

Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

V - Reiki Alphabet Challenge

Duane Flowers · Monday, December 1st, 2008



Reiki Alphabet Challenge

Welcome to the **2008 Reiki Alphabet Challenge!!!** Its great to have you here!!! This challenge is designed to give you something new to Reiki every day by giving you a new letter to focus on each day. Hopefully, by the end of the challenge you will have Reiki'd things you hadn't considered before and thereby increased the boundaries of your Reiki world. So let's get started...

Today's letter is "V" and our focus is on **Vitamins**. Over the years, the depleted health of the soil has been having its effects on the fruits and vegetables provided to us by Mother Earth. For the **Meatatarians** out there, since our four legged friends eat the grass (**and whatever else gets in their way**) before making their way to the local abattoir, the less than healthy condition of the foliage creates less than healthy burgers. So, the bottom line is that we increasingly need vitamin supplements to augment our daily nutritional regimens.

Enter Reiki... the supplement's supplement. Adding Reiki to your vitamins not only increases their potency, but also gives them an organic component... since Reiki is rather organic in nature (**or by nature... as the case may be**). So whether you're just taking some additional Vitamin C, one of the Multi-Vitamins with everything from A to Zinc (**and then some**) or some of the more exotic supplements along the lines of **CoQ10, Agaricus, Hoodia, Ginko or Coral Calcium**, giving Reiki to your vitamins before choking them down adds the Reiki benefit to the vitamins as well as giving you yet another reason to practice your Reiki.

So today's challenge is to begin Reiki-ing your vitamins, and those of the people around you. If you don't have any vitamins to give Reiki to then you can give it to a glass of water... at the very least it might give you a jump start on tomorrow's challenge! ☒

During the **Reiki Alphabet Challenge**, please do not feel you must limit yourself to the suggested letter of the day. **Use the comment option below** to send your own suggested ideas beginning with the letter of the day so that we might all get some new ideas, motivations and understandings of this wonderful world of Reiki. **And as always, extra points will be given for originality and awesomeness!** ☒

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



This entry was posted on Monday, December 1st, 2008 at 11:51 pm and is filed under [Reiki Challenge](#). You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. You can leave a response, or [trackback](#) from your own site.

4 response to "V - Reiki Alphabet Challenge"

1.) [Duane Flowers](#) says:

December 1st, 2008 at 11:55 pm
Lynda was M.I.A. today so I posted a spare V I had lying around...
:-)

2.) [Lynda Lippin](#) says:

December 2nd, 2008 at 1:47 am
I was! So I sent in W and Y today so that any resort busyness does not get in the way of my commitment to the Challenge. And I do plan to Reiki my Vitamins Duane!

Love from the Caribbean

Lynda

3.) [Duane Flowers](#) says:

December 2nd, 2008 at 1:58 pm
It's quite alright... we still love you!! :-)

4.) [London Bodybuilder](#) says:

March 19th, 2010 at 6:34 am
Hey great site wondered if anyone on here has used [Controlled Labs Green Bulge](#) and could maybe post a review for me or just let me know what they thought of it.
Thanks!

**The comment form is not available in PDF.
But you can open the [post in a browser window](#) and comment there.**

