

## Reiki Healing Vancouver

Reiki Healing Vancouver - Clearing the chakras is the practice of unclogging the energy centers inside the body. Several philosophies state that the body houses seven spinning vortexes or likewise called chakras that are actually wheels of energy that line-up up the spinal column and into the head. Various people refer to this form of energy as a soul or a life force. Chakras can become blocked inside an individual who has unresolved problems and misconceptions. When a chakra is not correctly vibrating or spinning, it is thought that the energy could not radiate right. An individual in this unbalanced state can undergo feelings of fear, dissatisfaction, anger or grief.

For treatment, there are several ways to be able to clear the chakras. Making use of the practice of meditation or an energy healer are only a few of the methods. It is thought that by using basic meditation methods, chakras can be kept in shape and cleared so as to radiate positive energy and keep an individual feeling centered and happy. It is believed that this will attract positive and healthier outcome from around the world. Typically, chakra clearing meditations are carried out in a calm and quiet area, either outdoors or indoors and usually with no other people there.

Meditation is the technique of deep breathing exercises to calm the body and in order to clear the chakras. Normally, exercises begin at the bottom, putting their hands over the first chakra site, and visualizing waves of energy with their connected color, flowing freely out of 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 process until each and every one has been cleared. There are several variations to chakra clearing meditations. Several practitioners utilize their hands held on top of the chakra locations and make slow circles. Other healers exploit stones and crystals, while others visualize more chakra-specific details when working on every specific energy site.

Reiki practitioners are energy healers who practice chakra clearing methods by making use of special hand placements around the body. Nearly all treatments are carried out without actually touching the patient. A lot of patients would lie on a massage table while the energy healer utilizes energy to clear the chakras. Utilizing their body as a conduit, the energy healer would send positive energy within and take the negative energy out. These healing sessions can last up to one hour. These sessions can be really relaxing and it is not unusual for a patient to fall asleep through a chakra clearing process.

Each one of the chakra zones has its own particular characteristics consisting of their own symbol, designated sound, vibration frequency and color. These characteristics correspond to a different trait of personality. Whenever an energy vortex is blocked, it is believed that it will disrupt that area of life for the individual, whether unconsciously or consciously.