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Culinary Mindfulness

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Have you Heard of Reiki Treated Foods?

The mighty healing power of Reiki has given relief to millions suffering from physical and emotional pain and mental blockages. It aids with deep relaxation, relieves emotional distress, and assists with healing the body from sickness. Originating from the Japanese words “rei,” which means universal, and “ki,” meaning vital life force energy, is practiced with food. It can be at its most optimal for the body, mind, and soul’s well-being. Healing and balancing our energy centers through energy healing food will let a healthy flow go through the chakras and remove any blockages that may be lingering.

The Best Foods for the Root Chakra

The first chakra is called the root chakra and controls the entire foundation of a person. Think of it as the nucleus – it connects us to nature, the earth, and everything around us. It supports not only survival instincts, but also controls emotions like confidence, security, and acceptance. A root chakra that is imbalanced causes feelings of insecurity, fear, and loneliness. Nurture the base chakra with tomatoes, raspberries, red apples, beets, and pomegranates. These red fruits and veggies will help along with root vegetables like turnips, **sweet potatoes**, and carrots. Foods with a lot of protein like beans and eggs or spices like cayenne or paprika are great choices.

Healing Food for the Sacral Chakra

In charge of the senses, pleasure, and passion, the sacral chakra unlocks the doors to our most vibrant feelings. A healthy second chakra allows creativity to flow and lets us form deep, intimate, and meaningful relationships. Sacral chakra can also encourage us to pursue our passions. If you

experience a blockage of this chakra, try eating oranges, peaches, sweet potatoes, carrots, orange peppers, and all foods orange. These superfoods can be used to cleanse the second chakra and allow a better energy flow. Reiki healing can also be found in foods rich in Omega-3 fatty acids, like flax seeds, almonds, walnuts, and **salmon**. By consuming more of these healers, inflammation will reduce throughout the body and promote a healthy cardiovascular system. The sacral chakra's main element is water, so it is a good idea to stay hydrated. Drink lots of water, coconut water, and herbal teas of your choice.

Energy-Filled Foods for the Solar Plexus Chakra

The third chakra represents everything to do with our personal power. It controls the energy flow related to our life goals, willpower, and our general purpose. The element of fire is also associated with the third chakra, ruling action, and ambition. The vital force of fire gives us the courage to go for it and the confidence to see it through until the end. The solar plexus also balances self-control and inner peace. The liver, stomach, spleen, and pancreas are the physical elements the third chakra supports. If an imbalance occurs, pains, ulcers, and other stomach issues can arise. Think yellow foods like lemons, pineapple, yellow curry, and bananas to get the solar plexus flowing naturally again. Feeding this chakra whole grains, such as brown rice, spelt, oats, beans, farro, rye, and any sprouted grains, will produce sustainable energy and essential fiber. Complex carbohydrates like beans, peas, oatmeal, quinoa, **potatoes**, and barley can also nurture the powers of the solar plexus.

Fill the Heart Chakra with These Foods

Fill the heart with love and nourishment, focusing on **green foods**. The fourth chakra is the energy source for love, joy, and compassion for ourselves and others. The energy needs to flow in this chakra since it is responsible for building relationships and even establishes self-love and worth. Any imbalances the heart chakra feels can lead to low self-esteem, anxiety, low energy, anger, and unworthiness. On the physical side, this chakra also supports the upper torso, hands, arms, shoulders, and heart. Some foods to consume to get it back into balance are broccoli, spinach, kale, parsley, and celery. Any green, raw, organic foods will balance the heart chakra, while providing the body with balanced nutrients and increased energy. By consuming more greens and vegetables, like zucchini, avocado, kiwi, matcha, mint, green apples, chard, dandelion greens, peas, and green tea, the more healing "and health" you will experience.

Energy for the Throat Chakra

The fifth chakra rules all things of the throat. This energy force centers around honesty, openness, expression, integrity, intuition, and genuine self-expression. Blockages of this chakra can lead to poor communication, increased misunderstanding, and a stifled voice. It can also lead to neck and shoulder pain, sinus infections, and swollen glands since the throat chakra supports the teeth, throat, jaw, and neck. Get it back into balance by eating fruit that grows on trees like pears, plums, and apples. Soothing foods like raw honey, lemon, herbal tea, and coconut water will heal this chakra. The primary color of the throat chakra is blue, so blueberries and blackberries will fill it with the healing properties of antioxidants, fiber, and vitamins.

Foods That Heal the Third Eye Chakra

The third eye controls all subconscious things in our waking life. It is located between our eyes on the forehead, just above the eyebrows. It centers wisdom and allows us to focus, see things clearly, and trust our intuition. It is a great energy force for the desire to learn constantly and the ability to grow. It can feed the energy of our purpose in life, helping us seek a higher purpose more significant than ourselves. When a blockage occurs in the sixth chakra, it can feel like a lack of direction or purpose in life.

Physically, the third eye includes the eyes, ears, and frontal sinuses. An imbalance can cause sleep disturbances, tension headaches, blurry vision, and even balance/coordination problems. To heal the sixth chakra, consume foods in the purple family. This delicious chow includes eggplant, purple cabbage, blueberries, purple grapes, purple kale, and purple heirloom carrots. These superfoods have the power to help instantly clear the overworked brain and regain focus. Include cocoa to relieve stress and inflammation since it is rich in flavonoids and **increases serotonin**.

Foods That Will Heal the Crown Chakra

Last but not least is the crown chakra, located at the top of the head. It is a highly spiritual energy force that represents truth, knowing, and oneness. The seventh chakra speaks of all things wisdom, joy, and understanding. Crown chakra is about the connection of the world around us and self-realization. The energy focuses on faith, trust, peace, and gratitude. An imbalance in the last chakra can bring feelings of disconnection, insignificance, and confusion. Common things like headaches, depression, and sensitivity to light are all signs of blockage. Balance this chakra by detoxing and fasting. It is the only chakra that focuses more on the spiritual aspects of the mind and body. Detoxing can flush out toxins, boost energy and clear the mind. Practicing yoga and meditation heal while strengthening the crown chakra. Essential oils and herbs like lavender, juniper, sage, and frankincense can help balance this chakra while allowing the mind to take some peaceful time from the busy chaos of life.

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By [Lawrence Martineau](#) | September 1st, 2021 | [Blog](#) | [0 Comments](#)

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