



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Diet, Health and Reiki

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# Liberate your Reiki!

The eZine for Open-minded Reiki people

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## Diet, Health and Reiki



### Do I need to be a healthy, teetotal vegan to learn & practise Reiki?

A common question that I am asked revolves around health and diet, both before someone goes on a Reiki course, and once they are practising. People ask whether they need to follow a particular sort of diet before attending for a Reiki First Degree course, and then subsequently, and they also ask whether it's ok to treat someone when you feel ill, or if you're under the weather, or have a cold, for example.

A further question asks why Reiki hasn't resolved a particular health condition for a practitioner or a client.

#### The perfect diet

There is no particular diet that you need to follow before going on a Reiki course. Some people ask whether they should avoid red meat, or junk food, or stop drinking alcohol, or follow a vegetarian diet for several weeks before their course date, and my answer is that you do not need to do any of these things. Whatever your diet is like, you will receive an effective 'connection' to the energy and you will be able to channel the energy for your benefit and for the benefit of people that you treat.

But, and this is a big 'but'... Reiki attunements (or empowerments, because they are the same thing, essentially) will often give you quite a 'clear-out', where you experience perhaps emotional ups and downs, or a need to declutter or simplify or alter your life in some way, and Reiki can also give you a physical clear-out, where you can feel tired, or full of energy, or sleepy, or have disturbed sleep for a time, and you may experience what has ended up being referred to as a 'Reiki cold', with aches and pains, a fuzzy head and other physical symptoms.

If you live on red meat, junk food and alcohol then you are likely to experience a much stronger physical clear-out than would a teetotal vegan, so while there is no diet that you need to follow to go on a Reiki course, the poorer the quality of your diet, the more pronounced your physical reaction to the attunements is likely to be.

Reiki in its Japanese form emphasises working on yourself, self-healing, embracing the Reiki precepts, and there is something quite incongruous about working with energy on a regular basis to care for yourself, while at the same time assailing yourself with junk food, perhaps smoking, drinking to excess and eating an unhealthy, animal-product-based diet. We need to care for ourselves not just by meditating and doing energy exercises, but also by ensuring we have a healthy diet and doing physical exercise regularly.

Reiki will not save you from a junk-food, couch potato lifestyle!

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