

## Reiki

Managing the stress and anxiety around cancer and treatment side effects presents many psychological and emotional challenges. Patients may want to consider Reiki (pronounced “ray-kee”), a Japanese stress reduction and relaxation technique. The name means “universal life energy.”

### **What is Reiki?**

Reiki is a complementary, holistic healing method intended to promote balance of energy in the body. At Rutgers Cancer Institute of New Jersey, Reiki therapy is delivered as a hands-on relaxation technique to help promote the body’s natural immune response. Reiki is not an alternative to medicine but is practiced along with traditional medical care.

### **What happens during a Reiki session?**

During a Reiki session, you will be seated in a chair or will lay fully clothed on a massage table or hospital bed, covered in a blanket if you desire, listening to soothing music. Initially, the practitioner will explain the process, and take your consent for light physical contact to provide Reiki. Practitioners use light touch on – or holding hands just above – a person’s body to help promote balance and well-being. There is no pressure or tissue manipulation. Reiki is thought to “unblock” areas so that energy can better move throughout the body. Sessions generally last anywhere from 10 to 30 minutes and are provided free of charge.

### **What does Reiki feel like?**

Reiki tends to feel warm and profoundly relaxing. You may feel the heat from the hands of the Reiki practitioner. Some people describe a floating sensation and some see colors or shapes during the session. Some people fall asleep. Some experience emotional release. There is no expected experience – Reiki is unique for each individual who receives it.

### **What are the benefits of Reiki?**

There are no guaranteed benefits, but many people experience a reduction in stress, increased relaxation, enhanced sense of balance, centeredness and calm. Just like with meditation, the effects of Reiki may increase over time. Some people describe an improvement in overall well-being from regular sessions.



**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**