

---

# REIKI FOR FOOD & DRINK

---

Everything we consume carries energy. Food and drink hold the vibrations of how they were grown, handled, prepared, and even the emotions of those involved. Reiki can clear away disharmonious energy and infuse your meals with light, balance, and gratitude.

## **Why Give Reiki to Food & Drink?**

- Clears away stagnant or heavy energy from the growing, transport, and cooking process.
- Enhances the vitality of what you eat and drink.
- Encourages mindfulness and gratitude with every meal.
- Supports your body in receiving nourishment on both physical and energetic levels.

## **How to Offer Reiki to Food & Drink**

1. Pause before eating or drinking – Take a mindful breath.
2. Connect – Place your hands just above the plate, bowl, or glass.
3. Intend – Silently invite Reiki to flow, cleansing and charging your food/drink with vitality and harmony.
4. Allow Reiki to flow – Stay for a few breaths or a few minutes, depending on your sense of when it feels complete.
5. Give thanks – For the food, the drink, the people who grew and prepared it, and for Reiki itself.

## **Practice Exercise**

### Reiki Taste Test

1. Begin with a small item of food or drink (e.g. fruit, biscuit, chocolate, tea, or water).
2. First, taste a small piece or sip without Reiki—notice the flavour, texture, and how it feels in your body.
3. Now, place your hands over the food or drink for 2–3 minutes, allowing Reiki to flow.
4. Taste or sip again. Compare the difference in flavour, texture, or the way your body receives it.

## **Reflection & Notes**

- Did you notice a difference in taste or texture?
- How did your body feel after consuming the food or drink?
- How did offering Reiki change your relationship to what you were eating or drinking?