

## Reiki Owen Sound

Reiki Owen Sound - Reiki is a healing method which originated in the country of Japan and is intended for stress reduction, healing and relaxation. Reiki is mainly based on the premise that energy flows all through all living things. This particular unforeseen energy is called "life force energy" and has lots of names. The Chinese refer to this particular energy as Chi; it is referred to as Ki or Ti in Hawaiian, odic force, bioplasma, orgone are amongst the other names and Prana in Sanskrit. Many traditions recognize its existence and it goes by various terms. Reiki practitioners believe that ki is all around us and it could be harnessed by the mind.

In the various cultures of the ancient world and those these days all believed in the interconnectedness of all life. A lot of individuals believe and feel this unseen force, even if there is little scientific evidence. When people have low reserves of life energy, it is believed that they are more susceptible to illness and stress. Reiki practitioners think that they can channel this energy to be able to help their patients. Reiki heals and works by breaking up the negative energy and replacing it with healing, positive energy. This good energy passes through the practitioner's hands. Numerous qualified Reiki practitioners experience their hands becoming hot while giving a treatment.

The methods are rather simple to learn, even though Reiki is not taught in the conventional sense. The ability to utilize Reiki is transferred from the Reiki master to the student. The ability for a person 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 many individuals of different ages and various backgrounds across the world for lots of years.

Reiki has gained popularity as a treatment for aiding body, mind and spirit. This makes it extremely different from conventional allopathic or Western medicine which traditionally only focuses on the illness itself and not essentially the reason.

Rei literally translates to mean "universal," or forever 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 believed to be capable of seeing the cause of all issues and then heal them.

Ki circulates all through and all-around living organisms, but when the living things dies the life force or ki dies. It has been discovered that ki is also 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 numerous years. One of their classic toms is over 4,000 years old and lists 32 different types of Chi!

Individuals who practice martial arts for physical training and for mental development also utilize Ki. Also, it is used in meditative breathing practices called Pranayama and shamans in various cultures utilize it for psychic awareness, divination and healing.

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