

WellnessAlchemy Food Blessing

- * Create the counterclockwise purple vortex & set the energy for the blessing with the green regenerative vibration

Blessing:

Bless this food before us.

Transmute and clear all harmful microbes from this food.

Transmute and clear all toxins from this food.

Let the vibration of this food nurture and validate our bodies and support our optimum weight, health and vitality.

Amen

- * Release the purple vortex & eat your meal with enthusiasm & pleasure!