Dehree Team Message!

Anyone interested in learning Reiki and especially those who are connected to medical profession are encouraged to do so. The hospital setting where there are so many people in real need is a wonderful place to offer Reiki. The experiences and recommendations in the articles below should provide a good motivation to all who are keen on learning Reiki and bring it into one’s lifestyle. It is the endeavour of Dehree Reiki healing association to take Reiki to each house hold and different organisations and companies so as to develop critical mass in the society which works for the benefit of all human beings around.

Articles

1. Reiki in US Hospitals

Reiki is beginning to gain acceptance as a meaningful and cost-effective way to improve patient care at hospitals and clinics all over America. Medical professionals confirm the fact that Reiki sessions cause patients to heal faster
with less pain. Reiki accelerates recovery from surgery improves mental outlook and reduces the pessimistic effects of medication and other medical procedures.

Vega, a private-duty nurse at the Manhattan Eye, Ear and Throat Hospital in New York, includes Reiki with her regular nursing procedures. Because the patients like Reiki, she has attracted a lot of attention from other patients through word of mouth, as well as from members of the hospital staff. Patients have asked her to do Reiki on them in the operating and recovery rooms. She has also been asked to do Reiki sessions on cancer patients at Memorial Sloane Kettering Hospital, including patients with bone marrow transplants. Appreciating the value of Reiki in patient care, 6 doctors and 25 nurses have taken Reiki training with her.

### 2. America's awareness in Reiki Health Care

The general public is increasingly interested to complementary health care, including Reiki. A study conducted by Dr. David M. Eisenberg of Boston's Beth Israel Hospital found that one in every three Americans has used such care, spending over 14 billion dollars on alternative health care in 1990 alone!

A survey conducted in 2007 indicates that in the previous year 1.2 million adults and 161,000 children in the U.S. received one or more energy healing sessions such as Reiki.

Reiki is also gaining wider recognition in the medical establishment. Hospitals are incorporating it into their rota of patient services. Hospitals have Reiki-trained physicians, nurses and support staff. Reiki was in use in hospital operating rooms as early as the mid-90's. Since then its acceptance in medicine has grown. It is now listed in a nursing "scope and standards of practice"
publication as an accepted form of care, and now 25% of U.S. hospitals offered Reiki as a regular part of patient services.

3. **Scientific Validation of Reiki**

   A study at Hartford Hospital in Hartford, Connecticut indicates that Reiki improved patient sleep by 86 percent, reduced pain by 78 percent, reduced sickness by 80 percent, and reduced nervousness during pregnancy by 94 percent.

   In 2009, The Centre for Reiki Research in US completed the Touchstone Project, which summarized Reiki studies published in various journals. The 25 studies examined were further evaluated to conclude the efficiency of Reiki. The conclusion states: "Overall, based on the summaries of those studies that were rated according to scientific rigor as "Very Good" or "Excellent" by at least one reviewer and were not rated as weak by any reviewer, 83 percent show moderate to strong evidence in support of Reiki as a therapeutic modality."

4. **Why Hospitals incorporated Reiki**

   Hospitals are experiencing a need to reduce costs and at the same time improve patient care. Expensive medication and technology posed an unsolvable dilemma. But Reiki requires no technology at all and many of its practitioners offer their services for nominal free. Reiki is therefore a very good way to improve care while minimizing costs.

   Julie Motz, a Reiki trained healer has worked with Dr. Mehmet Oz, a noted cardiothoracic surgeon at Columbia Presbyterian Medical Centre 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.

An article in the Marin Independent Journal follows Motz's work at the Marin General Hospital in Marin County, California, just north of San Francisco. There Motz has used subtle energy healing techniques with patients in the operating room. She makes a point of communicating caring feelings and positive thoughts to the patients, and has been given grants to work with mastectomy patients in particular.

Dr. David Guillion, an oncologist at Marin General, has stated "I feel we need to do whatever is in our power to help the patient. We provide state of the art medicine in our office, but healing is a multidimensional process. . . . I endorse the idea that there is a potential healing that can take place utilizing energy."

5. Reiki at Portsmouth Regional Hospital

Patricia a Reiki Master is also working as the Assistant Director of Surgical Services at Portsmouth Regional Hospital in Portsmouth, New Hampshire. She has made Reiki services available to patients within the Surgical Services Department. This is one of the largest departments in the hospital and includes the operating room, Central Supply, the Post Anaesthesia Care Unit, the Ambulatory Care Unit and the Fourth Floor where patients are admitted after surgery.
During telephone interviews with pre-op patients, Reiki is offered along with many other services. 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.

The Reiki sessions are given by 20 members of the hospital staff whom Patricia has trained in Reiki. These include RN's, physical therapists, technicians and medical records and support staff. Reiki services began in April 1997, and till 2008 have given 8000 Reiki sessions.

"It has been an extremely rewarding experience," Patrici says, "to see Reiki embraced by such a diverse group of people and spread so far and wide by word of mouth, in a positive light. Patients many times request a Reiki [session] based on the positive experience of one of their friends. It has also been very revealing to see how open-minded the older patient population is to try Reiki. In the hospital setting Reiki is presented as a technique which reduces stress and promotes relaxation, thereby enhancing the body's natural ability to heal itself."

6. The California Pacific Medical Centre’s Reiki Program

The California Pacific Medical Centre is one of the largest hospitals in northern California. It is 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. The clinic has six treatment rooms and is currently staffed by two physicians, Dr. Mike Cantwell and Dr. Amy Saltzman. Cantwell, a paediatrician specializing in infectious diseases, is also a Reiki Master with training in nutritional therapy. Saltzman specializes in internal medicine and also has training in mindfulness meditation, acupuncture and nutritional
therapy. Other professionals are waiting to join the staff, including several physicians.

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."

7. More MD's and Nurses Practicing Reiki

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.

Reiki master Nancy Eos, M.D., was a member of the teaching staff of the University of Michigan Medical School. As an emergency-room physician, she treated patients with Reiki along with standard medical procedures. "I can't imagine practicing medicine without Reiki," Eos says. "With Reiki all I have to do is touch a person. Things happen that don't usually happen. Pain lessens in intensity. Rashes fade. Wheezing gives way to breathing clearly. Angry people begin to joke with me."

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 Centre and is an admitting-room physician at Foote Hospital in Jackson, Michigan, where she continues to use Reiki in conjunction
with standard medical procedures. According to Dr. Eos, there are at least 5 other physicians at Foote hospital who have Reiki training along with many nurses.

Libby Barnett and Maggie Chambers are Reiki masters who have treated patients and given Reiki training to staff members in over a dozen New England hospitals. They teach Reiki as complementary care and the hospital staffs they have trained add Reiki to the regular medical procedures they administer to their patients. Bettina Peyton, M.D., one of the physicians Libby and Maggie have trained states: "Reiki’s utter simplicity, coupled with its potentially powerful effects, compels us to acknowledge the concept of a universal healing energy."

**The Reiki Principles**

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The Reiki Principles of Mikao Usui

I give thanks for my many blessings
Just for today I will not anger
Just for today I will not worry
I will do my work honestly
I will be kind to people and every living thing
Reiki Stories

1. Heart Healed

I sort of bumped into Reiki. In 2000 I wasn't feeling well, and after a lot of tests I was told that I had had a silent heart attack. I have diabetes. I was told that I needed a heart catheterization, so one was scheduled. I live in a rural area and travelling to Syracuse, New York, was necessary. There was also a two-week wait. During this time I went with my partner to a college graduation party. There I met a woman who asked me if I was feeling OK. We discussed a few things, and then she asked me to come to her house during the week. Our schedules were pretty full and the only night I could go was the night before I travelled four hours to Syracuse for the test. I went, not knowing what I was invited for. She asked me if I had ever heard of Reiki, and I had not. She asked if she could do a treatment—what did I have to lose. The treatment was wonderful and lasted about an hour. I became very calm, then very emotional—such a release. When she was done she let me talk about anything I needed to talk about. I felt so loved, protected, and different. I had the procedure the next day. I was scared; I won't deny that. During the treatment I began to cry; fear was taking over. The doctor told me to look at the monitors.

There must have been ten of them against the wall. He then told me what he saw, and didn't really understand. He said there was a very healthy heart on the screens, very healthy. There was no evidence of a heart attack, just a small valve problem. After the procedure he came to my room to talk with me. He said that he was sure I had had a heart attack—the echo, ultrasound,
etc., had all indicated that I had, but there was no evidence of a heart attack. He didn't understand it, he said. I said I did. After I got home the next day I called my friend, my Reiki teacher, and told her the story. At that point my desire to know and use Reiki began. She was a Reiki Master, and from her I too have learned. Do I believe the Reiki made the difference? Yes, with all my heart and spirit. I tell this story when I teach Reiki, and always become emotional, as I am now.

—Kay

2. Doctor Uses Reiki
I’m a 30-year-old medical doctor from Romania, and I have two healing stories I would like to share with you. The first one is about a young woman (22 years old) who just ran away from the hospital because she was very afraid of the surgical intervention the doctors wanted to perform on her, in order to remove the 7-cm cyst (confirmed on an ultrasonography) on her right ovary. She contacted me on the telephone (she heard about me from a friend); fortunately for her, I was available, and I went to her that very evening. She was lying in her bed, with her boyfriend and the family gathered around her, and she was having a very intense pain in her right lower abdomen... she was haemorrhaging and was feeling really ill... At that time I had a pretty good perception of the aura, and I saw a hole in her right lower abdomen, about at the location of her right ovary, through which her energy was leaking. The rupture was caused by an energetic aggression of some kind in her aura. That’s where she was having the pain, she told me. So I started the first healing session using distant Reiki,
and 5 minutes, the area where she had the pain was literally "numb" (she described it exactly like that) - she did not feel the pain anymore - and she got off her bed and asked for something to eat. In the following days I performed another 2 (shorter) healing sessions (she was already feeling much better), and after that her doctor saw on the ultrasonography that the 7-cm cyst was completely gone! The second one was a case closer to me - someone in my family was having intense abdominal pains and severe diarrhoea that day (probably an alimentary intoxication from spoiled aliments). She took some medication, but to no avail... and finally, at 10 o’clock in the evening, she called me and asked me to help her. So I asked her to sit down in an armchair, and instructed her how to relax and breathe calmly, with her eyes closed. I began passing her symbols (mainly, power symbols and calming ones) - and after 30 minutes her abdominal pain was gone, and she went to bed and slept soundly that night. The next day all the trouble was gone. As a doctor, and as a holistic medicine practitioner, I believe Reiki can be one of the many powerful healing systems - too good to be described even in many, many words - and I am opened to dialogues and sharing experiences with others.

—Adrian Petre, M.D.

The 7 Chakras (Energy centres with in human body)
Request a Personal Reiki Healing

Dehree Reiki Healing Association

If you or someone you know would like to receive a distant Reiki treatment, please fill out the enquiry form given in the website. The Dehree team sends distant Reiki to those in need every workday. We will be happy to add you to our list as soon as we receive your enquiry.
At the end of two weeks, we will take your name from the list, so if you or the person you have requested healing for still need healing after this time, you will need to resubmit your request.

Also, we would be happy to learn about the results of your healing experience, so please use this same form to let us know of any improvements or other experiences you have.
Thanks for allowing us to serve you.

Dehree Team

www.dehreereikihealing.com