

## *We are pleased to offer Reiki.*

**Reiki (pronounced ray-key) is an ancient practice that uses energy to promote healing.** Originally practiced in Japan, Reiki taps into the universal life force energy that circulates throughout our bodies.



### **What is Reiki?**

Many cultures believe that good health is maintained when energy is flowing freely and harmoniously. Physical or emotional injury or illness can block the universal life force, creating imbalance in the body. Reiki helps replace this energy and restore balance, allowing the body to heal physically, emotionally and spiritually.

### **How does Reiki work?**

A trained Reiki practitioner places his or her hands on various points of the body to transfer universal life force energy into the patient.

While the patient is clothed and sitting or lying down, the practitioner gently places both hands, palms down on different sites on the body beginning with the head. More sites may be added to increase energy flow in painful or diseased areas. Each position is held for two minutes or longer.

Reiki can also be performed without touching if the patient prefers. The whole treatment lasts between 15 and 60 minutes.

### **How does it feel?**

Many people report feeling warmth or tingling as energy moves through their body. Afterward they may feel deeply relaxed or energized, depending on their physical, emotional or spiritual needs.

### **Is this a religious practice?**

Reiki is universal in nature; it can be both spiritual and religious, but is not part of any particular faith.

### **Is it a legitimate therapy?**

Hospitals across the country offer Reiki in conjunction with standard medical care. Healthcare professionals report that Reiki speeds healing and eases the side effects of medications.

Scientific studies have found that the treatment also improves sleep, reduces pain and nausea, and lowers anxiety. Reiki is recognized by the American Nursing Association.

### **Is there a fee for Reiki?**

No. Reiki volunteers at our hospital offer their services free of charge for patients.