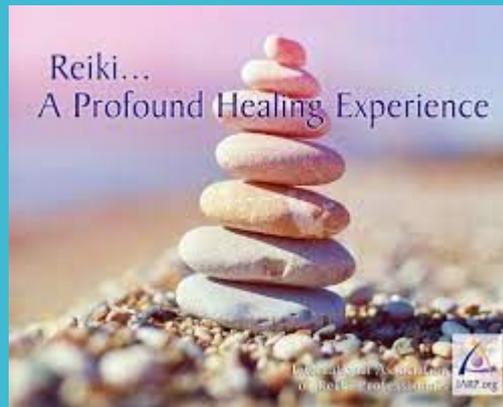


The Power of Reiki

Holistic Healing Art

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How ancient practices can assist in healing.

The benefits include:

- *Stress Reduction
- *Relaxation
- *Pain Reduction
- *Muscle Tension Reduction
- *Nausea Reduction
- *Sleep Improvement
- *Acceleration of Healing/Supports the healing process



What is Reiki?

Universal Life Force

Great Healing Art

Reiki is a powerful ancient Japanese slow touch hands on technique that helps you to calm and relax. Reiki is an ancient Japanese technique for stress reduction and relaxation that also promotes healing. Reiki is holistic; it works on the body mind and spirit by stimulating a person's own natural healing abilities.

*The overall effect of Reiki is to help bring the body into balance so it can heal itself.

*Reiki is a practice classified by the National Institute of Health as a form of complementary medicine





Mikao Usui

August 15, 1865 to March 19, 1926

Usui Shiki Ryoho - the Usui System of Natural Healing - is a Japanese Healing Art. This form was founded in Japan a little over 100 years ago a by Mikao Usui, whose personal search to understand healing led him to Reiki. He developed his practice in Japan and in 1937 Reiki was introduced to Hawaii, by Hawayo Takata Sensei. It is passed on from Master to student through teachings, a defined form of practice and initiation.

Reiki Principles/ Precepts

Daily Spiritual Ideas that will help
to add balance and substance to
your life!



I will be kind to every living thing
I will do my work honestly
I will be grateful
I will not worry
I will not be angry

Training

- Training and Mission
- NYC Reiki Center, Founded in 2007 by Brian Brunius, which offers private Reiki treatments from experienced and caring practitioners, as well as Reiki classes covering all levels of training from the first and second degree to six month Certified Practitioner and a three year-year Reiki Master Instructor Training.
- 4 point mission that includes personal healing through hands-on Reiki treatment, Personal Development, Spiritual Discipline and Mystic Order (a sense of connection and common purpose)

What does the literature tell us about clinical applications of Reiki?



Reiki in Hospitals -

Investigations into Reiki and its use in hospitals

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In 1998 the United States Congress established the National Center for Complementary and Alternative Medicine (NCCAM) at the National Institutes of Health (NIH) in response to the growing interest and use of complementary and alternative medicine (CAM) in the United States. A published survey shows that the number of Americans using an alternative therapy rose from about 33 percent in 1990 to more than 42 percent in 1997. In addition, Americans spent more than \$27 billion on these therapies in 1997, exceeding out-of-pocket spending for all U.S. hospitalizations. A survey published in 1994 reveals that more than 60 percent of doctors from a wide range of specialties recommended alternative therapies to their patients at least once. In addition, 47 percent of the doctors in this study reported using alternative therapies themselves. Indeed, 75 out of 117 U.S. medical schools offered elective courses in CAM or included CAM topics in required courses, according to an article published in 1998. Another survey found that people used CAM not only because they were dissatisfied with conventional medicine, but because these health care alternatives mirrored their own values, beliefs, and philosophical orientations toward health and life.

Relevant Literature

.Motz, Julie, 1998. “Hands of Life”. New York; Bantam Books, 1998

Reiki was used in the operating room of the Columbia Presbyterian Medical Center in New York City. The New York Times magazine reported about the use of Reiki during open-heart surgeries and heart transplantations performed by Dr. Mehmet Oz. None of the 11 heart patients treated with Reiki by Reiki Master Julie Motz experienced the usual postoperative depression, the bypass patients had no postoperative pain or leg weakness; and the transplant patients experienced no organ rejection.

Relevant Literature

Olson K, Hanson J, 1997. "Using Reiki to manage pain: a preliminary report." Cancer Prevention Control 1997, June, Vol.1(2): pages 108-13.

The purpose of this study at the Cross Cancer Institute, Edmonton, Canada was to explore the usefulness of Reiki as an adjuvant to opioid therapy in the management of pain. Since no studies in this area could be found, a pilot study was carried out involving 20 volunteers experiencing pain at 55 sites for a variety of reasons, including cancer. All Reiki treatments were provided by a certified second-degree Reiki therapist. Pain was measured using both a visual analogue scale (VAS) and a Likert scale immediately before and after the Reiki treatment. Both instruments showed a highly significant ($p < 0.0001$) reduction in pain following the Reiki treatment.

Relevant Literature

“Reiki Technique Study to Control Chronic Pain in Diabetic Neuropathy”, The Department of Public Relations & Marketing Communications, University of Michigan,
<http://www.med.umich.edu/1libr/topics/alt03.htm>

The University of Michigan Complementary and Alternative Medicine Research Centre is studying Reiki, to determine whether chronic pain in diabetic neuropathy can be controlled, thereby increasing the patients' quality of life. This is one of the first studies of this technique funded by the National Institutes of Health, and has the full support of the University of Michigan Health System.

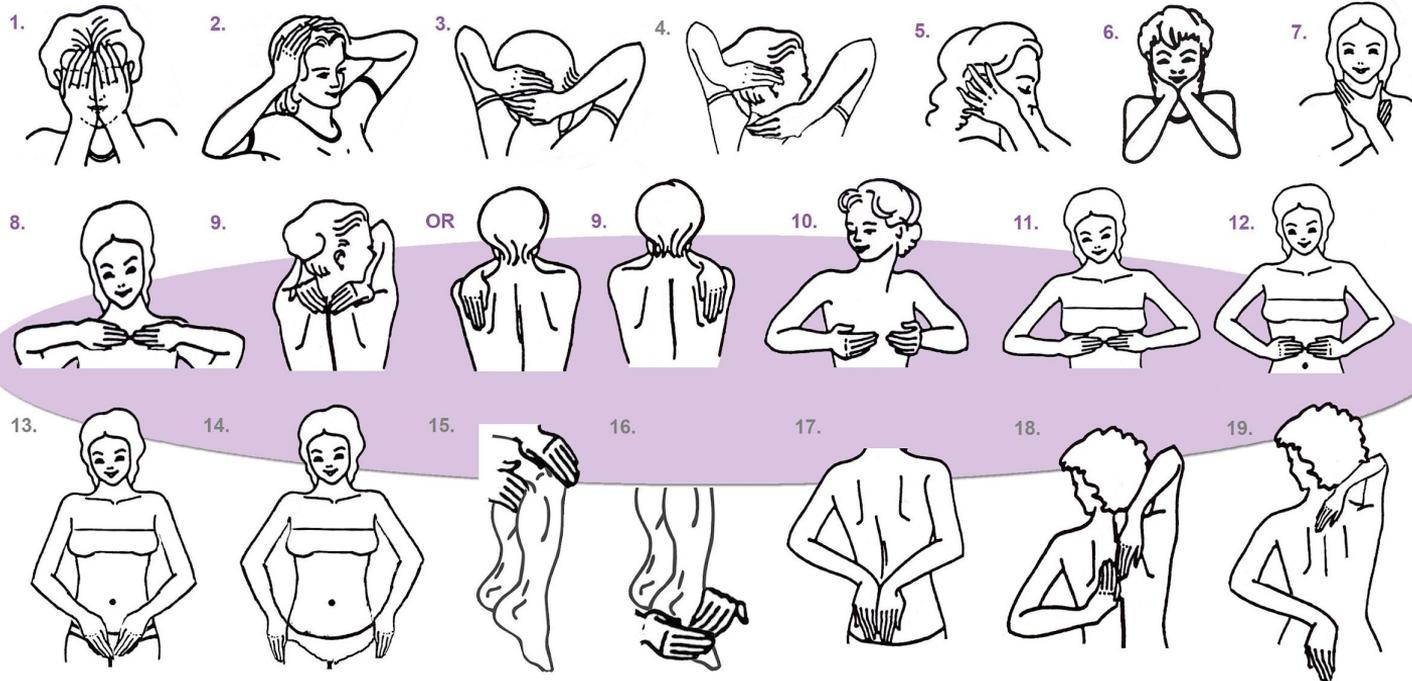
The Reiki Clinic at the Tucson Medical Centre in Arizona has a team of Reiki practitioners who give Reiki to patients in their rooms. The program first began in the Cancer Care Unit, but has since expanded to many other areas in the hospital. Conditions treated at the Reiki Clinic include cancer, pain, chronic conditions, postoperative surgery, and they also deal with childbirth. (Source: “Reiki In Hospitals” by William Lee Rand, Reiki Master, http://www.reiki.org/Healing/reiki_in_hospitals.htm)



Reiki self-Treatment Guide



This chart shows both traditional and modern hand placements. Traditional placements are noted with purple numbers. Notice that you generally start at the top and work your way down the front of your body, then work your way up your back. If you can't reach a hand placement on your back, you can treat the corresponding spot at your front. For knees and feet, cup them between your hands. Do one knee then the other; then do one foot, then the other. If you can't hold the bottom of your feet properly, you can treat just their tops and the treatment will penetrate the whole foot.



Step 19 is often called the "Spinal Cooler". It's not traditional, but many practitioners say it has a calming effect and gives a sense of closure.



● Questions?

Please contact for questions:

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