

# THE HEALING TOUCH

THE HANDS-ON THERAPY KNOWN AS REIKI IS MORE POPULAR THAN EVER, WITH HOSPITALS EMPLOYING REIKI MASTERS TO REDUCE PATIENTS' STRESS AND IMPROVE THEIR HEALTH – BUT DOES IT REALLY WORK?

by Rona Cherry

**MARY BOLLETINO\* WAS DESPONDENT.**

Diagnosed with multiple sclerosis four years earlier, the 55-year old Marlboro resident had just made the difficult decision to stop taking her medication. She was weak, lethargic, and constantly felt like she had the flu. To make matters worse, she had recently developed a nervous head tic and was slurring her speech. She told her neurologist she'd prefer "ten good years without medications than 20 where I am sick all the time." The doctor understood, but said Bolletino would need to go back on the medication if her next MRI didn't improve.

Luckily, Bolletino was friends with Tony Vadimsky, a Branchburg Reiki (pronounced "ray-kee,") master. Reiki is an ancient Japanese technique for stress

reduction and relaxation that also promotes healing. The word "Reiki" itself is made up of two words – *rei*, which means universal, boundless energy, and *ki*, for life energy that flows in all of us. So "Reiki" actually means "universal life energy." It is based on the idea that each of us is surrounded by an unseen energy field that also flows throughout the body and that's what keeps us alive and healthy. If one's life energy field is weak or blocked, she is more likely to get sick or feel stress, and if it is strong, she is more capable of being happy and healthy. Universal energy flows through a Reiki practitioner who channels it through his or her hands to help unleash a recipient's natural healing powers.

Vadimsky suggested that Bolletino have 10 consecutive days of Reiki



## Reiki in Hospitals

According to the American Hospital Association, about 15 percent of hospitals nationwide offer Reiki as part of their services, including these N.J. locations:

**Carol G. Simon Cancer Center**  
Morristown Memorial Hospital,  
Morristown; Overlook Hospital, Summit;  
[atlanticehealth.org](http://atlanticehealth.org)

**CentraState Medical Center**  
Freehold, 732.431.2000, [centrastate.com](http://centrastate.com)

**Mountainside Hospital**, Montclair,  
973.429.6130, [mountainsidehospital.com](http://mountainsidehospital.com)

**RWJ Hamilton Center for Health & Wellness**, Mercerville, 609.584.7600,  
[rwjhamiltonwellness.org](http://rwjhamiltonwellness.org)

**The Steeplechase Cancer Center at Somerset Medical Center**, Somerville,  
866.742.5762, [somesetmedicalcenter.com](http://somesetmedicalcenter.com)

**The Valley Hospital**, Ridgewood.  
Contact Janet Hamill: 201.447.8279. (Reiki provided as an in-patient service.)

\*Not her real name.