

## Reiki Timmins

Reiki Timmins - Reiki is a healing technique which began 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 called "life force energy" and has lots of names. The Chinese call this energy as Chi; it is called Ki or Ti in Hawaiian, orgone, odic force, bioplasma are amongst the other terms and Prana in Sanskrit. Many customs recognize its existence and it goes by various terms. Reiki practitioners believe that ki is all around us and it can be harnessed by the mind.

Across the globe, many traditions from ancient times to the present have shared in the belief in this interconnectedness of all life. Even though there is lack of scientific evidence, several individuals feel and believe this unseen force. When individuals have low reserves of life energy, it is thought that they are more susceptible to illness and tension. Reiki practitioners believe that they could channel this energy in order to help their customers. Reiki works and heals by breaking up the negative energy and replacing it with positive, healing energy. This good energy passes through the hands of the practitioner. Various skilled Reiki practitioners experience their hands becoming hot while giving a treatment.

Reiki is not taught in the conventional sense, though it is an easy method to learn. The ability to use Reiki is transferred to the student via the Reiki Master. The ability for a person to perform Reiki does not depend on the condition of one's intellectual capacity or their spiritual development, hence making Reiki universally accessible. It has been taught to numerous individuals of different ages and different backgrounds across the world for lots of years.

Reiki has gained popularity as a treatment for assisting body, mind and spirit. This makes it very different from conventional allopathic or Western medicine that traditionally only focuses on the sickness itself and not essentially the cause.

Rei literally translates to mean "universal," or always existing. The more esoteric meaning has been interpreted to mean "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 issues and afterward heal them.

So long as something is alive, ki circulates all through it and all-around it. The life force departs when the ki dies and afterward the organism dies. It has been discovered that ki is even the source from which 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 tombs is more than four thousand years old and lists thirty two different kinds of Chi!

People who practice martial arts for physical training and for mental development also use Ki. Also, it is utilized in meditative breathing practices referred to as Pranayama and shamans in different cultures use it for healing, psychic awareness and divination.

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