

## Stratford Reiki

Stratford Reiki - The descriptive expression "energy field," is used to describe a common or ever-present energy that surrounds all living things and is commonly referred to as an aura. The theories associated with the subsistence of this field state that all matter made of energy and the human system is composed of energy called HEF, or the human energy field.

The human energy field is thought to be made of several complicated energy pattern combinations. These designs have a direct influence on a person's physical, emotional as well as spiritual wellbeing. Vibrations are sums of these energy patterns and are unique in their makeup. These vibrations help to outline each individual's character. The continuous movement of these energy patterns is believed to manifest as colours. These colours are declarative of some feelings and emotions; so, the brightness of these colours is said to characterize the intensity of the sensation.

The aforementioned energy field is mentioned in terms of chakras within Indian alternative medicine realm. Seven main and inferior chakras form the human chakra system. The seven main chakras are evenly spaced from the crown, or top of the head to the root chakra, which happens to be the base of the backbone. Several consultants believe that the chakra system is accountable for every facet of a person's wellbeing. Every of the chakras spins or vibrates at its' own rate. Again, each chakra is represented by a singular colour and facet of the individual. Any disturbance of the chakra system occurs when the energies become imbalanced. This imbalance could manifest emotionally, physically, or spiritually.

We may also speak about human energy field in relation to power meridians. These are stated to be routes through which internal energy travels all through the body system so as to assist the performance of all the body's systems both major and minor. Specific points are situated alongside each of the paths and can be utilized by acupuncturists to revive health and rebalance the body's energy flow.

The HEF could better be described by way of the 5 layer body system. The mechanism states that there're 4 layers that radiate out from the physical body, which is usually imagined as the first layer. The etheric, emotional, mental and spiritual energy bodies are imagined to build upon one another and radiate out nearly one foot from the physical body. It is this mixture of every of the layers that makes up an individual's nature including consciousness, belief systems as well as persona.

Energy healing might be sought when there is a disruption in a person's energy field. Many sorts of strategies are available for bringing back energy balance. Many of the methods have the similar goal of ridding the human body of negativity which is thought to impede proper energy flow. Exercises including meridian tapping, pranic remedial plus breath work are a few of strategies used to remove blockages. Reiki is another remedial method that is centuries old. It's based mostly on the belief that a universal energy or life force is accountable for giving life. Individuals become prone to sickness and illness when an interruption induces a fall of this energy. Practitioners of Reiki place their palms over specific chakras and focus on promoting healing by decreasing stress, assuaging pain, and bringing back balance.