

## RMT Regina

RMT Regina - Aura Cleansing - This type of energy healing could be performed utilizing one's hands or crystals. The point is in order to take away whichever dark energy that is inside the auric field. The healer next infuses the aura with light, rebalances and reshapes it and lastly energizes it with positive energy.

BioGenesis - The process of BioGenesis is done utilizing colored glass wheel which can harness energy and transfer the created energy into your energy body. The BioGenesis healer would normally have you lie upon a table and try to get you to a point of deep relaxation. He or she places the small glass wheels on various parts of your physical body to be able 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 which links your seven chakra centers. This energy healing is performed in a variety of methods and is could be successfully combined together with Rapid Eye Movement therapy and Emotional Freedom Technique tapping.

Crystal Healing - Crystal healing could be done utilizing different semi-precious and precious stones and crystals in order to help in the eliminating energies, bringing your energy body in balance with your physical body. By combining the vibration frequency of different colored stones along with the vibratory frequency of crystal energy helps adjust your energy field to a higher level.

Matrix Energetics - Created by Chiropractor Dr. Richard Bartlett, Matrix Energetics was designed to the idea of moving past therapeutic concepts to the source known as the solution set. The techniques 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 translates as "energy cultivation" and is literally the "breathing- in" of results. There are four different types to Qigong practice including: the static hold of certain postures, focused visualizations, active movement as well as using particular tools like body manipulations and herbs. These methods are made use of in order to rebalance and support a healthy energy system.

Reiki - Japanese Buddhist Mikao Usui first received or "discovered" - Reiki during nineteen twenty two. Energy healers should go through a system of three degree levels. Each and every level works directly with the energy body. In Reiki, there are a series of set hand patterns over particular body parts. Normally, in Reiki there is no physical contact involved even though, some Reiki practitioners could utilize some light touch over parts.

Shamanic Healing - Shaman healers call on the spirit world to assist their healing powers for others. Shamanic sessions will often begin with the Shaman quickly beating a drum, whereas the participant works visualization. Sooner or later, the Shaman and the client are in a trance like state. When they have both relaxed into the trance condition, the Shaman who is typically lying or sitting beside the client, would encounter spiritual helpers, animal totems, angels or the client's higher self so as to find the problem inside the energy field and source the energy tools required in order to cure the problem.