

## Reiki Healing Brandon

Reiki Healing Brandon - Clearing the chakras is the method of releasing plugged energy from the energy centers of the body. Several philosophies from several cultures believe the human body houses seven chakras or spinning vortexes that are actually energy wheels from the top of head downward through the midline of the body to the base of the spinal column. Lots of individuals refer to this type of energy as a soul or a life force. Chakras could become blocked within a person who has unresolved concerns and misconceptions. Whenever a chakra is not properly vibrating or spinning, it is thought that the energy could not radiate properly. An individual in this particular unbalanced condition can go through emotions of dissatisfaction, anger, grief or fear.

There are a few ways in order to initiate a chakra clearing. Treatment from meditation and an energy healer are a few of the ways. 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 a person feeling centered and happy. It is thought that this would attract healthier and positive results from around the world. Usually, chakra clearing meditations are carried out in a quiet and calm area, either indoors or outside and frequently with no other people present.

Meditation is the technique of deep breathing exercises to calm the body and so as to clear the chakras. Typically, exercises begin 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 freely spiraling 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 forms of chakra clearing meditations. Some practitioners use their hands held on top of the chakra parts 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 practitioners are energy healers who practice chakra clearing methods by making use of special hand placements around the body. The majority of treatments are carried out without actually touching the patient. Lots of patients would lie on a massage table while the energy healer makes use of energy to clear the chakras. utilizing their body as a conduit, the energy healer would send positive energy in and take the negative energy out. These healing sessions can last up to one hour. These sessions could be very calming and it is not uncommon for a individual to fall asleep all through a chakra clearing process.

Each one of the chakra zones has its own specific characteristics including their own designated sound, vibration frequency, color and symbol. These characteristics correspond to a different trait of personality. When an energy vortex is blocked, it is believed that it will interrupt that area of life for the individual, whether unconsciously or consciously.