

## RMT Prince George

**RMT Prince George - Aura Cleansing** - This type of energy healing could be performed utilizing crystals or one's hands. The point is to take away any dark energy which is inside the auric field. The healer then infuses the aura with light, rebalances and reshapes it and finally energizes it with positive energy.

**BioGenesis** - BioGenesis is a technique using colored glass wheels to be able to harness and transfer the energy of creation itself into your energy body. Normally, a BioGenesis energy healer would usually have you lie on a table and get into a state of deep relaxation. He or she places the small glass wheels on different parts of your physical body to be able to anchor the light of creation inside your energy body.

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

**Crystal Healing** - Crystal healing could be performed making use of different semi-precious and precious crystals and stones to be able to help in the eliminating energies, bringing your energy body in balance with your physical 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** - This type of energy healing was discovered by a Chiropractor with the name of Dr. Richard Bartlett. He created Matrix Energetics to introduce the idea of going beyond the whole concept of a healing problem to source what he calls a solution set. The techniques rely on active imagination, gentle touch, the two point system archetype, also time travel and a set of 21 healing frequencies.

**Qigong** - Translating as "energy cultivation", Qigong is a set of practices focusing on breathing methods. In the Qigong method, there are four different kinds of methods.: the focused visualization, active movement, static hold of certain postures as well as the use of some tools like for example body manipulations and herbs. These methods are made use of to be able to support and rebalance a healthy energy system.

**Reiki** - Japanese Buddhist Mikao Usui first received or "discovered" - Reiki during the year 1922. Energy healers must 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 specific body parts. Normally, in Reiki there is no physical contact involved even though, several Reiki practitioners could make use of some light touch over parts.

**Shamanic Healing** - Shamanic energy healers make use of spirit allies to be able to help their healing powers for others. Often, a Shamanic healing starts by taking a "visualization journey" while the Shaman quickly beats a drum. In due course, the Shaman and the client are in a trance like condition. When they have both relaxed into the trance state, the Shaman who is normally lying or sitting next to 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 needed to be able to heal the problem.