

RMT St. John's

RMT St. John's - Aura Cleansing - This form of energy healing could be performed making use of one's hands or crystals. The purpose is so as to remove any dark energy that is in the auric field. The healer then infuses the aura with light, reshapes and rebalances it and finally energizes it with positive energy.

BioGenesis - The process of BioGenesis is carried out making use of colored glass wheel which can harness energy and transfer the created energy into your energy body. The BioGenesis healer will typically have you lie on a table and try to get you to a state of deep relaxation. She or he positions the small glass wheels on different areas of your physical body in order to anchor the light of creation in your energy body.

Chakra Healing - Chakra healing goes deep to the core of your energy body and clears out blockages. It opens the channel that links your seven chakra centers. This particular energy healing is performed in different ways and is can be effectively combined along with Rapid Eye Movement therapy and Emotional Freedom Technique tapping.

Crystal Healing - Crystal healing can be performed making use of a variety of precious and semi-precious crystals and stones so as to assist in the removing of 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 attune your energy field to a higher level.

Matrix Energetics - This form of energy healing was discovered by a Chiropractor with the name of 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 calls a solution set. The methods rely on gentle touch, the two point system archetype, on active imagination, even time travel and a set of 21 healing frequencies.

Qigong - Qigong translates as "energy cultivation" and is literally the "breathing- in" of results. There are four various forms to Qigong method including: the active movement, static hold of certain posture, focused visualization and utilizing some tools such as herbs and body manipulations. These methods are used to support and rebalance a healthy energy system.

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

Shamanic Healing - Shaman healers call on the spirit world to assist their healing powers for others. Shamanic sessions would normally begin with the Shaman quickly beating a drum, while the participant works visualization. In the end, the Shaman and the client are in a trance like condition. When they have both relaxed into the trance condition, the Shaman who is normally lying or sitting beside the client, will come across spiritual helpers, animal totems, angels or the client's higher self so as to find the problem inside the energy field and source the energy tools needed in order to cure the problem.