

Reiki Healing St. John's

Reiki Healing St. John's - Clearing the chakras is the method of unclogging the energy centers inside the body. Various philosophies believe that the body houses seven revolving vortexes or chakras which are actually wheels of energy that line-up up the spine and into the head. Many individuals refer to this energy as a life force or a soul. Chakras could become blocked in an individual who has unresolved issues and misconceptions. When a chakra is not properly vibrating or spinning, it is thought that the energy cannot radiate properly. A person in this particular unbalanced condition can undergo feelings of grief, fear, dissatisfaction or anger.

For treatment, there are many methods so as to clear the chakras. Making use of the practice of meditation or an energy healer are just a few of the ways. It is thought that by using simple meditation techniques, chakras can be kept in shape and cleared so as to radiate positive energy and keep an individual feeling centered and happy. It is believed that this would attract healthier and positive outcome from all over the world. Usually, chakra clearing meditations are performed in a quiet and calm area, either inside or outdoors and typically with no other individuals present.

Meditation is the practice of deep breathing exercises to be able to calm the body and in order to clear the chakras. Usually, exercises begin at the bottom, placing their hands over the first chakra spot, and visualizing waves of energy with their connected color, flowing freely out of the energy center. The chakra is visualized as moving faster and freely spinning until it is cleared. The mediator proceeds upwards and moves onto the next chakra, repeating the method until every one has been cleared. There are several forms of chakra clearing meditations. Several practitioners make use of their hands held on top of the chakra parts and make slow circles. Other healers exploit crystals and stones, while others visualize more chakra-specific details when working on each particular energy spot.

Reiki is a form of energy healing. Reiki practitioners can practice techniques in order to clear the chakras making use of hand placements all-around the body. Most of the treatments are done without whatever physical touching. A lot of patients would lie on a massage table while the energy healer utilizes energy to clear the chakras. Making use of their body as a conduit, the energy healer would send positive energy within and take the negative energy out. These healing sessions could last up to one hour. These sessions could be very relaxing and it is not unusual for a individual to fall asleep during a chakra clearing practice.

Each chakra site has its own unique characteristics consisting of a specific color, a symbol, a designated sound and a unique vibration frequency. Each also corresponds with a certain personality trait. When an energy vortex is blocked, it is believed that it would interrupt that area of life for the person, whether unconsciously or consciously.