

Reiki Testimonials

1. After the Reiki session I felt calm and like I got a good night's rest. Thank you, I will be back." P.A. 03/07/21
2. "Thank you so much, Jess! My father's temperature is normal today and his body aches went away!" (Sent Reiki twice the day before.) -L.W. 03/19/20
3. "Jessica is an amazing reiki healer! I ordered the distant reiki for my cousin Elaina, and it healed her mind, body, and soul. She is feeling renewed and full of positive energy. Jessica is an angel, and I highly recommend a reiki healing with her. She has the power from God and the angels. Blessings xoxo"
[Two Reiki Healings for my cousin done the last week of December 2018 and the first week in January 2019]
C.F. 01/13/19
4. "Reiki experience I would highly recommend for anyone who would like to welcome in the holiday season and bring in positive energy. I would definitely consider going to more sessions in the near future.- The reading was encouraging I loved the part in the group, that I'm flowing and fairies love me and I can talk with them anytime and take care of earth and they'll like that. Important to take care of me right now – that's why I enjoyed the Reiki. That is taking care of me time. Each and everyone of us get stronger from challenges." Sharon F. 12/03/10
5. Jess, I just want to say that the reiki experience that I had with you was the most relaxing and rejuvenating experiences that I could have had. I loved the smells, the sounds and the massage. If I could do it every day, I would, but unfortunately you are not available every day. Too bad for me. ~Cheryl 08/28/10

Sharing Clients Experiences with October 11, 2012 Free Distant Reiki:

6. "I can tell you I felt an overwhelming warm and loving sensation from my heart chakra about 30 minutes after the Reiki had ended. The stress and emotions had suddenly gone away, and I felt at peace and confident with the choices I had made for myself. -Then following that, as I stood in my room, I felt like I was tuning in to "the other side". It lasted for about 5 minutes. I again felt that I was at peace with myself and others around me"
7. "While it was sending I did not notice anything. But then again I had just got home from picking up my son and we were in the process of getting homework out so not much time to think about other things. What I did notice though, is a calming effect. It started last night and it is still going on today. That is unusual for me as the past 6 years have been crazy and constantly changing, so if this is the effect Reiki is having on me.....Yeah!"

8. "I was having a slight case of vertigo all day yesterday which I get on occasion and it did go away completely around that time! I am feeling very good today and quite positive."
9. " Amazing. I thought I was somehow creating this through wish full thinking, as there was no way you would do it right away. I was wrong I felt consistent cold on the back of my shoulders and "wing bones" then it moved from there to my hips and lower waist (lasting a good 5 minutes it seemed in each spot). Lastly I felt the lovely coolness in my Achilles' tendon area. Wonderful. What a gift you've given me and so gloriously timed. By the way. Right nowhere feet are encased in the cool tingliness."
10. "I'm in the UK (Durham, England) and was actually driving at the time I received your healing. I felt a tingle at the top of my head, and then what can only be described as spiders walking on my face - but it was not unpleasant, I felt a warmth and a feeling of calm came over me."
11. "Thank you. I definitely felt calmer and more serene after you sent Reiki to me. Can still feel this way after a couple of hours too. Before Reiki being sent to me, I was in such a bad mood and a little depressed because of my issues."
12. "I noticed I felt more calm and happy at work today....I didn't feel my usual worries. I
13. actually got to also relax and watch a few shows on my laptop to relax...(I never get to do that) I was wondering why I was so carefree today!!! I kept smiling and laughing at the smallest things....I could feel my face muscles pulling smile after smile."
14. "I was not really aware of it happening but, I do felt a kind of inner peace and happiness, and a little tinkeling in my left shoulder. Thank you very much, and keep up your good work for humanity."
15. "I had a great day today! I was really down and out the last couple of days. I had energy and got a lot accomplished today. I am so grateful for you even thinking of me. I am looking forward to tomorrow! "
16. "I work the Graveyard shift so I was sleeping when it was sent. I did have vivid dreams, but I can only remember the last one, which would be much later than when the session was sent. However I woke up much less stiffness in my muscles and a little more refreshed than usual."
17. "The headache has passed and I'm in a silly good mood. Thanks for your help. I hope I do receive more of this energy for the next few days :)"
18. "My day ended up being quite enjoyable despite having a very stressful start. I give the credit to you along with my thanks and appreciation. I'm looking forward to experiencing your Healing Room."

19. "I did feel a sense of peace at one point after I emailed you but I didn't look at the clock to see the time. Perhaps I felt the calmness during the session"
20. "I had a very pleasant state of being around noon and I even happened to meet people that I hadn't seen for ages, it was a nice moment. But to be honest, the strongest sensations came as I read your first answer, few minutes later I sent you my request, I felt like soft vibrations around my body and my aura. I also "dropped in" your healing room; it was a quiet -peaceful experience, at least this time, oh! I liked the sounds of nature you have in there to be played, nice selections."
21. "I felt a noticeable "pick me up" upon opening your email saying that you were going to be reaching the whole group - it was great. During the time you stated I did not feel any direct feelings."
22. "I didn't even realize that you had sent the email out, but around 11:30ish I had a tingling sensation in my left hand. I thought it might've been from low blood sugar/being hungry, but I knew I wasn't hungry as I had just eaten. I couldn't believe it when I read your email. I have to say that it was pretty cool! I really like the energy; in fact, I had a very productive morning."
23. "Thank you very much for sending Reiki my way. It was interesting because I actually did feel a positive energy this morning. Before the Reiki I was feeling an anxious, unsettled energy as I have been lately. So far this morning I am feeling calmer. "
24. "Amazing! I am very open and get very intense feelings/emotions from this. This morning I woke up feeling nervous about going into the downtown area today with my sister for an appointment...but then I got your blog emailed to me and right away got a very warm
25. feeling in my heart after I emailed you about a Reiki session. During the Reiki I felt very good. Lots of tingling and still tingling all over, but mainly in my forehead. On my way home from walking my daughter to school I got such a pep in my step, haha. Then the email came thru that you did my Reiki. SO I knew that is why everything went from nervous to absolutely happy! I feel really good about today."
26. "Thank you so much for your help. I woke up with a little stress but by the time I arrive to work I was better. And I believe the Reiki worked well. I've had Reiki's done before and they are amazing. Thank you so much and I will update you if I feel anything during the next couple days."
27. "Thank u so much. I am not sure if it is the power of suggestion or? But before I even read that you had sent it I kind of started feeling very light in a weird sense like nothing I've felt before naturally. Also calm and relaxed. This will help me so much throughout

the day just to be positive around my grandmother and to my family. I am so glad I got to be in contact with you”

28. “Thank you so much for the Reiki session. I was laying down for a nap during this time. I woke up feeling very rested and well. I will keep in touch over the next few days and let you know how it continues to go.”
29. "I just wanted to let you know that before I even knew that you were doing or had done the Reiki, I had felt a warm glowing loving feeling inside. It must have been during the time that you were doing it because after that I received an email saying you had done it. I like Reiki and understand why you feel the way you do about it."