

Reiki



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What is Reiki?

Science tells us that at the creation of our universe there was a vast outpouring of energy. For generations people have felt this universal life energy flowing through all living things. Over time different faiths have described this energy in a variety of ways, but universal life energy is for people of all faiths and none. When universal life energy flows uninterrupted there is balance and harmony within and around us, and we experience a sense of well-being. Reiki (pronounced 'ray-key') is Japanese for this universal life energy, a term used to describe many systems of natural healing. In the hospice environment we understand Reiki to be a touch and energy therapy which may help you to relax naturally at a deeper level, and may bring comfort and support at a difficult time.



How can Reiki help in your care?

We use Reiki to promote deep relaxation. Deep relaxation in turn can help you to cope with stress and pain – physical, mental or emotional. Some people find Reiki is soothing and comforting, and just enjoy being 'still' for awhile.

What can you expect?

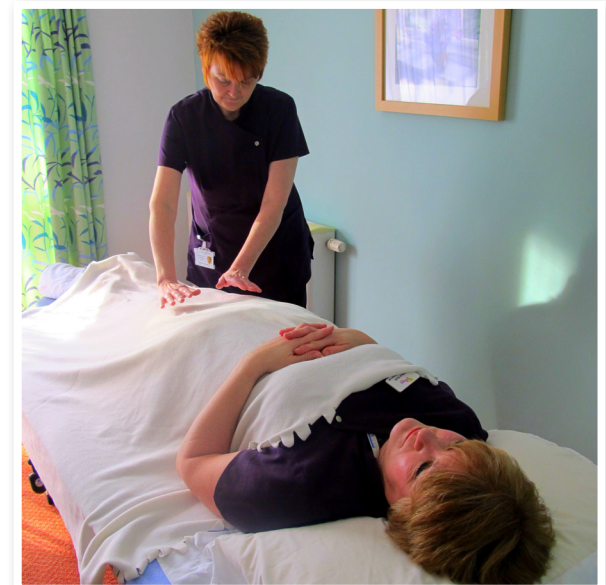
The method of receiving Reiki from a practitioner is simple. You remain fully clothed, lying on your bed or sitting in an armchair, in whatever position is most comfortable for you. The practitioner gently places their hands, non-intrusively, either on your body or just hovering above your body. S/he may leave her/his hands in one

position or may move from head to toe. The practitioner does not 'give' you energy, but acts as a channel for you to receive universal life energy. Once again, universal life energy is entirely good and natural and does not interfere with your beliefs or values.

You may fall asleep during a Reiki treatment, or you may be awake and aware but deeply relaxed. If you are an in-patient, the practitioner may leave you asleep at the end, rather than awaken you. If you are receiving Reiki as an out-patient or day hospice patient, the practitioner will gently wake you up and give you time to 'come to', before departing.

Are there any side effects?

Reiki itself does not give rise to unpleasant side effects. However, you may feel sleepy afterwards. When deeply relaxed some people find that emotions surface. If this happens, the practitioner will support you, and may suggest someone that you can talk to, if you so wish. The majority of people just feel pleasantly relaxed during a Reiki treatment, and refreshed afterwards.



Referrals

The nurse (or other health professional) will refer you to the Complementary Therapies Team. The appointment will be on the ward (for inpatients) and in the Complementary Therapy Room in the Day Hospice for other patients and carers.

Your nurse or doctor may also ask the Complementary Therapies Co-ordinator to see you to discuss how massage/aromatherapy/reflexology/reiki may help/support you, and whether you would like to have a treatment.

For further information, please speak to any member of the clinical team, or contact the Complementary Therapies Team on 0113 218 5567.

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