

RESTORING WELL-BEING THROUGH REIKI

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Well-being is a combination of physical, mental, emotional, and spiritual self-awareness. It reaches beneath the surface to impact the essence or being. It allows people to become in tune with their innate feelings and intuition, which are meant to guide them so that they can feel what is best for them.

RESTORING WELL-BEING

Reiki, a hands-on healing modality, is a simple tool that professionals can use on themselves and their clients. This Japanese technique for stress reduction is based on the idea that practitioners can transfer the energy from the universe to the client through the use of the palm of their hands. Dating back to the teachings of Mikao Usui in the early 1920s, Reiki got its start from Usui's intense spiritual practices. He believed that everyone has energy that should be strong and free flowing. When this energy is abundant, the person is in a positive state of mind and health. However, when their energy is weak or blocked, the affected person may feel physically or emotionally imbalanced. Unlike massage, Reiki uses light, non-manipulative touch to a clothed client to restore the balance of energy.

It reduces stress and anxiety by quieting the mind and calming the emotions to experience inner peace. Skin care professionals can use Reiki as part of a multisensory experience and offer a program to clients that includes weekly treatments. The benefits of this service include restoring balance, a sense of well-being, and feeling better equipped to deal with day-to-day life.

The following is an example demonstrating Reiki being used as part of a daily self-care ritual to restore well-being.

Corie, an aesthetician and Reiki practitioner, shares, "I was carrying a lot of baggage. I wanted the confidence to follow my heart and to accept myself for how I am, instead of listening to other people tell me how I should be. After my first Reiki self treatment, I felt a calm, loving, and safe feeling come over me. That night I slept better than I had in years and the next morning I felt energetic and refreshed. I realized I needed to show myself the same love and compassion that I gave others. Since the Reiki class, I am practicing daily. In the two and a half months since starting, I feel much more in tune with myself than I did before. I have less anger and more patience. Unhealthy relationships have fallen to the side. I no longer feel attacked or judged during conversations with family. I can see that their comments are a reflection of them and not me. Now, I look forward to my time at night when I gather my thoughts and am still within myself. I appreciate who I am as a whole person and share what a miracle Reiki is in my life."

CREATE A WELL-BEING RITUAL

Reiki is one component to restoring well-being. Practice 15 to 20 minutes of Reiki daily and consider adding intentional prayer, meditation, and journaling to your daily ritual. Set an intention for what is wanting to be achieved, such as more confidence, self-acceptance, peace of mind, emotional stability, and a self-care program. Keep track of the progress and watch a life transformation occur within 30 days. By providing inspiration for clients, they will want to experience these well-being offerings for themselves. 🌸