



Uzuni Reiki

LEVELS I & II

What is Reiki?



Reiki is an **energy** force drawn from the Universe.

The main purpose is to balance the body, mind, emotions, and spirit.



Reiki is **not** a religion but a way of life.

A gentle therapeutic practice that can be applied to all aspects of life; at home, work, relationships, pets, plants, and among people.



Reiki is **forever**.

Once attuned by a Reiki Master Teacher (RMT) the student has access to the energy for a lifetime.

Holistic Practice

Holistic practice embodies wholeness. It is the perspective that everything in our lives is all interwoven.

Reiki practice incorporates this as a way of life. Everything we do affects our body, mind, emotions, and spirit.



So many of us want to be happy, healthy, and live with financial freedom. Believe it or not, Reiki can do it all.



Click over this mouse icon to learn more.



Uzui Reiki

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Our Focus

Whom do we serve?

We welcome those who are open-minded and open-hearted to the process of healing practices. We have developed (online) courses to empower, enlighten, and energize you while getting excited about this powerful shift.

How can we help?

Our academy is designed to assist those who are looking to transform their lives. Our materials, tools, and techniques will give you the capability to move forward past your challenges, make a deeper connection to your soul while understanding what illness and healing really mean.

Keep reading to learn more about our:

- Teacher and Founder of JMC Healing & Wellness Academy
- Vision, Mission, Philosophy
- Benefits of Reiki
- Courses
- Student Benefits
- Pricing





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Disclaimer:

Reiki does not diagnose or cure medical conditions. Do not use Reiki to prolong or avoid medical ailments or injuries. Please consult your physician or a licensed medical practitioner for any medical advice or concerns.

This workbook is a guide to further your education and experience. JMC Healing & Wellness Academy [Reiki Pathways, LLC] is not responsible for any physical, mental, emotional damages or injuries.

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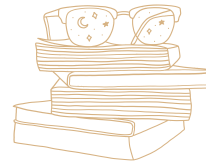
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Thank You



Uzui Reiki

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Meet Your Teacher & Founder



Nurse, Healer, Intuitive Coach, Artist
Advocate for Self-Care,
Spirituality, and Intuitive Development

Jen is a multi-passionate mompreneur who loves to help women "shine within." She believes in living and leading with the heart (versus the mind) through energetic healing, intuitive development, holistic self-care, and creative expression.

Jen resides in the beautiful Blue Ridge Mountains of Roanoke, Virginia. She lives with her loving husband, baby boy, and four crazy cats.

Her nursing experience ranges from Resource Pool to Neurotrauma ICU, and Hospice Home Health.

This taught Jen a lot about vulnerability in times of trauma, chaos, and tragedy. During her time in the critical care unit, she volunteered free Reiki sessions for her colleagues. It was during this period when she realized how much she loved gentle healing to the human spirit.

Dearest Potential Student,

Know that I'm honored by your interest in the healing arts. I've found Reiki to be one of the gentlest, most relaxing, and easiest techniques to learn. I've seen the most doubtful onlookers become the biggest fans. And I've seen profound shifts of inner turmoil to inner peace within my private healing sessions.

Thank you for giving Reiki a chance. Please look over everything carefully. I believe in full transparency and making sure you have an informed decision.

For any group rates, please email me at info@jenmariecliff.com.

I look forward to getting to know you.

With Love & Light,

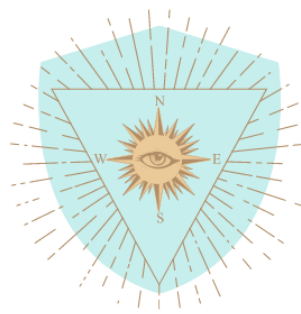
Jen



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About JMC Healing & Wellness Academy



MISSION

The Academy's mission is to empower, enlighten, and enhance an individual's heart and mind during their spiritual awakening through private sessions, studio classes, workshops, certifications, and online learning. It is believed and witnessed that spiritual connection significantly reduces stress, which then allows the body, mind, heart, and spirit to heal.

We are a community that supports open and honest communication, curiosity, collaboration, courage, and kindness.

VISION

- To develop private sessions that support curiosity, healing, and peace of mind.
- To promote spiritual connection with guided meditation studio classes.
- To encourage continuous education of ancient practices in modern times through workshops, certifications, and online learning.
- To captivate a global audience about the importance of self-care, spirituality, and intuitive development.
- To create a membership site that collaborates with experts of the health and wellness industries.
- To foster a community of like-minded and like-hearted individuals of seekers, dreamers, and visionaries.

PHILOSOPHY

We believe in encouragement rather than conversion. Exploration rather than dogma. In other words, if you feel that JMC Healing and Wellness Academy is what you're looking for, we welcome you with open arms.

Everyone has their own path, choices, and comfort to what they want to learn and apply. We hope you use discernment on your path of enlightenment and wish you all the love and light that the Universe has to offer.



Student Benefits

REIKI BENEFITS

Community

- Once a student is attuned they can attend JMC Reiki circles where they continue to practice, network, and make friends!

Easy to learn

- Reiki is not a complex system. Students learn the principles, ethics, history, hand placements and sacred symbols.

Non-touch healing

- Everything is energy. Providers are not required to touch clients to apply Reiki therapy. Hands are placed just above the body.

Distant or Remote healing

- Likewise from above, Reiki can be sent from a distance through time and space. It's about intention and where it's being sent.

Lifetime

- Once a student is attuned, they have it for a lifetime whether if they choose to use it or not.

Mobile

- No matter where a student is in the world, Reiki works. Use it in all aspects of life, personally and/or professionally.

No tools required

- In a formal setting, the provider will have a table, sheets, and a pillow. But overall, the provider just needs their hands.

Integrative and complimentary

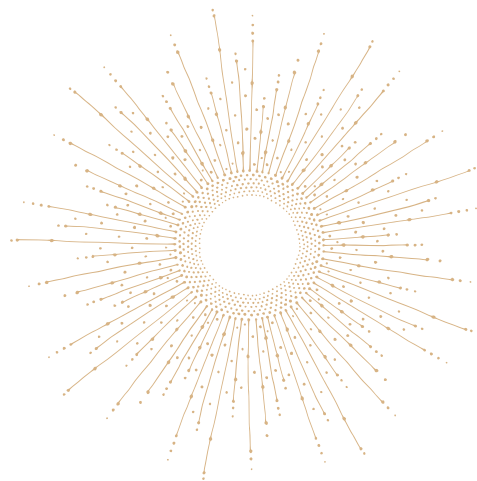
- This is one of the best healing practices to add to any health and wellness skill.

Instant Relaxation

- Generally, the energy immediately lowers the heart rate, decreases blood pressure, and reduces respirations.

All Knowing Life force

- The more you practice Reiki the more you understand that Reiki does the healing and the student is a channel.





Student Benefits

JOURNEY INTO LIFETIME LEARNING

Affordable

- Special discounted prices to large groups
- Payment Plans offered

Discounts & Gifts

- Become a WellNest Member and get \$25 OFF the Course (individuals only)
- Discount to JMC Private Services
- Early Bird Discount Code
- Discount to JC Sacred Design when you purchase collateral designs
- Personal Gift Bag the date of Graduation

Continual Education

- Annual Updates and Bonus Content to the Course - TBD

Continual Support - Community

- Private Facebook Group
- Membership on Wix App
- Student Forum
- Commentary within the learning platform

Lifetime

- Reiki Healing - Never goes away

Downloadable Documents

- Syllabus
- Visual Guides
- Workbooks

Video Tutorials

- Post-graduation/attunement training
- Live streaming tips and refresher content

Audio Tracks

- Guided Meditations

Learning Styles

- Audio
- Visual
- Kinesthetic
- Verbal/Writing
- Social
- Solitary
- Combination

INSIDER Newsletter



- Discounts for products, upcoming events, and courses
- FREE Monthly Wellness Kit

Graduation/Attunement Day at The WellNest in Roanoke, Virginia

- Schedule Your Graduation
- Level 1 & 2 Attunements
- Level 1 & 2 Certifications
- Practice with other local students
- Q&A with Jen | Reiki Master Teacher
- Light meal, snacks, and drinks provided



Uguri Reiki First & Second Degree

IN-PERSON COURSE | GRADUATION DAY/ATTUNEMENT

Where

- The WellNest in downtown Roanoke, Virginia

Days and Times

- **Allow for 2 full days; estimated times 9 - 5**
- This depends on the number of students
- The date and time will be determined by the teacher
- Please view the website or FB business page for the most up-to-date information

General Agenda - Breaktimes included and will vary

- **DAY 1**
 - Students and teacher get to know one another, learn the foundation, history, and techniques of Reiki
 - First Degree Attunement and Self-Practice
 - Questions and Answers
- **DAY 2**
 - Education on Second Degree and Attunement
 - 1-1 and group practices
 - Additional information including:
 - Creating a sacred place, energy clearing, breathing/grounding/energizing techniques, energy protection

Good to know

- Practice with other local students
- Q&A with Jen | Reiki Master Teacher
- Light meal, snacks, and drinks included
- Manual included

Things to bring

- Wear comfortable clothing that covers all private areas
- Water bottle, pillow, yoga mat, snacks

At the end of the course you will receive

- Small gift bag
- Level 1 & 2 Attunements
- Level 1 & 2 Certifications
- Discounts to a private session, studio classes, and JC Sacred Design purchases
- Community connection via Reiki Circles/Continued education and practice
 - Private social media groups on Facebook and Wix app
- Resource list for continued education
- Priceless healing experience!



Usui Reiki

COURSES

Usui Reiki First & Second Degree

This is a great course for beginners, with no prior healing experience, or a refresher. The student will learn to apply Reiki treatments to themselves, family members, friends, pets, plants, and even objects.

The Second Degree takes it to the next step; students learn sacred symbols, distant healing, and non-touch healing treatments. This is perfect for personal and/or professional applications. Providers of all backgrounds are encouraged to apply.

No Prior Requirements.

\$247 USA

Payment plans offered.

Usui Reiki Master Teacher

Mastership is a lifetime of learning and influencing others in a profound and positive manner. It is a way of life. If the student seeks this advanced level which includes Third Degree symbols, attunement process, teaching materials, and practical Reiki business tools.

The student must already have previous attunements of First & Second Degrees. They must bring their current certifications or send images for verification. Thank you for understanding.

Prior Requirements: Usui Reiki Degree I & II.

\$497 USA

Payment plans offered.

Karuna Reiki®

Karuna Reiki means “an action that is taken to diminish the suffering of others,” it can also be defined as the Reiki of Compassion.

Chanting and toning is included in Karuna Reiki in order to deepen the healing process. Karuna Reiki® are the registered service marks of William Lee Rand.

Prior Requirements:
Usui Reiki Mastership for 6 months.

TBD

Payment plans offered.

Reiki All-In-One Bundle

This is a comprehensive course certifying the student in all levels of Usui Reiki and Karuna Reiki®. This program will take between 6 - 12 months depending on the student's availability and finances.

Karuna Reiki® are the registered service marks of William Lee Rand.

No Prior Requirements.

TBD

Payment plans offered.