

Reiki Sessions

To enhance your health care while you are a patient at Maine Medical Center, we offer free Reiki sessions to you and your family members.

What is Reiki?

Reiki (pronounced ray-key) means universal (Rei) life force energy (Ki).

Reiki is thousands of years old, a Japanese technique to reduce stress and increase relaxation. It balances the energy of the mind and body to bring a feeling of well-being.

Reiki is a gentle laying on of hands or holding the hands just above the body, which allows energy to flow through the hands of the Reiki practitioner into the body of the receiver. It is not massage.

Reiki is compatible with all faith traditions; it is not a religion.

Reiki adjusts itself according to the needs of the recipient – it can energize you or totally relax you. You may experience a deep state of relaxation during a session, or you might feel warm, tingly, sleepy or refreshed. Some people even fall asleep.

Research shows Reiki

- Enhances deep relaxation
- Reduces stress, anxiety and tension
- Provides pain relief
- Supports the immune system
- Benefits people of all ages, in all states of health
- Will not interfere with medications or medical procedures

About the program

Our Reiki practitioners are trained, certified and caring volunteers who will come to your room to provide your session. Every effort will be made to see the patient during their hospital stay. This service is provided by Volunteers.



To request a Reiki session

- You, a healthcare provider or a family member may call the Reiki line at 662-4473
- If leaving a message please
 - ~ Speak slowly and clearly
 - ~ Give the patient's name and room number

Information for you
about...



Reiki Program

For MMC Patients



centered around you

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