

How your body reacts to **Energy**

Perhaps the most notable way in which the body reacts to “energy” is through the skin. This primarily gives the feelings of your hair standing on end, as well as feelings of having walked through a cobweb, particularly noted on the face and head.

The skin is the largest organ of the body; thus, it is the first to react to energies around us. When you walk you first walk into a room and feel it to be chilly or warm is due to the thermoreceptors in the skin. When working mediumistically or psychically, the way the body reacts to various “energies” is pretty much the same as it would in the physical sense.

This is particularly relevant when experiencing the cobweb type feelings around the face and top of the head. Receptors in the skin react to the varied effects from our environment and cause a reaction in the follicles at the base of very fine hairs on the skin, giving rise to the feelings of cobwebs.

Another widely experienced symptom is that of “shivers”, that are largely felt along the spine, and is once more the reactions of the skin to an external “energy”. What is occurring here is due to the many hundreds of sensory nerves associated with the peripheral nervous system that convey information from the outlying areas of the body to the central nervous system (brain and spinal column).

What is interesting here however, is that the body is having a natural response to the environment in much the same way as standing in a draft or next to a warm coal fire. The reaction with “energies” that the person is seemingly aware of, yet these “energies” are sensed and decoded in the same way as those that have a natural cause. It is in distinguishing the difference between the natural sensors and the “extra” sensors that is of importance.

Finding yourself in a darkened room of a large manor house that has a reputation for being haunted can also have a reaction with the physical body. This time however it is not perceived through the skin, more so the mind. The most notable being the “fight flight” response, whereby the endocrine system releases hormones that specifically target the adrenaline glands located to the top of the kidneys. The heart rate is accelerated, the breathing rate similarly increases, in readiness for us to fight or run away.

Lastly, the perceptions of nausea and to some lesser extent headaches. I personally view this as being due to the frequency range of the “energy”. This may seem a strange thing to say, though through experience working in the paranormal as well as evidencing mediumship, the slower frequency waves are associated with very deep and strong emotions and it can at times have an overpowering effect that at its strongest can give feelings of nausea. Conversely, headaches are from a higher frequency range.

We can therefore suggest that the body is affected by “energies” in the environment such as natural phenomena such as drafts, to those associated with spirit communication and paranormal investigations. Furthermore, that our expectations of harm and or fear, particularly in a haunted locale, can cause a psychological input that affects the body internally, with the release of hormones that elicit a response.