

What is Reiki?

Like yoga and meditation, Reiki is becoming more known and more integrated into our society. It is utilized to aid in improving mental, emotional, physical, and spiritual health. It is an alternative healing method that is not accompanied by harmful side effects or heavy financial burdens. Reiki is also known as "Chi" "Prana" or "Life Force". Life can be very demanding. As a result, our energy can be depleted. Reiki provides the re-charge that we need to maintain optimal health and wellness.

What to expect during a Reiki session.

Reiki helps you to create balance in your life. Prior to beginning the session, the client is encouraged to wear loose or comfortable clothing. The practitioner then encourages the client to rest their body on the Reiki bed (massage bed). Depending on the client's needs the practitioner may ask the client to rest on their back or on their stomach.

The specialist usually begins by placing both hands on the top of the client's head. The Reiki energy then begins to flow from the practitioner to the recipient. Beginning with the head usually assists the client with relaxing and releasing any thoughts that may serve as interferences. Depending on the client's needs and preferences the practitioner may or may not put their hands directly on the client's body. As the session continues, the practitioner will move downward from the head while scanning the client's body to feel where Reiki is needed. Eventually, the practitioner should end at the client's feet. Private areas are never touched.

During a session the client is being refueled and recharged by Reiki. The mind and the body receive a boost of energy. Reiki flows to areas where stress, tension and disease have accumulated. It brings the client back to a natural and harmonious state of being. As the session progresses, it is very common for a client to sleep or to succumb to a deep meditative state.

Benefits of Reiki:

1. Alleviates stress and tension
2. Reduces symptoms and discomfort related to physical ailments
3. Improves mental health and mental clarity
4. Encourages a sense of peace and calmness
5. Heightens awareness
6. Re-charges the mind, the body, and the spirit

Why is Jasmine Dominique A Reiki Specialist?

I decided to become a Reiki Practitioner after experiencing mental health and physical health issues. My mother died in 2003 and my father died in 2007. They were both drug addicts that lived very stressful and at times chaotic lifetimes. As the only child, I began to internalize my emotions and I formulated many negative patterns. For most of my life I was overweight, depressed, highly anxious, and imbalanced. At the age of 19 I was diagnosed with hypertension and major depressive disorder. I knew that I needed to make some drastic changes. I began my holistic health quest in 2012.

I have studied many natural healing techniques. To continue my health quest, In 2012 I moved to Brazil where I lived for two years. There I studied voice therapy, dance therapy, and ancient traditional natural medicines. I returned to the United States in 2015 and I knew that my healing journey had just begun. Though I had made some positive life changes I could feel that I was still incomplete. The burden and trauma related to my childhood was still impacting my perception in life in many negative ways. As a result, my relationships suffered, my finances suffered, my aspiration to live suffered. I needed a breakthrough.

In 2017 I was introduced to the power of Reiki. Immediately, I could feel a connection. I began to do my own research and was amazed by the benefits. I began my journey and received level 1-3 certifications. In March of 2017 I officially became a practitioner and master teacher. Since, my life has changed in the most beautiful ways. Reiki is so beautiful, because I can provide it to myself and to others. I have healed myself by setting my intentions and by allowing the positive energy to flow through me.

Since becoming a practitioner, I have confronted and healed from childhood trauma, my lifestyle has changed and I am now a vegan and fitness personal trainer in the making, the quality of my relationships have improved, and I am fully aware of the power that I have to transform my life. As a Reiki Practitioner I am allotted with the opportunity to remind others of their infinite power and ability to heal themselves.

The implementation of Reiki does not discredit medical advice or guidance.

What are the functions of energy?



1. Every living thing that exists is permeated by a universal energy that connects and nourishes all life.
2. Energy has many different names, such as prana and chi.
3. It is this energy field around each person which supports the life process in all its aspects-the material operations of the physical body, the functions of the emotions, mind and spiritual life.
4. Energy is one of the most important expressions of the realm of pure consciousness, the spiritual life in the manifested physical world.
5. If the energy field is clear, healthy and free from defects, the living person will likewise exhibit good health, in all physical, emotional, mental and spiritual aspects.
6. When the flow of energy within this field becomes weak, impure, unbalanced or blocked, the energetic defects prevent the pure connection to the higher spiritual reality-the true self.
7. The ultimate cause of imbalance are usually traumatic experiences (including past lives) which have fragmented the psyche, allowed invasion of impure energies, and established faulty energy patterns into functioning of the energy field.
8. As a result of energetic imbalance, diseases or afflictions of a physical, emotional or mental nature often eventually manifest.

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