

Training & Licensing

In absence of formal recognition in the west, independent governing bodies operated by practitioners have developed their own standards and certifications. This provides the public with a point of reference when seeking advice on Reiki.

Reiki knowledge is passed from Master to student. Authentication of a Reiki practitioner is based upon a lineage that can be traced back to Dr. Mikao Usui, the founder of Reiki. A Reiki practitioner should have a certification from a source that recognizes this lineage.

Reiki practitioners can attain up to three levels of 'attunement'. The term Reiki Master can only be applied to those that have achieved level three – the level that must be reached in order to teach Reiki to others.

For more information on Reiki and other complementary health-care therapies, please visit the section titled “Public Information” at www.4holistichealth.net.

Reiki Principles

Just for today.....

- Do not be angry
- Do not worry
- Be grateful
- Work with integrity
- Be kind to others



Experience the
universal healing
energy of

Reiki



Jasmin Jameson
Mobile Therapist

Call for an appointment
Phone: 123-123-1234

Please note that Reiki should not be used as a replacement for proven conventional care or to postpone seeing a doctor about a medical condition.

What is Reiki ?

'rei'=universal 'ki'=life energy

Reiki (pronounced as 'raykey') is a spiritual healing art – the practice of transmitting healing energy through the hands.

Reiki is believed to have originated in Tibet thousands of years ago, and current Reiki practice can be traced to the spiritual teachings of Mikao Usui in Japan during the early 20th century.

Reiki is a subtle and effective form of energy healing which brings about healing on physical, mental, emotional and spiritual levels.

Reiki is based on the philosophy that there is a universal energy that supports the body's inherent self-healing abilities.



Reiki Practitioners seek to access this energy, allowing it to flow to the body and facilitate the healing process.

A typical treatment

During a Reiki session you remain fully clothed (loose, comfortable clothing is suggested) while comfortably reclining on a massage table or seated in a chair.

Reiki treatment proceeds with the practitioner placing their hands on the recipient in various positions.

Some practitioners use a non-touching technique, where the hands are held a few centimeters away from the recipient's body.

The hands are usually kept still for 3 to 5 minutes before moving to the next position. The hand positions usually give a general coverage of the head, the front and back of the torso, knees and feet. A treatment can last from 45 to 90 minutes.

The recipient often feels warmth or tingling in the area being treated, even when using a non-touching approach. A state of deep relaxation, combined with a general feeling of well-being is usually the most noticeable immediate effect of the treatment.

Reiki is about you....

You can use Reiki as a wonderful complementary therapy in a personal wellness or healing program. Reiki is intended to be used to improve your own personal wellness - not just illness.

Reiki is used for stress reduction, relaxation and symptom relief in efforts to improve overall health and well-being and it is almost always a very relaxing experience.

Reiki is used in many settings including hospitals and hospices, as well as in private practice and in self-care and is a complementary therapy in a personal wellness or healing program.

You can learn to treat yourself by taking a Reiki level I course. This can sometimes provide the number of treatments that are recommended when costs might otherwise prohibit.

Reiki works effectively alongside orthodox health-care and natural remedies, expanding your treatment options.