

## Reiki Charlottetown

Reiki Charlottetown - Reiki is a healing technique that began in Japan and is intended for stress reduction, healing and relaxation. Reiki is mainly based on the premise that energy flows throughout all living organisms. This unforeseen energy is known as "life force energy" and has numerous terms. The Chinese call this energy as Chi; it is known as Ki or Ti in Hawaiian, bioplasma, orgone, odic force are amongst the other terms and Prana in Sanskrit. Several cultures know its existence and it goes by various names. Reiki practitioners believe that ki is all around us and it could be harnessed by the mind.

In the several customs of the ancient world and those these days all believed in the interconnectedness of all life. A lot of people believe and feel this unseen force, although there is little scientific evidence. When individuals have low reserves of life energy, it is believed that they are more vulnerable to pressure and illness. Reiki practitioners feel that they can channel this energy so as to help their customers. Reiki works and heals by breaking up the negative energy and replacing it with healing, positive energy. This good energy passes through the practitioner's hands. Many qualified Reiki practitioners experience their hands becoming hot when giving a treatment.

The methods are quite simple to learn, though Reiki is not taught in the conventional sense. The ability to use Reiki is transferred from the Reiki master to the student. The ability for an individual to perform Reiki does not depend on the state of an individual's spiritual development or on their intellectual capacity, thus making Reiki universally accessible. It has been taught to numerous individuals of various ages and diverse backgrounds across the globe for many years.

Reiki has gained popularity as a treatment for helping spirit, body and mind. This makes it very different compared to traditional allopathic or Western medicine which conventionally only focuses on the illness itself and not necessarily the reason.

Rei literally translates to mean "universal," or always present. The more mysterious meaning has been interpreted to mean "spiritual consciousness" or "supernatural knowledge". This "God-consciousness" is said to be all-knowing and is thought to be capable of seeing the root of all concerns and afterward heal them.

Ki circulates throughout and all-around living things, but when the living things dies the life force or ki dies. It has been discovered that ki is even the source from which spiritual life, thoughts and emotions are drawn. The Chinese put great significance on "Chi" as they call it and have studied it for thousands of years. One of their classic tombs is more than four thousand years old and lists thirty two various types of Chi!

Those who practice martial arts for physical training and for mental development likewise use Ki. In addition, it is used in meditative breathing practices referred to as Pranayama and shamans in various customs use it for psychic awareness, divination and healing.

Even though 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 best to be able to promote harmony and peace within the world and within themselves.