MAYO CLINIC

REIKI

SUPPORT FOR SELF-CARE AND SYMPTOM MANAGEMENT

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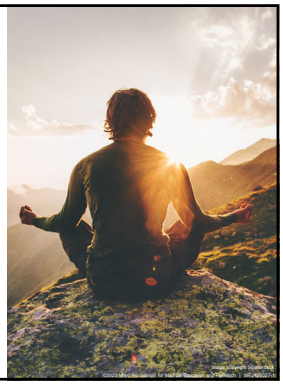

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LEARNING OBJECTIVES

- Understand what Reiki is and its roots in Japanese culture
- Review the potential benefits of Reiki and how it can be used for healing self
- Explore the evidence to support the use of Reiki for self-care and symptom management
- Demonstrate and experience Reiki for self-care
- Provide information on Reiki training

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REIKI

- **Rei**=Universal
- **Ki**=Life Force Energy

- Stress reduction/Relaxation technique
- ***Encourages Balance*** (physical, emotional, spiritual)
- Hands-on, non-directive technique (passive)
- Enhances the body's ability to heal, strengthens wellbeing
- Reiki-responds to meet the needs of that individual
- Some feel more related to meditation than energy therapies
- Exact mechanism of action-not well understood
  - Impacting biofield

Biofield?

- Subtle vibrational energy field
- Surrounds/permeates physical body
- No scientific measurement
- Indigenous cultures acknowledge balanced biofield & vibration to promote balance

(Baldwin, 2020;Bronwen & Stiene, 2005;Miles, 2006)

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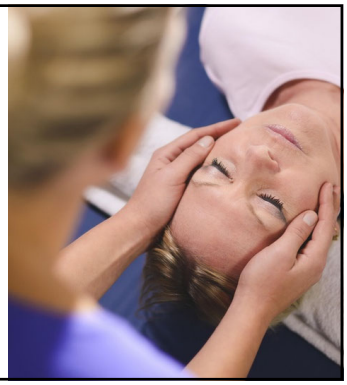
- Reiki is a **complementary and integrative** therapy that uses gentle touch to help the individual relax, enabling the body systems to move into a state of balance and harmony



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HISTORY OF REIKI

- **Mikao Usui**-1920s Japan
  - **Monk**-spiritual practices led to "rediscovery" of what is known as Reiki
  - Taught students-16 Reiki masters
- **Chujiro Hayashi**-master students
  - Retired naval officer
  - Opened Reiki clinic-Tokyo
  - Clinicians gave treatments in pairs
- **Hawayo Takata**-client at Hayashi's clinic
  - Japanese-American
  - A few months of treatment-improved health
  - Became a devoted student under Hayashi
  - Brought Reiki & teachings to Hawaii 1937, later mainland
  - 1938 established first Reiki clinic & school in US



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THE REIKI PRINCIPLES

- Just for today I will not worry
- Just for today I will let go of anger
- Just for today I will show kindness to every living thing
- Just for today I will do my work honestly
- Just for today I will show gratitude to everything and give thanks for my many blessings

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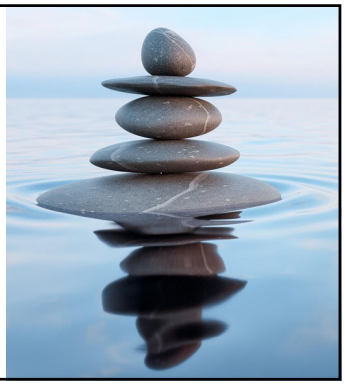
BENEFITS OF REIKI

- Reduces stress/anxiety
- Creates a deep sense of calm and relaxation
- Decreased pain
- Encourages Balance
  - Emotional
  - Spiritual
- Aids in recovering (Surgery)



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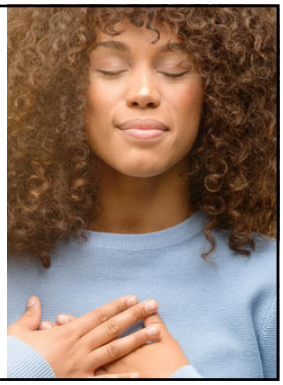
REIKI FOR SELF-CARE

- **Historically Japanese system of Reiki emphasized:**
  - Self-practice
  - Self-responsibility
  - Personal development
- **Reiki on Physiology and Self-perceived Stress** (Hailey et al., 2022)
  - Stress scores, heart rate, and respiratory rate significantly reduced immediately post session
  - Feasible during workday
- **Nurses' Lived Experience of Reiki for Self-care** (Vitale, 2008)
  - Stress management in workday
  - Energy boost, less tired, increased feelings of calm
  - Strengthened caring/healing abilities



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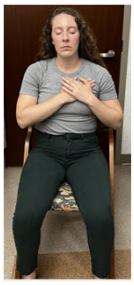
REIKI FOR SELF-CARE
HAND POSITIONS





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EFFECTS OF REIKI ON PAIN, ANXIETY AND BLOOD PRESSURE IN PATIENTS UNDERGOING KNEE REPLACEMENT

- Blinded, controlled pilot study
- N=46
- 3 groups: Reiki (n=25), Sham Reiki (not trained Reiki practitioners N=19) and Standard of care (n=12)
- Reiki group showed significant reductions in pain, blood pressure, respiratory rate and state anxiety.
- Reiki group had the most patients discharged at 48 hours, lowest number of doses of as needed pain medications.

Baldwin A.L., Vitale, A., Brownell, E., Kryak, E. and Rand, W. (2017). Holistic Nursing Practice, pgs. 80-89.

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REASONS FOR PATIENT REQUESTS

- Pain
- Anxiety
- Nausea
- Fatigue
- End of Life

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REIKI TRAINING

- **Reiki I** – First Degree (hands on Reiki)
- **Reiki II** – Second Degree (distance Reiki)
- **Mastery** (teaching)

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TRAINING & LOCAL RESOURCES

- Training Opportunities
  - University of Minnesota, Center for Spirituality and Healing Reiki Healing | Bakken Center for Spirituality & Healing (umn.edu)
  - Hermitage Farms workshops – Hermitage Farm
  - Mayo: Coming soon!
- https://www.takingcharge.csh.umn.edu/explore-healing-practices/reiki/how-can-i-find-qualified-reiki-practitioner
- https://iarp.org/find-reiki-practitioner-teacher/
- https://www.reiki.org/reiki-practitioners-and-teachers-list

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QUESTIONS & ANSWERS



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