

RMT Windsor

RMT Windsor - Aura Cleansing - Cleansing the auric field could be carried out with the healers hands or through the use of crystals. The point is so as to get rid of dark energies or blockages of energy in the auric field. The healer after that infuses the aura with light, rebalances and reshapes it and to finish energizes it with positive energy.

BioGenesis - BioGenesis is a technique utilizing colored glass wheels to be able to harness and transfer the energy of creation itself into your energy body. Typically, a BioGenesis energy healer will usually have you lie on a table and get into a state of deep relaxation. He or she places the small glass wheels on various parts of your physical body so as to anchor the light of creation inside your energy body.

Chakra Healing - Chakra energy healing works by opening up the channels that connect to your chakra centers clearing out blockages of energy which has been blocked deep inside the core of your energy body. This particular energy healing is done in different techniques and is could be successfully combined along with Rapid Eye Movement therapy and Emotional Freedom Technique tapping.

Crystal Healing - Crystal healing could be performed utilizing a variety of semi-precious and precious crystals and stones to be able to assist in the getting rid energies, bringing your energy body in balance with your physical body. By combining the vibration frequency of different colored stones together with the vibratory frequency of crystal energy helps adjust your energy field to a higher level.

Matrix Energetics - This form of energy healing was discovered by a Chiropractor named Dr. Richard Bartlett. He designed Matrix Energetics to establish the idea of going beyond the whole concept of a healing problem to source what he refers to as a solution set. The methods rely on active imagination, gentle touch, the two point system archetype, likewise time travel and a set of 21 healing frequencies.

Qigong - Translating as "energy cultivation", Qigong is a set of practices focusing on breathing methods. In the Qigong method, there are four various types of methods.: the focused visualization, active movement, static hold of certain postures and utilizing certain tools such as body manipulations and herbs. These techniques are used to rebalance and support a healthy energy system.

Reiki - Japanese Buddhist Mikao Usui first received or "discovered" - Reiki during nineteen twenty two. Energy healers should go through a system of three degree levels. Each and every level works directly with the energy body. In Reiki, there are a series of set hand patterns over particular parts of the body. Normally, in Reiki there is no physical contact involved though, some Reiki practitioners could use some light touch over areas.

Shamanic Healing - Shamanic energy healers utilize spirit allies to assist their healing powers for others. Often, a Shamanic healing begins by taking a "visualization journey" while the Shaman rapidly beats a drum. Eventually, the client and the Shaman are in a trance like state. As soon as they have both relaxed into the trance condition, the Shaman who is normally lying or sitting near the client, would come across animal totems, angels, spiritual helpers or the client's higher self so as to find the problem within the energy field and source the energy tools required to cure the concern.