

Reiki Kitchener

Reiki Kitchener - The healing technique referred to as Reiki was firstly developed in the country of Japan. The techniques are used to be able to help reduce stress, promote relaxation and healing. Reiki similar to nearly all other energy healing arts, is based upon the premise that all living things have life energy flowing all through it. This particular unforeseen energy is known as "life force energy" and has many terms. The Chinese call this energy as Chi; it is known as Ti or Ki in Hawaiian, bioplasma, orgone, odic force are some other terms and Prana in Sanskrit. Several customs recognize its existence and it goes by different names. Reiki practitioners believe that ki is all around us and it can be harnessed by the mind.

All over the world, several customs from ancient times to the present have shared in the belief in this interconnectedness of all life. Though there is lack of scientific evidence, several people feel and believe this unseen force. When individuals have low reserves of life energy, it is believed that they are more vulnerable to illness and tension. Reiki practitioners feel that they can channel this energy so as to assist their clients. Reiki works and heals by breaking up the negative energy and replacing it with healing, positive energy. This good energy passes through the hands of the practitioner. Several qualified Reiki practitioners experience their hands becoming hot when giving a treatment.

The techniques are quite easy to learn, though Reiki is not taught in the traditional sense. The ability to utilize Reiki is transferred from the Reiki master to the student. The ability for an individual to do Reiki does not depend on the state of a person's spiritual development or on their intellectual capacity, thus making Reiki universally accessible. It has been taught to many individuals of various ages and different backgrounds across the globe for many years.

Reiki has gained popularity as a treatment for assisting spirit, body and mind. This makes it extremely different compared to conventional allopathic or Western medicine which traditionally only focuses on the disease itself and not essentially the root cause.

The word Rei means "universal," or ever present. There has been research performed into the mysterious meaning of the term which has revealed a more precisely interpreted description meaning "spiritual consciousness" or "supernatural knowledge". This "God-consciousness" is said to be all-knowing and is thought to be capable of seeing the source of all issues and after that cure them.

So long as something is living, ki circulates throughout it and all-around it. The life force departs when the ki dies and next the organism dies. It has been discovered that ki is even the source from which thoughts, emotions and spiritual life are drawn. The Chinese put great importance on "Chi" as they call it and have studied it for numerous years. Amongst their classic tomes is over four thousand years old and lists 32 different kinds of Chi!

Those who practice martial arts for mental development and for physical training also make use of Ki. In addition, it is used in meditative breathing practices called Pranayama and shamans in various traditions utilize it for psychic awareness, divination and healing.

Reiki can be interpreted as a spiritually guided practice even though it is not a religion. Teachers usually recommend that practitioners live in accordance with certain ethical ideals and do their very best to be able to promote peace and harmony within the world and in themselves.