

# REIKI

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### Now available at the CMH Cancer Resource Center for patients and caregivers

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 susceptible to illness and stress, and if it is high, we are more capable of being happy and healthy.

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects. Some of these effects are feelings of peace, security and well-being as well as relaxation.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Reiki is not a religion and there is nothing you need to believe in order to benefit from Reiki.

Cancer Resource Center  
located at CMH

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