

## St. John's Reiki

St. John's Reiki - The descriptive expression "energy field," is used to explain a universal or ubiquitous energy that surrounds all living things and is often called an aura. The concepts related to the existence of this field state that every matter is made up of energy and the body is composed of energy known as HEF, or the human energy field.

The human energy field is thought to be made of numerous complicated energy pattern combinations. These designs have a direct influence on a person's physical, emotional and spiritual well-being. Vibrations are aggregates of these energy patterns and are unique in their makeup. These vibrations help to define every person's nature. The continuous movement of these energy patterns is thought to manifest as colours. These colours are declarative of some emotions and feelings; therefore, the brightness of these type of colours is said to symbolize the intensity of the emotion.

Within Indian alternative medicine, the above-mentioned energy field is mentioned in terms of chakras. The human being chakra system constitutes seven major chakras and many minor chakras. The seven main chakras are evenly spaced from the crown, or top of the cranium to the root chakra, which is the base of the spine. Several practitioners believe that the chakra system is accountable for every aspect of a person's wellbeing. Each of the chakras spins or vibrates at its' own rate. Again, each chakra is represented by a singular colour and facet of the being. Any disruption of the chakra system happens when the energies become imbalanced. This imbalance could manifest spiritually, emotionally or physically.

We can also speak about human energy field in connection to power meridians. These are mentioned to be routes through which internal energy moves throughout the body system so as to assist the functionality of all the body's systems both main and minor. Specific points are positioned along each of the routes and could be used by acupuncturists to restore health and rebalance the body's power flow.

The HEF can better be described through the five layer body system. The system states that there are four layers that radiate out from the physical body, which is often considered as the first layer. The etheric, emotional, psychological and spiritual energy bodies are thought to build upon one another and then radiate out nearly one foot from the physical body. It's this mixture of each of the layers that makes up a person's nature including consciousness, belief systems as well as personality.

Whenever a disruption in an individual's energy field occurs, energy healing might be tried. There are a number of techniques obtainable for restoring energy balance. Many of the techniques have the same goal of ridding the human body of negativity which is believed to obstruct proper energy flow. Exercises including meridian tapping, pranic remedial and breath work are some of methods utilized take away blockages. Reiki is another remedial method that is centuries old. It is based on the idea that a universal energy or life force is responsible for giving life. Individuals become vulnerable to illness and illness when a disruption induces a fall of this energy. Consultants of Reiki place their hands over specific chakras and concentrate on promoting healing by decreasing stress, alleviating pain, and bringing back balance.