

## Brandon Reiki

Brandon Reiki - The descriptive expression "energy field," is utilized to explain a universal or ever-present energy that surrounds all living things and is commonly referred to as an aura. The concepts associated with the subsistence of this field state that every matter made of energy and the human system consists of energy called HEF, or the human energy field.

It is believed that the human energy field is made of numerous complex vitality pattern combinations. A person's emotional, bodily and spiritual wellbeing are directly affected by such patterns. Vibrations are aggregates of these energy designs and are unique with their makeup. These vibrations assist 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; therefore, the brightness of these colours is said to represent the intensity of the sensation.

Within Indian alternative medicine, the above-mentioned energy field is discussed by way of chakras. The human chakra system is made up of 7 main chakras and many minor chakras. The seven major chakras are equally spaced from the crown, or top of the cranium to the root chakra, which happens to be the base of the backbone. Several practitioners believe that the chakra system is responsible for every facet of an individual's well being. Every of the chakras spins or vibrates at its' own rate. As well, every chakra is represented by a singular colour and aspect of the being. Any disruption of the chakra system happens when the energies become imbalanced. This imbalance can manifest physically, emotionally, or spiritually.

We may also speak about human energy field in relation to energy meridians. These are mentioned to be routes through which internal energy travels throughout the body to be able to assist the performance of all of the body's systems both major and minor. Particular points are positioned along each of the routes and could be used by acupuncturists to revive health and rebalance the body's energy flow.

The HEF could better be described through the five layer body system. The system states that there're 4 layers that radiate out from the physical body, which is usually considered as the first layer. The etheric, emotional, mental and spiritual power bodies are thought to build upon one another and radiate out practically one foot from the physical body. It's this combination of each of the layers that makes up a person's nature involving consciousness, perception systems plus persona.

Energy remedial might be sought when there is a disruption in a person's energy field. Many varieties of strategies are obtainable for bringing back energy balance. Many of the strategies have the similar goal of ridding the body of negativity which is alleged to obstruct proper energy flow. Exercises incorporating meridian tapping, pranic healing and breath work are some of techniques utilized take away blockages. Reiki is one other healing technique that's centuries old. It's based on the belief that a universal power or life force is responsible for giving life. Individuals become susceptible to illness and illness when an interruption induces a reduction of this energy. Practitioners of Reiki place their palms over specific chakras and concentrate on promoting healing by lowering stress, assuaging pain, and restoring balance.