

REIKI

Reiki (ray-key) meaning 'universal life energy' in Japanese is a system of natural healing.

The relaxing nature of Reiki can be helpful, especially at difficult times. We can all feel overwhelmed or disconnected. Sometimes we can have a sense of isolation, both emotionally and spiritually. Reiki treatments can bring feelings of peace, centeredness and an ability to cope better with the challenges of life.

Reiki can be beneficial in short term circumstances or it can support people dealing with long-standing conditions. It helps to bring comfort, acceptance and a more positive outlook to those with an illness and their loved ones.

Reiki can be used alongside medical or other complementary treatments.

It is offered free of charge to North London Hospice patients, their relatives and carers.

What happens in a Reiki session?

You will remain fully clothed and can either lie down or be sitting, whichever is more comfortable. The therapist gently places their hands in a series of non-intrusive positions on or near the body. There is no massage or manipulation. The whole person is treated rather than specific areas. Sessions last between 45 minutes and an hour, depending on your needs.

Reiki practitioners are not trained to make any diagnosis and will not predict any specific outcome from the treatment.

There is no evidence that Reiki is harmful.

NORTH·LONDON
HOSPICE

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