



Reiki supports cancer patients

Reiki is an energy therapy that promotes healing by putting the body into a deep state of relaxation. In this relaxed state, the body can allow the cells to return to their natural state of balance and well-being.

Reiki has a positive effect on all forms of illness from minor things like colds and stomach aches to systemic diseases such as heart disease and cancer. Reiki can be particularly effective in helping people cope with the many challenges undergoing cancer treatment brings on a physical, mental and emotional level.

On a physical level, it can help alleviate the side effects of conventional treatments such as radiation and chemotherapy. For example, one of the most common side effects by many cancer patients is fatigue. After a Reiki session, the patient is energized and able to do things that he or she didn't believe were possible - perhaps going to a child's school play or to the grocery store. It gives patients energy when they need it, allows them to relax when they most need it, and lets them sleep better than they would without it. On a mental and emotional level, this same relaxation response can help calm the anxiety, worry and fear that go along with the disease.

So far, evidence of the benefits of Reiki for cancer patients has been largely anecdotal. However, several ongoing studies are attempting to find scientific explanations as to how Reiki works at the National Center for Alternative and Complementary Medicine and at the Cleveland Clinic. Even without scientific evidence, most major cancer centers in USA, including Sloan Kettering in New York and M.D. Anderson in Houston, now offer Reiki to their patients.

However, the real proof that Reiki works is found in the experiences of those who have had Reiki sessions while going through cancer treatment. Says Ronnie, a breast cancer survivor, "I had to undergo radiation therapy. I was told to expect it to be stressful and that I would probably be more tired than usual. To the rescue came Ingrid of Healing Hands. She gave me Reiki treatments once a week during the six weeks I was going through the daily radiation treatments. I can honestly say that I breezed through the whole radiation process and I attribute that to the Reiki I received from Ingrid. I was not stressed or tired at all. On the contrary, the Reiki made me relaxed and calm and even energized. It was wonderful and I am so grateful to her!"

Cancer Society of New Zealand Taranaki Centre Inc. offers to those registered with our Centre three initial Reiki sessions with Dale Spurdle Reiki Master from Natural Healing. **All sessions are free to our patients and are held on Wednesdays by appointment only.**

To make an appointment please phone **757 3006**. As these days are normally booked up well in advance **24 hours notice** is imperative if **canceling** your session please so that we can slot someone else in.