

## Reiki Healing Halifax

Reiki Healing Halifax - Clearing the chakras is the practice of unclogging the energy centers in the body. Some philosophies state that the body houses seven spinning vortexes or also called chakras that are wheels of energy which line-up along the spine and into the head. Lots of people call this energy as a soul or a life force. Chakras can become blocked within a person who has unresolved concerns and misconceptions. If a chakra is not properly vibrating or spinning, it is thought that the energy is not able to radiate correctly. A person in this particular unbalanced condition could experience feelings of grief, fear, dissatisfaction or anger.

For treatment, there are a lot of methods in order to clear the chakras. Using an energy healer or the practice of meditation are only some 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 happy and centered. It is believed that this would attract positive and healthier results from all over the world. Typically, chakra clearing meditations are done in a quiet and calm area, either outdoors or indoors and typically with no other individuals present.

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

Reiki practitioners are energy healers who practice chakra clearing ways by utilizing special hand placements all-around the body. The majority of treatments are performed without really touching the patient. A lot of patients will lie on a massage table while the energy healer uses energy to clear the chakras. Using their body as a conduit, the energy healer would send positive energy inside and take the negative energy out. These healing sessions may last up to an hour. These sessions could be really relaxing and it is not unusual for a person to fall asleep all through a chakra clearing procedure.

Every one of the chakra zones has its own particular characteristics comprising their own color, symbol, designated sound and vibration frequency. These characteristics correspond to a different trait of personality. When an energy vortex is blocked, it is thought that it would interrupt that area of life for the person, whether consciously or unconsciously.