



Chicago based Reiki Share Project Reiki Master Teachers. From left to right: Ellani Maurides, Heather McCutcheon, Jane Van De Velde, Mary Lynn Carver, Judy McCracken, Anne Quigley.

Vision Can be Reality

Highlights from the 2013

Reiki Rays of Hope for Caregivers Conference

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ON OCTOBER 5 AND 6, 2013, Reiki Rays of Hope for Caregivers Inc. held their 4th National Conference in Cleveland, Ohio. Once again all those who attended, speakers and non-speakers alike, were privileged to share information and experiences about Reiki with a special focus on formal caregiving situations. Many of the conference speakers were innovators and movers and shakers in this field. It was a weekend filled with inspirational and practical ideas.

As more and more people become aware of Reiki and all its benefits, it is important for those of us practicing Reiki to maintain and enhance our knowledge, understanding and skills. Reiki Rays of Hope (RROH) has been a leader in the field of Reiki for caregivers with the work they have done in the hospitals and hospices in Cleveland and surrounding areas as well as the work they have done with caregivers of those with Alzheimer's. Most recently, RROH has expanded its presence to Florida, in Palm Beach, The Villages and Sarasota.¹

The purpose of this article is to share the information presented at this conference so that all can benefit and grow in their Reiki practice. The conference featured speakers who have been able to manifest a dream or vision into a program or service. Here are some of the highlights in the order they were presented.

Beyond Your Wildest Dreams

Dr. Keith Jordan, D.C., holistic physician and chiropractor and founder of the Optimal Wellness Center near Cleveland, Ohio, was the keynote speaker and opened the conference. In his inspirational speech, Dr. Jordan described the lessons he has learned in his personal journey to manifest his own dreams. He attributed his many successes to his willingness to trust his intuition regardless of opposition from others. Dr. Jordan shared that he was sometimes led to undertake projects that seemed counterintuitive. Yet, each time these seemingly illogical ventures turned out to be surprisingly successful. He urged everyone to listen to his or her inner voice and to have the courage to follow this guidance to convert dreams into reality. His book, *The Practice*, gives the reader his recipe for living life in faith and trust and in alignment with the source within.²

Reiki and Post-Traumatic Stress Disorder (PTSD)

Kathie Lipinski, RN, MSN, CH, spoke about her experiences working with Reiki and PTSD. She shared the most current and updated information about PTSD, which included the 2013 change in categorization from an "anxiety disorder" to a "trauma-and-stress-related disorder" by the American Psychiatric Association.³

She cited other important changes in the *Diagnostic* criteria for identifying triggers for PTSD:

- exposure to actual threatened death or serious injury
- sexual violation (new addition).
- traumatic event to a close family member or close friend—the actual or threatened death being either violent or accidental.
- first-hand repeated or extreme exposure to aversive details of the traumatic event—not through media, pictures, television or movies unless work-related.⁴

Another important change is that there is now a new subtype of PTSD that includes children younger than 6 years of age.

¹ For more information on Reiki Rays of Hope for Caregivers Inc., visit their website at www.reikiraysofhope.org.

² For more information about Dr. Jordan, please visit his website at <http://www.owcenter.com>.

³ American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders*, 5th ed. (Arlington, VA: American Psychiatric Publishing, 2013).

⁴ Ibid.

Kathie also discussed several events in which Reiki played an important role: she taught Reiki to more than 60 staff personnel at the VA Hospital in Northport, New York, as part of the Innovations in Care Grant. The intention was to teach staff to incorporate Reiki into their work with veterans and to take care of themselves.

She also described how the Long Island, New York Reiki community responded after Hurricane Sandy by providing Reiki to any of those affected as well as to the Federal Emergency Management Agency (FEMA) workers who came to help.

Kathie also shared highlights of a conversation she had with Connecticut Reiki Master Jen Yaggi Platt after the Sandy Hook school shooting. Jen shared how important teaching Reiki was for some of parents afterwards: they felt empowered when they were able to send distant Reiki to their children while at school. Jen explained how one of the mothers called Reiki a “Mommy Band-Aid,” which the children easily understood and loved.

Unfortunately these episodes of trauma and violence have been increasing in number and in occurrence making it is so important that Reiki practitioners know more about PTSD and how they can help.

Kathie included guidelines on how to work with people with PTSD, how Reiki can help, and what to do if a person has a flashback during a session. Much of this information can be found in Kathie’s article entitled “Reiki and Post Traumatic Stress Disorder,”⁵ which can be downloaded and shared.

Reiki Rays of Hope Research Study

Judy McCracken, M.Ed. and Dr. Georgiana Cheng, MD,⁶ a Research Associate with the Department of Pathobiology and Senior Instructor with the Department of Medicine, Cleveland Clinic, offered an in-depth presentation on the results of their 2013 Reiki research study. Reiki Rays of

Hope partnered with a large Cleveland-area hospital to conduct a three-month project that explored the effects of Reiki on the pain and anxiety levels of 222 pre- and post- surgical patients. Using a visual analogue scale of 0–10, these patients were asked to rate their pain and anxiety before and after their 15 minute Reiki sessions offered by Reiki Masters. In compiling and analyzing the data, Dr. Cheng reported that the results were statistically significant in positive factors for both pain and anxiety. Dr. Cheng emphasized that she had been able to prove the results were due to Reiki, not chance.

Self-care

Valerie Early, Registered and Licensed Dietitian, RD, LDN, RPT, RMT, spoke about the importance of food as fuel, especially for Reiki practitioners. She explained how processed food changes brain chemistry, and emphasized that raw, whole foods as well as plant foods are better as fuel sources. She stressed the importance of maintaining hormonal balance.

Other important points included:

- Cholesterol does not cause heart attacks; inflammation does
- Think of stress management as M&Ms—“manage your moments”
- Along with good nutrition, strength training is very important

Additional information on the subject of nutrition is available at Valerie’s website.⁷

Mary Lynne Prinic, M.Ed, CRC, discussed the importance of mindfulness and daily self-care. She led the group in a “Meditation for the Tender Heart,” reminding us how important it is to take time out for ourselves every day. It was a beautiful meditation that truly nurtured our spirit and replenished our soul.

Reiki in Clinical Settings

Diane Korman, RN, MSN, CHPN, the Director of Palliative Care and Hospice at Montefiore Nursing Home in Beachwood, Ohio, discussed the differences between hospice and palliative care. She explained that hospice care provides comprehensive end of life care while palliative care programs focus primarily on assisting with symptom control and decision making related to goals of care.⁸ Panelists Lesley Spinelli and Rhoda Thomasson, Reiki Master teachers, shared their experiences working with hospice patients at the Montefiore Nursing Home.

In 2011 Reiki Rays of Hope received an exclusive, three-year contract with a large medical center in Cleveland, Ohio to offer Reiki services and classes to employees and patients. This medical center had received a large, one-time grant to provide integrative health care services within the system. Panel members Sherry Safier, Tammie Scheider and Dolly Haden, all Reiki Masters with Reiki Rays of Hope, shared their experiences and important information.

They discussed how Reiki practitioners are required to have professional liability insurance and to go through the volunteer orientation and training program for both the hospital and nursing home. This training covers a variety of issues such as fire safety, infection control and hand hygiene, and the protection and confidential handling of protected health information under HIPAA (Health Insurance

⁵ Kathie Lipinski, “Reiki and Post-Traumatic Stress Disorder: Healing the Soul,” www.reiki-healingfromtheheartny.com/images/ReikiAndPTSD.pdf and in *The Reiki News Magazine*, Winter 2012 (Southfield, MI: Vision Publications) 61–67. Please feel free to download and share the pdf version.

⁶ chengg@ccf.org.

⁷ www.nutritionconnectionbalance.com.

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Portability and Accountability Act). Volunteers in both settings are also required to receive annual tuberculosis (TB) screening; if they have patient contact, an annual influenza vaccination is highly recommended. Once these requirements are met, Reiki Masters are then able to begin their work with patients.

Reiki Masters working in hospice settings also receive specialized volunteer training in order to work with the patients and families. Communicating with dying patients is a particular focus of this training. Training also includes knowledge about the signs and symptoms of an approaching death.

The panelists shared valuable information about offering Reiki treatments to patients in clinical settings. They emphasized the importance of obtaining informed consent from the patients before giving Reiki. This is accomplished by asking patients to sign a consent form that is approved by the institution. The panelists also spoke of the importance of all Reiki practitioners being very mindful of remaining within their scope of practice as they work in a clinical setting. “Just be Reiki” has become their mantra. Due to liability issues, the Reiki practitioners notify nursing staff if patients require other kinds of assistance such as repositioning, assistance with transfers or requests for food or fluids.

Reiki Rays of Hope is developing a set of guidelines entitled, “Tips for Delivering Reiki Treatments to Patients in Hospitals and Nursing Homes.” These will soon be available for purchase.⁹

Reiki Guiding Dreams to Reality

Michelle Cameron Bozeman, RN, BSN, HNB, BC, a certified holistic nurse and Reiki Master, returned for a third time as one of the keynote speakers.¹⁰ In her work at the College of Nursing, Kent State University, Michelle worked with a team to establish the Interprofessional Institute for

Self-Care (IISC), which focuses on teaching self-care practices to nursing students.¹¹

Michelle described the importance of holding balanced energy in every aspect of our lives to make our dreams come true. She described how we evolve from “doing Reiki” to “being Reiki,” which keeps us clear, conscious and energetically vital. Michelle talked about maintaining vertical alignment—being grounded to the earth and connected to the Universe allows us to fully express through our heart space. This alignment keeps us balanced and supports us in doing what is ours to do each moment. The easy way to remember this posture of universal service is vertical alignment supporting horizontal resonance. Michelle described her definition of intention as holding balanced energy to make things happen, and that it was “not what I want, but what is wanted through me.”

Reiki in the Veterinary Hospital

Dr. Alan Hammer, DACVIM, and his wife, Barbara Salerno, Hospital Administrator and Reiki Master, own and operate North Coast Veterinary Specialists, a referral-only veterinary hospital for seriously ill small animals, located east of Cleveland, Ohio.¹² Their practice specializes in oncology and internal medicine. Barbara began to experiment with Reiki on her own pets. She then carried the practice into the hospital with permission from pet owners. Dr. Hammer discovered dramatic improvements in animals treated with both Reiki and traditional interventions. He took a Reiki Level I class and the two began charting results of clinical testing before and after Reiki interventions.

Their power point presentation discussed their two-year observational study of dogs and cats with serious illnesses who were treated with both traditional medical practices and Reiki. The data they collected, which included results from echocardiograms, EKGs, and blood work, clearly showed statistically significant

positive results. Responses included improvements in cardiac function, pain relief, improved breathing and decreased anxiety and aggression.

Pet owners now request Reiki along with the standard treatments. Barbara demonstrated successful hand positions she uses for animal Reiki treatments such as light touch and slow movements as well as moving from the back of the neck to the lower spine. Dr. Hammer stressed that the positive effects of Reiki on animals can NOT be considered a placebo effect, which is often attributed to human patient success with Reiki, since animals cannot physically, emotionally or mentally alter the effects of Reiki.

Wellness Inventory – Self Assessment

Buddy Ann Ross, ND, MS, RN, Wellness Coach, Traditional Naturopath and Reiki Master is the president of Holistic Wellness Buddy LLC.¹³ She gave an overview of the Illness-Wellness Continuum and the detrimental effects of stress on the physical body. She offered practical strategies for stress reduction as part of a daily self-care practice. The conference participants were then guided through a personal self-assessment using the Wellness Inventory,¹⁴ which focuses on key elements of wellness such as self-responsibility and love, eating, moving and communicating. According to Buddy Ann, “wellness is a choice, a way of life and a process that embraces the body, mind and spirit.”¹⁵

⁹ www.reikiraysofhope.org.

¹⁰ mnbozeman@gmail.com.

¹¹ <http://nursing.kent.edu/iisc>.

¹² barbsalerno@sbcglobal.net, northcoastveterinary@yahoo.com, www.northcoastvetspecialist.com.

¹³ holisticwellbud@roadrunner.com, 216.577.8324.

¹⁴ www.wellpeople.com.

¹⁵ www.holisticwellnessbuddy.com.

Creating a Culture of Caring

Dawn Gubanc-Anderson, RN, MSN, was Chief Nursing Officer and VP of Clinical Operations at University Hospitals Ahuja Medical Center near Cleveland. She described Ahuja's philosophy of care as patient and family centered with the primary emphasis being placed on the human experience. Dawn talked about her passion for the healing arts and how the concept of compassionate care is woven throughout the culture of the organization. She was instrumental in bringing the Reiki program to Ahuja's patients and staff. Julia Mason, RN, former Manager of Clinical Operations, is now nurse-manager for a medical-care unit at Ahuja. She and her team focus on "taking care of patients as if they are family members." Julia is committed to exploring more integrative health care options for her patients and families.

"Ki" Elements in Creating a Reiki Non-Profit

Jane Van De Velde, DNP, RN, Founder and President of The Reiki Share Project, a 501(c)(3) nonprofit organization in the Chicago area, described her experiences in setting up a nonprofit organization. Jane explained how key elements are applicable in manifesting and developing many kinds of Reiki projects, e.g., private Reiki practices, volunteer programs and Reiki classes. These elements include:

- Passion. Devotion and belief in the power of Reiki can open us to possibilities. Reiki teaches us to have faith and take action.
- Purpose. Writing out a simple vision and mission statement describing exactly what you are going to do can be a helpful exercise in defining what you hope to accomplish.

- Planning and implementation. This involves the actual work of organizing your project or setting up your business that may include incorporating your business; setting up bank accounts and phone service; designing a website; and marketing your project.
- Connecting and working with like-minded people. Trust your powers of intuition and discernment when choosing those with whom you work and with whom you develop personal relationships.
- Developing and offering high quality programs and services. This enhances the credibility of your Reiki practice or business and cultivates a professional public perception of Reiki.
- Seeking partnerships with other community organizations. These kinds of affiliations can give you opportunities to raise public awareness about Reiki, teach classes and gain new clients.
- Patience and persistence. When approaching community organizations, try to find that one person within the organization who will be your advocate, who believes in the value of Reiki. Gentle persistence becomes important with follow-up emails and phone calls. When and if the time is right, the door will fly open!

You can find more information about The Reiki Share Project at their website and in Jane's upcoming, in-depth article in a future publication of this magazine.


Compassionate Presence

The conference ended with Michelle Cameron Bozeman, RN, BSN, defining compassion as the relief of suffering through

the action of the heart. "Presence" is the gift of focused attention to the here and now with awareness of both self and other. Practicing compassionate presence requires action and the continual clearing of self, thoughts and energies. Michelle explained how we can use Reiki as a self-care practice to maintain this energetic vitality, flow, balance and movement in our lives.

Michelle described how society has been programed to live in a pyramid culture where fear, ego and scarcity prevail and people are rewarded by money and titles. Reiki offers us a "Circle" culture, where no head is above the other and everyone is enough. We take a turn to come to the center to lead; we offer our skills or expertise, and when the job is over, we step back into place in the circle.

Michelle also remarked that Reiki requires us to show up, let go and be authentic. It is important that as Reiki practitioners, we stay grounded and connected so that we can actively influence the world around us through our compassionate presence.

We hope that this information has inspired you and fed your spirit! We hope to see you at our 5th National Reiki conference in Cleveland on September 27 and 28, 2014! Visit www.reikirays-ofhope.org for the conference agenda and registration and watch for the conference ads in this and upcoming *Reiki News Magazine* issues. 

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