Reiki – A Healing Technique

What is Reiki?
Reiki (pronounced “ray-key”) is a Japanese word for universal life force energy. It is a simple yet powerful Eastern medicine healing technique. In this technique, a trained practitioner helps to guide the flow of energy through a person’s body. This flow of energy, or connection, enhances the body’s power to heal.

How is it done?
A gentle touch on or above the body guides the flow of energy. This energy quickens healing and relaxation, and reduces stress.

A traditional Reiki treatment is offered in a quiet setting with the person sitting or lying down. The person is fully clothed during the session. The Reiki practitioner provides light touch on or above the body with specific hand positions. A full treatment session may take up to 60 minutes.

How is Reiki used in health care?
Trained health care workers may use Reiki while giving your care. This relaxing technique works well when added to other treatments for general wellness. It works on a deep level to heal mind, body and spirit. Reiki can be used to lessen pain, quicken healing, and reduce anxiety.

Reiki fits well into the medical focus that includes mind/body awareness and preventive health care. It can be used with many physical and emotional conditions to bring balance into a person’s life.

Where did it come from?
Dr. Mikao Usui, born in Japan, developed Reiki training in the early 1900s. It was brought to the United States in the 1930s. In America, Reiki is used in many health care settings such as hospitals, hospice, mental health clinics, nursing homes, and home health care.

What are the benefits of Reiki?
Reiki is offered to help improve the health and well being of our patients. It is not meant to replace medical advice or care. Here are some of the benefits Reiki brings to patients:

- Brings about a state of deep relaxation
- Relieves/releases physical and emotional pain
- Quickens natural healing
- Calms the mind and body
- Helps the body get rid of toxins
- Dissolves energy blockages in the body
- Releases tension and negative stress
- Rebalances the body’s energy
- Improves health and well-being
- Complements traditional therapies/treatments
- Lowers blood pressure, heart rate and breathing rate
- Improves the effectiveness of other types of treatments
- Can be used for any illness or injury or during any health care procedure

The National Center for Complementary and Alternative Medicine classifies Reiki as a “Biofield Medicine, which involves systems that use subtle energy fields in and around the body for medical purposes.”