

Auditor's transition is holistic

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Wendi Hermsen delves into ancient practices for stress, pain relief

Wendi Hermsen, 29, switched careers from accounting to holistic health. She performs massage therapy and the ancient healing art of Reiki (pronounced *RAY-key*), a Japanese word that means universal life energy.

"I'm always learning new and different techniques to obtain deeper and more lasting results for healing purposes," she said.

Q: What drew you to practices holistic and therapeutic in nature?

A: I was introduced to massage and Reiki when I was in college, which introduced me to the benefits of it. The experience I had with it was when I got a (Reiki) treatment it released seven months of stress that had been building up in my back.

Q: How long have you been doing your practice as a career?

A: Since January 2006 with the massage and Reiki. However, I've been working with natural health with clients since I left Clifton Gunderson and maybe even before, so at least since August 2003.

Q: What work did you perform at Clifton Gunderson?

A: I audited all different companies — nonprofits, construction, contracting and manufacturing.

Q: As you evolve in your new profession, what new processes or techniques are you exploring?

A: I have recently added emotional freedom technique to my Reiki sessions when it's needed. So I'm always learning new and different techniques to obtain deeper and more lasting results for healing purposes. That's my passion. To get to the root cause of why we have (the ills) what we have.

Q: What is it about Reiki that imparts energy and value for people?

A: We all have a universal life force that flows within us and around us. And when that life force is low or depleted, we feel sick or ill. Reiki helps to bring that life force back into balance again. It helps to create that inner sense of peace and calm that we knew as a child or as a baby but lost as a result of the stresses of life.

Q: How did you decide on your business name, Peaceful Spirit?

A: Lots of brainstorming. I wanted a name that was catchy but also represented who I am.

Q: You say massage imparts much more than relaxation and stress relief?

A: People don't realize it. Such things as increasing the blood flow, increasing range of motion, helping to reduce blood pressure. Increasing lymphatic flows, so ultimately helping with your immune system, promoting deeper and easier breathing.

Making the Switch

Who: Wendi Hermsen, Kimberly

Age: 29

Current occupation: Operator of Peaceful Spirit, Kimberly, offering massage therapy and services/treatment as a Reiki master teacher

Former occupation: Accountant for the Clifton Gunderson firm in Oshkosh

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