



# Enhance your Reiki Energy with a Healthier Diet

BY WILLIAM LEE RAND

Some in the Reiki community subscribe to the idea that Reiki is Reiki and once you've taken a Reiki class and received an attunement, you are connected to the Universal Life Energy and your Reiki will be as effective as anyone else's. However, as students give sessions to others, take additional classes, and receive treatments from practitioners associated with a variety of schools and lineages, an awareness begins to develop that Reiki can come in many vibrations, strengths, and levels of effectiveness. These variations can include feelings of

In addition, as more people practice Reiki together, the stronger aggregate field of the increased number of Reiki practitioners creates a stronger flow of Reiki for everyone. This has been experienced by those at Reiki share groups who experience their Reiki being stronger in the presence of other practitioners. This effect also works on a planetary scale; as more people on the planet learn and practice Reiki, everyone's Reiki is becoming stronger!

Serious Reiki practitioners who have chosen Reiki as their spiritual path have been using Reiki to work on their own

higher and more effective levels of Reiki energy are becoming increasingly available to us.

If we are to make the best use of the improved Reiki energies that are available, in addition to taking advanced training, healing ourselves, and meditating on Reiki, there is a necessary and important aspect relating to the enhancement of our Reiki energies that must be considered. In order to make use of these higher healing energies, the physical body must be capable of holding and channeling these frequencies. If the body is in a lower state of

*Following these dietary recommendations will improve the quality of your Reiki energy and allow you to treat more people while remaining centered and relaxed. It will also improve your teaching ability by helping you to remain calm and focused throughout the day, prevent you from feeling drained after giving attunements or at the end of class, and make it easier for you to teach larger classes.*

density or strength, warmth or heat, various degrees of gentleness, relaxation, peace, kindness, compassion, love, joy, and so forth, and can also include subtle affects that seem to extend beyond one's awareness, but heal deeply.

Appreciation for the expanded potential of Reiki energy is also noted when one takes advanced levels of training and experiences an increase in effectiveness, as well as a broader range of application. This is apparent with Reiki II, ART and Master, and especially with Karuna Reiki®, in which the student is attuned to eight session symbols, each of which activates a different healing vibration and creates its own unique healing effect.

healing for ever-longer periods of time, thus continually increasing the quality of their health and spiritual balance, in some cases to a remarkable degree. Many of these same practitioners, through the use of prayer, Reiki meditation, and other exercises, have also been actively working to increase the quality and effectiveness of their Reiki energy. This has produced new experiences for some, including higher states of consciousness and subtler, more refined healing energies. Often when they teach, they pass on these improvements to their students during the attunement process.

Based on these examples, it's apparent that not only is Reiki available in a variety of frequencies, but also that ever

vibration, it will not be able to do this. The physical body must have a higher degree of purification and be in a state of natural balance if we are to interface with the subtle nature of higher consciousness that is an important part of making use of advanced healing energy.

Reiki is Rei guiding ki. Rei is the wisdom or intelligence that tells the ki what to do; the more precise, aware and subtle the guidance, the more miraculous the healing. This is similar to the creation of artwork. The more talented, experienced and inspired the artist, the more beautiful and valued will be the work of art that is produced. If we are to channel the more refined states of Reiki energy necessary to



produce miraculous healing, our bodies must be capable of resonating with these higher states.

Another analogy is fiber optic cables. These cables are waveguides for coherent light beams used in the Internet and communications industries. They transmit high frequency signals that contain information including voice, graphics and video. They are able to transmit a tremendous amount of information, but in order to work properly, the fiber optic cable must be very clear and pure and the outer surface must be very smooth and uniform throughout their length. Otherwise, the signal is distorted and weakened, or blocked altogether. In terms of channeling Reiki, our nervous systems are analogous to fiber optic cables. In order to channel the higher frequencies of Reiki energy, the nervous system must be in its most natural state, be pure, and in a condition of balance. If the functioning of the nervous system and other important organ systems in the body is distorted by stimulants or other drugs, or blocked by toxins, or if our vibration is lowered by the kind of food we eat, then the body will be unable to hold the more refined frequencies of Reiki, and the nervous system will be unable to channel them. And while some Reiki will flow, it will be the lower vibrations that come through that do not possess the greater healing potential that is possible.

In this article I'll be focusing on diet and describing some of the foods that lower and distort the vibrational nature of the body, thus preventing the higher potential of Reiki from flowing through. These adverse affects also pertain to meditation, or any practice for which the goal is to develop higher states of consciousness.

## Sugar

This food substance includes regular refined table sugar, which is also called sucrose, fructose, dextrose, maltose. Honey also contains sugar. The main adverse affect of sugar comes from its high glycemic index<sup>1</sup> (GI), which can range from about 50 to well over 100, depending on the type of sugar. The GI is an indication of how quickly a food causes an increase in, and how

long it maintains, blood glucose levels. Foods with a high GI cause a rapid increase in blood glucose followed by a rapid decrease, whereas, foods with a low GI cause a gradual increase in blood glucose that is sustained over time. When one eats foods that contain sugar and/or have a high GI, they cause a seesaw affect that wrecks havoc with the body's ability to maintain stability. In addition to stressing the pancreas and causing problems for diabetics and those with hypoglycemia, scientific studies indicate the presence of sugar in the diet can cause cognitive dysfunction, fertility problems, and immune system suppression.

## Cognitive Problems

There are a number of studies that show the consumption of foods containing a high amount of refined sugar can cause a temporary decrease in important aspects of mental function. In one such study 64 children aged 6-11 years were given a breakfast of All-bran, a low GI cereal with 5.5 g of sugar per serving and Coco Pops, a high GI cereal with 12.8 g of sugar per serving on alternate mornings after an all night fast. They were tested for memory and attention prior to breakfast and three times after breakfast. This study indicated that both attention and memory performance were significantly lowered throughout the morning after the children had consumed the Coco Pops cereal in comparison to the All Bran cereal.(4)

The brain needs glucose to function. Low GI foods containing small amounts or no refined sugar provide the brain with a steady supply of glucose for a sustained period of time. Eating low GI foods with little or no sugar will help maintain a high level of mental function throughout the day.

## Immune System Suppression

Several studies show that sugar also has an adverse affect on the immune system. In one study, mice infected with tumors and

fed a diet high in sucrose produced significantly fewer T-cells and had larger tumors than those not fed sucrose.(7) In another study conducted in 1964, the affects of sugar on white blood cells were studied. White blood cells, also called leukocytes, defend the body against infectious disease and foreign materials. Their job is to surround and destroy pathogens, including bacteria, fungi, parasites and other undesirable organisms or material in the blood stream. In the study it was found that if a person eats no sugar for 12 hours, each leukocyte destroyed an average of 14 pathogens. But after eating the amount of sugar in a medium piece of cheesecake, the leukocytes were so weakened each could only destroy 1 pathogen. The researcher, observing the effect of sugar on leukocytes through a microscope states: "a leukocyte cell taken from a blood sample with higher than normal blood sugar showed to be of an altered form, and with an increased amount of fat vacuoles in the cell, resulting in a slower, sluggish action toward foreign objects."(5)

The chart below shows to what extent various amounts of sugar compromise the immune system.

A weakened immune system will make you more vulnerable to illness and decrease your vitality. It can also affect your aura, making you more susceptible to psychic and psychological challenges. If you want to remain healthy and strong, both physically and spiritually, it's important not to eat sugar.

## Infertility

According to the authors of *The Fertility Diet*, the consumption of sugar, simple carbohydrates and high GI foods decrease fertility. Women in the highest glycemic-load category were 92% more likely to have had ovulatory infertility than women in the lowest category, after accounting for age, smoking, the amount of animal and vegetable protein, and other factors. Eating whole grains, beans, vegetables and whole fruits, all of which are good sources of slowly digesting carbohydrates, can improve ovulation and the chances of getting pregnant.(3)

<sup>1</sup> See <http://www.mendosa.com/gilists.htm> for a description and a GI chart of foods.

Sugar is a food substance that can compromise your health and be the cause of, or contribute to, both clinical and sub-clinical illness. By causing unnatural swings in blood glucose level, it can create physical, emotional, mental and spiritual instability, and prevent you from being able to hold and channel higher frequency Reiki energy. Reducing or eliminating sugar from your diet is one of the most important changes you can make to improve the quality of your Reiki energy, both for giving treatments and for giving attunements and teaching.

When intending to eliminate sugar, it's far easier to stop completely than to reduce your intake gradually. The use of sugar is addictive for many people, but if you completely eliminate it from your diet for three days, the sugar residue in your body will be removed from your system, and you'll find your desire for sugar greatly reduced, making it very easy to continue avoiding it. The use of a chromium supplement will also reduce the desire for sugar.

I do not recommend any of the artificial sugar substitutes such as saccharin,

cereal, and for baking. Some people detect an aftertaste, but this can be just a matter of finding the right brand, or just getting used to it.

### Chocolate

This confection contains three chemicals that create problems for Reiki practitioners: Theobromine, phenylethylamine and sugar. Theobromine is a member of the caffeine family (described below). It affects the neurotransmitters in the nervous system, creating an imbalance that results in a stimulating or mood enhancing effect for some people. Phenylethylamine increases attention and activity and can have an antidepressant affect as well. It works by increasing the levels of dopamine in the brain and also causes other brain chemistry changes. Sugar can cause a rapid elevation of glucose in the brain, followed by a plunge, thus tending to adversely affect brain chemistry. While it may appear that chocolate makes people feel good, this is not a natural effect and is the result of creating imbalances in the nervous system that limit one's ability to channel higher quality Reiki energy.

chemicals that are necessary for the transmission of higher quality Reiki. These imbalances cause some people to feel nervous and jittery and even cause heart palpitations, especially with higher doses. While a person may feel "high" from the drinks, the "high" is taking place in only one part of the nervous system and the overall effect is to lower one's vibration. Note that as soon as caffeine or any drug enters the body, the wisdom of the body recognizes it as an undesirable substance and immediately begins to remove it through the liver and kidneys. These drinks create distortions in the natural balance of one's system and short-circuit one's ability to channel higher frequency Reiki energy.

### Meat

This food group includes beef, pork, chicken and turkey, or any other kind of mammalian flesh. This type of food is heavy and requires a lot of energy to digest. When raised in captivity the animals are not in their natural healthy state and tend to be sluggish and lack vitality and can often be filled with distress. These vibrations are imbued into their bodies and energy fields and can have this same effect on those who eat them. These animals are evolved enough to have a basic consciousness that is close in vibration to some of the lower levels of human consciousness, and when it comes time for slaughter, the animal can become filled with anger and fear. This releases adrenalin into the blood stream that carries these negative emotions with it. The chemical messengers of anger and fear, along with their psychic counterparts, remain in the meat and tend to create and/or enhance these emotions in those who consume them. In addition, the spirit of the animal can remain connected to the meat and become entangled with the eater. There is also the problem of pesticide residues, hormones, antibiotics and other drugs used in the industrial production process that are in the meat. These chemicals create imbalances in one's system, distorting the functioning of many of the organs and cre-

### How Sugar Weakens White Blood Cell's Ability to Destroy Bacteria

Grams Sugar	Amount of Sugar in...	Number of Bacteria Destroyed
0	None	14
24	1 Scoop of Ice Cream	10
48	1 Soft Drink	5.5
72	Half a Malted Drink	2
96	1 Piece Cheesecake	1

aspartame, sucralose, neotame, acesulfame potassium, sorbitol or xylitol, as these do not occur in nature and the body doesn't know how to deal with them in a healthy way. I have found stevia and agave nectar to be healthy, and they do not interfere with the flow of higher frequency Reiki energy. Stevia is especially noteworthy in that it has no calories, acts to stabilize blood sugar, regulate the pancreas, is a cardiotonic, reduces acidity, and may help fight bacteria. It is especially good for diabetes, hypoglycemia, candidiasis and obesity. It can be used to sweeten tea, yogurt,

### Caffeinated Beverages

This group includes coffee, caffeinated tea, guarana, yerba mate, etc. These beverages contain caffeine or, in the case of yerba mate, xanthine, a drug similar to caffeine. Their consumption can cause temporary alertness and memory improvement along with a lift in mood and an increase in energy. Positive effects certainly, but they are created by causing a distortion in the way the nervous system functions. The imbalances they create have an overall effect of draining the nerve cells of important

ating a toxic burden the body must work to release. Meat lowers one's vibration, distorts the functioning of the body, and places an unnecessary burden on one's system, thus impeding one's ability to channel higher Reiki energy.

Fish in limited quantities can be a substitute for meat, as fish is lighter in vibration, easier to digest, and doesn't carry the same psychic burden. In addition, fish contain omega oils that create feelings of relaxation and are healthy for the cardiovascular system. However, some level of mercury is present in most fish. Mercury is a neurotoxin that damages brain cells. Because of this, it's important to avoid fish high in mercury, which include: Atlantic halibut, king mackerel, oysters (Gulf Coast), pike, sea bass, shark, swordfish, tilefish (golden snapper), tuna (steaks and canned albacore). Fish low in mercury include anchovies, Arctic char, crawfish, Pacific flounder, herring, king crab, sand dabs, scallops, Pacific sole, tilapia, wild Alaska and Pacific salmon, farmed catfish, clams, striped bass and sturgeon. Eating one or two servings of fish per week from the lower mercury section can be acceptable as long as one also uses supplements to help release the mercury from one's system. See the section on heavy metals below.

### White Flour

Foods made with refined flour are denatured (robbed of natural nutrients) and contain fewer vitamins than whole grain products. This is because two of the most nutrient-laden parts—the bran and the germ—are taken out. (Enriched white flour products aren't as nutritious because the added vitamins aren't natural and aren't absorbed by the body as well as those that are naturally present in food.) The germ contains important vitamins including Vitamin E, Folic Acid, Thiamin, Magnesium, Phosphorus and Zinc, along with protein. B vitamins are necessary for digestion, and if they are missing from the food you eat, the body must draw on its store of vitamins to digest the food, thus depleting the body of the B vitamins

it needs for other processes.

The missing bran and germ is one reason white flour is white, but it is also white because it is bleached. The chemicals used are oxide of nitrogen, chlorine, chloride, nitrosyl and benzoyl peroxide mixed with various chemical salts. Residues of these chemicals are left in the flour and are detrimental to health. In addition, the bran contains fiber, which helps maintain regularity and also helps absorb cholesterol from the bowel, thus lowering cholesterol levels.

White flour products have a high GI of 70 or more, which means they are converted to sugar and absorbed quickly into the blood stream, having a similar effect as sugar. The consumption of white flour products depletes the body of needed nutrients, causes rapid swings in one's blood sugar level, thus destabilizing health and causing all the problems already mentioned about sugar, including making you more vulnerable to illness, reducing your vitality, and decreasing your attention span and memory. (Note: consuming fast foods that contain mostly white flour and refined sugar is a formula for instant weight gain. These foods are converted to blood sugar quickly. As they enter the blood stream they signal the pancreas to flood the blood stream with insulin, which immediately converts the blood sugar into fat, which is stored in the body.)

White flour products lower your vibration; decrease the strength and stability of your energy field, and sabotage your ability to channel high-frequency Reiki energy. It is much better to eat whole grain foods, which contain the nutrition your body needs and help maintain a state of vitality and balance.

### Alcohol

Consumed as a beverage, alcohol is a psychoactive drug that acts as a depressant. It can induce a feeling of relaxation and euphoria in which one feels "high." It acts to reduce one's awareness of both physical and emotional pain and to remove concern and worry, or feelings of responsibility. It also reduces attention

span, slows reaction time, causes slurred speech and clumsiness, impairs judgment, and can give a feeling of false confidence. Being toxic, it places a burden on the liver. Continued use can result in cirrhosis of the liver and liver failure. It also weakens brain cells by damaging dendrites, the branched ends of nerve cells that bring messages into the cell. Significant blood-alcohol content can result in drunkenness and continued use can lead to addiction. Alcohol consumption can open one to negative spirits that are attracted by the "high" one experiences and "feed" on it. They can encourage one to drink more and tend to gather around bars and nightclubs where they prey on the unsuspecting, lowering their vibration even more and causing serious problems with the aura. The consumption of even small amounts of alcohol creates imbalances in one's energy field, endocrine and nervous systems that adversely affect one's ability to channel higher quality Reiki energy.

### Heavy Metals

These include mercury, lead, cadmium, arsenic and others that are present in our environment and in some foods. They are the product of industrial pollution and, in some cases, can come from natural processes such as volcanic eruptions. Mercury also comes from dental fillings, which are half mercury. It has been recognized for a long time within the alternative community that mercury dental fillings are a serious health risk<sup>2</sup> and this idea is beginning to be accepted by the FDA. The solution is to be tested to see if you have a high mercury level in your body and if so, have the mercury fillings replaced with composites—making sure the material chosen by the dentist is right for your body.

Heavy metals pose an especially serious health risk. In the case of mercury and lead, which are neurotoxins, they can damage brain cells and lower IQ, especially in the fetus and young children. They are also a serious concern for adults. In addition to causing neurological problems, they can create depression and decrease one's emotional responsiveness. In addition to caus-

ing health problems, heavy metals can also limit the flow of Reiki and prevent one from experiencing higher emotional and spiritual states of consciousness.

I recommend that all adults be tested for heavy metal contamination. This can be done by most alternative or integrative medical clinics. If heavy metals are present, they can be removed by a variety of methods. Two of the more powerful and effective methods of removal are DMSA taken orally and EDTA taken intravenously. (DMSA and EDTA must be prescribed by a physician.) There are also more gradual methods of treatment involving natural supplements that can be taken on a maintenance basis, or if fish is a regular part of your diet. These include modified citrus pectin, amino acids, chlorella and homeopathic remedies.

## Conclusion

So far I've mentioned what foods and substances to avoid in your diet, and I'm sure at this point you're wondering what foods I recommend. There are several choices. One is a diet of fish and vegetables. Another choice is a vegan diet or a raw food diet. All of these diets will promote a natural balance in your system and help attract higher frequency Reiki energy. I'll be explaining these diets in greater detail in a future article.

The foods and substances listed above are the most important ones to avoid in terms of improving the quality of your Reiki energy. By keeping them out of your diet, you'll allow the body to assume it's most natural and balanced state, which is necessary for optimum health. While some Reiki energy will flow regardless of one's diet or physical state, maintaining balance and a natural state in one's nervous system is key to attracting, maintaining and channeling higher frequency Reiki energy.

As you start your program of change, it's important to go slowly, making one change at a time and allowing it to settle in until it feels like a normal part of your life. With this success as a foundation, go on to make other changes, so that gradually, over time, your diet is modified to match the recommendations. You'll be

surprised at how easy it is when you go slowly and continue steadily over time. Also, remember to use your Reiki, especially the Mental/Emotional symbol, to help change your eating habits.

By following these recommendations, you'll be rewarded with an overall improvement in how you feel, including better sleep, improved energy and vitality, and a feeling of lightness and mental clarity. In addition, the quality of your Reiki energy will improve, resulting in better treatments for yourself and others. You'll also experience improvements in the quality of your meditation and inner experiences as a more refined space develops within you, opening you to higher vistas of subtle consciousness that can be miraculous to experience. There is unlimited potential residing within you ready to awaken. There is no need to wait. Take action to claim your higher purpose now.



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8. For additional information regarding the effects of sugar on your health, see: <http://www.healingdaily.com/detoxification-diet/sugar.htm>