

USING REIKI WITH FOOD

During training, it was mentioned that you can and should give Reiki to all types of things and not just wait to use it during sessions with clients or family and friends. A great way to get into the habit of using Reiki is to give it to your food, which will raise its vibration.

You can give Reiki to all the ingredients that you have set out to prepare your meal. You can also give Reiki to your drinks.

When unpacking groceries, you can simply take a few minutes to use Reiki - ask that the nutrition that Mother

Earth intended be restored and any toxins be cleared. Reiki I practitioners can do this with their intention and those who have Reiki II and on can use the power symbol. You'll be surprised how the energy clears and becomes harmonized, just as if you were working on a client.

You can also use the distant symbol to send Reiki to the soil the plants were grown in and to the farms and people who helped produce them. Blessing our meals and the people who prepared them with Reiki is also very beneficial. Gratitude is a great healer.

Have fun with the symbols and your ability to channel this amazing energy!