

## Reiki Healing Winnipeg

Reiki Healing Winnipeg - Clearing the chakras is the process of releasing blocked energy from the energy centers of the system. Various philosophies from several cultures believe the human body houses seven chakras or otherwise known as spinning vortices that 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 form of energy as a life force or a soul. Chakras could become blocked in a person who has unresolved concerns and misconceptions. When a chakra is not rightly spinning or vibrating, it is thought that the energy cannot radiate correctly. An individual in this particular unbalanced condition may undergo feelings of anger, grief, fear or dissatisfaction.

For treatment, there are various ways to be able to clear the chakras. Making use of the practice of meditation or an energy healer are just some of the ways. It is thought that by using simple meditation techniques, chakras can be kept in shape and cleared in order to radiate positive energy and keep a person feeling centered and happy. It is believed that this would attract positive and healthier results from all over the world. Usually, chakra clearing meditations are carried out in a quiet and calm area, either outdoors or inside and typically with no other people present.

Meditation is the practice of deep breathing exercises to calm the system and to be able to clear the chakras. Usually, exercises start 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 freely revolving and moving faster until it is cleared. The mediator continues upwards and moves onto the next chakra, repeating the method until every one has been cleared. There are several variations to chakra clearing meditations. Some practitioners utilize their hands held over the chakra spots and make slow circles. Other healers exploit 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 can practice methods in order to clear the chakras utilizing hand placements around the body. Most of the treatments are carried out without whichever physical touching. Many patients would lie on a massage table while the energy healer makes use of energy to be able to clear the chakras. Making use of their body as a conduit, the energy healer would send positive energy inside and take the negative energy out. These healing sessions could last up to an hour. These sessions could be very calming and it is not unusual for a patient to fall asleep during a chakra clearing process.

Each and every one of the chakra zones has its own certain characteristics including their own vibrational frequency, color, symbol, and designated sound. These characteristics correspond to a different trait of personality. Whenever an energy vortex is blocked, it is believed that it would interrupt that area of life for the person, whether unconsciously or consciously.