

## Go Ahead - Make it Organic

### How to Clear and Bless Your Food in 5 Easy Steps

An innate skill of the human being is the ability to transform and transmute energy. This is what you're doing here. Your socially conditioned mind may doubt this. That's okay, thank it for its opinion and discover what's true for yourself.



Step 1. Place food item to be cleared in front of you.

Step 2. Visualize/perceive/imagine energy coming out of your fingertips (because it does...) Direct the energy from your fingertips through the food. As you glide your hands over the food, escort the unwanted energies from the food, expressing your intention as follows: (*fee*/these statements as you make them)

Step 3. First scan: "I release any antibiotics, hormones, additives or anything my body would not recognize as food." Collect the energies into a ball and toss them into a source of light (i.e. candle flame, lamp, light fixture or the Sun.)

Step 4. Second scan: "I release any toxins, genetically modified organisms or anything that would be unhealthy for me in any way." Again, collect the energies into a ball and toss them into a light source. (Feel free to add or delete statements – make this your own.)  
Now your food is ready to be blessed.

Step 5. Directing your attention to the food (placing hands over it) say, "I thank and bless all the consciousness that went into creating this food. May it nourish me (us) in a healthy and balanced way."

Voila!

See what you notice through your own direct experience. For example, experiment by placing two halves of an apple (or other food) side-by-side. Clear and bless one and not the other– then taste each.

Try it with kids and open-minded adults. Do a blind tasting. Place two halves of a piece of fruit on plates, side-by-side. Clear and bless one and not the other – marking each with a note beneath the plate - C (cleared) and NC (not cleared). Have others taste. What do they notice? Don't be invested in the results – this is an experiment...it's meant to be fun. Try with glasses of water, wine or other foods. (Note: some commercial foods, sodas, foods containing corn syrup or additives that you "recognize" with a particular flavor may change dramatically. If you don't like the change, change it back. "Everything I just took out of this food, I return to it, now." At least now you'll be conscious of what you're ingesting!

Great for restaurants (best to do *under* the table) and also a good way to clear teas, coffees or drinking water at airports/Starbucks, etc. This technique is excellent for removing antibiotics from commercial dairy, meats and cheeses. Anywhere! YOU ARE AN ALCHEMIST...we EACH are. Feel free to use this skill/innate ability wherever you choose to do so. My philosophy ... clear and bless everything... it's an enhancement to ALL OF LIFE.