



**Cleveland Clinic**  
Wellness

CENTER FOR INTEGRATIVE MEDICINE

# Reiki

## What is Reiki?

Reiki is hands-on natural healing using the universal life force energy. The term comes from the Japanese words “rei,” meaning universal, and “ki,” which means vital life force energy that flows through all living things. Reiki, an abundant, gentle spiritual energy is not tied to any specific religion or nationality.

Reiki, which is used all over the world in places including hospitals and hospices, was developed by a Japanese man named Mikao Usui in the early 1900s. It aids in healing by helping people become energetically balanced physically, emotionally, mentally and spiritually.

## How does Reiki work?

The Reiki practitioner is the conduit between the patient and the source of the universal life force energy; the energy flows through the practitioner’s energy field and through her hands to the patient. (The energy does not come from the

practitioner; rather it comes through the practitioner from the universal source. There is no energy drain on the practitioner.)

Reiki treatments typically last about 50 minutes. During the treatment the patient lies on a massage table, fully clothed. The Reiki practitioner gently places her hands palms down on or just above the patient’s body in specific energy locations and uses a series of 12 to 15 different hand positions. The length of time that the practitioner leaves her hands in each position is determined by the flow of energy through her hands at each location. There is no pressure, massage or manipulation.

The patient experiences the energy as sensations such as heat, tingling or pulsing where the practitioner has placed her hands. Sometimes, the sensations are felt moving through the body; some people do not perceive any change at all. Most people feel very relaxed and peaceful, and many fall asleep during the treatment.

continued

### What are the benefits of receiving Reiki?

According to the National Center for Complementary and Alternative Medicine, people use Reiki for relaxation, stress reduction and symptom relief, in efforts to improve overall health and well-being. A Reiki treatment may do the following:

- bring about a peaceful, deep state of relaxation
- dissolve energy blockages and tension
- detoxify the body
- support the well-being of a person receiving traditional medical treatments that are debilitating (e.g., chemotherapy, radiation, surgery, kidney dialysis)
- supply universal life force energy to the body
- stimulate the body's immune system
- help to relieve pain
- stimulate tissue and bone healing after injury or surgery
- increase the vibrational frequency on physical, mental, emotional and spiritual levels

### Can Reiki replace traditional medical or therapeutic treatments?

No, Reiki complements all other types of medical and therapeutic treatments. Reiki treatment should not be used as a substitute for consultation of a physician, a practitioner of natural therapeutics or a psychotherapist. Reiki can increase the efficacy of other types of healing.

### What conditions can be treated by Reiki?

Reiki is not specific to any particular type of disease or condition. Because it works on the entire self – mind, body and emotions – and because it is universal life force energy, it may be successful in all types of physical, emotional, mental and spiritual healing. Pets and other animals respond positively to Reiki healing as well.



Reiki practitioners in our Center for Integrative Medicine help patients to prepare for surgery, which may help boost recovery afterward. Our Reiki practitioners see patients for the following conditions, among others:

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|-------------------------|-------------------------|
| Cancer                  | Chronic pain            |
| Infertility             | Digestive problems      |
| Parkinson's disease     | Stress-related diseases |
| Psychological illnesses |                         |

### Will I benefit from Reiki if I am in good health already?

Yes. If you are in good health already, regularly applied Reiki treatments (about once a month) enhance your ability to respond to unhealthy elements in your environment and help you to handle stress. By promoting the harmonious distribution of energy, Reiki is an excellent form of preventive medicine.

Contact the Center for Integrative Medicine for Reiki appointments

To schedule an appointment for Reiki or other forms of integrative medicine, call [216.986.HEAL \(4325\)](tel:216.986.HEAL). For more information on Center for Integrative Medicine services, please visit [clevelandclinic.org/integrativemedicine](http://clevelandclinic.org/integrativemedicine).