



Reiki: From Seed to Plate

BY CAROL MULROONEY

“LET FOOD BE THY MEDICINE and medicine be thy food” is a 5th century B.C. quote usually attributed to Hippocrates, who is regarded as the Father of Medicine.¹ During his time, in ancient Greece and Rome, disease was understood as dis-ease, or physical imbalance. Prevention was the first step to healing all ailments. In classical medicine, food and diet were at the core of both preventing and treating diseases. The eating of correctly balanced foods makes up most preventative treatments and restores harmony to the body after it encounters disease. This classical approach has always made perfect sense and now resonates strongly with me, more than ever.

to every living thing,” I realized I could not continue eating the flesh of dead animals. I became a vegetarian overnight.

After researching vegetarianism and veganism, I realized we take on the pain and suffering of the animal as it dies, which embeds in their flesh. These days, regular commercial meat and poultry are also contaminated with antibiotics and growing steroid use. I was appalled to learn that most fish die an agonizing death as they suffocate when taken out of the water, and their gill arches collapse, so they cannot take in oxygen. With my empathic senses increasing, I picked up the pain of such a death and felt the lack of oxygen in my body.

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These days, most store-bought fruit and vegetables have been exposed to harmful pesticides, insecticides, and herbicides, which damage our organs and the environment—often the leading cause of disease in humans and animals.² One solution is eating only organically grown fruit and vegetables, which can be costly and sometimes not always available. I find growing my vegetables a more beneficial solution.

When I was two years old, my dad instilled a love for gardening when he gave me my little watering can. He asked me to help him water the tomato seedlings as he planted them. So, I was privileged to grow up eating fresh, home-grown garden produce and continued to grow my vegetables when I later had my home and garden.

But it was in the hot South African summer month of October in 1998, shortly after my first-degree Reiki attunement, that my vegetable garden took on a whole new meaning for me as it became my only source of nourishment and nutrition. While working with the last Reiki Principle, “Show gratitude

Animals are sentient beings, meaning they have a soul and experience emotions like pain and fear. I thought it must be awful for them to know that they’re going to die as part of the human food chain. This knowledge horrified me, so I spent some time sending Reiki to the souls of all the food-chain animals, including fish and fowl, that I had consumed over the years and asked for their forgiveness. How could I *show gratitude to every living thing* if I caused their pain and suffering?

Recently, I’ve been following a stricter vegan diet, excluding cow’s milk, heavy cream, cheese, and eggs. I eat cream and cheese occasionally, but since I discovered that the natural hormones in eggs—which our Creator intended only to sustain the unborn chick—are harmful to humans, I avoid them, too. When I was regularly eating eggs and dairy products, I would send Reiki in thanks to all cows and chickens on the planet for their gifts of milk, cheese, cream, and eggs. In this way, I had hoped that Reiki would help these animals

in some small way. I continue to do this today, as I now understand that both the dairy and egg industries cause severe suffering for these animals. I also send Reiki to all bees in the world in thanks for their beneficial gift of honey and their ongoing hard work on behalf of all humanity, as without them, we would have no food.

As a vegetarian, I initially enjoyed experimenting with my new first-degree Reiki practice and combined it with my gardening skills. I held the seeds in my hands, and as my palms heated, I asked Reiki to flow to each seed, energizing it and filling it with love and light. I asked for the seeds to grow prolifically and produce abundant flowers and fruits.

After completing my second-degree Reiki training in 1999, I experimented with drawing the sacred Reiki symbols over the seeds and everything growing in the garden. It was amazing how I achieved a hundred percent germination and harvest from each packet of seeds.

The fresh, sweet taste of the raw vegetables is so delicious, and I often munch on several tomatoes as I pick them. In my mind, you've never really tasted the full, rich flavor of a true tomato until you've tasted a homegrown, rosy, red one straight from the vine and infused with Reiki. There's no comparison to the weak, watery taste and color of those store-bought ones. They could be as far away as distant cousins.

My garden is free from harmful chemical pesticides. Beaming Reiki to the entire garden, flowers, veggies, and trees, I ask that Reiki keep out all harmful insects and that only beneficial insects, like bees and butterflies, are welcome. I also ask Reiki to keep the moles, rats, porcupines, baboons, and bushbuck out of my vegetable patch and that the holy angels cast a protective barrier over the area and keep everything safe. Because the animals also need to eat, I ask the angels to lead them to secure areas where they can find abundant suitable plants and trees growing wild in the nature reserve surrounding us.

I carry Reiki energy through all the meals and drinks I make. As I prepare the veggies in my kitchen at mealtimes, I give them another dose of Reiki. I often focus on creative ways to make certain vegetables the star of the show, and new recipe ideas will just pop into my mind. I know these are all ideas from Spirit, as I would never have thought of cooking such a combination of vegetables, nor in that manner. Whenever I add a new recipe to my growing collection, I send Reiki in gratitude.

The most satisfying experience is sitting down to a colorful array of food, knowing it's fresh from your garden and free of harmful ingredients and additives. I draw the Reiki symbols over the food and hold my hands briefly above as I express my gratitude to all who made it possible for me to enjoy that food. I send thanks to God for the food and the energy that is Reiki, to Mother Gaia for her gifts, to the nature spirits and devas for their work tending to the plants, to the pollinating insects for their energy exchange, and the sun, moon, rain, and stars for their part in nurturing the plants. I ask that the food be full of love, light, and healing for my highest good and that all my internal organs receive a complete Reiki treatment as I eat the food.

Should the food be store-bought, I extend my gratitude to the farmer who planted the seeds, the farm laborers who cared for them, the supermarket transporters, and the packers. Sending Reiki to them in gratitude completes the circle of energy to all concerned. Hopefully, they'll benefit spiritually, too, as how often are farm laborers ever considered, let alone thanked, for their hard work in farmers' fields?

If I'm eating out at a restaurant or the home of family or friends, I send mental Reiki to my food, allowing Reiki to flow from my third eye. I stare at my plate for a few seconds and visualize the Reiki symbols flowing into it, as it is not always appropriate to send Reiki to my plate in the other ways mentioned.

I'm convinced Reiki makes all food tastier and Reiki also works together with the healing benefits of the herbs and spices in a dish, as they combine their healing powers for our benefit and the highest good.

I also Reiki all my drinking water and the green juice, which I call Green Goddess, every morning. The green juice is a healthy mix of celery, green apples, cucumber, ginger, and other green herbs from my garden. I feel Reiki energizes it and increases the healing potency. Together, they help to boost the immune system and keep us free of winter flu and colds.

When I Reiki water, I ask God to bless, sweeten, purify, and cleanse it of all impurities. I then send Reiki to all water sources on the planet, the rivers, lakes, streams, and oceans, and I feel an expanded feeling as my consciousness merges with the energy of the water. It's very similar to the liquid-flowing feeling I get when doing the Peace Card Meditations, like my consciousness is merging with the entire planet and universe. In this way, all bodies of water

cleans, and as we're all connected and as the human body contains between 60% and 70% water, Reiki flows out to all inhabitants on Earth.

Reiki is a helpful method for revitalizing slightly over-ripe fruits and vegetables. I asked our African gardener, Washington, to pick some lettuce for me as we were having lunch with guests. He showed up a few minutes later with some wilted and lifeless leaves. He was so angry. "*Kyk die blurry mole Misses,*" he said in Afrikaans—"Look what the mole has done, Mrs." This problem was real; the guests were imminent, and I had no time to go shopping. I put the lettuce in some ice water, then drew the Reiki symbols over both and allowed them to rest while I prepared the balance of the salad ingredients. It was amazing. Within a few minutes, they revived and perked up as fresh as possible. Washington was speechless. He said I had done magic. That day, the healing magic of Reiki saved my salad.

The moles were quite a problem for our smallholding. I would send Reiki to them, and they would disappear for several months initially, but I think they became Reiki addicts, as they kept returning after a few days or a week for more. I read somewhere that if you send the moles or garden critters away, you must tell them where to go. So, in desperation, one day, I told them to go to the 22-acre property across the road. The next day, my husband came home from the office and asked me if I had been sending Reiki to the moles. I replied I had and asked how he knew. He said that small mole mounds covered our neighbor's lawn.

Reiki has also increased my success with recipes I've never cooked or baked. My late mother was a very creative cook and baker. She had the blessing of psychic abilities, and I often wondered if she also tuned into her spirit guide for culinary wisdom. All her recipes were in her brain, and she rarely measured anything and always had perfect results.

All her life, she followed the Easter tradition of baking hot cross buns each year. But sadly, towards the end of her life, she developed dementia. In April 2009, she readied all the baking ingredients to make her annual Easter buns but couldn't remember how to make them. My parents lived in a cottage on the same property as my husband and I, so my dad called me to come and complete the task.

I'd never made hot cross buns before, although I often watched my mom as a child. Of course, I asked for the help of the Reiki guides and holy angels in charge of baking hot cross

buns. I drew the Reiki symbols over all the ingredients and sent Reiki to the entire operation, from the dough kneading to the completed baking process. I asked that they be tasty, light, and fluffy, just like my mom had always made them.

The buns came out of the oven and were perfect in every way. Hours later, I smiled and whispered thanks to the Reiki guides and angels as I walked back to my house when I heard my mom telling my dad that she was amazed that I had managed to bake the whole batch of 48 buns, *almost* just like hers! Such is the power of Reiki.

Reiki is also a fantastic healer of plants. In 2018, I bought a beautiful lemon tree. It had been growing in the garden all settled and quite happy when a nocturnal creature ripped it out of the ground one night, bit the poor tree in half and devoured most of the roots. I immediately drew the Reiki symbols over both pieces and sent Reiki for a few minutes. I dipped the ends of both pieces in hormonal rooting powder, planted each in a pot, and continued to Reiki them each day, and both trees flourished. So now I have two lemon trees, thanks to Reiki and a wild animal.

My Reiki Master is a psychic medium, and in 2000, I booked a reading with her. During the reading, my spirit guide said I must meditate daily in my vegetable garden. I must focus on the plants during the meditation and merge my consciousness with them. In other words, I must become the plants. My favorite time for doing this is right after the blazing South African sun has dropped behind the mighty Outeniqua Mountains surrounding my home.

We consider dusk and dawn the best times to meditate and commune with Spirit, especially nature spirits. Sitting in my meditation chair, I focus on my feet, visualizing long roots growing deeply into the ground. I draw the energy from Mother Gaia into my feet, visualizing it flowing up my legs and through my chakras. I see it shoot out of my crown chakra like little stars and feel the energy flowing down my shoulders. I feel securely rooted and grounded as my roots merge with the roots of the plants and trees in the vegetable garden.

I beam Reiki to them and everything else growing in the complete garden. I close my eyes, relax in my chair as my hands heat, and feel completely immersed in the powerful energy. I always lose track of time, but eventually, I snap back to reality, feeling energized, and my whole body vibrates at a very high level. Spending time in nature raises our energetic frequency, and Reiki adds a further dimension.

I believe that as Reiki teachers and practitioners, to be

a proper channel for Reiki energy, we should keep our energetic vibration as high as possible by using Reiki daily to heal ourselves and others.

To this, we should add daily meditation, personal energy practices like tai chi, yoga, and qi gong, and omit low-vibrational foods and drinks from our diets like coffee, alcohol, nicotine and tobacco, chocolate, sugar, sugary fizzy drinks, animal, fish, poultry flesh, dairy products, eggs, preservatives, fruits, and vegetables sprayed with insecticides, and genetically modified foods.

Albert Einstein, a great revolutionary in his scientific perception, claimed that every substance has a vibration and that the electromagnetic field produced by a cell reflects its vibrational frequency. He famously said, “Future medicine will be the medicine of frequencies.” Given its abundant benefits in our daily lives with food and its role in changing the vibration of how we healthily sustain our bodies, could Reiki be the future frequency medicine? If it is, it’s already here and available for us all to use as part of our loving lives, where we show gratitude to every living thing. ■



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Endnotes

- ¹ “Hippocrates,” *Wikipedia*, December 15, 2023, <https://en.wikipedia.org/wiki/Hippocrates>.
- ² “Exposure to Pesticides, Herbicides, & Insecticides: Human Health Effects,” *The Institute for Functional Medicine*, September 22, 2023, <https://www.ifm.org/news-insights/exposure-pesticides-herbicides-insecticides-human-health-effects>.