



REIKI PRINCIPLES

Just for today, I will not anger.

Just for today, I will not worry.

Just for today, I will be grateful
for my many blessings.

Just for today, I will do my
work honestly.

Just for today, I will be kind to
every living being.

Additional and Contact Information

Please call the number below
for more information regarding
rates and to schedule a ses-
sion.

Both on-site and long
distance Reiki sessions are
available.

Reiki for animals is
available.

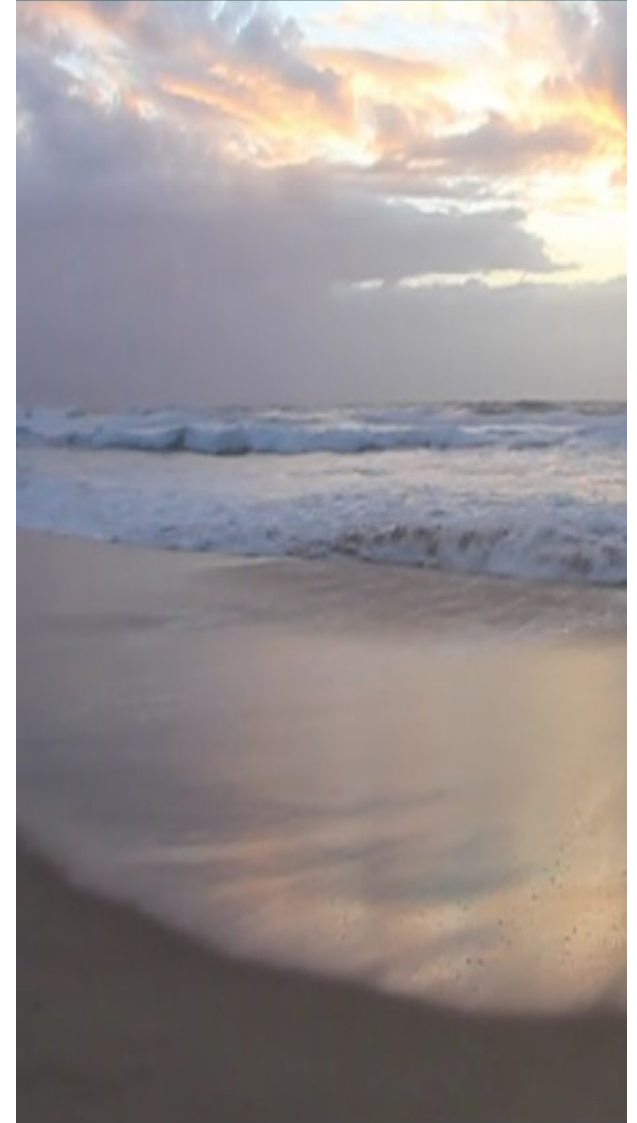
Puget Sound Reiki
Rayne Mandel, RMT

Phone: 253.278.5762
PugetSoundReiki.com



PUGET SOUND REIKI

Balance, Heal, Renew



Initial Consultation

Our first session will comprise of some paperwork and determining your healing goals. Time will be set aside to answer your questions. We will also check your Chakras (energy centers) before and after your treatment to make sure they are properly aligned.

After the session, you will be given time to full wake, hydrate and review your experience.



About Reiki

Reiki is an ancient art of healing. The word Reiki can be interpreted as "Universal Life Energy." This uninterrupted flow of energy helps activate the natural health processes in each client's body, human or animal.

Every Reiki experience is different and unique. Some of the things you may experience are warmth, heat, a sense of peace, calmness, tingling, renewed energy.

About Rayne

Rayne has had a life-long interest in healing and making the world a better place.

She has actively been involved in Reiki and the world of energy healing since 1998 and in all things metaphysical since a young age. She is a Reiki Master who loves her work.

Rayne's clients to date include adults, children, babies, horses, dogs and cats.

