

# REIKI AT HOSPICE SLO COUNTY



**Reiki** is a form of energy work that our clients have experienced here at Hospice SLO County since 2005. Many clients have reported Reiki to be effective in soothing and easing the process of grieving.

During the hands-on Reiki (gentle placement of the practitioner's hands on the body) clients often report experiencing the treatment as a relaxing and powerful yet unobtrusive flow of healing energy.

For distant Reiki we generally set a day and time with the client in advance and have them prepare for the session by finding a quiet place and time during which they can relax and receive while the practitioner focuses on the client and sends Reiki. Sometimes we use a photograph provided by the client to "look into the eyes" and make a connection prior to beginning the session.

Whether hands-on or distant, the recipient is always in control of how much unconditional love they receive. Our distant Reiki clients report that they relax deeply, notice their breath slowing down and experience a quiet mind and a sense of deep peace.

**Some of the benefits of Reiki include:**

- Increased vitality
- Increased healing and reduced pain
- Reduced stress
- A natural deep sleep

Call 805-544-2266 and ask about receiving Reiki from one of our certified Reiki practitioners. Whether you are a current client receiving counseling, participate in one of our support groups, have an in-home volunteer, or just heard about our Reiki program, give us a call!