

# Reiki

Reiki is a healing practice that originated in Japan. In the United States, Reiki is part of complementary and alternative medicine (CAM). More than 800 hospitals nationwide are utilizing Reiki as part of patient care. Just to name a few include the Mayo Clinic, Cleveland Clinic, John Hopkins, and Michigan's own Beaumont Health.

Reiki is used to promote overall health and well-being, stress reduction, relief from disease-related symptoms and the side effects of conventional medical treatments. It has also been shown to be useful in the reduction in the symptoms of PTSD, anxiety, depression and chronic fatigue.

In a Reiki session, the client lies down or sits comfortably, fully clothed. The practitioner's hands are placed lightly on or just above the client's body, using a series of 12 to 15 different hand positions. Each position is held for about 2 to 5 minutes. The practitioner does not use their own energy, but acts as a conduit of the universal life force energy. The number of sessions depends on the health needs of the client. Typically, the practitioner delivers at least four sessions of 30 to 90 minutes each.

