

Reiki and Cosmoenergy: Two Approaches to Holistic Wellbeing

Understanding the Differences Between Two Energy-Based Practices

By Irina Psculkovska | Cosmoenergy Holistic Method

In the world of holistic wellbeing, Reiki and Cosmoenergy are two practices that explore the connection between energy, human wellbeing and inner harmony. Although they share similar intentions, their philosophies, techniques and approaches are quite different.

Reiki: Universal Life Energy

Reiki originated in Japan in the early twentieth century through the teachings of Mikao Usui.

It is based on the concept of universal life energy. During a session, practitioners gently place their hands on or above the client's body, with the intention of encouraging relaxation, emotional balance and inner peace.

Reiki generally follows a unified energy model, although different traditions may include additional symbols, meditation and spiritual practices.

Cosmoenergy: A System of Specialised Energy Channels

Cosmoenergy follows a different approach. It is based on a structured system of specialised energy channels, each traditionally associated with particular qualities and purposes.

Practitioners receive training and initiation into these channels, learning to select and apply them according to the focus of each session.

Sessions are generally performed without physical contact and may focus on emotional wellbeing, personal awareness and spiritual development.

The fundamental difference is that Reiki works primarily with the concept of universal life energy, while Cosmoenergy uses a differentiated system of specialised channels.

Scientific Exploration: The Contribution of Emil Bagirov

An important figure in the development of Classical Cosmoenergy is Emil Bagirov, a physicist by education and founder of the Moscow School of Classical Cosmoenergy.

Bagirov and his collaborators explored whether the proposed effects of Cosmoenergy could be investigated through scientific observation and measurement.

Their published work and reported experiments included studies of the optical properties of water, biological samples and physical changes observed during Cosmoenergy sessions. Related research activities also involved patent registrations.

These investigations represent an important part of Cosmoenergy's research history and demonstrate an effort to explore the practice beyond personal experience.

However, experimental reports and patents do not automatically establish clinical effectiveness. Independent verification and further controlled research remain necessary.

Reiki has also been investigated in clinical studies, particularly in relation to anxiety, relaxation and quality of life. While some results are encouraging, the scientific evidence remains limited.

My Cosmoenergy Holistic Method

My professional training follows the teaching tradition of Emil Bagirov through a direct lineage of practitioners.

Building on this foundation, I developed the **Cosmoenergy Holistic Method**, integrating Cosmoenergy channels, Hutter Block frequencies, numerological analysis and conscious personal development.

My approach considers the individual as a whole, encouraging people to explore not only their emotional wellbeing but also their beliefs, repeating life patterns, personal strengths and choices.

An essential part of this process is the client's active participation through intention, reflection and self-awareness.

Looking Towards the Future

Reiki and Cosmoenergy represent two different approaches to holistic wellbeing, each with its own philosophy and methods.

For me, the future of Cosmoenergy lies in continuing to explore its potential through both personal experience and carefully designed scientific research.

Spiritual knowledge and scientific investigation can work together — not by replacing evidence with belief, but by encouraging new questions, deeper understanding and responsible exploration of human wellbeing.

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