



## Distance Reiki

The Complementary Therapy team at the Lynda Jackson Macmillan Centre offers a range of telephone services to aid relaxation and alleviate stress. One of these is distance Reiki.

### What is Reiki ?

Reiki is believed to have originated in Tibet in the 1<sup>st</sup> century and was rediscovered in the 19<sup>th</sup> century by Dr Mikao Usui, who took the methods back to his homeland Japan. Later Reiki was brought to the west by one of Dr Usui's patients and it is now known throughout the world.

Reiki is a very gentle and deeply soothing complementary therapy which traditionally uses the warmth and comfort of touch, either directly on or off the body, to promote a feeling of wellbeing and support.

Because Reiki can work at a distance away from the body it lends itself well to being used remotely.

Please note that Reiki should never be used as an alternative to orthodox medical treatment.

### What happens at a distance Reiki session?

The therapist will call you by telephone.

- Make sure you are sitting or lying down somewhere quiet and comfortable
- Have a glass of water or drink nearby
- You may like to have a warm layer/blanket available
- You may wish to play soothing music during the session so prepare this in advance; alternatively the therapist can play music over the telephone

The therapist will take you through some simple relaxation techniques to help you to relax.

Once you are relaxed, she will start the distance Reiki treatment while you continue to stay sitting or lying down quietly and relaxed. The telephone line will remain open throughout the treatment.

The treatment will last approximately 30 minutes, after which the therapist will discuss your experience with you and see how you felt.

### What do people say about receiving Reiki?

Everyone has their own experience of receiving Reiki. Many become aware of feelings of deep relaxation and calmness, whereas others talk about being in touch with a deep sense of peace. Some people have told us that they felt it eased pain levels and helped reduce feelings of anxiety. You might feel sensations of heat or tingling during a treatment, or you may just benefit from a quiet focused time of relaxation.

'I feel it gave me peace and strength.'

'It was incredible. I haven't felt that relaxed in years.'

'I saw lots of colours I've never seen before – it was beautiful.'

'I felt heat and tingles and more energised.'

People receiving distance Reiki in another local hospital have said,

'During one of my earlier sessions, I reported a pain in my hip joint; I've had no further pain since. I also feel less anxious about returning to work.'

(Prostate cancer patient, 2020)

'It was a nice comforting routine that helped me with my anxiety levels during having chemo at such a time as a pandemic.'

(Breast cancer patient, 2020)

If you would like to find out more about the distance Reiki service or book a session, please call the telephone Helpline at the Lynda Jackson Macmillan Centre

**020 3826 2555**

