



## Reiki for Natural Anti-Aging

By Wendy Jordan



In today's world there are amazing new techniques and products to help us look and feel our best. There are "remedies" for any physical, internal or emotional problem we

discover. In trying to promote these new products and medical treatments through marketing, advertising, infomercials and "hot topic" talk shows we have created a new problem. We're being bombarded with negative messages about ourselves and our bodies that make us feel inferior or even "ugly." The self-esteem of the mature woman is constantly being chipped away at.

*We spend too much time focusing on what's wrong instead of noticing what's right!*

Remember the old phrase Inner Beauty? Why isn't that a buzz-word anymore? What happened to being beautiful from the inside out, loving ourselves, and growing old gracefully? It has been replaced with anti-aging!

I began learning Reiki in my mid-40's. My reasons for learning this self-healing technique were mostly about stress relief and caring for the elderly. But I have come to believe that Reiki is also my anti-aging secret. I discovered that as I de-stressed, I had less lines in my face. I also smiled more instead of frowning, and I became healthier in general.

Reiki increased my awareness of proper nutrition and water intake, so I enjoy simpler, natural foods and take natural food supplements. Much of my work with Reiki involves being out in nature. By re-awakening my love of walking in the

woods and biking, exercise became fun instead of a chore. Yoga exercises firm and tone, and with Reiki meditations I visualize healthy, healing energy entering my body on a daily basis.

*... let's change that negative phrase "anti-aging" into a more positive, "healthy aging!"*

But most importantly, I notice that what appears most beautiful to me isn't all the outer "stuff." Kindness and compassion makes a person glow more than any brand of make-up. Smiles, laughter and light-heartedness attract other people more than the right outfit or shoes. Reiki taught me about being of service and giving to others. I wouldn't have thought that in learning charity and humility I'd develop a look of confidence that no surgeon can create.

So what do I think is the remedy to constantly looking at "what's wrong about ourselves"? To begin with, stop it! As soon as you fix one thing, if your habit is to notice what's wrong, you'll find something else not to like about yourself.

Focus on what's good and what's right. Start loving yourself, and if you don't love yourself inside and out, look for a program to work on that first.

Find a style that looks good on you and quit worrying about trends. Treat yourself to spa services that make you feel good as well as look good. Surround yourself daily with good thoughts, positive people, and an attitude of appreciation. Stop watching all those drug company commercials that scare you into thinking something is wrong.

Then, compliment someone else. Make it a point to notice something nice about their appearance and then tell them. Or just mention how glad you are to be spending time with them. You'll feel better on the inside, which makes you look better on the outside as well.

And since we really can't stop aging anyway, maybe we should begin changing that negative phrase "anti-aging" into a more positive, "healthy aging!"

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