



What is Reiki?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “the laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress; if it’s high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words – Rei which means “God’s Wisdom or the Higher Power” and Ki which is “life force energy.” So Reiki is actually “spiritually guided life force energy.”

A Reiki treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Its use is not dependent on one’s intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

Reiki can be used for hospice patients as an intervention to further promote comfort for patients and can provide reassurance in much the same manner as hand, back and foot massages – Reiki is a wonderful tool that can be used to assist patients into a state of relaxation and help alleviate pain.