



DAMANHUR ALCHEMY SCHOOL

## **RITUAL TO TUNE-IN WITH FOOD**

What does it mean to modify food?

It means making sure that what we eat is not a foreign food to us and our body, but get in tune with it. Very often, the foods we eat harm us, as they are not in tune with our body. However, if we can get in tune with them, we definitely digest better."

How do you go about it?

If it is vegetables or fruits, that is, living plants, mentally give thanks towards what you are about to eat. Once upon a time, as an act of gratitude, this system was used: each type of fruit was connected to a spirit of nature.

When one wanted to eat, for example, an apple, it was placed in front of the person, who filled his mind with the image of the fruit. The mere fact of thinking about what we have in front of us means reproducing that thought within us and having, so to speak, almost an archetype of this object within our mind. In order to prepare our organism to receive the food well, with which we are trying to attune ourselves."

We need to be in a relaxed position, without crossing our hands or our legs. These are, again, very useful techniques to facilitate the flow of energy.

"We approach the hands to the fruit, as if it were an intelligent being, giving mental thanks to it, according to the ancient rites, to the nature spirits connected to the fruit. More or less the formula is as follows:

**"I thank you - in gratitude towards nature - for this expression of nature that I have before me, so that it is in tune with my organism."**

One can do this with any kind of food. The laying of hands on the food of which we are about to eat, causes its vibrations to attune with us and find our own note.