring perception and consciousness-expansion exercises, with the aim of stimulating the understanding that human experience extends beyond what is immediately visible to the eyes, as observed in image 2-5.

Next, the participants recited aloud the meditation of the Five Principles of Reiki (“Just for today, I am calm, I trust, I am grateful, I work honestly, and I am kind”), and then received the therapy collectively, conducted by seven Reiki practitioners at the master level. The student group reported that this moment was capable of promoting a sense of deep peace, mental clarity, bodily lightness, and spiritual balance, strengthening the connection with oneself and with the surrounding natural environment.

Direct contact with the mountain formations favored a state of introspection and expanded the perception of vital energy, reinforcing the integration between body and mind as inseparable components of the therapeutic process. This moment of deep connection with the natural environment enabled experiences of self-knowledge, strengthening of harmonious group coexistence, and reconnection with essential elements of nature. After this stage of physical, mental, and spiritual integration, the group returned along the same path traveled to the mountain.



Image 2: *Moment of contemplation at the mountain Hill.*



Image 3: *Collective meditation session at the mountain summit.*



Image 4: *Contemplative practice of the Five Reiki Principles in a high-altitude environment.*



Image 5: *Contemplative walking to a natural setting: the transition from static meditation to movement.*

The group was then directed to the “[omitted for peer review purposes]” waterfall. Upon arriving at the location, participants experienced a contemplative experience and contact with the water, a therapeutic resource that promotes relaxation and well-being [29]. Participants received Reiki with their feet under running water.

The practice showed that natural environments, composed of plants, stones, water, and organic elements, contribute to comprehensive care, facilitate the meditative state and sensory experience, and favor spontaneous processes of self-connection, as observed in image 6-8.



Image 6: *Reiki at the Waterfall.*



Image 7: *Collective energy harmonization experience in a natural environment.*



Image 8: Reiju practice the Waterfall.

To conclude the experience, participants were led by the Korean Suseonjae meditation instructor to a moment of conscious breathing practices, reinforcing the integration between body, mind, and spirit, as well as the connection with the natural environment. The practice of Danjeon breathing, contemplated in Suseonjae meditation, considers that breathing and inhaling with attention and specific techniques favors the individual’s healthy state, enabling the connection of body and mind. Furthermore, according to Korean meditation traditions, the benefits of this practice result in the control or reduction of anxiety, depression, and insomnia, and provide a path toward self-knowledge and self-realization, as shown in image 9 [16].



Image 9: Suseonjae meditation practice.

Study Limitations

As this is an experience report, there is no control group, which limits the inference of causality between the practices and the observed effects. The results are based on participants’ subjective perceptions, being subject to biases such as placebo effect and individual expectations. The sample, composed of students from a single institution, restricts the generalization of findings. Furthermore, the absence of validated instruments and longitudinal follow-up limits the objective assessment and duration of the interventions’ effects.

Contributions to Practice

This study contributes to health and nursing practice by evidencing the potential of Integrative and Complementary Practices, such as Reiki and meditation in natural environments, in promoting well-being, reducing stress, and strengthening self-care among university students. The feasibility of implementing these practices in academic contexts stands out as an accessible, low-cost, and sustainable strategy, aligned with the principles of comprehensive and humanized care. Furthermore, it reinforces the role of the university in incorporating innovative approaches that expand the possibilities of care and health promotion.

Conclusion

The experiences conducted in “[omitted for peer review purposes],” involving the ICPs Reiki and Meditation in different natural settings, demonstrate the potential of these experiences in favoring individual and collective well-being. The natural environment played a central role, as contact with nature is recognized as a factor in promoting mental health, stress reduction, and increased sense of vitality.

The practice of Reiki, both on the mountain and at the waterfall, as well as the meditative practice, favored contemplative moments, self-connection, and connection with the natural environment. The practices provided a perception of well-being, relaxation, emotional balance, and relief from physical tensions. Thus, integrating Reiki and Meditation, preferably in natural environments, can significantly enhance salutogenic, preventive, and health-promoting behaviors.

In the academic setting, considering the students who participate in the activities, the benefits may be associated with reduced stress and anxiety, improved mental health, promotion of self-knowledge and general well-being, in addition to strengthening self-awareness. Such benefits, combined with the natural environment - which in itself already contributes to well-being - create an effective strategy for comprehensive mental and physical health care for university students.

Furthermore, extension actions developed by the university, both at the undergraduate and graduate levels, strengthen the university’s commitment to the democratization of care, health promotion, and the training of professionals sensitive to social and environmental demands. This activity reaffirms the relevance of university extension as a bridge between scientific knowledge, occupation, and transformation of territories in a more responsible manner.

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These initiatives made possible a formative and extension experience in the municipality of Analândia (SP), integrating education, environment, and sustainable care practices, with the participation of 40 undergraduate and graduate students from USP.

Conflict of Interest

The authors declare that there are no conflicts of interest related to this research. There is no commitment, institutional bond, financial relationship, commercial support, academic or personal rivalry that could be interpreted as a potential conflict of interest regarding the funding sources, the results obtained, or the interpretation of the data. The funding institutions exerted no influence on the study design, data collection, analysis, and interpretation, manuscript writing, or the decision to submit for publication. Therefore, the absence of conflicts of interest of a financial, professional, or personal nature that could have directly or indirectly interfered with the conduct or findings of this investigation is declared.

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