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Reiki: Your All-in-One Tool for Energy Healing and Protection

By Linda Bertaut

Reiki is a hands-on and distance healing modality that quiets the mind and calms the emotions, leaving clients feeling peaceful within. It is one of the few healing arts that works to balance the entire person—the physical, emotional, mental and spiritual aspects of each individual.

Everyone has healing energy in their hands, the “ki” in rei-ki. Reiki amplifies your personal ki through a series of attunements, infusing you with “rei,” or universal healing energy.

Reiki is an all-in-one technique that can be used to heal and protect yourself and your clients. In order to perform one of the three levels of reiki, you need to be attuned by a certified reiki



master teacher. The amplified energy is transmitted through your palm chakras, so each time you place your hands on yourself or others, you create a level of calm and peace. Used regularly, reiki has wonderful healing benefits.

Levels of Reiki

Mikao Usui (August 15, 1865-March 9, 1926) was a Japanese sensei (teacher) from Kyoto, Japan, who developed the form of reiki that we use today. There are many variations to his story of rediscovering the ability to heal with the hands; what's most important is his personal mission to seek an ancient technique that had been lost in modern times.

Usui's work provided future generations with the keys to balancing body, mind and spirit with the healing touch of our

hands. Each reiki level promotes expanded consciousness and layers upon the previous level.

Reiki Level 1 allows for hands-on healing, which is perfect for performing treatments on yourself and others. Regular self-reiki sessions provide protection from absorbing unwanted energies that come from others or your environment.

Reiki Level 2 allows for remote healing on up to three people at a time. You learn your reiki symbols so you can perform distance healing on people and pets. This level of reiki helps clear emotional and mental energy, as well as clear energy in physical spaces.

Reiki Level 3 allows you to activate others. This is really only for those who feel called to teach reiki and reach the reiki master level.

Treatments can take anywhere from 20 to 40 minutes. Reiki hand positions can also be easily added into a facial for

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a healing, chakra-balancing experience. In the case of self-reiki treatments, you perform a series of hand positions placed at the midline of the body over the seven major chakra centers.

Success Story: Donna

The best way to tell the reiki story is to share the success stories of people who incorporate it into their lives.

"I gained the ability to believe in myself," says Donna, an accomplished, creative person who lives through her heart. For a long time, she had two jobs: 40 hours a week as an X-ray technician and her part time esthetic business on nights and weekends. Her esthetic business was fully booked and just as she was making more money than she ever had before, life threw her a curve: Both her parents' health was fading.

Donna sold her house, left everything behind and moved back into her childhood home in another city to take care of her elderly parents. Moving home unearthed some old traumas, causing her to experience nonstop mental chatter, grief and anger that she held inside.

"Every day was a struggle and I was filled with sadness, resentment, loneliness, anxiety and fear of failure and the future,"

explains Donna. "I wanted to be content with being inside my skin, to have more of a solid foundation, clarity and any type of direction."

Many of us are taught to be a certain way, often according to values held by our parents, community, religion, etc. We are taught to believe in mind over matter, not to trust our feelings and to forget about intuition. The result is epidemic levels of stress, anxiety and depression. When someone is an innately feeling person, this creates even more trauma.

Donna enrolled in the "Heal the Healer" program, where she learned meditation, journaling and other energy healing modalities. The first month, she performed reiki treatments on herself for 30 days in a row.

"When I started this program, life was stagnant and I was unable to gain any leverage," recalls Donna. "I got into the Heal the Healer program at age 45 and it all started to fall into place. Reiki, meditation and journaling helped me feel that I was a person, and it allowed me to get through the things that were holding me back. I just needed to dig deep and get in touch with the part of myself that I had not visited in years."

Donna's self-healing practices are now a habit, and she





is free of her previous negative emotional state. She is working through and healing her traumas as she cares for her parents.

Success Story: Kylee

"I'm living my dream. I'm so happy with where I'm at!" When Kylee was 18 and about to graduate from her esthetician training, she suffered from anxiety over things she had no control over. She wasn't sure what direction to take with her career, but she knew she wanted to discover her purpose sooner rather than later.

In cases of anxiety, reiki is helpful for calming those emotions and peeling away the layers that are not you. Kylee hoped that healing herself would help her figure out what felt right so she could create her own path.

After 10 weeks and 8 hands-on reiki sessions, Kylee's life changed dramatically. Her confidence skyrocketed; it was visible in her face and how she presented herself. Her anxiety was diminished, and she was able to set better boundaries and improve relationships with clients, family members and boyfriend.

Kylee felt like she was able to put the pieces of her life together, and she gained a sense of self and purpose. Her life path was clear.

Kylee's program included self-reiki treatments, meditation, journaling and other energy healing modalities. Reiki and

meditation helped her to get quiet, figure out what's next and feel confident saying what she needs to say.

By the age of 19, she had started her own beauty business in a beautiful space—and she is fully booked. "Follow your heart and you will be on the path that is meant for you," says Kylee. She is now 24 and still practicing reiki and meditation.

Healing the Spirit

Once you quiet the mind and calm the emotions through energy balancing with reiki, you tune into your higher self to be guided by intuition and feelings. This is your internal guidance system that is meant to connect you to a sense of self and purpose. With purpose, you feel called to greater meaning in life. It propels you forward and creates passion for living. Heal your spirit and you can heal your life. 🙏



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.