

## Reiki Healing Prince George

Reiki Healing Prince George - Clearing the chakras is the process of releasing blocked energy from the energy centers of the system. Many philosophies from a lot of cultures believe the human body houses seven chakras or also known as spiraling vortices that are actually energy wheels from the top of head downward through the midline of the body to the base of the spine. Various people refer to this form of energy as a life force or a soul. Chakras can become blocked in an individual who has unresolved problems and misconceptions. When a chakra is not rightly vibrating or spinning, it is thought that the energy could not radiate correctly. A person in this unbalanced condition may go through feelings of dissatisfaction, anger, grief or fear.

For treatment, there are numerous ways so as to clear the chakras. Utilizing the practice of meditation or an energy healer are just some of the ways. It is thought that by using basic meditation ways, chakras could be kept in shape and cleared so as to radiate positive energy and keep a person feeling centered and happy. It is thought that this would attract healthier and positive results from all over the globe. Normally, chakra clearing meditations are performed in a quiet and calm area, either inside or outdoors and frequently with no other individuals there.

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

Reiki is a kind of energy healing. Reiki practitioners could practice methods so as to clear the chakras making use of hand placements all-around the body. Most of the treatments are done without whichever physical touching. Many patients will lie on a massage table while the energy healer uses energy so as to clear the chakras. Using their body as a conduit, the energy healer would send positive energy in 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 unusual for a individual to fall asleep all through a chakra clearing procedure.

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