

Reiki Regina

Reiki Regina - The healing technique called Reiki was initially developed in Japan. The techniques are used to be able to help reduce stress, promote relaxation and healing. Reiki similar to the majority of other energy healing arts, is mainly based upon the premise that all living organisms have life energy flowing through it. This particular unforeseen energy is known as "life force energy" and has various names. The Chinese call this energy as Chi; it is called Ti or Ki in Hawaiian, orgone, odic force, bioplasma are among the various terms and Prana in Sanskrit. Several cultures recognize its existence and it goes by various names. Reiki practitioners believe that ki is all around us and it could be utilized by the mind.

In the several customs of the ancient world and those of today all believed in the interconnectedness of all life. Several people 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 vulnerable to stress and sickness. Reiki practitioners feel that they can channel this energy in order to assist their patients. Reiki heals and works by breaking up the negative energy and replacing it with positive, healing energy. This good energy passes through the practitioner's hands. A lot of experienced Reiki practitioners experience their hands growing hot while giving a treatment.

The techniques are somewhat simple to learn, though Reiki is not taught in the traditional sense. The ability to make use of Reiki is transferred from the Reiki master to the student. The ability for a person to do Reiki does not depend on the condition of an individual's spiritual development or on their intellectual capacity, therefore making Reiki universally accessible. It has been taught to thousands of people of different ages and different backgrounds all over the globe for many years.

As a treatment used for aiding the body, mind and spirit, Reiki has gained popularity. This makes it extremely different from traditional allopathic or Western medicine which conventionally only concentrates on the disease itself and not essentially the cause.

The word Rei means "universal," or forever present. There has been studies done into the mysterious meaning of the word that has revealed a more accurately interpreted description meaning "supernatural knowledge" or "spiritual consciousness." This "God-consciousness" is said to be all-knowing and is believed to be capable of seeing the cause of all concerns and after that heal them.

So long as something is alive, ki circulates through it and all-around it. The life force departs when the ki dies and then the organism dies. It has been discovered that ki is even the source wherein thoughts, emotions and spiritual life are drawn. The Chinese put great importance on "Chi" as they call it and have studied it for many years. One of their classic toms is over 4,000 years old and lists 32 various kinds of Chi!

Individuals who practice martial arts for physical training and for mental development even utilize Ki. Furthermore, it is utilized in meditative breathing practices known as Pranayama and shamans in different traditions utilize it for healing, psychic awareness and divination.

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