

## Reiki Prince George

Reiki Prince George - Reiki is a healing method that originated in Japan and is intended for stress reduction, healing and relaxation. Reiki is based on the premise that energy flows all through all living things. This unforeseen energy is referred to as "life force energy" and has several terms. The Chinese refer to this energy as Chi; it is referred to as Ki or Ti in Hawaiian, orgone, odic force, bioplasma are some other names and Prana in Sanskrit. Several cultures know its existence and it goes by different terms. Reiki practitioners believe that ki is all around us and it can be used by the mind.

In the various cultures of the ancient world and those of today all believed in the interconnectedness of all life. Various individuals believe and feel this unseen force, even though there is little scientific evidence. When people have low reserves of life energy, it is believed that they are more vulnerable to illness and stress. Reiki practitioners feel that they could channel this energy in order to aid their customers. Reiki works and heals by breaking up the negative energy and replacing it with positive, healing energy. This good energy passes through the practitioner's hands. Numerous qualified Reiki practitioners experience their hands becoming hot while giving a treatment.

Reiki is not taught in the conventional sense, even though it is a simple technique to learn. The ability to utilize Reiki is transferred to the student via the Reiki Master. The ability for an individual to perform Reiki does not depend on the state of one's intellectual capacity or their spiritual development, therefore making Reiki universally accessible. It has been taught to numerous people of various ages and various backgrounds all over the world for a lot of years.

Reiki has gained popularity as a treatment for helping body, mind and spirit. This makes it really different compared to conventional allopathic or Western medicine which traditionally just focuses on the disease itself and not necessarily the cause.

The word Rei means "universal," or forever existing. There has been research done into the mysterious meaning of the word which has revealed a more accurately interpreted description meaning "supernatural knowledge" or "spiritual consciousness." This "God-consciousness" is believed to be all-knowing and is believed to be capable of seeing the cause of all problems and afterward cure them.

So long as something is alive, ki circulates throughout it and all-around it. The life force departs when the ki dies and after that the organism dies. It has been discovered that ki is even the source wherein emotions, spiritual life and thoughts are drawn. The Chinese put great importance on "Chi" as they call it and have studied it for many years. Among their classic toms is more than four thousand years old and lists thirty two various kinds of Chi!

People who practice martial arts for physical training and for mental development also use Ki. Additionally, it is used in meditative breathing practices referred to as Pranayama and shamans in different traditions make use of it for divination, healing and psychic awareness.

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