





A PATH TO SELF-AWARENESS WITH **REIKI**

By Linda Bertaut

Nature tells us that winter is the time to rest, rejuvenate and go within...not to create new resolutions or plans. This is the perfect season to offer services to clients that rediscover innate talents and restore their connection to a knowing that is already within.

CLIENT PATH: KARLA

Karla was a leader without confidence. She had all the right degrees to secure a high-level HR position and was doing her best to give the appearance of living a successful life. Like many people in Karla's situation, she was doing the right things but something was missing. The façade she created was beginning to crack, and she could no longer pretend that everything was okay. Karla was constantly spinning her wheels, looking outside herself for answers. She lived in fear that she would never have the courage to be the person she was meant to be. Although she had ended a cycle of abusive relationships in her personal life, the same pattern resurfaced at work where she ended up working for younger, abusive bosses. Karla began a 30-day self-awareness program that included weekly reiki treatments in addition to her own 3-point self-care program. Her daily practice included a combination of reiki, meditation, journaling, setting intentions and fun things from a list we created together. Each item had a point value, and her goal was to check off three points of self-care per day. Karla had great initial success in reducing her anxiety. She came in monthly for maintenance sessions and was encouraged to continue using the tools she had learned. Within seven months, Karla learned how to set boundaries and was able to leave her abusive job. She manifested a new HR position in a supportive environment she co-created with upper management. She now embraces her leadership qualities in her life and work. The things she has learned, she now teaches to her managers and employees, including self-awareness techniques. Karla told me, "Reiki helps me ground myself, and gives me the tools to recognize how I am feeling and how to channel my energies appropriately. In the past I wasn't able to recognize what energy or emotion I was feeling, I just felt controlled by them. I also used to have a lot of negative self-talk that would have kept me up all night and often spiral into a depression, but now I don't. Now I can see it and recognize it so that it no longer controls me. Now, I see that the life I've created is a darn good life!"

We all have an internal navigation system that guides us through intuition and feelings. However, stress, anxiety, constant mental chatter and depression run interference. Reiki quiets the mind and emotions so that we are able to receive intuitive insights. With consistency, reiki enables self-awareness and fortitude to create resolutions that will last once spring arrives. If you want your clients to adopt healthier habits, whether it is taking care of their skin or becoming more self-aware, you need to provide the framework for them to succeed.

A common theme is taking place, especially among women. Are clients telling you that they want more meaning in life? That they are ready for change, but are not sure what to do? Are they going through the motions, feeling like something is missing? That something missing is a sense of self-awareness and life purpose. Ask your clients the following questions to determine if they need self-awareness: Can you describe who you are beyond your roles in life; Do you have trouble setting boundaries; Do you stress over trying to please others; Does fear stop you from being yourself; and Do you look to others for validation?

If they cannot easily answer the first question and answered yes to any of the others, a journey of self-discovery is the first healing step. As they become more self-aware, they inspire others to do the same—like a domino effect.

5 Steps to Self-Awareness

Self-awareness takes consistent and conscious effort. Like a seed, the client has everything they need within them to blossom and become the person they are meant to be. The following five steps can help get clients on the path to self-awareness.

1. Practice a form of energy healing, such as reiki, tai chi or qi gong, daily or a minimum of 2-3 times a week.
2. Create a self-care system.
3. Meditate regularly for intuitive guidance.
4. Journal their insights and ideas in a journal book.
5. Write intentions for what they want to create and repeat them daily.

Included in this article are two client paths to self-awareness, followed by ways estheticians and spa owners can adopt reiki and a self-care system in their spa to help clients become more self-aware.

Principles of Reiki

Reiki (RAY-key) is a universal healing energy transmitted through the palms of the hands that quiets the mind and calms the emotions, leaving the client with a sense of inner peace and knowing, beyond cognitive thinking. It is one of the few healing arts that works to balance the entire person—the physical, mental, emotional and spiritual aspects of each individual.

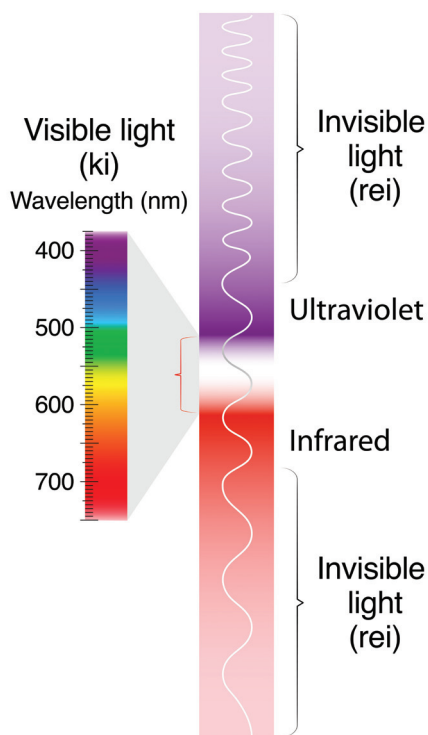
Everything is energy. Energy is light split into wavelengths vibrating at various frequencies. Earth, humans and all life on earth operate on the visible color spectrum (see **Visible Color Spectrum**), also known as the “ki” in reiki. All other light is “rei.”

When an individual is attuned to reiki, it enhances their personal healing abilities by raising their frequency. Combined, these energies have a powerful effect of lifting her spirits.

By learning a simple series of hand positions covering the chakras, an esthetician or massage therapist can add value to their services and facials. Although reiki does not include massage manipulations, you can intersperse reiki hand positions into your current facial massage or offer 30-minute, wellness treatments using reiki and neck and shoulder massage.

It should be noted that anyone who practices reiki should receive reiki “attunements” from a certified

Visible Color Spectrum



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reiki master teacher. Ideally these are done in person; however, they might be performed remotely. Do not be misled by the low-cost Internet offers of being able to attune yourself.

Create a Self-care Program

Self-care is a part of getting in touch with what is inside. When your clients (or you) takes care of themselves, they discover their value within. To create a self-care program, have the client make a list of 10-15 things she loves to do that are not obligation related. Rank items on a scale of 1-3 points depending on how time intensive they are. Then, have them make a weekly spreadsheet, where they check off the activities that support their well-being and attitude. Their goal is to get three points per day of self-care items. Simple things, such as taking a bubble bath, reading a book for an hour or enjoying a healthy meal, can count for one point each. Going for a walk; getting a facial or massage; or spending quality, uninterrupted time with a loved one count as two points each. Spending half a day enjoying time with family or doing a hobby is worth three points.

At the end of 30 days, notice their change in attitude and encourage them to keep doing what they enjoy most from the list.

Share Your Gifts

The real meaning of life is accepting and being yourself. Know yourself, be yourself and share your innate gifts and talents and you make the world a better place just by being you. ✂



Linda Bertaut is an esthetician and holistic reiki master teacher who specializes in transformative esthetics. Known as the beauty industry's "reiki and energy-healing educator," her signature wellness treatments and innovative techniques are being used in salons and spas throughout the country. She is also a frequent book and magazine author, and a speaker at many industry events. She can be reached at linda@chakralicious.com or 925-446-6284.

CLIENT PATH: NANCY

A reiki student of mine sent me a desperate text message that read, "I'm feeling suicidal. I've moved to Hawaii to have my dream life, and now everything is a horrible mess. I am so depressed. Help!" When Nancy reached out to me she was feeling lost and hopeless with nowhere to go. Her dream, as an esthetician and massage therapist, was to move to Hawaii and work at a resort spa. Her reality was sharing a studio apartment with an imbalanced roommate, working on-call with no car and no stability. Nancy's life had changed for the better when she first started practicing reiki, then she stopped.

The reality is that once the practices that create self-awareness are stopped, coasting will only last for so long until that person falls back into the same habits and patterns that created the problem in the first place. For a week, I sent Nancy long-distance energy healing, while she practiced reiki self-treatments. She meditated, wrote out her negative self-talk and wrote positive intentions for the life she wanted. We spoke as needed and before long, she was feeling a sense of peace again and tapping into self-awareness. In less than three months Nancy transformed her life; from being desperate and suicidal to having a safe place to live, a supportive job of her dreams, and most of all, peace of mind with a feeling of happiness from within. Nancy shared, "Reiki is my life preserver. Before, when I was in a negative situation, I acted out against myself or others. Now I have a positive way to ask for what I want. I feel peaceful and am super happy with my life. I work in an environment with a lot of women, we all get along and now I feel like part of a family. I feel appreciated and rewarded for the work I do."