

Reiki Healing

A gentle, non-invasive energy healing practice

Reiki promotes deep relaxation, relieves stress, and supports your body's natural ability to heal and restore balance.



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 Reiki on the back of 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 a positive impact on the body and increasing the quality of life.
- 🌿 **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.

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.



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.

Our Reiki Practitioners

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



Experience the healing power of touch and energy. Call today to schedule your Reiki session.



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