



Association for the Therapeutic
Practice of Reiki www.reiki.swiss

Reiki therapy

Integrative Medicine: Towards a Holistic Approach to Health

Symposium at the Clinique Général-Beaulieu, 26 September 2024

SwissReiki

A non-profit organisation founded in 2010, bringing together practitioners of the Reiki method in Switzerland.

It comprises both professionals and volunteers.

In the three national languages.



Francis Vendrell

President of SwissReiki
PhD in Physics
Reiki teacher and practitioner



Christine Robin

Vice-President of SwissReiki
Reiki therapist
Former President of the Swiss National Association of Operating Theatre Nursing

Reiki therapy

The art of applying the hands for therapeutic purposes.

It aims to restore the body and mind to their normal state by re-establishing vibrational harmony.

*The Reiki practitioner establishes a **synergistic** interaction with the patient, i.e. without depleting their own energy whilst providing treatment.*

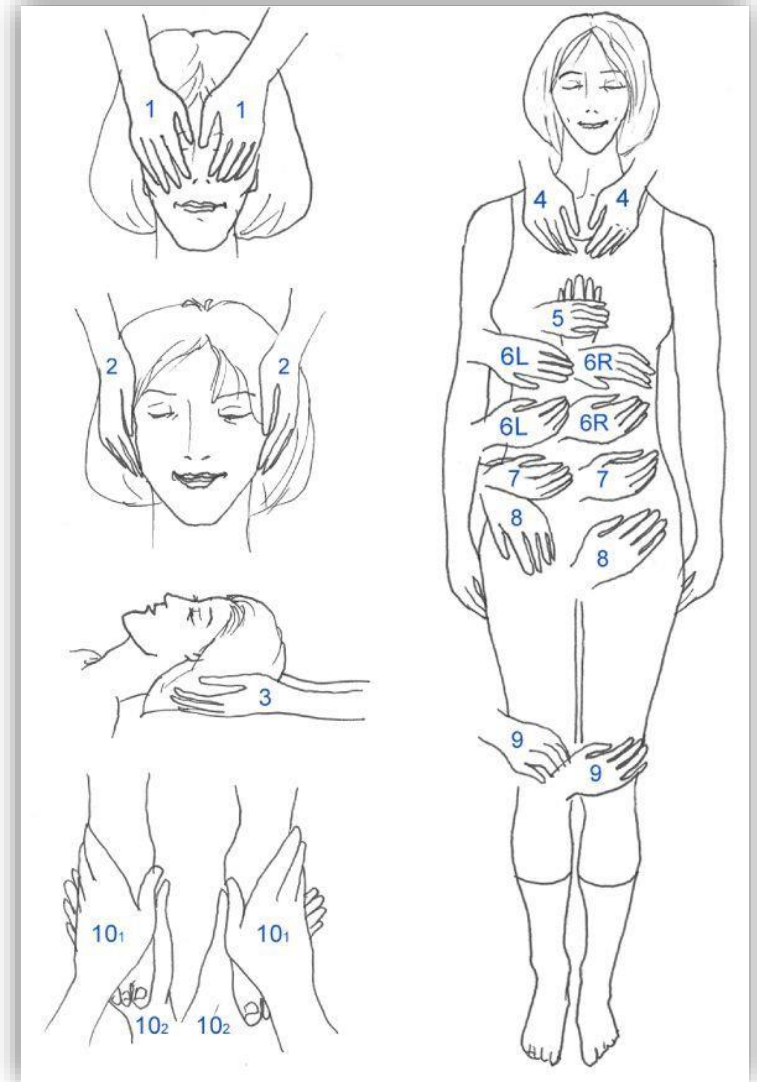


A Reiki session

The choice of where to place the hands is determined by the specific nature of the problem being treated.

The duration of the hand placements can vary between 5 and 20 minutes, depending on the patient's individual needs.

The treatment itself lasts a total of 60 minutes, plus time for a preliminary and follow-up discussion.



An example of a sequence of hand placements



The effects of Reiki

Reiki has a wide range of effects, though it is, of course, not a panacea. It works on the physical, psycho-emotional and spiritual levels. Generally speaking, it stimulates the body's natural self-regulatory processes.

By improving vibrational coherence and coordination, the efficiency of biochemical processes is restored. This enhances the patient's access to their personal resources. Reiki is electromagnetic in nature.

Reiki & Science database: www.reiki.swiss/science

For quick and easy access to clinical studies
on Reiki published in scientific journals.

Oncological support through Reiki therapy

Pilot project in private integrative medicine

- **January to November 2024**
- **At least 50 patients treated (having completed a cycle of 4 sessions)**
- **Over 200 sessions delivered**

Overall objective



To provide cancer patients with comprehensive supportive care – physical, psychological and emotional – through Reiki therapy, with the aim of reducing the side effects of medical treatments and improving their quality of life during a difficult period in their lives.

Treatment is free of charge for patients.

All costs are covered by SwissReiki.

Organisation of care



- A network centred on Dr Chevallier, including Drs Laure Thouvenin (CGB), Sara Fertani (La Tour) and Bérénice Deletang (Grangettes).
- Mathieu Chevallier refers cancer patients to SwissReiki for a course of four sessions. Patients must be able to attend.
- Care coordination by Christine Robin.
- 13 volunteer practitioners selected from within SwissReiki, who have received additional training for the project.
- The practitioner draws up a report after each session and a summary at the end of the course, which is forwarded to Dr Chevallier.
- The possibility of a second^{ème} or even a third^{ème} is assessed on a case-by-case basis.

Patient profile (provisional)



- One man for every 10 women, average age approximately 59.
- Breast cancer: approximately 80 per cent. Other cancers: rectum, lungs, colon, stomach, pancreas.
- Physical symptoms, including side effects of medical treatments: fatigue, disturbed sleep, hot flushes, joint pain, lower back pain, various types of pain depending on the type of cancer, digestive and bowel problems, nausea, loss of appetite, loss of taste, tingling in the extremities, painful scars, axillary bands restricting upper limb movement, lymphoedema, itchy rashes, allergies, skin toxicity, burns often associated with radiotherapy and laser treatment, shortness of breath, breathing difficulties, tachycardia, migraines.
- Psycho-emotional symptoms: anxiety, stress, fears, low spirits, mood swings, sadness, lack of motivation and energy, defiance, despair, loss of zest for life, fear of death, inability to accept changes in body image (alopecia, loss of an organ, prosthesis).

Results (provisional)



- Reduction in side effects associated with **chemotherapy** treatments: nausea, vomiting, loss of taste, fatigue and tingling (conclusive results)
- Reduction in side effects associated with **radiotherapy**: conclusive results regarding burns and fatigue
- Reduction in the most significant side effects of **hormone therapy**: hot flushes
- Reduction in **physical pain**: breast pain, lymphoedema, hot flushes, tingling
- Reduction in **joint pain** in almost all patients: back, neck, hands, feet
- Reduction in **sleep disturbances** in a large number of patients
- Reduced **fatigue**, improved energy levels and revitalisation
- Improvement in **digestive** and nutritional **problems**; restoration and stabilisation of bowel function
- Psychological and emotional **support**, comfort and advice
- Support in **coming to terms** with the illness and coping with the loss of an organ (examples encountered include mastectomy and gastrectomy)
- Reduced **anxiety** in all patients
- Helps many patients to **let go**
- Physical **relaxation** and rebalancing of energy to relieve tension
- **Release** of emotional blockages
- A sense of **well-being**, harmony and serenity for all patients
- Improved quality of **daily** life: greater motivation, less sadness, more strength to 'keep going'

Testimonials (1)

The Reiki sessions were very important to me as part of the treatment for my illness.

I wasn't familiar with this technique and came with no expectations or preconceptions about it.

So, strictly speaking, it's not so much a question of satisfaction as it is a genuine discovery that has been enriching and deeply beneficial.

Firstly, because of the positive effects of the treatments themselves, which helped me to regain my strength between medical treatments and also specifically alleviated certain side effects.

Secondly, the exceptional quality of care, the kindness and the availability of my therapist, Margareth, who provided this treatment with great seriousness, dedication and compassion.

Each of these sessions was a precious, special moment that I had eagerly looked forward to over the past few months, and I would like to extend my warmest thanks to the whole team for welcoming me so warmly and looking after me. 14 July 2024

As a cancer patient, I was undergoing chemotherapy combined with radiotherapy with great reluctance. I used to have panic attacks every time before my appointments.

I must admit I had some negative preconceptions about Reiki, but my oncologist persuaded me to try a session whilst I was in hospital. Christine introduced me to Reiki in a way that was different from what I'd expected, and I felt at ease.

Following the Reiki and relaxation sessions with Christine, I no longer felt overwhelmed during my chemotherapy sessions; I had even become calm, much to the nurses' surprise. Reiki helped me to come to terms with my cancer and cope better with my treatment.

After my Reiki sessions, I felt really good, relaxed, with my whole body at ease; during the first one, I even fell asleep, and it did me a world of good! I was also amazed that Christine had detected tensions, pains and old muscle stiffness that were bothering me, even though I hadn't mentioned them to her.

I'd like to thank SwissReiki for these voluntary treatments, as I must admit that with my basic insurance and all the costs involved, I wouldn't have been able to afford them. I think Reiki should be reimbursed in the same way as physiotherapy. Thank you again. 25 June 2024

Testimonials (2)

I would like to share my experience following the post-breast-cancer Reiki sessions with Christine. From our very first meeting, I was struck by her great empathy and her ability to create a space of kindness and serenity. Christine supported me with gentleness and a listening ear, taking the time to understand my needs. Each session brought me genuine relief, both physically and emotionally. I felt lighter, more relaxed and reconnected with myself after each session. These moments had a very positive impact on my overall wellbeing, and I highly recommend them to anyone seeking gentle and profound support through Reiki.

A huge thank you 24 September 2024

I did indeed receive four Reiki sessions from a young Italian woman who helped me enormously with the difficulties I was facing. Her kindness, her understanding and the time she devoted to me had positive effects on both my physical and mental wellbeing. A big thank you to her, the steering group and my oncologist, Dr Thouvenin, for organising these sessions. 26 August 2024

Hello

Thank you very much for your message; I'd like to express my satisfaction with my Reiki sessions with Michaël, who always listened to me with great empathy and kindness.

I wish Michaël and all of you every success in your future endeavours.

With my thanks 13 April 2024

Conclusions



- ➔ Reiki therapy is a valuable addition to the care of cancer patients.
- ➔ The integrative medicine model tested is effective and can therefore be replicated elsewhere (SwissReiki 2025 outlook).
- ✓ Encouraging healthcare systems to broaden their approach to care in order to support patients in their journey towards ‘greater well-being’ during this complex period of their lives.
- ✓ Demystifying Reiki therapy for the general public.

Acknowledgements



Thank you for listening!

We would like to thank Dr Mathieu Chevallier for making this project possible, as well as his entire oncology network.

We would like to thank all the volunteer Reiki practitioners for their ongoing commitment and for the quality of their Reiki care.



The mechanisms of Reiki

An approach based on microscopic vibrational or quantum physics

From disharmony to harmony



DISHARMONY

Low effectiveness → High effectiveness
Illness & ill-health → Health and wellbeing
Waste of energy → Optimisation of energy



VIBRATIONAL COHERENCE



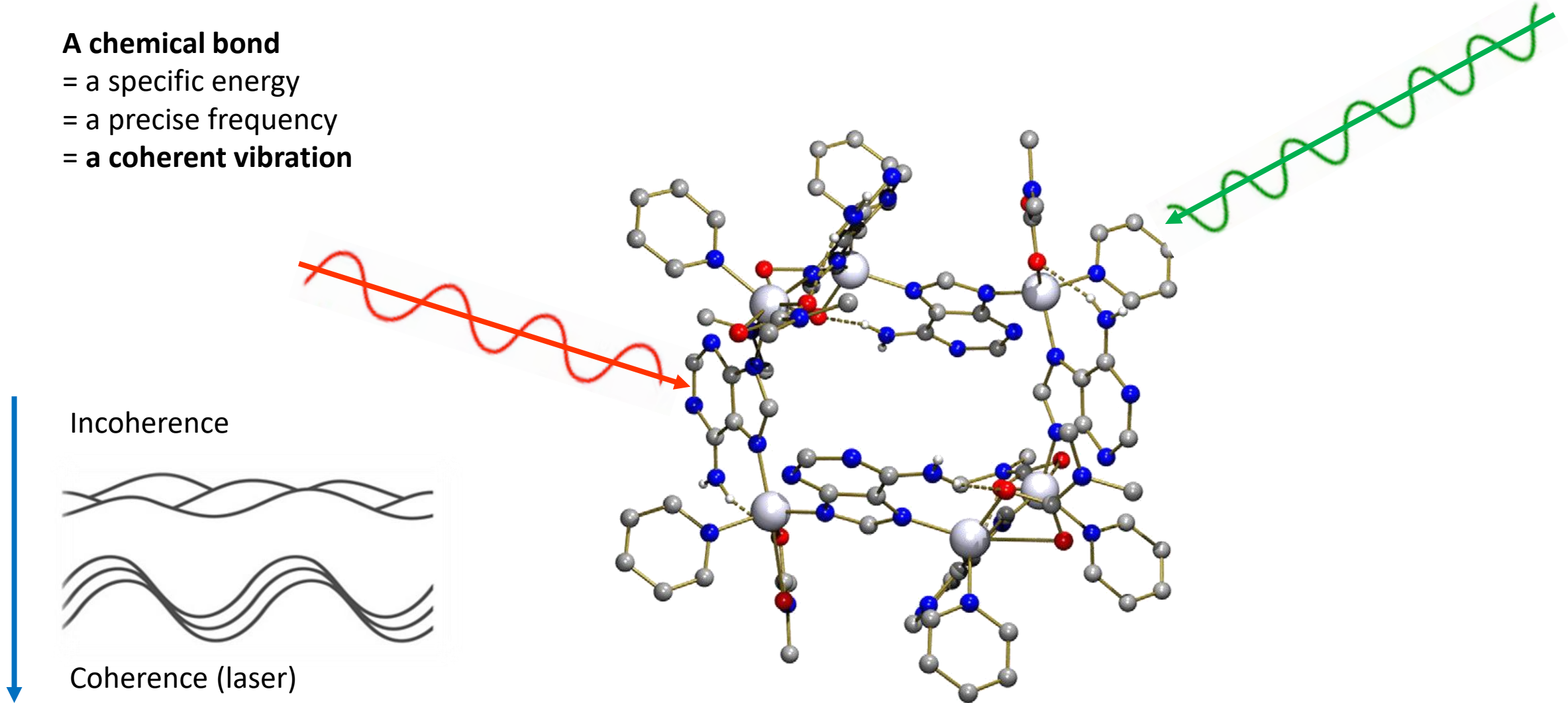
VIBRATIONAL COORDINATION

SYNERGY – HARMONY

Selection of chemical reactions based on coherence

A chemical bond

- = a specific energy
- = a precise frequency
- = a **coherent vibration**



Promoting chemical reactions

Co-ordinated vibrations contribute a chemical potential
= chemical potential of molecule A



$$\mu(A) + \mu(B) > \mu(C)$$



$$\mu(A) + \mu(B) < \mu(C)$$



$$\mu(A) + \mu(B) + \mu(*) > \mu(C)$$

***** = *coordinated vibrations*



Coordinated oscillations

Summary of mechanisms of action



Reiki locally increases chemical potential, thereby stimulating chemical reactions.

By selecting a frequency profile, the Reiki practitioner induces a series of chemical reactions or processes.

Homeopathy works in exactly the same way!

The coordinated vibrations persist after dilution and shaking.