



Chicago based Reiki Share Project Reiki Master Teachers. From left to right: Ellani Maurides, Heather McCutcheon, Jane Van De Velde, Mary Lynn Carver, Judy McCracken, Anne Quigley.

Kathie also discussed several events in which Reiki played an important role: she taught Reiki to more than 60 staff personnel at the VA Hospital in Northport, New York, as part of the Innovations in Care Grant. The intention was to teach staff to incorporate Reiki into their work with veterans and to take care of themselves.

She also described how the Long Island, New York Reiki community responded after Hurricane Sandy by providing Reiki to any of those affected as well as to the Federal Emergency Management Agency (FEMA) workers who came to help.

Kathie also shared highlights of a conversation she had with Connecticut Reiki Master Jen Yaggi Platt after the Sandy Hook school shooting. Jen shared how important teaching Reiki was for some of parents afterwards: they felt empowered when they were able to send distant Reiki to their children while at school. Jen explained how one of the mothers called Reiki a “Mommy Band-Aid,” which the children easily understood and loved.

Unfortunately these episodes of trauma and violence have been increasing in number and in occurrence making it is so important that Reiki practitioners know more about PTSD and how they can help.

Kathie included guidelines on how to work with people with PTSD, how Reiki can help, and what to do if a person has a flashback during a session. Much of this information can be found in Kathie’s article entitled “Reiki and Post Traumatic Stress Disorder,”⁵ which can be downloaded and shared.

Reiki Rays of Hope Research Study

Judy McCracken, M.Ed. and Dr. Georgiana Cheng, MD,⁶ a Research Associate with the Department of Pathobiology and Senior Instructor with the Department of Medicine, Cleveland Clinic, offered an in-depth presentation on the results of their 2013 Reiki research study. Reiki Rays of

Hope partnered with a large Cleveland-area hospital to conduct a three-month project that explored the effects of Reiki on the pain and anxiety levels of 222 pre- and post- surgical patients. Using a visual analogue scale of 0–10, these patients were asked to rate their pain and anxiety before and after their 15 minute Reiki sessions offered by Reiki Masters. In compiling and analyzing the data, Dr. Cheng reported that the results were statistically significant in positive factors for both pain and anxiety. Dr. Cheng emphasized that she had been able to prove the results were due to Reiki, not chance.

Self-care

Valerie Early, Registered and Licensed Dietitian, RD, LDN, RPT, RMT, spoke about the importance of food as fuel, especially for Reiki practitioners. She explained how processed food changes brain chemistry, and emphasized that raw, whole foods as well as plant foods are better as fuel sources. She stressed the importance of maintaining hormonal balance.

Other important points included:

- Cholesterol does not cause heart attacks; inflammation does
- Think of stress management as M&Ms—“manage your moments”
- Along with good nutrition, strength training is very important

Additional information on the subject of nutrition is available at Valerie’s website.⁷

Mary Lynne Prinic, M.Ed, CRC, discussed the importance of mindfulness and daily self-care. She led the group in a “Meditation for the Tender Heart,” reminding us how important it is to take time out for ourselves every day. It was a beautiful meditation that truly nurtured our spirit and replenished our soul.

Reiki in Clinical Settings

Diane Korman, RN, MSN, CHPN, the Director of Palliative Care and Hospice at Montefiore Nursing Home in Beachwood, Ohio, discussed the differences between hospice and palliative care. She explained that hospice care provides comprehensive end of life care while palliative care programs focus primarily on assisting with symptom control and decision making related to goals of care.⁸ Panelists Lesley Spinelli and Rhoda Thomasson, Reiki Master teachers, shared their experiences working with hospice patients at the Montefiore Nursing Home.

In 2011 Reiki Rays of Hope received an exclusive, three-year contract with a large medical center in Cleveland, Ohio to offer Reiki services and classes to employees and patients. This medical center had received a large, one-time grant to provide integrative health care services within the system. Panel members Sherry Safier, Tammie Scheider and Dolly Haden, all Reiki Masters with Reiki Rays of Hope, shared their experiences and important information.

They discussed how Reiki practitioners are required to have professional liability insurance and to go through the volunteer orientation and training program for both the hospital and nursing home. This training covers a variety of issues such as fire safety, infection control and hand hygiene, and the protection and confidential handling of protected health information under HIPAA (Health Insurance

⁵ Kathie Lipinski, “Reiki and Post-Traumatic Stress Disorder: Healing the Soul,” www.reiki-healingfromtheheartny.com/images/ReikiAndPTSD.pdf and in *The Reiki News Magazine*, Winter 2012 (Southfield, MI: Vision Publications) 61–67. Please feel free to download and share the pdf version.

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