

## RMT Halifax

RMT Halifax - Aura Cleansing - Cleansing the auric field could be performed with the healers hands or by using crystals. The point is to remove blockages or energy or dark energies inside the auric field. The healer then infuses the aura with light, rebalances and reshapes it and lastly energizes it with positive energy.

BioGenesis - BioGenesis is a method using colored glass wheels to be able to harness and transfer the energy of creation itself into your energy body. Typically, a BioGenesis energy healer will frequently have you lie on a table and get into a state of deep relaxation. He or she places the small glass wheels on different areas of your physical body to be able to anchor the light of creation in your energy body.

Chakra Healing - Chakra energy healing works through opening up the channels that links to your chakra centers clearing out blockages of energy which has been blocked deep in the core of your energy body. This particular energy healing is done in a variety of methods and is could be effectively combined with Rapid Eye Movement therapy and Emotional Freedom Technique tapping.

Crystal Healing - Crystal healing practitioners make use of different semi-precious and precious crystals and stones to help balance and heal your physical body and your energy body. By combining the vibration frequency of different colored stones together with the vibratory frequency of crystal energy helps attune your energy field to a higher level.

Matrix Energetics - Created by Chiropractor Dr. Richard Bartlett, Matrix Energetics was created to the idea of moving past curative concepts to the source referred to as the solution set. The techniques rely on gentle touch, the two point system archetype, on active imagination, also time travel as well as a set of 21 healing frequencies.

Qigong - Qigong translates as "energy cultivation" and is literally the "breathing- in" of results. There are four various kinds to Qigong practice consisting of: the focused visualization, active movement, static hold of certain postures and utilizing particular tools like body manipulations and herbs. These methods are used to support and rebalance a healthy energy system.

Reiki - In nineteen twenty two, 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 particular body parts. Normally, in Reiki there is no physical contact involved even if, various Reiki practitioners could utilize some light touch over areas.

Shamanic Healing - Shamanic energy healers utilize spirit allies so as to help their healing powers for others. usually, a Shamanic healing starts by taking a "visualization journey" whereas the Shaman quickly beats a drum. In due course, the client and the Shaman are in a trance like condition. When they have both relaxed into the trance state, the Shaman who is normally sitting or lying beside the client, would come across spiritual helpers, animal totems, angels or the client's higher self so as to find the problem inside the energy field and source the energy tools required so as to heal the problem.