



HOLISTIC HEALING FROM WITHIN

By Linda Bertaut

We are spiritual beings in a physical body. We're here to evolve our spirit by utilizing our innate gifts and talents to serve the greater good. When it's time for a change, to be who you came here to be, you feel called from within. Something is guiding you, putting ideas, opportunities and people in your path.

You have an inner knowing of the direction you need to take, but fear can make you doubt yourself and think what you are feeling isn't real. So, how do you tap into and trust your inner guidance when you have been taught to do the opposite? You clear the mind. The mind is designed to give you a sense of curiosity to experience the joy of learning. However, for many, it is programmed to keep new information out and focus on repeating the same programming repeatedly.

This is how you get stuck in your comfort zone. Healing is about claiming the displaced pieces of yourself to become whole. Holistic healing focuses on the whole person, body, mind, feelings and spirit. You are born with an energy blueprint containing everything you need to become the person you are meant to be. Here is how wellness professionals can gain the confidence to be a better healer.



Healers and the Beauty Industry

The beauty industry is ideal for healers. As a spa professional, you already have a bond with your guests through the nature of your hands-on work. Offering holistic healing modalities such as conscious breath, meditation, sound therapy and energy healing with reiki and gemstones is a natural next step to help clients transform in ways they never thought possible.

Lynn, an esthetician of 16 years in Long Island, New York, remembers cosmetics and the beauty industry positively impacting her life early on. She grew up with an obvious birthmark on her face, which left her feeling like she wasn't pretty and that no one would like her. "I've loved skin care for as long as I can remember, especially with my birthmark, because I have always used makeup to cover it," she says.

Inspired by her experience, Lynn loves helping clients gain confidence and feel better in their own skin. As she became comfortable as an esthetician, she realized that she could have a greater impact if she started offering holistic therapies like reiki

and crystals. Lynn felt called but was afraid of being judged and not taken seriously.

How could she introduce energy healing to her established clients, who only knew her for her esthetic skills? How could she convince someone who was coming to her for an external beauty treatment that adding holistic therapies could be transformational and life-altering?

"This voice in my head kept telling me to do it and I finally listened," notes Lynn. At first, she didn't know what steps to take, so she trusted her intuition when the opportunity arose to take a reiki course. She then enrolled in a training program where she learned how to heal herself and introduce holistic healing methods to her clients.

After incorporating reiki into facials with longtime clients, Lynn reports that they were speechless. "They couldn't put into words what they experienced. They felt different; a euphoric feeling came over them," she says, adding that she could see it on their faces. "They had this glow about them, and that's how I knew it was so great."

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Heal Yourself First

Your personal use of energy healing therapies helps you to heal and tap into feelings and intuition, which is your internal navigation system. But, before you can help others, you must help yourself.

In Lynn's case, she committed to her own healing and started practicing reiki daily. She also included meditation, intentional prayer, journaling and simply doing things she loved. Three weeks into her healing journey, Lynn's stress and anxiety had diminished, and the constant mental chatter was gone. She also stopped taking on other people's issues as her own—something that many spa professionals and empaths struggle with!

Reiki is the most useful energy healing modality you can use to protect and heal yourself, as well as activate the healing energy of others.

There is a myth that you must have everything figured out before offering healing services. The truth is that when you are in the process of healing, others notice and are drawn to what you are doing. It is the perfect time to start, as the experience is fresh in your mind, you know the benefits and can share this with your clients.

As you practice, you will learn the language that helps clients better understand what you are doing. Keep track of their responses, as these success stories will become part of how you relate the benefits of holistic healing to others.

You can use your gifts to make a positive impact in the lives of others as you evolve your spirit by following your calling. To learn about yourself and your own unique purpose and calling, you must look within, quiet your mind and allow your internal resources to guide you.

Everyone has a spirit counsel, whether it's guides, angels, ascended masters, loved ones or others. This is your team. They are your cheering squad, and their job is to give you direction and guidance. When you have those aha moments and ideas that lift you up and change everything, that is your team at work!

They love when you use tools like reiki to access your innate healer, because when you heal your energy body (and spirit), you are more open to receiving their messages. Plus, you can transform a multitude of issues such as stress, anxiety, doubt, negative self-talk and more.



Building Healthy Auras

You are endowed with five physical senses—smell, taste, sight, touch, hearing—as well as two extrasensory senses: clear vision and intuition. Each is associated with an energy center or chakra, a Sanskrit word meaning “wheel of light.”

Chakras fuel the physical, mental and spiritual bodies with vital life force energy. Each is associated with a sense, sound, color, endocrine gland and organs.

Chakras provide seven levels of awareness that connect you to a sense of self, direction and purpose. Healthy chakras create a healthy aura or spirit, which translates to radiating a healthy glow from within.

However, many people have a condition I call leaky aura. Years of leaving bits and pieces of their energy behind leaves their aura looking like Swiss cheese. This makes them susceptible to absorbing other energies from people and the world around them.

Through reiki and her healer training, Lynn was able to address her leaky aura and uplift her spirit. The practices she learned are an important part of her daily and weekly routine, allowing her to fulfill her dream of following her purpose and making a difference.

Now, Lynn helps others heal themselves to become whole and vibrant from within. Her heightened awareness continues to help her grow her holistic healing esthetics business. “I know what I'm doing and I feel confident!” she excitedly shares.

As you heal yourself, your light shines like a beacon to others who are being called from within as well. Your healing and becoming whole provides hope for others. Share your journey and successes and help others to get on their own path.

Clients' healing will be unique and different from yours, but the steps will be similar. When you offer a path to healing, you provide more than just a spa treatment; you provide a whole new outlook on life, a doorway to meaning and purpose. You offer the ability for someone else to reclaim their missing pieces and become whole. 🙌



Chakralicious founder Linda Bertaut is a Milady author, national speaker, award-winning esthetician and reiki master teacher. She brought reiki and energy healing to esthetics more than 20 years ago. Bertaut created the “Heal the Healer” program to mentor others to understand, embrace and utilize their healing abilities.

