

Reiki Healing Kingston

Reiki Healing Kingston - Clearing the chakras is the method of releasing blocked energy from the energy centers of the system. Many philosophies from a lot of cultures state the human body houses seven chakras or also known as revolving vortexes which are energy wheels from the top of head downward through the midline of the body to the base of the spinal column. A lot of people refer to this form of energy as a life force or a soul. Chakras can become blocked in a person who has unresolved problems and misconceptions. When a chakra is not rightly spinning or vibrating, it is thought that the energy cannot radiate correctly. A person in this particular unbalanced state could undergo feelings of fear, dissatisfaction, anger or grief.

There are several methods in order to initiate a chakra clearing. Treatment from an energy healer and meditation are some of the ways. It is believed that by utilizing simple meditation methods, chakras could be kept in shape and cleared so as to radiate positive energy and keep a person feeling happy and centered. It is believed that this would attract healthier and positive outcome from around the globe. Usually, chakra clearing meditations are performed in a quiet and calm area, either outside or indoors and frequently with no other people there.

The mediator who is performing the chakra clearing firstly practices deep breathing exercises in order to calm the system. beginning at the bottom, him or her places both hands over the first chakra spot and visualizes waves of energy in the connected color of that particular chakra, flowing into the energy center. The chakra is visualized as moving faster and freely spinning until it is cleared. The mediator proceeds upwards and moves onto the next chakra, repeating the method until every one has been cleared. There are numerous variations to chakra clearing meditations. Various practitioners use their hands held above the chakra locations and make slow circles. Other healers exploit crystals and stones, while others visualize more chakra-specific details when working on each specific energy spot.

Reiki practitioners are actually energy healers who practice chakra clearing ways by utilizing special hand placements around the body. Most treatments are done without actually touching the patient. Many patients will lie on a massage table while the energy healer makes use of energy to clear the chakras. Using their body as a conduit, the energy healer will send positive energy within and take the negative energy out. These healing sessions could last up to one hour. These sessions could be very soothing and it is not uncommon for a client to fall asleep all through a chakra clearing practice.

Each chakra site has its own unique characteristics comprising a symbol, a unique vibration frequency, a specific color and a designated sound. Each also corresponds with a specific personality trait. When an energy vortex is blocked, it is believed that it would disrupt that area of life for the individual, whether unconsciously or consciously.