

Thrane and Cohen (2104) identify that there are many different types of complementary and alternative medicines (CAMs) which are growing very popular and are utilized for health and wellness. Complementary therapies are used alongside medical treatments to help a person feel and cope better with their illness and treatment. Alternative therapies are often used instead of medical treatments. This essay will examine the energy therapy known as reiki. McManus (2017) recognises that reiki is a complementary therapy that can be used alongside medical treatment. It is a gentle technique therapy that can be used on everyone including fragile persons and is widely used in hospitals and hospices worldwide. The UK Reiki Federation (2020) recognises that currently in the United Kingdom reiki is self-regulated and not compulsory, it is the practitioner who is regulated not the reiki itself.

Arvonio (2014) suggests that the healing method reiki has been used for over a hundred years and was founded by a Buddhist monk from Japan named Mikao Usui. Usui opened his first reiki clinic in Tokyo in 1922. Miles (2008) recognises that reiki is referred to as an energy healing and involves the manipulation of life's energy to promote healing. According to Rand (2005), a common way to describe reiki is that it is a spiritually guided life force energy. This energy is called universal life energy which everybody possesses but most of us feel it unconsciously, this energy constantly flows through the body moving through seven central energy centres known as chakras. The word reiki comes from both Japanese and Chinese words, the word rei meaning universal and ki meaning life energy. The National Center for Complementary and Alternative Medicine (2108) places reiki in the category of biofield energy.

Witte and Dundes (2004) recognise that the method of receiving reiki is normally in a peaceful setting where the person will lie down on a couch fully clothed with the option of soft music in the background to aid the relaxation. Jewellery must be removed as it connects with the energy and stores it, this can lead to a block to the healing. Energy healing supports the energetic system by cleansing any blockages that can affect the flow of universal energy. The practitioner will consult with the client if they would like touch or non- touch therapy in the session. The practitioner will attune to the universal energy and then place their hands on or over the seven central chakras, the client may feel heat or body vibrations during this process. Powers (2016) identifies that the first chakra is the crown chakra which is violet and is located at the top of the head, imbalance of this can cause mental imbalance and when balanced can result in self-realization. root chakra which is red and is located at the base of the spine, imbalance can lead to insecurity, fearful of survival and

be resistance to the physical world. Balance of this chakra will promote feeling grounded, motivated and in a comfortable place. The second chakra is the third eye chakra which is indigo and is located just above the brow, imbalance of this can lead to sleep issues, poor vision, headaches, mental and hormonal issues, when balanced it can balance hormones, promote a strong memory and creativity. sacral chakra which is orange, this is located between the genitals and naval, imbalances around sexuality, be possessive and jealous, have a low immune system and suffer from low self-esteem, if its balanced it can result in high self-esteem, express healthy expressions of creativity and sexuality, along with joy and pleasure. The third chakra is the throat chakra which is blue and is located in the middle of the neck, imbalance of this chakra can have an impact on the thyroid, metabolic and hormonal issues, when this is balanced it can lead to a person being a strong communicator, express personal truth and maintain a healthy body weight. The fourth chakra is the heart chakra which is green and is located in the centre of the chest, if this is not balanced a person can have a problem accepting love, encounter relationship problems, hold grudges, can effect immune balance and can cause issues with the heart and lungs. If balanced a person can have the ability to love and maintain healthy relationships, have a sense of peace and harmony and a healthy immune system. The fifth chakra is the solar plexus chakra which is yellow and is located a couple of inches above the naval, imbalances can make a person unsure of their place or role in life, feel rejected, have issues with ulcers and issues associated with the organs. When this chakra is balanced it can make a person feel confident and powerful and result in a healthy digestion system. The sixth chakra is the sacral chakra which is orange, this is located between the genitals and naval, imbalances around sexuality, be possessive and jealous, have a low immune system and suffer from low self-esteem, if its balanced it can result in high self-esteem, express healthy expressions of creativity and sexuality, along with joy and pleasure. The seventh chakra is the root chakra which is red and is located at the base of the spine, imbalance can lead to insecurity, fearful of survival and be resistance to the physical world. Balance of this chakra will promote feeling grounded, motivated and in a comfortable place. By placing their hands over the chakras, the transfer of energy occurs, the practitioner's hands may become warm and tingly. The hand position is held until the practitioner can feel that the sense of energy has stopped flowing and will move onto the next chakra slowly and smoothly with fingers held together to keep the channel strong between the client and universal life force. The body will decide where the energy will be used, what is healed and in what order. During a physical injury or emotional pain, the energy centres become blocked and the energy cannot flow freely through the chakras which can lead to illness. Reiki works by getting the energy moving again and create harmony throughout our bodies. By improving the energy flow around the body, it can help to reduce pain, symptoms of illness and speed up the healing process. Reiki sessions normally

last around 15 to 90 minutes depending on what the client wants to achieve. Non- verbal communication from the client such as deep breaths, body movements indicate to the practitioner that these are good indications that something positive is taking place. During relaxation the client will pass through physical, emotional and mental experiences. To complete the session the practitioner will sweep the client's aura from head to foot and give the client a cold glass of water to aid grounding and bring the client back to the here and now. Kissinger and Kaczmarek (2006) suggests that reiki can be used on animals, babies and safe for the use amongst pregnant women.

Wardell (2001) identifies that reiki is used to reduce anxiety, Olson and Hanson (1997) and Shiflett et al (2002) identify that it is effective in pain management, post-traumatic stress disorder. Hagemaster (2000) suggests it is effective in treating drug addictions. Birocco et al (2012) suggests that reiki is popular to help people with autism, infertility problems, heart disease and Crohn's amongst many others. According to Long et al (2001), a survey of complementary medicine professional organisations indicated that reiki was recommended to reduce stress, anxiety and headaches to patients. Thrane and Cohen (2014) suggest that reiki is popular among cancer patients as it focuses on the person rather than the illness and has a relaxing and soothing effect on patients that are overwhelmed during difficult times. It can also help to control and cope with the side effects, anxiety and sickness and works alongside their cancer treatments.

Pocotte and Salvador (2008) identify that reiki has gained popularity and is offered in many hospitals and medical settings to complement patient's treatments, Burden et al (2014) recognises that the use of reiki is popular and increasing in palliative care especially in hospices. The International Association of Reiki Professionals (2020) identify that many health professionals practice reiki in the workplace and recognise that it is effective and reduces many side effects that cancer patients experience from chemotherapy and radiation. It also calms a patient, reduces stress and anxiety and is effective to help with sleep patterns.

Mailoo (2013) identifies that there is no scientific or medical evidence that reiki can prevent, treat or is effective. Russell and Rovere (2009) suggest that clinical research shows no proof that reiki is effective for any medical condition including cancer. It is however accepted as a complementary therapy to lower stress, reduce pain and promote relaxation. Home recognises that there have been no negative effects from reiki in any research studies with respect to safety and for health care professionals to recommend reiki they would need evidence of safety and effectiveness. Richeson et al (2010) states that there is increasing research evidence that documents the effects of reiki can lower heart rate, blood pressure and reduce stress and anxiety.

Reiki is a growing popular complimentary therapy; it is an energy therapy used alongside medical treatment. It cannot cure any health condition but can help a person to cope with their illness and treatments, promote relaxation and release tension. It is beneficial in managing a variety of conditions, reduce stress, anxiety and depression. During a reiki session a client will pass through a physical, mental and emotional journey as they enter deep relaxation. The practitioner will attune into the universal energy which will then pass through their hands onto the client, this can be touch or non-touch over the seven chakras from head to toe. The body decides where the energy is most needed and what is healed. This technique is very popular used amongst cancer patients, to cope with the effects of their medical treatment, it has gained popularity in many hospitals and health care settings and hospices. Research studies suggests that reiki is an effective therapy even though there is no scientific evidence to support it. Reiki is very popular within the healthcare and medical settings and utilized for health and wellness.

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