

## Energy Healing Kitchener

Energy Healing Kitchener - Earth Energy healing is the belief that injuries and illnesses of the body can be treated by subtle manipulations of the human body's energy together with the energy of the Earth. In various cultures, Earth Energy healing has been practiced for centuries. This type of healing has risen in prominence together with various New Age trends. Many health and wellness centers offer Earth Energy healing as part of their alternative medicinal methods.

Earth Energy healers think that since all life is energy, by using the natural energy of the Earth, individuals can be healed of their sicknesses. They believe that the human body is not just made up of an energy body but of a physical body as well. These energy layers are called chakras. They are thought to start from several various parts of the human body. Practitioners of Earth Energy healing think that by influencing these energy areas in a positive manner, the body could experience healing.

Various Earth Energy practitioners use tools so as to assist them such as crystals, herbs or various things that are believed to have particular vibration frequencies which have an effect on the human body's energy positively. Other healers who perform Earth Energy healing opt to not use whichever tools and believe that by sheer intent and willpower alone they can heal afflictions.

There is a wide array of Earth Energy healing practices including Reflexology, meditation, Yoga, Aromatherapy and Feng Shui are some of the common methods. These practices all share in the principle that earth energy could be controlled so as to be beneficial to the human body. Reiki is among the more performed forms 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 believes that through balancing the elements of the human body's energy, well-being and health could be achieved. This follows true to nearly all forms of Earth Energy healing.

Even if non religious, the technique of Reiki purports the healing Earth Energy as derived from God. Nonetheless, healing making use of this particular kind of energy manipulation does not need the practitioner or participant to believe in a higher power in order to benefit from these Earth Energies arts. Various Reiki Masters think that to be the most effective with Earth Energy healing, people needs to promote harmony and be at peace. By living in a harmonic manner along with other individuals while being attuned to oneself, a Reiki practitioner is probably to achieve success.