

## Reiki Winnipeg

Reiki Winnipeg - Reiki is a healing technique that originated in Japan and is used for relaxation, stress reduction and healing. Reiki is based on the premise that energy flows throughout all living organisms. This unforeseen energy is referred to as "life force energy" and has various terms. The Chinese call this particular energy as Chi; it is referred to as Ti or Ki in Hawaiian, orgone, odic force, bioplasma are among the other terms and Prana in Sanskrit. Several traditions know its existence and it goes by various terms. Reiki practitioners think that ki is all around us and it could be used by the mind.

Across the world, a lot of customs from ancient times to today have shared in the belief in this interconnectedness of all life. Though there is lack of scientific proof, various individuals feel and believe this unseen force. When individuals have low reserves of life energy, it is thought that they are more susceptible to sickness and stress. Reiki practitioners believe that they are able to channel this energy to be able to aid their clients. 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. Several experienced Reiki practitioners experience their hands becoming hot while giving a treatment.

The techniques are quite easy to learn, even though Reiki is not taught in the traditional 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 a person's intellectual capacity or their spiritual development, hence making Reiki universally accessible. It has been taught to many people of various ages and different backgrounds all over the globe for many years.

Reiki has gained popularity as a treatment for aiding body, mind and spirit. This makes it extremely different compared to traditional allopathic or Western medicine which usually just concentrates on the sickness itself and not necessarily the root cause.

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 believed to be all-knowing and is thought to be capable of seeing the cause of all problems and after that heal them.

As long as something is alive, ki circulates through it and around it. The life force departs when the ki dies and next the organism dies. It has been discovered that ki is also the source from which thoughts, emotions and spiritual life are drawn. The Chinese put great importance on "Chi" as they call it and have studied it for thousands of years. One of their classic toms is over four thousand years old and lists 32 various kinds of Chi!

Ki is also in use in those who practice martial arts for mental development or for physical training. What's more, it is used in meditative breathing practices known as Pranayama and shamans in different customs use it for divination, healing and psychic awareness.

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