

## Reiki In Health Care

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Used by a rapidly growing number of hospitals all over the world, Reiki complements medical treatment, natural therapies, and massage therapy. Reiki increases a caregiver's ability to provide patient support and is easily practiced in all hospital environments from outpatient clinic to intensive care.

Reiki is being successfully integrated into numerous clinical settings to complement medical care and psychological counseling. It is gentle enough to offer support and reduce the discomforts of pregnant women and can help ease the pain of childbirth. Hospitals such as the Tucson Medical Center in Arizona, St. Luke's Hospital in San Francisco, California and St. Mary Medical Center in Langhorne, Pennsylvania have teams of Reiki practitioners available to a range of patients, including those with cancer or recovering from surgery. Reiki is especially appreciated in hospice care where its ability to alleviate pain and anxiety for both patient and family members is so greatly needed.

### The Reiki Principles

Just for today, I will give thanks for my many blessings.

Just for today, I will not worry.

Just for today, I will not be angry.

Just for today, I will do my work honestly.

Just for today, I will be kind to my neighbour and every living thing.

## Eternalkween's Reiki

**Atlanta, GA 30310**  
**Phone: 678.499.4182**  
**[www.eternalkween.com](http://www.eternalkween.com)**

## Eternalkween's Essential Reiki Sessions

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### Light-Touch Therapy for Stress Relief and Relaxation



**Experience the Power  
Within**

**Phone: 678.499.4182**

## Healing Begins From Within



The Human Subtle Bodies

### Your Life Energy

Many ancient cultures, including the Japanese, Chinese, Indians and Egyptians, embraced the belief that life energy flowed through the body deeply affecting our bodies, minds and emotions. Current research strongly suggests that energy does extend throughout and beyond the physical body and that disruptions or imbalances in its flow correlate to physical, mental and emotional illnesses. The healing art of Reiki (pronounced 'RAY-key') addresses these imbalances to support your good health and well-being

### What is Reiki?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "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, and if it is 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."

### The Session

Come to a Reiki session in loose, comfortable clothing. You will normally lie on a table fully clothed, but the technique is so adaptable that you can receive it in almost any setting, including a chair or hospital bed, through casts and bandages, and in any state of health.

Little or no pressure will be applied and no oils will be used. Still and focused, the practitioner will simply place his or her hands on or above your head, shoulders, back, chest, stomach and limbs. Practitioners routinely follow a series of hand positions, but can place their hands anywhere you would like them to, for example, over an injury or other area of discomfort. The teachings say that the energy will flow through the practitioner, but not from the practitioner, to you. You will receive the amount of energy you need to bring your mind and body into balance.

If you observed a Reiki session, it might not be apparent that anything was occurring. But when you experience Reiki, you will know otherwise. While the effects vary from individual to individual, most people experience deep relaxation. You may perceive a tingling or pulsing sensation, a feeling of warmth and comfort, or you may even fall asleep.

Results are sometimes subtle. Some recipients say they feel little during the session, but afterwards enjoy a sense of calm and well-being, and a deep restful sleep. It is possible you'll experience powerful sensations or emotions during or after a session. Your practitioner will want to hear about all of your responses to the degree that you are comfortable sharing them.

### Benefits of Reiki

Reiki has been known to help with the following:

- ❖ anxiety
- ❖ pain
- ❖ nausea
- ❖ fatigue
- ❖ trauma and
- ❖ depression

Reiki can also assist with *major life changes*, such as:

- ❖ career changes
- ❖ life style changes
- ❖ self-help/development
- ❖ family changes
- ❖ emotional/mental blockages
- ❖ commitments

**AND MUCH MORE!**

