

## Reiki Healing Owen Sound

Reiki Healing Owen Sound - Clearing the chakras is the method of releasing blocked energy from the energy centers of the system. Various philosophies from various cultures believe the human body houses seven chakras or likewise known as spinning vortices which are actually energy wheels from the top of head downward through the midline of the body to the base of the spine. Numerous people call this type of energy as a life force or a soul. Chakras could become blocked inside an individual who has unresolved problems and misconceptions. Whenever a chakra is not properly vibrating or spinning, it is thought that the energy cannot radiate right. A person in this particular unbalanced condition may go through emotions of fear, dissatisfaction, anger or grief.

For treatment, there are numerous methods in order to clear the chakras. Making use of an energy healer or the practice of meditation are simply a few of the methods. It is believed that by utilizing basic meditation methods, chakras could be kept in shape and cleared to be able to radiate positive energy and keep an individual feeling centered and happy. It is believed that this will attract healthier and positive results from around the globe. Usually, chakra clearing meditations are carried out in a calm and quiet area, either outside or inside and frequently with no other people present.

The mediator who is performing the chakra clearing firstly practices deep breathing exercises so as to calm the body. Starting at the bottom, him or her places both hands over the first chakra site and visualizes waves of energy in the associated color of that specific chakra, flowing into 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 method until every one has been cleared. There are several forms of chakra clearing meditations. Various practitioners make use of their hands held on top of the chakra spots and make slow circles. Other healers utilize crystals and stones, while others visualize more chakra-specific details when working on each and every specific energy spot.

Reiki is a form of energy healing. Reiki practitioners may practice techniques in order to clear the chakras making use of hand placements all-around the body. The majority of the treatments are carried out without whatever physical touching. A lot of patients would lie on a massage table while the energy healer utilizes energy to be able 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 may last up to an hour. These sessions could be really relaxing and it is not unusual for a individual to fall asleep during a chakra clearing practice.

Each and every 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.