



Reiki Healing

What is Reiki?

Reiki is a form of energy healing and relaxation that originated in Japan. It involves a practitioner using their hands to channel energy into the recipient's body to promote physical, emotional, and spiritual healing.

How Does Reiki Work?

Reiki practitioners believe that energy flows through the body and can become blocked, leading to illness or stress. By placing their hands lightly on or just above the body, practitioners aim to improve the flow and balance of energy, supporting the natural healing processes already working within the individual. This can be done in addition to conventional medical treatments.

Benefits of Reiki:

- **Reduces Stress and Anxiety:** Reiki promotes relaxation, helping to reduce stress and anxiety levels.
- **Enhances Well-Being:** It supports overall well-being by bringing balance to the mind and body.
- **Supports Healing:** Reiki can complement medical treatments and help facilitate the body's natural healing process.
- **Promotes Emotional Health:** It can help release emotional blockages and promote a sense of peace and well-being.

What to Expect in a Reiki Session:

- **Duration:** Sessions typically last 45 minutes.
- **Environment:** A calm and quiet setting is used to enhance relaxation.
- **Experience:** You may feel warmth, tingling, or deep relaxation during the session.

Is Reiki Safe?

Reiki is considered safe and has no known harmful effects. It is a complementary practice that can be used alongside conventional medical treatments.

Our Reiki Practitioners

We have volunteers who are certified Reiki practitioners ready to care for you.

For more information or to schedule a session, please contact us at (505) 913-3820.

CHRISTUS St. Vincent Supportive Care Medicine

490 B. West Zia Road, Suite 4

Santa Fe, NM 87505

(505) 913-3820 | Fax (505) 913-3829 | www.stvin.org

