

## Kingston Reiki

Kingston Reiki - "Energy field," is a descriptive expression that is utilized to explain an ubiquitous or universal energy that smothers all living things. It's also called an aura. The theories related to the subsistence of this field state that every matter is made up of energy and the body consists of energy called HEF, or the human energy field.

It is believed that the human energy field is made from numerous complex vitality pattern combinations. A person's emotional, physical and spiritual wellbeing are directly influenced by such patterns. Vibrations are aggregates of these energy designs and are unique with their makeup. These vibrations assist to define every person's character. The continual movement of these energy patterns is assumed to manifest as colours. These colours are declarative of some feelings and emotions; therefore, the brightness of these type of colours is alleged to characterize the intensity of the sensation.

Within Indian alternative medicine, the above-mentioned energy field is discussed in terms of chakras. The human chakra system constitutes seven main chakras and plenty of minor 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 spine. Several consultants believe that the chakra system is responsible for every facet of a person's well being. Each of the chakras twists or vibrates at its' own rate. As well, each chakra is delineated by a unique colour and facet of the person. Any disturbance of the chakra system happens when the energies become imbalanced. This imbalance can manifest physically, emotionally, or spiritually.

The human energy field may also be mentioned in relation to energy meridians. These are mentioned to be routes through which internal power moves all through the body to be able to assist the functionality of all of the body's systems both major and minor. Particular points are positioned along each of the routes and can be used by acupuncturists to restore well being and rebalance the body's power flow.

The HEF can be further mentioned through the five layer body mechanism. This system states that there are 4 layers that radiate out from the physical body, which is considered to be the first layer. The etheric, emotional, psychological and spiritual energy bodies are considered to build upon each other and radiate out practically one foot from the physical body. It's this combination of each of the layers that makes up an individual's nature including consciousness, belief systems as well as personality.

At whatever time an interruption in an individual's energy field arises, energy healing could be tried. There are a selection of techniques available for restoring energy balance. A lot of the methods have the similar objective of ridding the body of negativity which is thought to hold back proper energy flow. Exercises incorporating meridian tapping, pranic remedial plus breath work are some of techniques used to take away blockages. Reiki is another remedial technique that is centuries old. It is based on the idea that a universal power or life force is accountable for giving life. People become vulnerable to illness and illness when an interruption causes a fall of this energy. Practitioners of Reiki place their hands over particular chakras and focus on promoting healing by reducing stress, assuaging pain, and restoring balance.