

# JUST FOR TODAY... LIVE!



Jieni Xu is invited to take a glimpse into Reiki master teacher, **Lynda Kerr's** life as she explains Reiki teaching and its benefits

**A**n early riser, Lynda Kerr wakes up every morning at 5.45am with a calming meditation followed by an hour session of Ashtanga yoga. Lynda teaches meditation two mornings a week and attends to her therapy rooms in Mosman and North Sydney. On other days, she facilitates Reiki workshops specifically for beauty therapists and body workers at Select Botanicals in Gladesville, Sydney. She concludes her day with another meditation before bed. Reiki has played a large role in Lynda's life. "Reiki has had an enormous impact on every area of my life. It promotes and deepens a sense of peace, calm and balance in my physical, emotional and spiritual life," she says.

As a Reiki master teacher, Lynda gives high priority to being in tune with the natural environment and nature. She often takes an evening walk near the harbour foreshores to maintain tranquillity, calmness and clarity. She dedicates a lot of time to being in a natural environment such as kayaking in the early morning. "Green living and sustainability is very meaningful to me. At my local community centre, I help facilitate a workshop called 'Feed Your Face Natural Skincare' where we use natural ingredients such as fruits, grains, herbs and clays. They are so much fun to work with and we eat what we don't use on our skin," Lynda says.

Japanese Buddhist, Mikao Usui, founded Reiki in the 1920s and it has since been adapted and used in various therapies. The word Reiki is made of two Japanese words where Rei means 'God's wisdom or the higher power' and Ki means 'life force energy.' Combined, Reiki means 'spiritually guided life force energy.' Lynda explains Reiki as a specific type of subtle energy work that gently balances life's energies, allowing the body to

clear itself. "It leaves you feeling lighter, healthier and happier," Lynda says, "The system of Reiki provides a means to recharge, realign and rebalance our energy field, offering a positive effect on our physical bodies and mind." Lynda believes Reiki does not require complicated techniques or extensive training. "All that is required is a desire to learn and the attunements from a qualified Reiki master teacher. The training teaches how to transfer healing energy via a technique of laying hands on or above the client with a clear focus and good healing intention."

Following her heart, Lynda entered a path of wellbeing and made a complete lifestyle change from working in the travel industry, the financial sector and owning a newsagency business in the 1990s. She has always loved using and playing with a variety of lotions and potions. "It just seemed to be a natural progression to enrol in a beauty college and I enjoyed every minute of it," Lynda explains. She studied at the Ella Bache Beauty College and has had an impressive list of experiences within the beauty industry. She was a beauty therapist and manager at the Aveda salons and Faculty Head of Beauty and Spa at the Australian National College of Beauty and beauty therapist at Jurlique. She now has her own business, The Source of Wellbeing, where she spends her time teaching Reiki and meditation workshops and offering her own signature beauty treatments featuring a Wellness facial that includes Reiki and meditation.

It was through observation and first-hand experience that Lynda realised there is a huge need for education for therapists on the benefits of 'self-care' for themselves. "As a therapist and spa manager, I have witnessed so many enthusiastic and motivated therapists begin to lose their passion and question themselves why they got into the beauty and spa industry," Lynda explains,

"Over time, they were burning out, feeling physically tired and emotionally exhausted. Even though they enjoyed all areas of the working day and were fabulous technicians, performing a variety of treatments and enjoying interacting with their clients, something was beginning to affect their own vitality and wellbeing." This is where Lynda believes Reiki can assist in elevating and restoring the motivation and passion.

Lynda's speciality is linking beauty treatments with natural therapies; that is, combining Reiki and a variety of meditation traditions with beauty to enhance relaxation and rejuvenation. "My signature treatment is the Wellness facial, a soul-soothing relaxation experience combining a facial, foot and head massage. Reiki is used for deep relaxation and a gentle guided breath meditation to complete rejuvenation for the body, mind and spirit."

Lynda found it challenging in the beginning to develop more avenues to expand the benefits of Reiki with other beauty therapists and body workers. But with the challenges come the rewards; Lynda was able to create, write and teach the first Spa Therapy Foundations module when she was Faculty Head of Beauty at the Australasian College of Natural Therapies, now named Australian National College of Beauty. "It was the first teaching college to have a full operational spa environment complete with a wet room. Students were able to experience and learn a variety of spa body treatments from body exfoliation, wraps and shirodhara through to hydrotherapy and use of a vichy shower," she says.

When it comes to modern beauty therapies, Lynda believes it is all about gloss, polish, vitality and style to paint a rich and

varied picture. "In this new era, what matters now, is to learn to make the right choices for our unique selves. She believes in seeing information from all areas of the industry equally portrayed where natural alternatives plus the latest hi-tech cosmetic procedures need to be given equal considerations. "This would offer a more balanced environment for choice."

Lynda sees the spa industry catering for clients who no longer view the spa as just pampering but as a requisite to self-care, staying healthy and looking and feeling good. "Over the next few years, I really can see the gap between beauty, relaxation and natural therapies closing. I feel there will be an increase in health maintenance products and services with even more variety and choice of organic and biodynamic products for personal care for all ages," Lynda says. She also foresees an increase in wellbeing workshops and in male clients. She believes the spa environment and its services will become a part of a regular lifestyle experience.

There is a lot on Lynda's list for this and coming years. She plans to continue lobbying and introducing Reiki as an individual module that is recognised and an accredited elective within the Diploma or Certificate of Beauty therapy in all leading colleges and training organisations across the nation. Lynda has learned one thing over the years; the importance of taking time out regularly for personal relaxation, living by the philosophy of taking responsibility for her own wellbeing. "Have fun, loads of laughter and don't take things too seriously," Lynda advises. ■ Contact: For workshops [www.selectbotanicals.com.au](http://www.selectbotanicals.com.au) or Lynda Kerr 0438 628 128

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