

## RMT Abbotsford

**RMT Abbotsford - Aura Cleansing** - This type of energy healing could be performed using one's hands or crystals. The purpose is to get rid of whatever dark energy which is within the auric field. The healer after that infuses the aura with light, rebalances and reshapes it and finally energizes it with positive energy.

**BioGenesis** - The process of BioGenesis is performed utilizing colored glass wheels which are able to harness energy and transfer the created energy into your energy body. The BioGenesis healer would typically have you lie upon a table and try to get you to a point of deep relaxation. She or he positions the small glass wheels on different areas of your physical body so as to anchor the light of creation in your energy body.

**Chakra Healing** - Chakra energy healing works by opening up the channels that links to your chakra centers clearing out blockages of energy that has been blocked deep inside the core of your energy body. This energy healing is accomplished in various techniques and is could be successfully combined together with Rapid Eye Movement therapy and Emotional Freedom Technique tapping.

**Crystal Healing** - Crystal healing could be carried out using different semi-precious and precious crystals and stones so as to assist in the removing of energies, bringing your energy body in balance with your physical body. By combining the vibration frequency of different colored stones together 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 curative concepts to the source called the solution set. The methods depend on the two point system archetype, on active imagination, gentle touch, likewise time travel and 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 kinds of techniques.: the static hold of certain postures, focused visualizations, active movement as well as the use of some tools such as body manipulations and herbs. These techniques are used in order to support and rebalance a healthy energy system.

**Reiki** - During the year 1922, the Japanese Buddhist Mikao Usui "discovered" or received - Reiki. These energy healers undergo a system of three degree levels. Each level works directly with the energy body. In Reiki, there are a series of set hand patterns over particular body parts. Usually, in Reiki there is no physical contact involved although, some Reiki practitioners may make use of some light touch over areas.

**Shamanic Healing** - Shamanic energy healers use spirit allies to assist their healing powers for others. Often, a Shamanic healing begins by taking a "visualization journey" while the Shaman quickly beats a drum. Eventually, the client and the Shaman are in a trance like state. When they have both relaxed into the trance condition, the Shaman who is usually lying or sitting beside the client, will come across angels, spiritual helpers, animal totems or the client's higher self so as to find the problem inside the energy field and source the energy tools needed to be able to heal the problem.