

## Joyce Renner: Discover The Power Of Reiki And Reflexology At Body And Sole Wellness

written by: Zanne Lamb-Hunt

Joyce Renner has lived in Middletown, Maryland all of her life. She has been married for thirty years and has a thirteen-year-old son. "We stay busy watching him play sports."

She also volunteers at the Middletown Fire Department. In her spare time, she enjoys exercising, reading and continuing her education.

Joyce has national certification as a Reflexologist and is now a Level II Reiki Practitioner. In addition, she's Aroma Touch Certified and is an independent wellness advocate for doTerra Essential Oils.

There are several reasons why people experience pain, fatigue or illness. According to Joyce, the body is dealing with a lot of stressors every day, such as:

- \* Not eating right
- \* Lack of exercise
- \* Stress
- \* Worries of the day

"It creates a really unhealthy environment for our body. Ultimately, it's what leads to a lot of sickness and disease." Reflexology and Reiki can help to undo the damage and put the body back into alignment, reduce pain and help the body to heal itself.

### **What To Expect At A Reflexology Session**

"Through the process of thumb and finger techniques, I apply pressure to the reflex points of the feet that correspond to the body.

"In the act of doing that, we're hitting all of the body parts -- the heart, the lungs, the intestines, the spine, the hips -- as well as the systems. The endocrine system, the nervous system and so forth. That process increases oxygen, increases circulation and induces relaxation."

Joyce compares the benefits of a reflexology session to the benefits of sleep. "It relaxes you, allows your body to start repairing and maintain homeostasis. Maintaining homeostasis is the number one priority of our body."

### **Joyce's Journey To Entrepreneurship**

Joyce started Body And Sole Wellness a few years ago after being introduced to reflexology by a friend and trying it out. "It was amazing. It was a great session. It was very relaxing. I was very calm post-session."

After a couple of years of having sessions, she searched for a place that taught Reflexology. There was nothing to be found so she searched for "other holistic modalities. I did find a Reiki Master close so I took a Level I Reiki class over a weekend in July of 2010."

After a few years of practicing Reiki, Joyce finally discovered a place that taught Reflexology near Baltimore. She achieved her national certification in 2015 after taking the basic and advanced classes.



She then added Aroma Touch Certification to promote wellness with DoTerra Essential Oils.

### **Understanding The Benefits Of Reiki**

"Reiki is the process of balancing the body via the Chakras -- the energy fields in the body -- balancing that through Reiki energy.

She adds, "Reiki energy is energy from the Universe. Our bodies are full of energy. Everything we do is energy. Everything in the body is energy. It gets off kilter because of all of the stuff that we put on our bodies.

"So, Reiki practitioners are tuned to the Reiki energy of the Universe. By the process of laying hands, I get the body energy fields back into balance to help it heal itself."

### **What To Expect In A Reiki Session**

"It usually lasts about an hour. What I do is kind of scan the body. We're trained to scan the body and we can actually feel the energy field of the client."

Joyce continues, "We'll do the whole entire body because sometimes the issues that you may be having could be caused from other things going on in your body. We don't specifically treat an illness or a diagnosis.

"We do the whole entire body so we're hitting everything within the body and getting the whole body back into balance."

Joyce sees some clients on a weekly schedule but "typically, it's every month. It depends on the issue that you're trying to address.

"You'll get to a point where you feel pretty leveled out and back in balance. Then you can back off and come back as needed."

### **What's The Biggest Challenge For Joyce As An Entrepreneur?**

She shares, "Clients really paying attention to their body. A lot of folks don't understand the subtle differences in the body post-session." Joyce gives an example:

"I had an older gentleman who was having some heart issues. He had open heart surgery and had some problems. They actually nicked his pericardium -- that's the sac that surrounds the heart."

Joyce saw him for a few weeks. When she asked him how he was feeling, he said he was sleeping better and was breathing easier.

"But, he wasn't connecting that it was probably as a result of having the session -- that the sessions were helping his body to be more efficient and feel better."

### **Joyce Offers Some Sage Advice For Budding Entrepreneurs**



"Seek out peers in your field. Get a mentor or two. I have several mentors. They've been a huge help in helping me start my business. They're very supportive. They've helped me a lot during this ride."

Joyce notes, "There's no competition, so to speak. Everyone has been very free with their time and their advice and that's great."

### **Making A Difference At Body And Sole Wellness**

"A lot of times, it's hard for a client to understand how it's helping. I had a client who had sciatica and was in a lot of pain."

When Joyce saw him at church, she asked how he was doing. She hadn't seen him for awhile. He said, "At one point, I was crawling from my car to my house. That's how much pain I was in. Just terrible pain."

"She told him about the Reflexology and how it helps to reduce pain. She suggested that he stop in to see her. So he did."

"When he came in, he was very rigid and walking like he was in a great deal of pain. He's probably the only client I've had, in working his feet, his feet were like cement."

He called Joyce about two days later. He said, "I don't know what you did but the next day after my session was the first time I woke up and I had absolutely no pain."

Joyce shares, "That's the most profound results I've seen. I saw him each week for two or three months and he has not experienced pain since."

Joyce recommends reading *You Can Heal Your Life* by Louise Hay.

Reach out to Joyce now with any questions or to schedule an appointment for a Reflexology and/or Reiki Session. Or, give a session as a gift!

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