

# Reiki Session at the National Maternity Hospital

## Introduction

The National Maternity Hospital (NMH) has been providing comprehensive care to mothers and babies since 1894. Parents of babies in Neonatal ICU, bereaved mothers, stressed patients, etc., may find benefit from a relaxing complementary therapy called Reiki which can be provided in conjunction with medical treatment. Reiki Federation Ireland (RFI) offers free Reiki sessions to the NMH patients.

## What is Reiki (靈氣)?

Reiki, meaning “universal life force energy” in Japanese, is an ancient method of healing. Reiki healing aims at initiating a deep relaxation response to help the recipient to acquire a sense of well-being (a balance of mind, body and spirit). Reiki is not connected to any religion and therefore, no belief system is required for it to work. It is not a diagnostic treatment, has no harmful side effect and is complementary to medical treatments. There is no contraindication for Reiki treatment.

## What Happens During my Reiki Treatment?

At your first appointment, your therapist will explain the treatment to you and make sure it is adapted to your particular needs. The treatments usually last between 30-60 minutes. The therapy will only be given with your consent and may be stopped at any time should you wish.

Reiki is done through non-intrusive hand positions which facilitate the flow of energy and the consequent healing process. You will only be touched at your head, your hands

and feet with your consent. If you do not want to be touched, the hand positions will be placed a few centimetres from your body; you will not be touched.

You remain fully clothed during the treatment and may lie or sit down comfortably. The session will take place in the afternoon/evening in a room in the NMH. A short feedback form will be given to you to inform the NMH and RFI about your experience.

## Who is my Reiki Practitioner?

All the volunteer Reiki practitioners who are coming to the NMH are fully qualified to provide Reiki treatment. They are the members of the RFI which is Reiki representative body in Ireland. They are insured for providing Reiki treatment and Garda vetted by the hospital. For more details about practitioners or the RFI, visit: [www.reikifederationireland.com](http://www.reikifederationireland.com)

This is a private service; the hospital accepts no responsibility for its delivery. It is your decision to avail of the service from the RFI.

## Do I Pay for This Service?

This is a free service provided by the RFI with the NMH providing contact information only.

## How to arrange a session?

If you like to book a session, please send your request to [reiki@nmh.ie](mailto:reiki@nmh.ie). For any urgent contact:

Annemarie Creighton (contact No: 087 063 6819)  
or Irene O'Toole (contact No: 089 7046675)

