



### OPINION

## Reiki for Beauty

Utilize this ancient art to restore or enhance your natural self.



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We all know how the power of our presentation, our outer allure, has much to do with the state of our inner self. In other words, it's difficult to look our best when we are not feeling our best.

Whether you are suffering from a physical ailment or your hurt is related to the spirit, such punches take from the wholeness, that perfect state of being that allows you to feel peaceful, happy and so utterly *you*.

Enter Reiki, an ancient Japanese art of stress reduction and relaxation that can help bring you back to this natural and desirable state.

Here in Redondo Beach we have our own Reiki hot spot in the form of the Reiki Center, tucked in a quiet courtyard in Riviera Village. I spoke with owner and Reiki master Lucia Galante Johnson, who helped me understand how this enduring method of healing the body and spirit works.

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**What it is.** The word "Reiki" literally means universal life energy. When the energy of our body, mind, and spirit are aligned, we feel good. When our energy is imbalanced, we may lack clarity, feel "off" or just not ourselves. A Reiki practitioner works with us to realign and rebalance our energy, enabling it (and ourselves) to flow freely.

**How it's done.** During a Reiki session the client stays fully clothed in a reclined position while the Reiki practitioner administers energy through his or her hands, which are placed on or slightly above the client. (This energy can travel through clothing, medical casts or bandages.) This energy, or Reiki, interacts with the client's unique energy centers to promote a deep relaxation and assist the body's natural healing process.

**The benefits.** Johnson points out that as humans we are energy sources, or as her engineer spouse puts it, "Everything in life is made of matter and that matter is energy." Our unique energy can, for many reasons, become weakened, clouded or stuck. By facilitating the flow of our energy, Reiki can help us, as Johnson says, "to become unstuck" and operate from a state of clarity and wellness.

**Reiki for beauty.** People use Reiki for relaxation or relief from symptoms of ailments. As a form of energy healing it can enable us to return to a state where we connect with ourselves and others in an authentic and mindful way. As such, Reiki can be a powerful tool for maintaining that unique allure that comes when we are at ease in our skin, and functioning as our natural selves. And this personal peace is our most potent spring of beauty.

The Reiki Center offers treatments, classes and workshops. Visit [www.reikicentered.com](http://www.reikicentered.com) for more information.

The Reiki Center

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*About this column: Discovering grooming, style and beauty secrets in Redondo Beach with Constance Dunn*