Reiki joining ranks of integrative medicine



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Thanks in part to holistic fields such as acupuncture breaking down once closed doors, Reiki, another type of holistic energy work, can be found in an ever-expanding list of U.S. hospitals as an alternative or integrative therapy. Earlier this year, **The Center for Reiki Research** published a list (for their members) of 65 national hospitals currently offering Reiki to their patients. **California Pacific Medical Center**, **Citrus Valley Health Partners**, and **Sharp Memorial Hospital** are a few of the California hospitals currently offering Reiki, while on a national front, **Seattle Children's Hospital**, **Boston Children's Hospital**, **The Cleveland Clinic**, and **The Cancer**

Treatment Centers of America have also included Reiki in

What is Reiki?

their programs.

The word Reiki comes from the Japanese Kanji Rei, which represents the spiritual source of the universe, or God, and Ki (like the Chinese 'Chi'), which represents the life energy of the universe. Reiki is often described as spiritual energy. Reiki Practitioners use a Japanese system of self-development and spiritual growth developed by Mikao Usui (1865-1926) that use and cultivate this spiritual energy. According to the **Shibumi International Reiki Association**, Usui's system developed from "his Japanese martial arts practice, Shintoism (the traditional Japanese folk religion), Japanese buddhism (namely Tendai), and Shugendo (a spiritual mountain practice)."

During a typical Reiki session, a client may lay on a special table, or sit on a chair, while the Reiki Practitioner moves their hands on or over their body. The client remains fully clothed at

all times, with no physical contact taking place on private or taboo areas. The experience is generally one of relaxation, and many fall asleep.

Reiki in the Media

Reiki has begun picking up steam in the mainstream media, with a few important torch bearers. **Dr. Andrew Weil**, international speaker, author and pioneer in the field of integrative medicine, refers to Reiki as "a powerful way to enhance the healing process." TV's **Dr. Mehmet Oz**, Vice-Chair and Professor of Surgery at Columbia University, featured Reiki on his Emmy-winning TV show, saying, "First off, try Reiki. This alternative medicine treatment can manipulate your energy and cure what ails you."

With high profile hospitals and physicians behind the Japanese meditative practice, it may not be too long before insurance companies are compelled to cover Reiki sessions, alongside acupuncture, massage and physical therapy, as part of a regular wellness plan.

For an ongoing list of U.S. hospitals that offer Reiki sessions, click here.

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