

# ***Reiki Is Being Recognized As An Integrative Therapy In Hospitals And Other Medical Facilities***



## **SHIRANDA DEERWOMAN**

Shiranda has been practicing Reiki for over 20 years. It is her joy to teach classes in all levels of Reiki and it is her goal as well, to be able to train professionals, care-givers and family members of those in immediate need of the healing Reiki offers. Shiranda's work with people using Transformational Kinesiology (TK)<sup>™</sup> and her training in The TRAGER<sup>®</sup> Approach enriches her Reiki classes. Her background is in teaching and counseling.

**The Boston Children's Hospital** has been using Reiki since 1999 for decreasing levels of pain, anxiety and nausea.

**One study found** for a group who received Reiki after receiving heart transplants or open-heart surgery that none of them had the usual post-operative depression. The bypass patients had no post-operative pain or leg weakness and the transplant patients experienced no organ rejection.

**In a study** in 1988, patients received 15 minute Reiki treatments before and after surgery. They experienced *less use of pain medication, shorter stays in hospital and increased patient satisfaction.*

**The University Medical Center in Tucson** has been using Reiki since 2006. They are now building a model for all hospitals throughout the United States that includes Reiki as part of their wellness program.

# ***Reiki***

## ***A Practical System Of Natural Healing***

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## About Reiki

- Reiki is the healing energy in each of us.
- It's easy to learn Reiki. You learn it in a single class.
- Once a student becomes attuned to the Reiki energy it is always available to use—at all times and in any situation.
- Reiki can be optimally helpful as a series of sessions which build on the results established in previous meetings.

*Reiki energy  
flows  
and works  
to assist  
the body's  
innate ability  
to heal  
whenever hands  
are "placed on".*

## A Reiki Session or a Series of Sessions:

- Encourages the letting go of stress and fear
- Effects the body's entire system of glands and organs
- Helps to establish overall well being and can resolve serious illness
- Can significantly reduce and oftentimes relieves pain and acute symptoms promptly
- Can reduce the side effects of treatment such as chemo and radiation therapy and make best use of the person's ability to get well
- Can lessen pain, reduce side effects of anesthesia, and shorten recovery time when provided before and after surgeries
- Can reduce side effects and time over which medical treatment is needed
- Helps give you a sense of choice when facing disease or trauma — it's "something you can do"
- Does not conflict with standard medical procedures and religious beliefs



## Animal Reiki



Reiki can readily be used with animals and is ideal in that it is subtle and non-intrusive in nature. The Reiki causes no discomfort and is calming while at the same time it can provide significant results.

Reiki is an excellent addition to any care an animal is receiving for injuries, sickness, surgeries or even to assist in the birth or death process. As with people, any animal can respond with increased well-being, relaxation and over-all health from Reiki or a series of Reiki sessions.