



TO YOUR HEALTH



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What is Reiki?

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Reiki, pronounced “ray-key”, is a modality for promoting relaxation, stress reduction and energetic balance. It is founded on the concept that when we are in a state of good health, our life energy is flowing freely and in balance. When our life energy becomes blocked or out of its natural state of balance, it can lead to physical or emotional distress. Reiki is a subtle art that treats the whole person; body, mind and spirit. It works safely in conjunction with other medical or therapeutic techniques.

In the Japanese language, the word “Reiki” can be broken down into two words; Rei and ki. Rei means “Universal Life” or “Universal Spirit” and ki means “Energy”, similar to the word Chi in Chinese referring to the life force.

In a typical Reiki session, the client will remain clothed and lie down on their back on a massage table or sit in a chair. The Reiki practitioner will either place their hands lightly on the person's body or hold their hands slightly above the body. People often report feeling a warm radiance and an inner sense of well-being during and after a session. Reiki is a subtle way to facilitate bringing the person's physical, mental, spiritual and emotional state back to its inherent state of good health and balance.

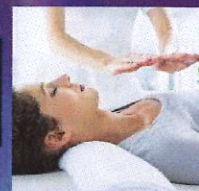
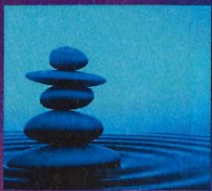
This technique was developed in Japan by Dr. Mikao Usui who was born in 1865 to a wealthy Buddhist family. His interest in martial arts, medicine, psychology and theology prompted him to develop a technique of laying on of hands to promote healing. Throughout his life he had many professions and became a Buddhist monk in his later years. During his time in a monastery he fasted, meditated and prayed in a cave for 21 days. Afterwards he experienced a

remarkable event; he saw Sanskrit symbols that helped him develop Reiki, the system of healing he had been struggling to invent for many years. It was his dream that this method of healing would be accessible to people of all religious beliefs and not limited to any particular religion.

Dr. Usui founded the first clinic for Reiki in Tokyo in 1922. Before he died, he trained several people to be Reiki masters so his technique would live on. This teaching became known as an attunement. One of the masters he trained, Dr. Chujiro Hayashi, further developed the technique, adding various hand positions to cover the body more thoroughly. He revised the system of attunement for practitioners and trained several more people in the modality. One of them, Mrs. Takata, brought the technique home with her to the United States where it continues to spread.

The training of Reiki practitioners is done in a different technique than other modalities. It is done by the student receiving an attunement from a Reiki Master. An attunement is a powerful initiation. It is described in an article entitled, The 3 Levels of Reiki: What Are They & What Do They Mean? by Sharna Langlais. *“This ceremony...is performed by the Reiki Master and opens and expands the main energy channels of the student's body, allowing universal energy, also known as Qi/Chi/Ki, to flow more freely and deeply.”* There are typically 3 or 4 levels (or degrees) that can be attained.

The concept of laying on of hands had its origins centuries before Dr. Usui's development of Reiki. Hippocrates, the father of modern medicine, said in the 5th century BC, *“it is believed by experienced doctors that the heat which oozes out of the hand, on being applied to the sick, is highly salutary”* (or beneficial).



At Carleton-Willard, Reiki is one of several Complementary Therapies offered as part of our *Living Fully, Dying Well* palliative care program. Janice Evelyn, our Accounts Receivable/Billing Coordinator in the Finance Office, is a certified Reiki Master/Teacher in her life outside of the village. She volunteers her time to bring Reiki to Residents at the end of life. After Reiki sessions, Residents and their families who are present during her sessions report feeling a great sense of peace that lasts for hours after their treatment.

Reiki has many practical applications and is being used in homes, hospitals, cancer treatment facilities, hospices and nursing homes to free up blocked energy and enhance the sense of peace.

SATURDAY CLINIC

New faces at the Saturday Clinic. Love Dalis and Veronica Gadbois will each be working as the Clinic Receptionists two Saturdays per month. Veronica Gadbois is well known to the Residents of CWV but new to the Clinic. Love Dalis is a new face at CWV, she has experience as a program manager at a gymnastics facility, excellent computer skills and youthful energy. We are pleased to welcome Veronica and Love to the Clinic staff.

NEW NURSE PRACTITIONER

Emily Robinson, NP has joined our nurse practitioner staff and will be working in the Nursing Center three days per week as well as filling in for some of Susan Cusson's vacation time. Emily received her Master of Science Degree in Nursing at Simmons College as a Family Nurse Practitioner, *Summa Cum Laude*. She has experience at Hale House, CVS Minute Clinic and Whittier Street Health Center. We are pleased to welcome her to Carleton-Willard Village.

The Summer Day

By Mary Oliver

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean—
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down—
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

