

REIKI IN HOSPITALS

EXCERPTS BY MOSES COLE FROM THE ARTICLE "REIKI IN HOSPITALS" BY WILLIAM LEE RAND.

AT HOSPITALS AND CLINICS ACROSS AMERICA, REIKI IS BEGINNING TO GAIN ACCEPTANCE AS A MEANINGFUL AND COST-EFFECTIVE WAY TO IMPROVE PATIENT CARE. "REIKI SESSIONS CAUSE PATIENTS TO HEAL FASTER WITH LESS PAIN," SAYS MARILYN VEGA, RN, A PRIVATE-DUTY NURSE AT THE MANHATTAN EYE, EAR AND THROAT HOSPITAL IN NEW YORK. [REIKI] ACCELERATES RECOVERY FROM SURGERY, IMPROVES MENTAL ATTITUDE AND REDUCES THE NEGATIVE EFFECTS OF MEDICATION AND OTHER MEDICAL PROCEDURES.



JULIE MOTZ, A REIKI TRAINED HEALER HAS WORKED WITH DR. MEHMET OZ, A NOTED CARDIOTHORACIC SURGEON AT COLUMBIA PRESBYTERIAN MEDICAL CENTER IN NEW YORK. MOTZ USES REIKI AND OTHER SUBTLE ENERGY TECHNIQUES TO BALANCE THE PATIENTS' ENERGY DURING OPERATIONS. SHE HAS ASSISTED DR. OZ IN THE OPERATING ROOM DURING OPEN HEART SURGERIES AND HEART TRANSPLANTS. MOTZ REPORTS THAT NONE OF THE 11 HEART PATIENTS SO TREATED EXPERIENCED THE USUAL POSTOPERATIVE DEPRESSION, THE BYPASS PATIENTS HAD NO POSTOPERATIVE PAIN OR LEG WEAKNESS; AND THE TRANSPLANT PATIENTS EXPERIENCED NO ORGAN REJECTION.

MARIN GENERAL HOSPITAL IN MARIN COUNTY, CALIFORNIA IS JUST NORTH OF SAN FRANCISCO. THERE MOTZ HAS USED SUBTLE ENERGY HEALING TECHNIQUES WITH PATIENTS IN THE OPERATING ROOM.

THE TUCSON MEDICAL CENTER'S REIKI CLINIC

THE REIKI CLINIC AT THE TUCSON MEDICAL CENTER (TMC) IN ARIZONA HAS A TEAM OF REIKI PRACTITIONERS WHO GIVE REIKI TO PATIENTS IN THEIR ROOMS. THE PROGRAM IS ADMINISTERED BY SALLY SODERLUND,

RN, WHO IS THE SUPPORT SERVICES COORDINATOR FOR ONCOLOGY. ARLENE SIEGEL, WHO HAS BEEN WITH THE PROGRAM FROM THE BEGINNING, RUNS THE MONTHLY SUPPORT MEETINGS FOR THE REIKI VOLUNTEERS.

SIEGEL BELIEVES THAT EACH PATIENT REQUIRES A UNIQUE RESPONSE. MOST OF THE PATIENTS ARE VERY SICK, SOME ARE DYING, BUT THEY ALL RESPOND TO THEIR CONDITIONS DIFFERENTLY. CONDITIONS TREATED AT THE REIKI CLINIC INCLUDE CANCER, PAIN, CHRONIC CONDITIONS, AND POSTOPERATIVE SURGERY (THEY ALSO DEAL WITH CHILDBIRTH).

REIKI AT PORTSMOUTH REGIONAL HOSPITAL

PATRICIA ALANDYDY IS AN RN AND A REIKI MASTER. SHE IS THE ASSISTANT DIRECTOR OF SURGICAL SERVICES AT PORTSMOUTH REGIONAL HOSPITAL IN PORTSMOUTH, NEW HAMPSHIRE.

IF PATIENTS REQUEST IT, REIKI IS THEN INCORPORATED INTO THEIR ADMISSION THE MORNING OF SURGERY, AND AN ADDITIONAL 15-20 MINUTE SESSION IS GIVEN PRIOR TO THEIR TRANSPORT TO THE OPERATING ROOM. SOME REIKI HAS ALSO BEEN DONE IN THE OPERATING ROOM AT PORTSMOUTH REGIONAL.

ALANDYDY, WITH HER PARTNER GREDA COCCO, ALSO MANAGE A HOSPITAL-SUPPORTED REIKI CLINIC THROUGH THEIR BUSINESS CALLED SEACOAST COMPLEMENTARY CARE, INC.

THE CLINIC TREATS A WIDE RANGE OF CONDITIONS INCLUDING HIV, PAIN, AND SIDE-EFFECTS FROM CHEMOTHERAPY AND RADIATION. SOME PATIENTS ARE REFERRED BY HOSPITAL PHYSICIANS AND SOME COME BY WORD OF MOUTH FROM THE LOCAL COMMUNITY.

THE UNIVERSITY OF MICHIGAN HOSPITAL IN ANN ARBOR, MICHIGAN

MARY LEE RADKA IS A REIKI MASTER AND AN R.N. WHO HAS THE JOB CLASSIFICATION OF NURSE-HEALER BECAUSE OF HER REIKI SKILLS. SHE TEACHES REIKI CLASSES TO NURSES AND OTHER HOSPITAL STAFF AT THE UNIVERSITY OF MICHIGAN HOSPITAL IN ANN ARBOR. SHE ALSO USES REIKI WITH MOST OF HER PATIENTS. SHE HAS FOUND REIKI TO PRODUCE THE BEST RESULTS IN REDUCING PAIN AND STRESS, IMPROVING CIRCULATION AND ELIMINATING NERVE BLOCKS

IN HER BOOK REIKI AND MEDICINE SHE INCLUDES DESCRIPTIONS OF USING REIKI TO TREAT TRAUMA, HEART ATTACK, RESPIRATORY PROBLEMS, CPR,



CHILD ABUSE, ALLERGIC REACTIONS AND OTHER EMERGENCY-ROOM SITUATIONS. DR. EOS NOW MAINTAINS A FAMILY PRACTICE AT GRASS LAKE MEDICAL CENTER AND IS AN ADMITTING-ROOM PHYSICIAN AT FOOTE HOSPITAL IN JACKSON, MICHIGAN, WHERE SHE CONTINUES TO USE REIKI IN CONJUNCTION WITH STANDARD MEDICAL PROCEDURES.

THE CALIFORNIA PACIFIC MEDICAL CENTER'S REIKI PROGRAM

THE CALIFORNIA PACIFIC MEDICAL CENTER IS ONE OF THE LARGEST HOSPITALS IN NORTHERN CALIFORNIA. ITS HEALTH AND HEALING CLINIC, A BRANCH OF THE INSTITUTE FOR HEALTH AND HEALING, PROVIDES CARE FOR BOTH ACUTE AND CHRONIC ILLNESS USING A WIDE RANGE OF COMPLEMENTARY CARE INCLUDING REIKI, CHINESE MEDICINE, HYPNOSIS, BIOFEEDBACK, ACUPUNCTURE, HOMEOPATHY, HERBAL THERAPY, NUTRITIONAL THERAPY AND AROMATHERAPY.

DR. CANTWELL STATES: "I HAVE FOUND REIKI TO BE USEFUL IN THE TREATMENT OF ACUTE ILLNESSES SUCH AS MUSCULOSKELETAL INJURY/PAIN, HEADACHE, ACUTE INFECTIONS, AND ASTHMA. REIKI IS ALSO USEFUL FOR PATIENTS WITH CHRONIC ILLNESSES, ESPECIALLY THOSE ASSOCIATED WITH CHRONIC PAIN."

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