

RMT Stratford

RMT Stratford - Aura Cleansing - Cleansing the auric field can be carried out with the healers hands or by making use of crystals. The purpose is to be able to eliminate dark energies or blockages of energy within the auric field. The healer next infuses the aura with light, rebalances and reshapes it and finally energizes it with positive energy.

BioGenesis - BioGenesis is a technique utilizing colored glass wheels in order to harness and transfer the energy of creation itself into your energy body. Normally, a BioGenesis energy healer would frequently have you lie on a table and get into a state of deep relaxation. He or she places the small glass wheels on various parts of your physical body so as to anchor the light of creation within your energy body.

Chakra Healing - Chakra healing goes deep to the core of your energy body and clears out blockages. It opens the channel that connects your seven chakra centers. This energy healing is accomplished in various ways and is can be effectively combined together with Emotional Freedom technique tapping and Rapid Eye Movement therapy.

Crystal Healing - Crystal healing practitioners use different precious and semi-precious crystals and stones so as to help balance and heal your energy body and physical body. By combining the vibration frequency of different colored stones along with the vibratory frequency of crystal energy helps regulate 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 establish the idea of going beyond the whole concept of a healing problem to source what he calls a solution set. The methods rely on active imagination, gentle touch, the two point system archetype, 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 different kinds to Qigong method including: the active movement, static hold of certain posture, focused visualization as well as the use of particular tools such as herbs and body manipulations. These methods are utilized to rebalance an support a healthy energy system.

Reiki - Japanese Buddhist Mikao Usui first received or "discovered" - Reiki in nineteen twenty two. Energy healers must pass through a system of three degree levels. Every level works directly with the energy body. In Reiki, there are a series of set hand patterns over particular parts of the body. Usually, in Reiki there is no physical contact involved even if, various Reiki practitioners may use some light touch over parts.

Shamanic Healing - Shamanic energy healers use spirit allies to be able to assist their healing powers for others. Frequently, a Shamanic healing starts by taking a "visualization journey" while the Shaman quickly beats a drum. Sooner or later, the client and the Shaman are in a trance like condition. As soon as they have both relaxed into the trance state, the Shaman who is normally sitting or lying near the client, will come across angels, spiritual helpers, animal totems or the client's higher self so as to find the problem within the energy field and source the energy tools needed to cure the problem.