

What is Reiki?

Reiki is a safe, gentle, non-invasive form of natural hands-on, energy-based healing.

Reiki originated in Japan in the early 1900s and is widely used in many settings, including medical facilities. The term Reiki comes from the Japanese words “rei,” which means universal, and “ki,” which means vital energy that flows through all living things.

How does Reiki work?

Reiki practitioners use their hands to deliver energy and improve the flow and balance of the recipient’s energy to support healing.

Reiki assists in balancing your physical, mental, emotional and spiritual well-being to promote a deep sense of relaxation. You may experience the energy as sensations such as heat, tingling, or pulsing where the practitioner places her hands on your body, or you may feel these sensations move through your body to other locations. Some people may not perceive any change at all. Most people feel very relaxed and peaceful; many clients even fall asleep while receiving a Reiki treatment.

How is Reiki delivered?

During a Reiki session, you usually lie on a massage table or sit in a chair, fully clothed. The Reiki practitioner uses light touch or non-touch and gently places his or her hands on or hovering above your body in specific energy locations during the session. The length of time that the practitioner leaves his or her hands in each position is determined by the flow of energy through his or her hands to you at each location. There is no pressure, massage or manipulation.

Does Reiki replace traditional medical or therapeutic treatments?

Reiki complements all other types of medical and therapeutic treatments. Reiki is not a substitute for consultation with a physician, a practitioner of natural therapeutics or a psychotherapist. Reiki increases the efficacy of all these other types of healing.



Reiki is a safe, gentle, non-invasive form of natural hands-on healing.



To Request Reiki

Patients can call ext. 59543 on their hospital telephone, or 216.445.9543

What are the benefits of receiving Reiki?

A Reiki treatment adapts to the needs of the recipient and may:

- Initiate the feeling of security, peace and wellness
- Bring a peaceful, deep relaxation
- Dissolve energy blockages and tension, thereby reducing stress
- Support the well-being of the client who is receiving medical treatments
- Stimulate the body's immune system
- Help to relieve pain
- Stimulate tissue and bone healing after injury or surgery
- Help meditative states
- Promote natural self-healing

What are some examples of conditions treated by Reiki?

Reiki complements all types of medical and therapeutic treatments and increases the efficacy of these treatments. Reiki is not a substitute for a consultation with a physician, practitioner of natural therapeutics or psychotherapist.

Common issues addressed with Reiki include anxiety, pain, spiritual distress and nausea.

Families and employees can also benefit from Reiki as a tool to help with stress, anxiety and as an outlet for relaxation.

How can Reiki be ordered for patients?

Complimentary, 10-minute Reiki sessions are provided to patients. Patients and family members can call Healing Services at **216.445.9543**. Any member of the healthcare team can enter a "Healing Services Referral" in Epic or call Healing Services at **ext. 59543**, 24 hours a day.

Complimentary 10-minute Reiki sessions are also offered to visitors and families at scheduled times in the Rooftop Terrace of the Miller Family Pavilion.

How to Request Reiki and Other Healing Services

Touch therapies* offered by Healing Services, including Reiki, can be requested by the patient, family and any member of the clinical team. These services are offered at no charge.

Patients and families can call **ext. 59543** on the hospital telephone, or **216.445.9543**.

Any Cleveland Clinic staff member can order Healing Services in Epic - select Healing Services Referral. Medical staff can specifically order Healing Services Massage, which is for patients only (doctor's order required). Or call **ext. 59543** to request Healing Services and to find out about training and how to become a touch therapy volunteer.

*Complementary touch therapies, including Reiki, light massage therapy, Healing Touch™ and reflexology are available regularly but not daily. We will make every effort to meet your request and we look forward to serving you.

Notes
