

Halifax Reiki

Halifax Reiki - "Energy field," is an informative phrase that is used to describe an ubiquitous or universal energy that surrounds all living things. It's also referred to as an aura. The theories related to the subsistence of this field state that all matter made of energy and the human body is composed of energy called HEF, or the human energy field.

It is alleged that the human energy field is made of numerous complex energy pattern combinations. A person's emotional, bodily and spiritual well-being are directly affected by such patterns. Vibrations are sums of these energy designs and are distinctive in their makeup. These vibrations help to define every person's nature. The continuous movement of these energy patterns is assumed to manifest as colours. These colours are indicative of some emotions and feelings; so, the brightness of these type of colours is claimed to symbolize the intensity of the feeling.

As regards to Indian alternative medicine, the above-mentioned energy field is mentioned in terms of chakras. The human being chakra system constitutes seven major chakras and several lesser chakras. The seven major chakras are evenly spaced from the crown, or top of the cranium to the root chakra, which happens to be the base of the backbone. Several practitioners consider that the chakra system is responsible for each aspect of a person's well being. Each of the chakras twists or vibrates at its' own rate. Again, each chakra is represented by a unique colour and facet of the individual. Any disruption of the chakra system occurs when the energies become imbalanced. This imbalance could manifest physically, emotionally, or spiritually.

We can also speak about human energy field in relation to power meridians. These are said to be routes through which internal energy moves throughout the body in order to support the performance of all of the body's systems both main and minor. Particular points are positioned along each of the routes and can be used by acupuncturists to restore health and rebalance the body's power flow.

The HEF can better be described by way of the five layer body system. The mechanism states that there are 4 layers that radiate out from the physical body, which is often imagined as the primary layer. The etheric, emotional, mental and spiritual power bodies are thought to build upon each other and then radiate out practically one foot from the physical body. It's this mixture of each of the layers that constitutes a person's character including consciousness, perception systems as well as character.

Energy remedial might be sought when there is a disturbance in an individual's energy field. Many varieties of methods are available for restoring energy balance. Many of the methods have the same objective of ridding the body of pessimism which is alleged to hold up proper energy flow. Practices including meridian tapping, pranic healing plus breath work are a few of methods used to take away blockages. Reiki is one other healing method that is centuries old. It's based on the belief that a universal energy or life force is responsible for giving life. People become prone to illness and illness when a disruption triggers a fall of this energy. Consultants of Reiki place their hands over specific chakras and concentrate on promoting healing by decreasing stress, assuaging pain, and restoring balance.