

## Reiki Healing Timmins

Reiki Healing Timmins - Clearing the chakras is the practice of unclogging the energy centers within the system. Some philosophies state that the body houses seven revolving vortexes or chakras that are actually wheels of energy that line-up along the spinal column and into the head. Several people call this form of energy as a life force or a soul. Chakras can become blocked in a person who has unresolved problems and misconceptions. Whenever a chakra is not properly spinning or vibrating, it is thought that the energy could not radiate correctly. An individual in this unbalanced condition could go through emotions of fear, dissatisfaction, anger or grief.

There are several methods so as to initiate a chakra clearing. Treatment from meditation and an energy healer are some of the ways. It is believed that by using simple meditation methods, chakras can be kept in shape and cleared in order to radiate positive energy and keep an individual feeling centered and happy. It is thought that this would attract healthier and positive results from all over the world. Normally, chakra clearing meditations are carried out in a calm and quiet area, either outdoors or inside and frequently with no other individuals there.

Meditation is the method of deep breathing exercises to calm the system and in order to clear the chakras. Usually, exercises start 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 continues upwards and moves onto the next chakra, repeating the process until each and every one has been cleared. There are many forms of chakra clearing meditations. Some practitioners make use of their hands held on top of the chakra locations and make slow circles. Other healers exploit stones and crystals, while others visualize more chakra-specific details when working on every specific energy spot.

Reiki is a type of energy healing. Reiki practitioners could practice techniques in order to clear the chakras using hand placements around the body. Most of the treatments are carried out without whichever physical touching. Numerous patients will lie on a massage table while the energy healer makes use of energy to be able to clear the chakras. Utilizing their body as a conduit, the energy healer would send positive energy in and take the negative energy out. These healing sessions may last up to an hour. These sessions can be extremely calming and it is not unusual for a person to fall asleep during a chakra clearing method.

Each and every chakra spot has its own unique characteristics including a specific color, a symbol, a designated sound and a unique vibration frequency. Each likewise corresponds with a particular personality trait. Whenever an energy vortex is blocked, it is believed that it will disrupt that area of life for the individual, whether unconsciously or consciously.