



Gracewords

**A gift consists not in what is done or given,
but in the intention of the giver or doer.**
~Seneca

***My husband thinks that health food is anything he eats before the
expiration date.***

~Rita Rudner

This entry is about the power of blessing your food before you eat and how that can play an important role in your life. Many of us say grace in the evenings, I am Catholic, so we have our memorized mantras, but seldom is there prayer over that fast food purchase you eat in the car or the breakfast cereal you stand and eat as you prepare to race out the door. Prayer has more to it than just giving thanks for the food.

Blessing your food is energy work. You can neutralize the negative energy by simply asking that the food nourish your body and sustain you until your next meal. It is more than just giving thanks, it is preparing the food to match your vibrations and therefore “agree” with you.

If we are energetic beings, then why wouldn't our energy transfer to our food while we shop, prepare, cook, and eat? After all food is literally energy, fuel for our bodies. Think about the restaurant where the cook or chef has had a bad day, fought with a spouse or perhaps has stress at home. They lament over these issues while they cook your meal and what kind of energy goes into that meal?! It works for the positive too, not just negative. So preparing a meal with positive thoughts and joy also will create a wonderful nourishing meal on many, many levels.

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When I was the Metaphysical Director at the Bristol Clinic, I did several talks for nurses and caregivers about the energy and thoughts they held while they were hanging an IV or administering medicine, even serving the meal. Your energy transfers. You can make a positive difference by blessing that medicine, blessing that food, or blessing that IV! I visited a client in the nursing home last week and suggested to his wife that she bless the IV's when they were hung, particularly because one of the nurses was very negative and sour. (Her auric field looked like "Pig Pen" from the Charlie Brown comic strip).

Again, it doesn't have to be elaborate, just set the intention to have it (food, medicine, IV fluids) nourish and benefit the body. AND it doesn't have to be a big ego show; God doesn't need you to be front row and center, so the loud prayers in the middle of Waffle House are more for the religious human ego than the positive spiritual request to balance the energy.

When my partner, Dr. Tom Lavelle had a housewarming party a couple years ago, our friend, Anne McCracken, a very talented interior designer, gifted him with an extraordinary flatware set entitled "Gracewords™".

She has designed and produced the most phenomenal flatware I have ever seen! Engraved on each utensil is one uplifting and encouraging word. No two words are alike. Her instructions for Tom were to not look at the words as he set the table. She explained that each guest would receive just the right words they needed for that dinner.

I had never experienced a dinner blessing quite like that evening. Each piece, even the serving utensils, had one beautiful word, such as "reflect", "bliss", "receive", "joy". Our host asked everyone to pick up their utensils and formulate his/her own personal blessing around the words written on each of our utensils. We went around the table and created a magical combination of blessing our food, our host, and each other.

It was true; everyone received exactly what they needed. We appreciated each other and affirmed our purpose all in one sweeping moment. If there was ever a perfect blend of affirmation work, blessing your food, and creating a positive experience, I believe Gracewords™ is a great example of it.

We don't have to wait for a dinner event. With each meal there is a gift of insight on the handle of that utensil that sets the tone for your food, for your day, and for your

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current experiences. I believe the food is blessed as it touches that word; after all, words are energy. It is all energy.

As a side note, one time I was preparing dinner at Tom's and pulled out this huge stainless serving spoon to baste the roast, and I thought to myself, "That Anne McCracken has thought of everything!" because even this huge serving spoon had a word engraved on it: "Revere."

LOL!! It was a Revere-Ware spoon Tom had from his old house! (Yes, a blonde moment there, folks). Thought you would enjoy that. Tom still has fun with it.