

# REIKI

## Rising Star *in* Complementary Cancer Care

BY KATE JACKSON

**W**hen Nancy Sampson, RN, BS, was preparing to retire from hospital nursing, she wanted to work with one of the hospital's general practitioners, who was opening a retreat for cancer patients and who encouraged her to learn a biofield therapy known as Reiki (pronounced RAY-kee). "I sort of rolled my eyes, but I thought, OK—I'll try it," she recalls. "Of course, everyone was rolling their eyes back then; but, I had a phenomenal experience when I was first initiated into Reiki, and I knew at once that there was something to it." She went on to become a Reiki master and teacher, and for the last seven years has coordinated a volunteer Reiki program in the radiation oncology department at Dartmouth-Hitchcock Medical Center (DHMC) in New Hampshire. Her experiences have validated her initial enthusiasm, and she's certain that Reiki not only helps cancer patients retain and receive energy to heal, lessens the disease's symptoms, and mitigates the side effects of treatment, but it also frequently extends lives.

Reiki—a mind-body healing therapy—is helping ease patients' debilitating cancer symptoms and treatment side effects at some major cancer care facilities.

