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## Energy Work and Hospice Care Go Hand in Hand

Posted by [Maria Leonard](#)

January 13, 2010

[Reiki for Hospice](#)

By Christine Bumgardner, Dean of Faculty  
Minnesota School of Business in Plymouth, MN

When I received an email asking for volunteers to perform Reiki at Fairview Hospice I knew that was my cue to get moving on something that I feel is very important: helping people to die and transition from this life to the next. It is one of the highest honors to do so.

Hospice is a mindset or philosophy about dying more than a "place to go to die". Hospice can be a special location but most often it is a team of hospice volunteers and paid staff that visit in the home of the dying person to support them and the entire family who can often get lost in the process.

The hospice team includes:

- Staff nurse
- Psychologist
- Social Worker
- Spiritual Counselor
- Energy workers (Reiki, Three Heart Balance and Healing Touch)
- Massage therapist
- Music therapist
- Pet therapist

Everyone is certified in their field and the music therapist must be a degreed individual in using music specifically as therapy. The pet therapist is also licensed and certified. Energy workers of course have their own form of certification.

I went through the extensive hospice orientation which includes about 8 hrs of video, a book to read (the same one given to patients and their families to read), other manuals of protocols, a Mantoux test and blood work to make sure you are immune to measles, mumps and chickenpox. Another video and discussion is held in the hospice office and then you receive your first assignment and are issued an ID.

All of the patients assigned to me have wanted or been open to Reiki suggested by a staff person for the purpose of calming anxiety. Anxiety and depression (anticipatory grief about leaving their life and family behind) are very common expressions in the journey of dying.

My first patient was an elderly woman with lung cancer. As she slept while I gave her Reiki energy and then did a scan, all of the energy was at her feet. They were very warm while the upper body was cool even after Reiki. Several theories, especially from other cultures, suggest that the spirit energy of a person when they are dying goes thru the feet or the top

of the head where the soft spot would be on a baby. Reiki for the dying does not try to balance chakras but uses intuition and hands placed on the soft spot of the head to help the patient let go of the body and life on this earth.

Another patient who had a stroke and then heart attack was doing pretty well though not expected to live out the year. The patient was talkative even while I was performing Reiki. The patient passed peacefully two days later. Reiki helps the patient to "let go" and allow death to come naturally.

It is extremely rewarding work and gives me a great peace and satisfaction that I helped relax someone's fears and helped them to die gracefully, free of at least some of their anxiety.

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#### Comments

Thanks for sharing. I have recently been doing reiki on elderly patients in a long term care facility & I relate to your article. It is always great to educate the general public about Reiki.

Comment by [Aeriol Ascher](#) on January 15, 2010 @ [9:05 am](#)

I 've worked in hospital settings and have found that the more critically ill the patient the more sensitive (in a good way) they are to modalities such as massage therapy and energy work.

Best regards to you for sharing your work.

Comment by [Denise H Williams, LMT](#) on January 31, 2010 @ [1:28 am](#)

I have been pursuing information relating to massage, energy and body work and it's benefits in hospice - two areas I intend to pursue for my lifes work. Your blog posting Reiki for Hospice has inspired me to move forward with an education program to prepare for this work. Would you have any advice that would compliment my pursuit such as program recommendations in the St. Cloud MN area? Thank you for your sharing your story!

Comment by **marie freed** on February 1, 2010 @ [3:03 pm](#)

Dear Marie,

The Minnesota School of Business Campus in St. Cloud Minnesota offers a course in energy work. If you have already received a degree or diploma in massage therapy you could contact the admissions office to see about taking our energy work course as a single subject. If you are looking to pursue massage therapy and receive a diploma or degree, our St. Cloud campus can also help you with that.

Their phone number is 866-403-3333.

I am so glad you enjoyed the article.

Comment by [Maria Leonard](#) on February 1, 2010 @ [3:53 pm](#)

Thanks for sharing this, I myself an employee at the massage clinique and this is very useful information.

Comment by [Massage Therapy College](#) on February 2, 2010 @ [2:22 am](#)

I have recently added QiGong work to energy work for myself. It is a very powerful way to incorporate energy into your practise and enhances the work done with Reiki since they are both energy healing systems.

If you don't want to go down the Reiki path, consider the QiGong path.

Christina

Comment by **Christina Bumgardner** on February 3, 2010 @ [8:40 pm](#)

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