
REIKI FOR PLANTS

Plants are living beings, full of energy and responsive to care and attention. Just like people, they can thrive when they receive Reiki. Working with plants is a beautiful way to deepen your Reiki practice and connect more closely to the natural world.

Why Give Reiki to Plants?

- Reiki supports vitality, resilience, and growth.
- It helps plants recover from stress (such as transplanting, poor weather, or neglect).
- It strengthens your bond with the natural world and reminds us of the interconnectedness of all life.
- Reiki can also enhance the flavour and vitality of herbs, fruits, and vegetables.

How to Offer Reiki to Plants

- Choose your plant – A houseplant, herb, or even a tree in the garden.
- Connect – Place your hands on the pot, the soil, or hover gently around the leaves.
- Set your intention – Silently offer Reiki for the plant's wellbeing and balance.
- Allow Reiki to flow – Notice sensations in your hands (warmth, tingling, coolness) as the energy moves.
- Close with gratitude – Thank the plant for receiving Reiki.

Practice Exercise

Plant Reiki Connection

- Choose a plant or herb.
- Take a moment to observe it—notice its colour, shape, vitality, and presence.
- Place your hands on or above the plant. Invite Reiki to flow for 5 minutes.
- Stay open to what you sense: energy in your hands, a shift in the plant, or even a change in how you feel.
- Afterwards, observe the plant again. Does anything feel or look different?

Reflection & Notes

- What sensations did you notice as Reiki flowed?
- How did you feel connecting with the plant?
- Did you sense any change in the plant's energy?