

RMT Norfolk

RMT Norfolk - Aura Cleansing - Cleansing the auric field could be performed with the healers hands or by making use of crystals. The purpose is so as to take away dark energies or blockages of energy within the auric field. The healer afterward infuses the aura with light, reshapes and rebalances it and finally energizes it with positive energy.

BioGenesis - BioGenesis is a method using colored glass wheels in order to transfer and harness the energy of creation itself into your energy body. Normally, a BioGenesis energy healer would usually have you lie on a table and get into a condition of deep relaxation. He or she places the small glass wheels on various parts of your physical body so as to anchor the light of creation in your energy body.

Chakra Healing - Chakra healing goes deep to the core of your energy body and clears out blockages. It opens the channel that connects your seven chakra centers. This particular energy healing is accomplished in a variety of ways and is could be effectively combined together with Rapid Eye Movement therapy and Emotional Freedom Technique tapping.

Crystal Healing - Crystal healing practitioners utilize different semi-precious and precious stones and crystals to help balance and heal your physical body and your energy body. By combining the vibration frequency of various colored stones along with the vibratory frequency of crystal energy helps attune 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 called 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 - Meaning "energy cultivation", Qigong is a set of practices focusing on breathing methods. In the Qigong practice, there are four various forms of methods.: the active movement, static hold of certain posture, focused visualization as well as using some tools such as body manipulations and herbs. These techniques are used in order to rebalance and support a healthy energy system.

Reiki - In the year 1922, the Japanese Buddhist Mikao Usui "discovered" or received - Reiki. These energy healers undergo a system of three degree levels. Every level works directly with the energy body. In Reiki, there are a series of set hand patterns over certain parts of the body. Generally, in Reiki there is no physical contact involved although, various Reiki practitioners may utilize some light touch over parts.

Shamanic Healing - Shaman healers call on the spirit world in order to assist their healing powers for others. Shamanic sessions would usually start with the Shaman quickly beating a drum, while the participant works visualization. Eventually, the Shaman and the client are in a trance like condition. Once they have both relaxed into the trance condition, the Shaman who is usually sitting or lying beside the client, will encounter spiritual helpers, animal totems, angels or the client's higher self to be able to find the problem inside the energy field and source the energy tools needed to be able to cure the problem.