



Risks and Adverse Reactions to Meditation and Energy Medicine

1. Introduction

As SCI-MAA Guides and Guardians, we acknowledge the importance of balancing the benefits of meditation and energy medicine practices with awareness of their potential risks.

We are dedicated to promoting informed understanding among our Guides/Guardians and Healers (participants), highlighting both the scientifically supported advantages and the potential adverse effects of meditation and energy medicine.

By fostering a culture of critical thinking and mindfulness, we aim to empower our SCI-MAA Tribe with the knowledge and skills necessary to prevent and effectively manage any adverse reactions, ensuring a safe and beneficial meditation experience.

SCI-MAA acknowledges that while the benefits of meditation practices have been researched extensively, it is unfortunate that little research has been directed towards the potential risks.

SCI-MAA is committed to educating Guides/Guardians and Healers (participants) about the importance of preventing and managing adverse reactions to Energy Medicine and Meditation.

This document outlines the potential risks and adverse reactions associated with these practices.

1.1. Risks Associated with Meditation

While meditation is generally considered safe, some individuals may experience negative side effects, including:

- Increased anxiety or emotional discomfort.
- Dizziness or light-headedness.
- Physical pain.
- Exacerbation of underlying mental health conditions, such as psychosis or bipolar disorder.
- Meditation psychosis (rare). In rare cases, meditation can also lead to a phenomenon known as "meditation psychosis," characterized by hallucinations or a disconnection from reality.





However, these negative effects are relatively rare and can often be mitigated by practicing meditation responsibly and seeking guidance from experienced instructors.

1.2. Risks Associated with Energy Medicine

Energy medicine practices, such as acupuncture, Hand Healing, Reiki, qigong, and dance movement practices as SCI-MAA, can also have negative side effects, including:

- Temporary discomfort or pain ;
- Allergic reactions in some individuals ;
- Adverse effects due to improper training or licensure of practitioners.

Moreover, people with certain medical conditions, such as pacemakers or implants, may need to take precautions.

It's essential to note that **energy medicine is not a replacement for conventional medical care**, and individuals should consult with healthcare professionals before seeking energy medicine therapies, especially if they have underlying health conditions or concerns. By doing so, individuals can minimize potential risks and maximize benefits.

2. Key Considerations

To minimize potential risks and maximize benefits, consider the following:

1. Intensity of practice: Advanced workshops and ceremonies (levels 02 and 03) may pose risks for vulnerable individuals. Therefore, we recommend that beginners or individuals with pre-existing mental health or physical conditions start with SCI-MAA Practice Level 01. This is crucial to ensure a safe and beneficial experience.

Important: If you have any pre-existing and existing conditions, please obtain approval from an accredited medical practitioner (such as a GP) before commencing any SCI-MAA practice. This precaution enables us to adapt our guidance to your specific needs and ensure your well-being.

2. Vulnerability of participants: Pre-existing and existing mental and physical health difficulties require careful assessment and support.

Important: If you have any pre-existing or existing conditions, please obtain approval from an accredited medical practitioner (such as a GP) before commencing any SCI-MAA practice. This precaution enables us to adapt our guidance to your specific needs and ensure your well-being.

3. Skill and experience of teachers: Trained teachers are essential for managing adverse reactions.





Important Safety Precaution: To ensure a safe and effective practice, we strongly recommend that you practice SCI-MAA **only** with a licensed and certified SCI-MAA Guide.

3. Categories of Meditation Practice

SCI-MAA defines three categories of meditation practice:

1. Personal development
2. Spiritual
3. Therapeutic (requiring additional training and experience)

As you explore the transformative potential of SCI-MAA, it's essential to recognize that different meditation practices can have varying levels of intensity and potential risks. To ensure a safe and beneficial experience, SCI-MAA categorizes meditation practices into three distinct levels:

1. **Personal Development:** Suitable for most individuals, this category focuses on cultivating emotional balance, mental clarity, and overall well-being.
2. **Spiritual:** Intended for advanced practitioners seeking profound spiritual growth and self-awareness, this category involves intense energetic and spiritual practices that may pose higher risks for inexperienced or vulnerable individuals.
3. **Therapeutic:** This category is designed for individuals seeking to address specific mental health concerns, such as anxiety, depression, or trauma.

SCI-MAA ceremonies, workshops, and one-to-one sessions primarily focus on personal and spiritual development (incorporating animist, mysticism, and shamanic wisdoms). However, when integrating therapeutic tools to address mental health concerns, SCI-MAA Guides **must possess** specialized training and accredited qualifications in healthcare, medicine, counselling, psychology, or related fields to ensure safe and effective support.

By understanding these categories and choosing a practice that aligns with your goals, experience, and individual needs, you can minimize potential risks and maximize the benefits of SCI-MAA.





4. Support Resources

If you experience uncomfortable side effects or struggles with your SCI-MAA practice, consult with your teacher (Guide) or seek support from qualified professionals.

National help lines and websites include:

NATIONAL HELP LINES AND WEBSITES

Beyond Blue

Offers a support service for treatment and prevention of anxiety and depression. Phone 1300 224 636

Black Dog Institute

Information on symptoms, treatment and prevention of depression and bipolar disorder.

Carers Australia

1800 242 636

Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.

Headspace

1800 650 890

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Kids Helpline

1800 55 1800

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

MensLine Australia

1300 78 99 78

A telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

mindhealthconnect

An innovative website dedicated to providing access to trusted, relevant mental health care services, online programs and resources.

MindSpot Clinic

1800 61 44 34

An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.

SCI-MAA PTY LTD

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National Aboriginal Community Controlled Health Organisation (NACCHO)
Aboriginal Community Controlled Health Services and Aboriginal Medical Services in
each state and territory.

QLife

1800 184 527

3pm – 12am

QLife is Australia's first nationally-oriented counselling and referral service for LGBTI people. The project provides nation-wide, early intervention, peer supported telephone and web based services to diverse people of all ages experiencing poor mental health, psychological distress, social isolation, discrimination, experiences

Relationships Australia

1300 364 277

A provider of relationship support services for individuals, families and communities.

SANE Australia

1800 18 7263

Information about mental illness, treatments, where to go for support and help for carers.

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