

RMT Kitchener

RMT Kitchener - Aura Cleansing - This form of energy healing could be done using crystals or one's hands. The purpose is in order to get rid of whichever dark energy which is within the auric field. The healer next infuses the aura with light, reshapes and rebalances it and lastly energizes it with positive energy.

BioGenesis - The process of BioGenesis is performed making use of colored glass wheel which could harness energy and transfer the created energy into your energy body. The BioGenesis healer will normally have you lie on a table and try to get you to a point of deep relaxation. He or she positions the small glass wheels on various areas of your physical body in order to anchor the light of creation inside your energy body.

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

Crystal Healing - Crystal healing practitioners make use of various precious and semi-precious crystals and stones in order to help heal and balance your energy body and physical body. By combining the vibration frequency of different colored stones along 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 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 techniques rely on active imagination, gentle touch, the two point system archetype, likewise 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 different kinds to Qigong practice including: the static hold of certain postures, focused visualizations, active movement and using particular tools like for instance body manipulations and herbs. These methods are used to support and rebalance a healthy energy system.

Reiki - During the year 1922, the Japanese Buddhist Mikao Usui "discovered" or received - Reiki. These energy healers undergo 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 certain parts of the body. Normally, in Reiki there is no physical contact involved although, various Reiki practitioners may use some light touch over areas.

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