

INNERLIGHT

MEDICAL REIKI MASTER AND END OF LIFE DOULA





HOLDING SPACE FOR HEALING

REIKI MASTER AND END OF LIFE DOULA: GUIDING YOUR PATIENTS AND CLIENTS THROUGH THE MAJOR MILESTONES OF LIFE'S PATH

Patients diagnosed with a critical illness or ailment can be psychologically and spiritually affected, leading to a slower recovery.

REIKI is a non-invasive service that complements medical procedures and treatments that can alleviate anxiety and pain during recovery.

When a person approaches the end of their life, they and their loved ones face many challenges. People are

often not prepared for the emotional and psychological impact of the dying process.

**Dying isn't a medical event.
It is a human one.**

An **END OF LIFE DOULA** assists by listening, advocating, and supporting your patient and client, while also communicating with their medical support teams as needed.

HOW CAN I HELP YOU:



Hi, I’m Andi Daniels

*Certified Medical Reiki Master (RMRM),
End of Life Doula (EOLD)*

I believe we all deserve to have our need for support met in this life and the next. The experience of medical procedure, illness, or end-of-life transition should flow with **empowerment, comfort, and clarity.**

Medical Reiki

Encourages patients to feel empowered to navigate their critical illness or medical procedure with confidence and calm. **Experience fewer side effects and a faster recovery.**

End of Life Doula

Provides an opportunity for patients or clients to **prepare for a dignified, peaceful, and purposeful transition for life’s final journey.** As their companion and advocate, I hold space for their wishes and support the family.





Medical Reiki

Medical Reiki is an alternative therapy that can take the anxiety, tension, and pain from a medical diagnosis or procedure.

WHO IS IT FOR?

Reiki is a non-invasive treatment involving gentle touch. It's suitable for people of all ages and stages.

As a complementary treatment, Reiki supplements without interfering with conventional medical care. I don't diagnose, prescribe, or perform medical treatments.

MEDICAL REIKI OFFERS RELIEF AND COMFORT DURING:

- Ongoing chronic illnesses such as Parkinson's, cancer, or MS
- The side effects of treatment for such illnesses
- Exhaustion or pain from an undiagnosed illness
- Surgery or recovery from an injury
- Pain, anxiety, stress, or depression

Medical Reiki is suitable for most medical settings, including the operating room, rehabilitation centers, hospices, children’s facilities, intensive care units, veterans’ facilities, assisted living and nursing homes, and at-home recovery.



WHAT ARE THE BENEFITS?

- Calms the mind and soothes anxiety, stress, and tension
- Relieves side effects of treatments, including chemotherapy, radiation, and medication
- Encourages healing and recovery, reducing the need for further medical intervention
- Bolsters the immune system and promotes restful sleep

MEDICAL PRACTITIONERS

Medical Reiki is a discreet and non-disruptive service that fits in and around the patient and your team.

OFFERING REIKI WILL:

- Relieve patient stress for a calmer working environment
- Ease pressure on caregivers to provide emotional support
- Enable recovery with fewer medical interventions

I had physical pain in my lower body due to a fall. Reiki provided relief to where I would be in severe pain when Andi first arrived, to falling asleep during the session. Reiki provided comfort and helped me to recover faster.

JOSÉ, MEDICAL REIKI PATIENT



End of Life Doula

My role as an End of Life Doula is to accompany your patient or client, and their loved ones in the final months of life. **My support is non-medical, focusing on their emotional, spiritual, and physical well-being to help them navigate their transition with purpose.**

Their care plan is designed around their beliefs, wishes, and needs to create a sacred space of comfort and profound meaning to enable their transition. It may involve active non-judgemental listening, guided imagery, touch, music, reading, rituals, and emotional mapping.

‘Andi was always kind during her visits. She would take the time to talk to me and just sit with me. Her presence alone was comforting. I felt more at ease after each visit. I can’t thank her enough.’

—— RICK, EOLD PATIENT

HOW DOES IT WORK?

1

PREPARATION

- Commemorate their life's story and imprint it on this world in a memory book or remembrance project.
- Plan last days. What will the space be like? What would they like to read, hear, smell, see, and touch as comfort and to nourish their needs?

2

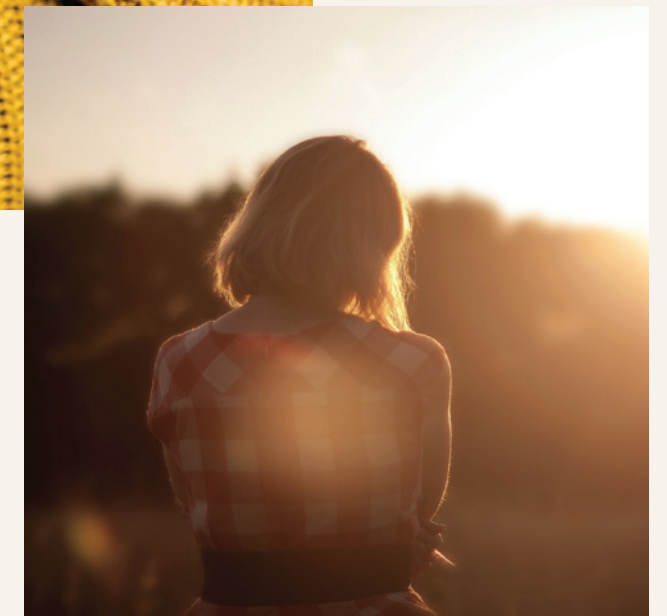
VIGIL

- During the last days, I remain a constant, respectful presence. My role is to advocate for their wishes and soothe them and their loved ones.
- I assist with non-medical care to ensure comfort and offer caregivers relief.
- I support their loved ones, explaining the signs and symptoms of the process.

3

FOLLOWING TRANSITION

- Through retelling, I help loved ones to process their experience and work through any fears or regrets.
- I remain present to advocate for post-mortem wishes.



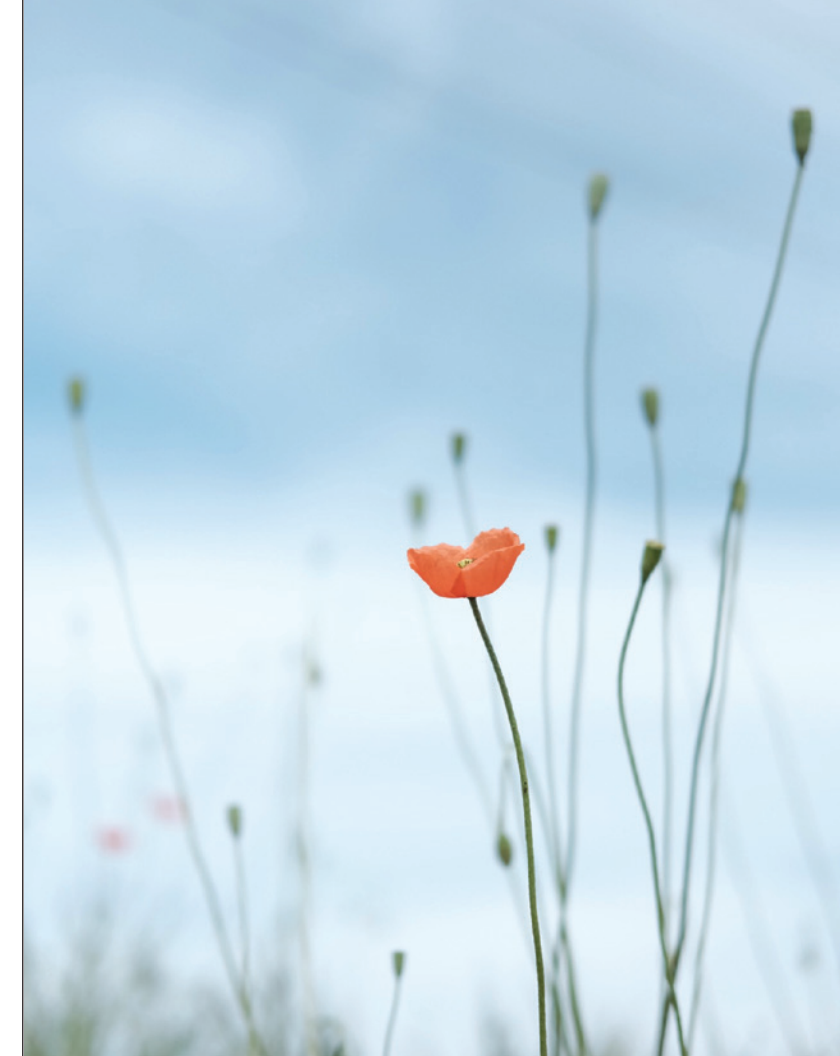
WHAT ARE THE BENEFITS?

FOR PATIENTS AND CLIENTS

- Freedom and agency over how they transition
- The chance to resolve fears and anxieties
- Recognition of their wishes
- Companionship and friendship
- Continuity of care

FOR CAREGIVERS AND FAMILY

- A safe space to overcome fears and share feelings
- Assistance with the physical aspects of care
- Demystifying the stages of transition
- Grief and bereavement support



FOR MEDICAL PRACTITIONERS

An End of Life Doula is a **compassionate source of support for the patient**, their loved ones, and the team of caregivers.

AN END OF LIFE DOULA WILL:

- Help to alleviate the patient's worries and fears
- Guide loved ones through the signs and symptoms of the process
- Assist caregivers with non-medical and emotional patient support



Andi Daniels

Certified Medical Reiki Master (RMRM), End of Life Doula (EOLD)

My role is to guide your patients or clients through their medical condition, procedure, or recovery, helping them find peace and healing. When their journey is toward the end of this life, I will assist your facility and team in helping your patients and their families with dignity and comfort.

I'm a Certified Medical Reiki Master trained by Raven Keyes, the founder of Medical Reiki.

My intention is always to help your patients to embody their inner strength.

Following my Medical Reiki training, I volunteered for a hospice organization, and there I encountered the work of End of Life Doulas, a practice for which I later trained.

My goal is to provide companionship, healing, and serenity as patients transition from this life to the next.

MY QUALIFICATIONS

- Certified Medical Reiki Master
- International End of Life Doula Association trained Doula

MY APPROACH AND VALUES

My role is to listen deeply and without judgment, attending to what isn't being said as much as what is. Throughout your client's journey, they will have their needs met by my complete and unwavering presence. I will help them find lightness, gratitude, and peace where they may seem distant or lost.

BENEFITS OF WORKING WITH ME

- An attentive listener and companion
- An advocate for the patient's and family's need and wishes
- Space to focus on healing
- Support for the family as well as your care team when needed

WHO ARE YOU?

Your patient or client may be of any age, gender, or religion, preparing for or going through a medical procedure, illness, or approaching the end of life.

Contact **Innerlight** to discuss working together to provide additional support to your patients and clients.



HOLDING SPACE FOR HEALING



To find out more, visit my website or contact
me to schedule time to discuss how our
services can benefit your patients and clients.

WWW.INNERLIGHT-HEALING.COM

innerlightandbeyond@gmail.com
on Instagram: @innerlight_healing
(609) 334-9518

