

LIVING THE LIGHT OF JOY



Colleen Benelli
Usui/Tibetan Karuna® Reiki Master Teacher

A Reiki Craft Project™

Reiki Goat Milk Soap

© 2009

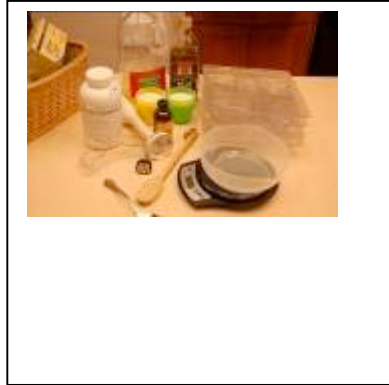


As seen in the Reiki News Magazine article, “Handmade with Reiki,” Fall 09

Dana and Ariel Vieweg, mother and daughter, make handmade Reiki goat milk soap. Ariel gives Reiki to her goats while she milks them, and then uses the milk for their soap. They Reiki the ingredients as they cook and mold the bars of soap. Ariel sells her “Hazy Creek Goat Milk Soap” to help pay for her goats. It is wonderfully soft and gentle! Ariel plans to have a farm with lots of animals when she graduates from college. They will be lucky animals to live on her farm!

Ingredients and Supplies

You can buy goat milk rather than owning and milking your own goats!



Makes 6-8 bars of soap

$\frac{3}{4}$ cup frozen goat milk
16 oz. oil- olive,
canola, lard, or combination
2 oz lye.
Fragrance to personal taste

Supplies

Soap molds

Hand blender

Scale

Wooden spoon

Goggles



Lye can be one of the tricky parts of making soap. I buy mine from www.brambleberry.com, a soap making supplier in Washington. They also have great information about soap making on their web site. In fact, they have a great web site!

I have heard that you can also find the lye in the drain cleaner section of your grocery store, make sure it says 100% lye. Before you buy the lye, shake the can and listen to it to make sure it's free flowing and has no lumps in it. (You do not want lumpy lye.)

Be very careful when handling lye. Wear rubber gloves, long sleeves, and goggles!

Measure 16 oz of oil and put on stove to slowly heat to approximately 110 degrees while you mix the lye and goats milk.



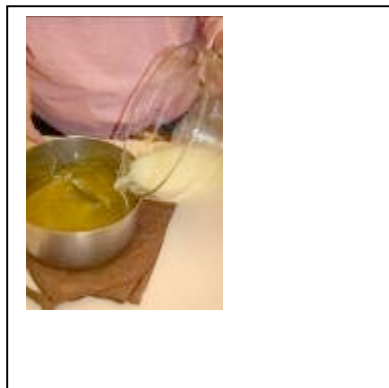
Measure the $\frac{3}{4}$ c. frozen goat milk into a glass cooking bowl.

Weigh 2 oz. of lye.



stainless steel spoon.

Slowly add lye to the milk. This can take 10-15 minutes to do properly. Stir constantly. (If you add lye too fast, the lye can burn the milk, causing a scorched smell in your soap.) The lye and milk will heat up to a temperature close to the oil. Completely dissolve the lye into the milk.



Pour the oil into a deep stainless steel mixing bowl, and slowly pour the lye mixture into the oils, stirring constantly with a



Blend until it is like a loose pudding. It could take 10-15 minutes.



When it is almost set, put in 1 tbsp. of fragrance, such as lavender, rosemary, peppermint, and rose.



Add Reiki!! Send any Reiki symbol and intention you would like to add to your soap!



Pour into molds and let the soap set for 12-24 hours in the mold.

Allow the soap to cure for 3 weeks before using. (if you use it too soon, you can burn your skin)

Enjoy!!