

RMT Kingston

RMT Kingston - Aura Cleansing - Cleansing the auric field could be carried out by way of the healers hands or through utilizing crystals. The point is to be able to remove dark energies or blockages of energy in the auric field. The healer after that infuses the aura with light, reshapes and rebalances it and finally energizes it with positive energy.

BioGenesis - BioGenesis is a technique making use of colored glass wheels in order to transfer and harness the energy of creation itself into your energy body. Normally, a BioGenesis energy healer will usually have you lie on a table and get into a condition of deep relaxation. She or he positions the small glass wheels on various parts of your physical body to be able to anchor the light of creation within 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 that has been blocked deep in the core of your energy body. This particular energy healing is accomplished in a variety of methods and is can be successfully combined with Emotional Freedom technique tapping and Rapid Eye Movement therapy.

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

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

Qigong - Qigong means "energy cultivation" and is literally the "breathing- in" of results. There are four various kinds to Qigong practice including: the focused visualization, active movement, static hold of certain postures and the use of some tools like for example herbs and body manipulations. These techniques are made use of to rebalance and support a healthy energy system.

Reiki - In the year 1922, the Japanese Buddhist Mikao Usui received or "discovered" - Reiki. These energy healers go through a system of three degree levels. Each level works directly with the energy body. In Reiki, there are a series of set hand patterns over certain body parts. Normally, in Reiki there is no physical contact involved however, several Reiki practitioners may utilize some light touch over areas.

Shamanic Healing - Shaman healers call on the spirit world so as to assist their healing powers for others. Shamanic sessions would usually start with the Shaman quickly beating a drum, while the participant works visualization. In due course, the Shaman and the client are in a trance like condition. After they have both relaxed into the trance condition, the Shaman who is normally lying or sitting near the client, would encounter animal totems, angels, spiritual helpers or the client's higher self to be able to find the problem in the energy field and source the energy tools required to cure the issue.