

Gendai Reiki in Clinical Settings

<http://www.gendaireiki.or.jp/english/about.html>

Combining the Japanese Spiritual Healing Component; too often missing in Western Medicine, with the Hand Healing Art of Western Reiki

Q. What are we doing?

A. Nothing.

- Japanese Dento Reiki has everything to do with non-doing. We aren't practicing to change the way things are. It has everything to do with holding the present moment in its fullness without imposing anything extra on it. This is the atmosphere of faith and trust where Transformation & Healing happens

What is Reiki



The word Reiki is a Japanese Noun meaning universal life energy. In Christian Philosophy it is the state of Be-ing One with the Universal Creator as a breathing prayer of attunement in rhythm with the Ebb and Flow of Life Force's energy, made manifest as Harmony and Balance, Peaceful Mind, from Faith & Trust in that State of Oneness.

Gendai Reiki in Hospital Settings

- Gendai Reiki is a system of restoring the Mind that causes dis-ease symptoms in the body, to Peaceful-Mind. Through compassionate “Still Touch”, hands on, or off the body, Reiki provides an atmosphere of stilling the mind, going beneath the mind to uncover & heal the source of the condition, thus releasing the presenting symptoms in support of traditional medicines and surgeries.



What is a Gendai Reiki Hand Healing session?

The Client reclines or sits fully clothed
12 basic hand positions cover the body
Head, front torso, back torso, legs, feet, arms
Practitioner has no attachment to outcome
Practitioner leaves all up to the wisdom of the
body as guided by Resonance of Reiki, via
the will of god.

After the 1st of 3 Degrees or certification classes,
the Nurse or Practitioner the 2nd Degree Practitioner
will no longer need to use the “hand Positions”
and any compassionate Reiki touch is all that
is required. The Patient and the Practitioner receive
The healing benefits. “As you give so shall you receive”



Gendai Reiki Ho hand healing



Clinical Reiki at GRH is applied as a complementary modality for mental & emotional support and balance, soothing the mental body first which positively affects the emotional, physical and energy bodies.

Reiki hand healing is used as a supportive treatment and 'is taught over a weekend Seminar Certification Course. The healing energy is passed to clients and students alike via attunements for self-care and mind/body transformation

How does Reiki restore balance & harmony in a clinical setting?



- Reiki is the very life force energy

- When life energy gets depleted due to life's stresses, the mind/body connection becomes out of balance and the result is dis-ease
- Reiki, being the natural flow of life force/holy spiritual energy restores lost balance and body harmony
- When we attune to Universal Life giving energy, we tune in to our own inner Reiki and the inner Reiki of the client/patient. The Unity resets the sympathetic/parasympathetic for 'Peaceful Mind #Anshin Ritsumei #Happy State
- 'Immune function for client AND Practitioner is enhanced



Reiki currently in what Hospitals?

- More than 60 U.S. **hospitals** have adopted **Reiki** as part of patient services, according to a UCLA study, and **Reiki** education is offered at 800 **hospitals**. The Healing Touch Professional Association estimates that more than 30,000 nurses in U.S. **hospitals** use touch practices every year. This report was as of May 16, 2014

REIKI IN HOSPITALS Program

- IARP announced the ***Reiki in Hospitals Program*** within the U.S. this past year. Check iarp.org to apply

Gendai Reiki heals the mind of stress first,
which then decreases the need for pain medication



- improves sleep and appetite
- accelerates the healing process
- reduces many of the unwanted side effects of radiation and drugs, including chemotherapy

REIKI as ENERGY MEDICINE

- As Reiki is being established in hospitals and clinics
- Our Gendai Reiki Standards provide quality control of the practitioner providing the care and how they communicate about it.
- Private to Public to Clinical
- Requires a new set of skills /responsibilities
 - structure of a session
 - time for the healing response
 - ethics/boundaries/informed consent



Role of Practitioner

- Reiki is Self-modulated according to the recipient's need (RECEIVER DRIVEN)
- Not helping, not doing, not fixing
- State of quiet, peace, relaxation
- Compassionate Presence
- Staying un-attached to results (“Thy Will Be done”) allows you to be a Gendai Reiki Facilitator.



DISTINGUISHING CHARACTERISTICS

- Rapid balancing response (via deepest relaxation)
- Adapts to any situation
- Spontaneous delivery requires no deliberate action
 - It is, non-thinking compassionate Presence
 - Hands on or off body makes the connection



REIKI IN HEALTH CARE

- <https://www.centerforreikiresearch.org/Downloads/HospitalListTable.pdf>
- New studies 'measure the calming effects
- Patient care starts with staff care
- Staff under trained in self care
- Self care is now more valued in health care
-

PATIENTS & CARE GIVER'S Alike

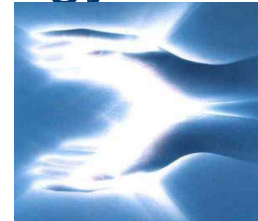
- Walking into the hospital for most people is a stressful event; the cornerstone of anxiety is a feeling of being out of control. And with illness and loss of control, depression frequently follows. These emotions result from distress in the mental body, and are shared by patients and staff.
- Gendai Reiki relaxes the mind first-the source of the illness
- Emotions of patients in the hospital
 - Fear
 - Anxiety (out of control)
 - Depression
- Emotions of staff in the hospital
 - Overwhelmed
 - Sadness

RESOURCES for Clinical Reiki

- Pamela Miles www.reikiinmedicine.org Collection of medical Research papers about Reiki
- YouTube **Reiki** effects shown using EEG Presentation at the **Gendai Reiki Network** International ... (Dr. Kudo has been researching **Gendai Reiki** and its effect on the **brain**.)
- https://search.yahoo.com/yhs/search;_ylt=A0LEVv1.WWBW6xgA..onnllQ;_ylc=X1MDMTM1MTE5NTY4NwRfcgMyBGZyA3locy1tb3ppbGxLTAwMwRncHJpZAMzWmNQX2F1YIFoQ3F6TDN6SEpxSk5BBG5fcnNsdAMwBG5fc3VnZwM0BG9yaWdpbgNzZWYy2gueWFob28uY29tBHBvcwMwBHBxc3RyAwRwcXN0cmwDBHFzdHJsAzM0BHF1ZXJ5A3lvdXR1YmUgZ2VuZGFpIHJlaWtpIG5ldHdvcmsgQnJhaW4EdF9zdG1wAzE0NDkxNTQ5NDg-?p=youtube+gendai+reiki+network+Brain&fr2=sb-top-search&hspart=mozilla&hsimp=yhs-003
- <http://nccam.nih.gov/health/reiki/>

Explaining Reiki flow through energy centers of the Patient

- Your own natural life energy source
- Energizes your own flow of internal energy source
- Practice energy exercise with them
- Demonstrate light, gentle touch
- 15-20 min. sessions head positions only, in the hospital setting is enough when full sessions 60 minutes does not fit the schedule



Reiki Benefits

-  *Adapts to needs of recipient*
-  *Helps meditative states*
-  *Promotes personal awareness*
-  *Enhances spiritual connection*
-  *Fosters natural self-healing*
-  *Relaxes and reduces stress*
-  *Balances energies in the body*
-  *Relieves pain and discomfort*

Self Healing and Healing Others Hand Positions

- 12 Basic Hand Positions cover the body's energy centers
- Eyes, jaw, back of head, throat
- Chest, upper belly, low belly, groins
- Shoulders, arms, mid-back, low back (sacrum) feet
- See pictures of suggested hand positions →
- And on Facebook Page
<https://www.facebook.com/ReikiComplimentaryCare/?fref=ts>



How can Clinical REIKI be measured?

- **HEARTMATH** — Heart Rate Variability
- **EmWave technology** Clinical Reiki: stress reduction and mental emotional management
- **Non-invasive measure reflects heart-brain interactions and Coherence.** With continued use, one can become better aware of unsettling thoughts that cause a disruption in an otherwise “flowing” rhythm in your heart. The whole idea is to reduce stress and allow for healing to take hold in an optimal climate.
- **Efficient, harmonious workings of the nervous, cardiovascular, hormonal and immune systems.**

For information on Gendai Reiki Ho Events, Treatments
and Trainings visit

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