Dr. Cantwell provides 1-3 hour-long Reiki sessions, after which he assigns the patient to a Reiki II internist who continues to provide Reiki sessions outside the clinic. Patients who continue to respond well to the Reiki treatments are referred for Reiki training so they can continue Reiki self-treatments on a continuing basis.

Dr. Cantwell states: "I have found Reiki to be useful in the treatment of acute illnesses such as musculoskeletal injury/pain, headache, acute infections, and asthma. Reiki is also useful for patients with chronic illnesses, especially those associated with chronic pain."

At this point, Reiki is not covered by insurance at the clinic, but Dr. Cantwell is conducting clinical research in the hope of convincing insurance companies that complementary care is viable and will save them money.

More MD's and Nurses Practicing Reiki
Mary Lee Radka is a Reiki Master and an R.N. who has the job classification of Nurse-Healer because of her Reiki skills. She teaches Reiki classes to nurses and other hospital staff at the University of Michigan Hospital in Ann Arbor. She also uses Reiki with most of her patients. She has found Reiki to produce the best results in reducing pain and stress, improving circulation and eliminating nerve blocks.

Reiki master Nancy Eos, M.D., was a member of the teaching staff of the University of Michigan Medical School. As an emergency-room physician, she treated patients with Reiki along with standard medical procedures.

"I can't imagine practicing medicine without Reiki," Eos says. "With Reiki all I have to do is touch a person. Things happen that don't usually happen. Pain lessens in intensity. Rashes fade. Wheezing gives way to breathing clearly. Angry people begin to joke with me."

In her book *Reiki and Medicine* she includes descriptions of using Reiki to treat trauma, heart attack, respiratory problems, CPR, child abuse, allergic reactions and other emergency-room situations. Dr. Eos now maintains a family practice at Grass Lake Medical Center and is an admitting-room physician at Foote Hospital in Jackson, Michigan, where she continues to use Reiki in conjunction with standard medical procedures. According to Dr. Eos, there are at least 5 other physicians at Foote hospital who have Reiki training along with many nurses.(11)

Libby Barnett and Maggie Chambers are Reiki masters who have treated patients and given Reiki training to staff members in over a dozen New England hospitals. They teach Reiki as complementary care and the hospital staff they have trained add Reiki to the regular medical procedures they administer to their patients. Their book *Reiki Energy Medicine* describes their experiences.(12) One of the interesting things they recommend is creating hospital "Reiki Rooms," staffed by volunteers, where patients as well as hospital staff can come to receive Reiki treatments. Bettina Peyton, M.D., one of the physicians Libby and Maggie have trained states: "Reiki's utter simplicity, coupled with its potentially powerful effects, compels us to acknowledge the concept of a universal healing energy."

Anyone interested in bringing Reiki into hospitals is encouraged to do so. The hospital setting where there are so many people in real need is a wonderful place to offer Reiki. The experiences and recommendations in this article should provide a good starting point for developing Reiki programs in your area.

Editors Note:
It is very important when giving Reiki treatments in hospitals or otherwise to make sure the patient understands what Reiki is and to only provide a Reiki treatment if the patient has requested one. Also, if the issue comes up, it is important to explain that while Reiki is spiritual in nature, in that love and compassion are an important part of its practice, it is not a religion and that members of many religious groups including many Christians, Muslims, Hindus and Jews use Reiki and find it compatible with their religious beliefs.

1 The comments that follow were part of an interview I did with each person either in person or by telephone and were first published in my article, "Reiki In Hospitals," which appeared in the Winter 1997 issue of the *Reiki Newsletter* (precursor to *Reiki News Magazine*).

2 Eisenberg, David, et al. "Unconventional Medicine in the United States", *New England Journal of Medicine* 328, no. 4 (1993), 246-52.
2 Beth Ashley, "Healing hands", *Marin Independent Journal*, May 11, 1997.