

## Reiki Healing Stratford

Reiki Healing Stratford - Clearing the chakras is the practice of unclogging the energy centers inside the body. Some philosophies state that the body houses seven spiraling vortexes or otherwise called chakras that are wheels of energy that line-up along the spine and into the head. Many individuals refer to this energy as a life force or a soul. Chakras could become blocked inside a person who has unresolved issues and misconceptions. If a chakra is not properly spinning or vibrating, it is thought that the energy cannot radiate correctly. A person in this particular unbalanced state could go through feelings of anger, grief, fear or dissatisfaction.

For treatment, there are numerous ways so as to clear the chakras. making use of an energy healer or the practice of meditation are simply a few of the methods. 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 an individual feeling centered and happy. It is thought that this would attract healthier and positive outcome from around the globe. Typically, chakra clearing meditations are performed in a calm and quiet place, either outside or indoors and usually with no other people there.

Meditation is the technique of deep breathing exercises to be able to calm the system and in order to clear the chakras. Usually, exercises start at the bottom, putting 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 moving faster and freely spinning until it is cleared. The mediator proceeds upwards and moves onto the next chakra, repeating the process until every one has been cleared. There are many variations to chakra clearing meditations. Some practitioners use their hands held on top of the chakra parts and make slow circles. Other healers make use of stones and crystals, while others visualize more chakra-specific details when working on each particular energy location.

Reiki is a form of energy healing. Reiki practitioners may practice techniques to be able to clear the chakras making use of hand placements around the body. Most of the treatments are done without whatever physical touching. Many patients will lie on a massage table while the energy healer makes use of energy to clear the chakras. Making use of 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 uncommon for a patient to fall asleep during a chakra clearing method.

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