

Reiki creates peace and inner wellbeing

By SARAH CODDINGTON

Annaliese Ferguson has healing hands that are helping North Shore Hospice patients find peace and wellbeing.

The Devonport resident has been practising a natural healing therapy called reiki for the past five years.

Reiki was developed more than a century ago in Japan by Mikao Usui.

Ms Ferguson places her hands over the patient without touching them and channels her "universal life force energy" through them.

About two years ago she decided to volunteer at the in-patient unit at hospice.

"It's a great thing to do to be able to help them when they are at the end and they only have a few days to go," Ms Ferguson says.

Patients at hospice experience feelings of peace and inner wellbeing after a reiki session and some of them are quite surprised by this, she says.

Many of the patients at hospice take part in natural therapies including reiki, reflexology, aromatherapy and massage.

Ms Ferguson says it is not an alternative treatment for the patients, it simply complements their other medical treatments.

People also visit her at her practice in Devonport to help with treatment of depression, stress and grief.

Family members of hospice patients also experience benefits of the treatment.

"They are also going



Soothing energy: Volunteer Annaliese Ferguson helps North Shore Hospice patients with reiki sessions.

Photo: BEN WATSON

time and this relaxes them," she says.

North Shore Hospice supports and cares for people with terminal illnesses and their families.

Ms Ferguson is part of the Natural Therapy Group which is holding a public information evening.

The event is also a hospice fundraiser. It aims to help people choose a natural therapy that suits them and will complement their con-

The night includes a taste of reiki, acupuncture, principles of self-healing, reflexology, naturopathy and homeopathy.

Tickets cost \$20 and the proceeds will go to the hospice.

The Natural Therapy Evening is tonight at 7.30pm at Rose Centre, School Rd, in Belmont.

There will be door sales available.

■ To make a booking call 445-9900 or email