



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAN REIKI HELP ME?



Reiki is a relaxing light touch therapy that originated in Japan. Reiki practitioners place their hands on or just above the person receiving treatment with the goal of assisting the mind and body to return to their natural healthy state of balance. In the United States, Reiki is recognized as part of complementary and alternative medicine (CAM).

Reiki is based on the idea that life energy (called chi, or ki) supports the body's innate healing abilities. Practitioners seek to access this energy and allow it to flow to the recipient. During a Reiki treatment, recipients usually experience a deep state of relaxation.

What is it used for?

People use Reiki for stress reduction and symptom relief, and to improve overall health and well-being. Reiki has been used by people with anxiety, depression, chronic pain, digestive issues and other health conditions, as well as by people recovering from sports injury or surgery, or experiencing side effects from cancer treatments. Reiki has also been given to people who are dying (and to their families and caregivers) to help to impart a sense of peace.

What is a treatment like?

In a Reiki session the recipient sits or lies down comfortably, fully clothed. The practitioner's hands are placed lightly on or just above the recipient's body with palms down, using a series of different hand positions. Each position is held for a few minutes or until the practitioner feels that the flow of energy has slowed or stopped. The number of sessions depends on the health needs of the recipient. Typically, the practitioner delivers at least four sessions of 30 to 90 minutes each. The duration of Reiki sessions may be shorter in certain health care settings, such as during surgery.

Is it safe?

Reiki appears to be generally safe, with no serious side effects reported. According to the American Hospital Association, in 2007, 15% or over 800 American hospitals offered Reiki as part of hospital services, including: Cleveland Clinic, Cleveland, OH, Allegheny General Hospital, Pittsburgh, PA, Dana-Farber Cancer Institute, Boston, MA, Yale New Haven Hospital, New Haven, CT, Memorial Sloan-Kettering Cancer Center, New York, NY

Reference: The National Institute of Health, National Center for Complementary and Alternative Medicine

http://nccam.nih.gov/sites/nccam.nih.gov/files/D315_Aug2012.pdf

Reference: <http://www.centerforreikiresearch.org>

STORY OF JEANETTE REYNOLDS, M. Ed, TRADITIONAL REIKI MASTER

I started to learn Reiki 15 years ago but never used it much until I received a diagnosis of breast cancer in 2007. Then I dusted off my Reiki certification and went for further study and started to practice Reiki on myself. It felt pleasant and soothing, and was a nice addition to the other things I was doing to take care of myself. But I didn't become aware of the real power of Reiki until I was lying in my hospital bed; I put my hands on my surgical site and, as the Reiki began to flow, the pain almost magically began to disappear. In fact, the feeling went all the way from bad through neutral to good, and I was able to quit taking the pain relievers that were offered.



Today, I continue self-treatments as well as practice Reiki and energy healing on others. They report feeling really wonderful, their pain is alleviated, and they experience a variety of other pleasant and even amazing mental, emotional, spiritual and physical effects. Being a cancer survivor and a Reiki practitioner has opened me to healing possibilities I could not have dreamed of before.

WHAT PEOPLE HAVE TO SAY

"...Our session together was so full of emotional revelations and healing power that I find it difficult to describe in words. Because you too have traveled this same road, your talent of concentrating Divine Power is very special." – Heather, breast cancer survivor

"... I could feel my body releasing tension and beginning the healing process. Slowly and prayerfully, Jeanette laid her hands on me and began to draw positive energy into the area surrounding me. When she placed her hands on my hip, the heat from her hands penetrated into my core. Slowly I could feel the (painful spot) untangle and release. Thanks for being available at the Y for the Reiki sessions.... I appreciate your presence and your gift.... Reiki is an amazing alternative..." ~ Kit. J.

"... It is so exciting after many years to be able to feel things with my hands again.... The most important part for me is that there are no medications with side-effects..." ~ Fran F., MS patient

"Jeanette is an amazingly gifted energy worker. She allows herself to be a conduit of energies that call forth healing and spiritual insight for clients. I would name what she does "energetic spiritual direction," by which I mean she elicits from within her clients non-verbal spiritual guidance, presented as images, visual journeys, felt experiences. For me, this is complementary to verbal spiritual direction and disciplines, offering a powerful experience that promotes our growth." ~ Rev. Terry K., M.Div.

Reiki Benefits

- Adapts to needs of recipient*
- Helps meditative states*
- Promotes personal awareness*
- Enhances spiritual connection*
- Fosters natural self-healing*
- Relaxes and reduces stress*
- Balances energies in the body*
- Relieves pain and discomfort*