

## Energy Healing Windsor

Energy Healing Windsor - Earth Energy healing is the belief that illnesses and injuries of the body can be treated by subtle manipulations of the human body's energy along with the energy of the Earth. In some cultures, Earth Energy healing has been performed for centuries. This form of healing has risen in prominence together with a lot of New Age trends. Several health and wellness centers offer Earth Energy healing as part of their alternative medicinal practices.

Healers using Earth Energy feel that in all life is energy, by making use of the inherent energies of the Earth, individuals can overcome numerous ailments. They believe that humans bodies are made up of both the physical body and an energy body too. These energy layers are referred to as chakras. They are believed to originate from several different parts of the human body. Practitioners of Earth Energy healing feel that by influencing these energy parts in a positive manner, the body could go through healing.

Practitioners of Earth Energy healing can also make use of certain tool or aids such as herbs and crystals, along with any different thing that has vibrational frequencies that can help balances the energies of the body positively. Some healers who practice Earth Energy healing opt not to make use of whichever tools and think that by sheer intent and willpower alone they could heal afflictions.

There are different Earth Energy healing practices consisting of Reflexology, meditation, Yoga, Aromatherapy and Feng Shui are some of the well known ways. These practices all share in the principle that earth energy could be manipulated so as to be helpful to the human body. Reiki is one of the more performed kinds of Earth Energy healing. Reiki is Japanese in origin and more or less translates to "spiritually guided life force energy." It is an ancient form of Earth Energy healing. Reiki states that by balancing the elements of the human body's energy, well-being and health can be attained. This follows true to nearly all kinds of Earth Energy healing.

While non religious, the technique of Reiki purports the healing Earth Energy as derived from God. Nonetheless, healing using this form of energy manipulation does not require the practitioner or participant to believe in a higher power to be able to benefit from these Earth Energies arts. A lot of Reiki Masters believe that to be the most successful with Earth Energy healing, one needs to promote harmony and be at peace. By living in a harmonic manner together with other people while being attuned to oneself, a Reiki practitioner is more likely to achieve success.