



Jamie Best
Reiki Master

About Jamie

Jamie is a Certified Reiki Master trained at Harmonizing Health Retreat by Patrice Joy Masterson. Jamie is trained and certified in Usui, Kofutu and Huna Reiki.

Her college education was spent studying behavior & learning disorders in children. Which has ultimately prepared her for a deeper understanding of the calming effects Reiki Energy has on children with these issues.

Jamie's years spent working as a veterinary technician gives her a unique insight into pets' needs as well.



Whenever it starts, is when it is supposed to start.

Whoever is there, is supposed to be there.

Whatever happens, happens.

When it's over, it's over.



<http://violetbreathreiki.com>



Reiki Session Rates:

- 30 minute adult session..... \$30
- 60 minute adult session..... \$50
- 30 minute child session..... \$30
- 20-30 minute pet* session..... \$30

** pet sessions done in your home, vet's office (if available) or wherever your pet is most comfortable.*

Discount Packages:

- 5 – 30 minute session card..... \$120
- 5 – 60 minute session card..... \$210



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Relaxation
Stress Reduction
Promote Self-Healing



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FAQ

• What is Reiki?

Reiki is a Japanese technique used to promote relaxation, reduce stress and promote self healing. This healing modality is based on the idea of our unseen “life force energy”. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

• Does Reiki have a religious affiliation?

Reiki has no religious affiliation or belief structure. You need not change your belief system to receive or give Reiki.

• Do I have to believe that Reiki will work for it to work?

Your belief (or nonbelief) in the energy makes it no more or less there. The energy is not affected by your level of belief. However, an open mind and positive thinking never hurts anything. Healing is always expedited with happy thoughts.

• Is Reiki different than massage therapy?

With massage therapy, the practitioner will require you remove clothing and rely on manipulation of your muscles to achieve desired results. Reiki is a much gentler type of therapy as the practitioner will touch you lightly or not at all. During a Reiki session the only articles of clothing you will be asked to remove is your shoes and metal jewelry and accessories.

• What if I’m pregnant?

Reiki is completely safe for both mother and baby. It can be helpful with normal pregnancy side effects (back pain, morning sickness, etc). It is especially beneficial during labor and to heal any trauma associated with the birth.

• Is Reiki safe for babies?

Absolutely! It is great for infants as well as children. The treatments are noninvasive and gentle. It can help with self-healing from emotional and physical ailments and ease anxieties and fears. Infants especially can benefit from releasing birth trauma.

• Does Reiki work 100% of the time?

There is always a benefit received from Reiki energy. However, some conditions take multiple sessions. But it is not a replacement for standard medical care.

• Can Reiki cause harm in some situations?

Reiki can never cause harm, no matter the situation.

Life Happens...

Just moving through life day to day causes stress, illness and sometimes injuries. It’s important to take time out for yourself to relax and give your body and soul the time and space it needs to heal physical and emotional ailments.

Reiki is non-invasive and useful in conjunction with your regular medical care. Energetic imbalances happen in people when we get sick, have an injury or experience stress. These energetic imbalances can often cause even more physical and emotional unwanted issues. Reiki can help rebalance energy and allow your body to relax and heal itself.



Who can benefit from Reiki?

- Reiki is good for anyone who is dealing with physical stress, illness, injury, chronic conditions, aches and pains.
- Reiki is good for anyone with emotional stress, anxiety and grief.
- Reiki is good for those (especially kids) with behavior issues; ADHD for example.
- Reiki is good for anyone who wants to maintain energetic balance and be their best.

Animals Benefit From Reiki Too...



Our pets bring us unconditional love and joy everyday. They deserve the opportunity to experience the relaxation, peace and healing qualities a Reiki session can provide as well.

You may not realize that your pet also has a chakra system and illness, stress and injury can cause imbalance in them as much as their people. They can also take on the stress of their humans. While Reiki is not a replacement for vet care, it is a fantastic addition to it. It is gentle and also promotes self-healing in animals.



It can help with your pet’s emotional well-being by relaxing and reducing stress. It can also help heal previous emotional issues (yes, your pet has feelings too!). This will often serve to reduce or even remove behavior issues.

If your pet has recently been treated for an illness, injury or recovering from surgery, Reiki can promote self-healing and relieve pain.