

## Reiki Kingston

Reiki Kingston - The healing method called Reiki was initially developed in the country of Japan. The methods are used in order to help reduce stress, promote healing and relaxation. Reiki similar to the majority of several energy healing arts, is based upon the premise that all living things have life energy flowing all through it. This unforeseen energy is known as "life force energy" and has several names. The Chinese call this particular energy as Chi; it is called Ki or Qi in Hawaiian, odic force, bioplasma, orgone are amongst the various names and Prana in Sanskrit. Various customs know its existence and it goes by different names. Reiki practitioners think that ki is all around us and it could be utilized by the mind.

All around the world, a lot of customs from ancient times to today have shared in the belief in this interconnectedness of all life. Although there is lack of scientific evidence, many people feel and believe this unseen force. When people have low reserves of life energy, it is believed that they are more susceptible to pressure and illness. Reiki practitioners think that they can channel this energy so as to aid their patients. 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. Various 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 traditional sense. The ability to use 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, hence making Reiki universally accessible. It has been taught to numerous people of different ages and different backgrounds all over the globe for a lot of years.

As a treatment for helping the body, mind and spirit, Reiki has gained popularity. This makes it really different from traditional allopathic or Western medicine that conventionally just focuses on the illness itself and not essentially the reason.

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

Ki circulates throughout and around living things, but when the living things dies the life force or ki dies. It has been discovered that ki is likewise the source from which spiritual life, thoughts and emotions are drawn. The Chinese put great importance on "Chi" as they call it and have studied it for thousands of years. Amongst their classic toms is over four thousand years old and lists 32 various types of Chi!

Individuals who practice martial arts for physical training and for mental development likewise use Ki. Moreover, it is utilized in meditative breathing practices referred to as Pranayama and shamans in various traditions make use of it for psychic awareness, divination and healing.

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