

*Colleen Benelli*

# *Reiki lifestyle™*

*Living the Light of joy*



## *Featured Reiki Craft Project*

**Reiki Gratitude Ceremony for the Earth**  
“A Thanksgiving Blessing”



## **Introduction**

The Reiki Thanksgiving Blessing is a beautiful ceremony of gratitude. In it, we speak our words of thanksgiving, and send our love and blessings to the Earth, all life, and the Creator.

In America, we dedicate one day a year, as a day of thanksgiving. A day we remember to be grateful for our abundance. My Reiki Guides gave me the following version of The Reiki Thanksgiving Blessing as a ceremony for the upcoming holidays. They showed me a vision of many people in the world using this ceremony on Thanksgiving Day, collectively creating a powerful blessing for the Earth.

“Just for today, be grateful.” Gratitude heals our hearts and minds. This holiday season focus on all that you are thankful for. It is often a choice to feel anxious and worried, or to feel blessed and happy. Begin your gratitude practice today, and notice how gratitude opens your heart and makes it easier to recognize your blessings.

Reiki heals the places in our life where you are ungrateful. It can heal your unwanted, negative thoughts and return your mind and heart to gratitude. Empower the words, “I am grateful, thank you,” with Reiki and allow Reiki and the mantra to shift your perceptions. When the holidays challenge your time, money and relationships, use Reiki and the gratitude mantra to help you remember to be grateful regardless of your situation. Appreciate the blessings, love, and abundance in your life.

## **Understanding The Reiki Thanksgiving Blessing Ceremony**

The intention for the Reiki Thanksgiving Blessing ceremony is for the people who have gathered to unite their minds together in prayer. With one mind, they send greetings and thanks to the natural world, and the blessing is sent with Reiki to the World Peace Grids at the North and South Pole, and Jerusalem. The World Peace Grids collect the prayers from all the people who are doing this ceremony, empowers them with Reiki, and then sends the collective blessing of gratitude to the Earth and the Creator.

The facilitator of the ceremony lights the center candle, then says the invocation, intention, and the prayer blessing of gratitude for the Earth; the “Greeting to the Natural world.” After the main prayer, each person at the ceremony lights their tea candle from the center candle, and states what they are thankful for and blesses the Earth. The blessings and gratitude from everyone present unite in one mind of thankfulness, and is sent to the World Peace Grids where they are collected and sent out over the Earth.

The ceremony includes the blessing, “Greetings to the Natural World,” the Iroquois Thanksgiving Address. In Iroquois the prayer is called “Ohenton Kariwahtekwen,”- “The words that go before all else.” Their original version is four days long. They spend these four days in ceremony and they bless the Earth, all life on it, and Great Spirit. This prayer was given to the people of all nations as a “give away” by Iroquois Elder, Jake Swamp, and the Iroquois Nation. A “give away” means that people have permission to use and

adapt the prayer in any way that is appropriate for them. In Native traditions, without this permission, it would be inappropriate to take their prayers and use or change them, so this is a tremendous gift from the Iroquois people, and I give great thanks for this prayer. (I have slightly changed the prayer for this ceremony. If you would like the accurate and complete version, it is at the end of these instructions.)

The Reiki Thanksgiving Blessing ceremony also includes the World Peace Grids. William Rand had the World Peace Grids made by an artist. Each grid has thirteen crystals empowered with Reiki and the intention that people from all over the world could send Reiki to them, and the Peace Grids would in turn send the prayers out to the Earth. William Rand traveled to the North and South Poles, and Jerusalem and placed the World Peace Grids in each of these locations, where they could collect and send the power of our collective prayers for peace. (The complete history of the World Peace Grids can be found in the Reiki News Magazine, in the Winter 04 issue. The photos of the grids can be found on [www.reiki.org](http://www.reiki.org).)

### **Preparations for the Ceremony**

The Reiki Thanksgiving Blessing can be adapted in any way that is needed for your particular ceremony. You are welcome to copy and use it exactly as is, or you can change it, adapt the prayer, the centerpiece, and the structure of the ceremony in any way. Intending to unite in one mind, to send a blessing to the Earth and Creator is all that is important.

### **Materials**

Centerpiece - Large plate, center candle, sage, earth, cornmeal, tobacco, crystals, flowers, tea candles. Small plate - for the used matches. Book - to paste the "Greetings to the Natural World" prayer into.





The materials I used to fill the centerpiece for the ceremony are my personal representation of gratitude. You can use anything that you like. The sage, earth, cornmeal, and tobacco are traditional in Native American ceremonies. The sage is an energy cleanser, placing it on the centerpiece keeps the piece clean of any energy other than the intention of the ceremony. The earth is mole dirt I collected from the mound of a mole, which is fresh and comes untouched from inside the earth. Cornmeal to represents an abundance of food for all people, and tobacco is an herb for the Nature Spirits showing them appreciation for all they do. The crystals are imbued with Reiki to empower the intention of the ceremony. The flowers are my gift to the beauty of creation, and the candles are the fire, which bless the words of gratitude with passion.

### **Clear and Imbue the centerpiece with Reiki**

Use anything for your centerpiece that represents your gratitude. Filling the entire center with flowers is very beautiful and easy to do. First, I smudge all of the pieces used for the ceremony. Then I imbue the pieces with Reiki by filling my hands and breathe with the Usui, Tibetan, and Karuna® symbols, and blowing Reiki into the pieces. I imbued the crystals with the Usui Power and Distance symbols and charged them with the intention that they collect the prayers spoken, and send them to the World Peace Grids. I drew Reiki symbols on the plate, and then placed a photo of the World Peace Grid in the center( if you don't have a photo, just intend the peace grids to be there). I layered sage, earth, cornmeal, and tobacco, and then I placed the large candle in the center and placed the crystals in a grid around it. I wet the earth slightly and filled the middle with flowers. Then I placed a tea candle and a long match for each person.

When all the pieces are put together, I Reiki the entire centerpiece and state the intention of the Reiki Thanksgiving Blessing ceremony into it. I use the Distance symbol and connect the centerpiece and the candles to the World Piece Grid with the intention that the fire increases the power of our blessings.

I usually paste the words of a ceremony into a book to read from during the ceremony.

## **The Words and Prayer**

### **Reiki Gratitude Ceremony for the Earth A Thanksgiving Blessing**

Prepare the room and yourself with Reiki: Activate the Reiki symbols in your hand. Draw the Usui Power symbol on the walls, ceiling, floor, and center of the room and the centerpiece. Draw the other symbols you are attuned to into the room. Draw a large power symbol over you and one on each chakra starting at the root chakra. Draw a Distance symbol in the room intending the blessings from the ceremony be sent to the World Peace Grids to bless the Earth as the prayers are spoken.

Light the center candle and welcome the people gathered. Explain the ceremony and its intention.

#### **Invocation:**

**(Facilitator)** “We are gathered here in celebration of Thanksgiving to remember all that we are grateful for. We take this time to say thank you to life, love and the abundance we share. We welcome each other to this table and we are grateful for this time together. We welcome the Creator, and the Blessed Ones of all the people gathered here. We welcome the Reiki guides and the Reiki symbols. We welcome the spirit of gratitude. We welcome all the beings of light and love who wish to be present in this ceremony. We welcome you and ask that you add your grace and blessings to this ceremony of Thanksgiving. We welcome our own divine heart and our highest self. Together we create a circle of light and love and we fill our hearts and minds with all that we are thankful for and send a blessing of thanksgiving to all people on Earth.

We celebrate all that we have and all that we are, with a grateful heart. We join our hearts and minds and together and we send a blessing of our gratitude to this Earth, all life on it and our Creator. We send this ceremony and our thankfulness out to the world and to the World Peace Grids at the North and South Poles and Jerusalem where it is joined by the gratitude of so many others. These prayers are collected in the light, and sent to the entire world, to all the people on Earth. The people everywhere can feel the vibration of thankfulness wash over them and they feel peace in their grateful hearts.

And now, our prayer of gratitude for all of the natural world and our Creator.”

**“Ohenton Kariwahtekwen”  
GREETINGS TO THE NATURAL WORLD  
Iroquois Thanksgiving Address**

Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as on as we give greetings and thanks to each other as people.

We are all thankful to our Mother, the Earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of them. To our Mother, the Earth, we send greetings and thanks.

We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in many forms-waterfalls and rain, mists and streams, rivers and oceans. With one mind, we send greetings and thanks to the spirit of Water.

We turn our minds to all the Fish life in the water. They were instructed to cleanse and purify the water. They also give themselves to us a food. We are grateful that we can still find pure water. So, we turn now to the Fish and send our greetings and thanks.

Now we turn toward the vast fields of Plant life. As far as the eye can see, the Plants grow, working many wonders. They sustain many life forms. With our minds gathered together, we give thanks and look forward to seeing Plant life for many generations to come.

With one mind, we turn to honor and thank all the Food Plants we harvest from the garden. Since the beginning of time, the grains, vegetables, beans, and berries have helped the people survive. Many other living things draw strength from them too. We gather all the Plant Foods together as one and send them a greeting of thanks.

Now we turn to all the Medicine Herbs of the world. From the beginning, they were instructed to take away sickness. They are always waiting and ready to heal us. We are happy there are still among us, those special few, who remember how to use these plants for healing. With one mind, we send greetings and thanks to the Medicines and to the keepers of the Medicines.

We gather our minds together to send greetings and thanks to all the Animal Life in the world. They have many things to teach us as people. We are honored by them when they give up their lives so we may use the bodies as food for our people. We see them near our homes and in the deep forests. We are glad they are still here and we hope that it will always be so.

We no turn our thoughts to the Trees. The Earth has many families of Trees who have their own instructions and uses. Some provide us with shelter and shade, others with fruit, beauty, and other useful things. Many people of the world use a Tree as a symbols of peace and strength. With one mind, we greet and thank the Tree life.

We put our minds together as one and thank all the Birds who move and fly about over our heads. The Creator gave them beautiful songs. Each day they remind us to enjoy and appreciate life. The Eagle was chosen to be their leader. To all the Birds-from the smallest to the largest-we send our joyful greetings and thanks.

We are thankful to the powers we know as the Four Winds. We hear their voices in the moving air as they refresh and purify the air we breathe. They help us to bring the change of seasons. From the four directions they come, bringing us messages and a giving us strength. With one mind, we send our greetings and thanks to the Four Winds.

Now we turn to the west where our grandfathers, the Thunder Beings, live. With lightning and thundering voices, they bring with them the water that renews life. We bring our minds together as one to send greetings and thanks to our Grandfathers, the Thunderers.

We now send greetings and thanks to our eldest Brother, the Sun. Each day without fail, he travels the sky from east to west, bringing the light of a new day. He is the source of all the fires of life. With one mind, we send greetings and thanks to our Brother, the Sun.

We put our minds together to give thanks to our oldest Grandmother, the Moon, who lights the nighttime sky. She is the leader of woman all over the world, and she governs the movement of the ocean tides. By her changing face, we measure time, and it is the Moon who watches over the arrival of children here on Earth. With one mind, we send greetings and thanks to our Grandmother, the Moon.

We give thanks to the Stars who are spread across the sky like jewelry. We see them in the night, helping the Moon to light the darkness and bringing dew to the gardens and growing things. When we travel at night, they guide us home. With our minds gathered together as one, we send greetings and thanks to the Stars.

We gather our minds to greet and thank the enlightened Teachers who have come to help throughout the ages. When we forget how to live in harmony, they remind us of the way we were instructed to live as people.

With one mind, we send greetings and thanks to these caring teachers.

Now we turn our thoughts to the Creator, or Great Spirit, God, and send greetings and thanks for all the gifts of Creation. Everything we need to live a good life is here on this Mother Earth. For all the love that is around us, we gather our mind together as one and send our choicest words of greetings and thanks to the Creator.

Now our minds are one.

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**Closing words**

**(Facilitator)** “Now we take the time to give our personal thanksgiving. Look into your heart, state all that you are grateful for, and send your personal blessing to the Earth and

Creator. When you are finished, please light your candle using the flame from the center candle.”

**(Facilitator)** [Begin with your personal prayer of thanksgiving, light your tea candle, and ask each person to state their prayer of thanks and to light their candle.]

**(Facilitator)** “We thank this day of Thanksgiving, each other, this home, and the abundant feast before us. We give thanks to our hosts, the people who give their hospitality. We give thanks to all the people who worked so that food is on our table. We thank the farmers, the laborers, the grocery store clerk, and so many others. We give thanks to the food, the plants, and the animals that provide us with this abundance. We give thanks the abundant gratitude we feel in our own hearts. As we eat and share our blessings with each other, we give great thanks.

We gather the gratitude, appreciation, and thankfulness spoken here and we ask that it be felt by all life on this beautiful Earth. We say thank you for this opportunity to express our grateful hearts in a powerful and gentle way.

We honor our blessings and we choose to remember them each day. We ask the Creator and the enlightened ones here to help us remember. Thank you.”

Aho Mitakuye – Oyasin “We are all related”

**(Facilitator)** Take a moment and send the blessings to the World Peace Grids.

## Conclusion

The Reiki Thanksgiving Blessing is a gratitude ceremony. This version was written for the upcoming holidays, and in particular for Thanksgiving Day. When I asked my Reiki Guides what they wanted to say about gratitude they gave me this ceremony. They ask that Reiki practitioners use this gratitude ceremony, empower it with Reiki, and create one great voice to bless our beautiful Earth with thanksgiving, on this Thanksgiving Day - November 22, 2007. They said we have the opportunity to create a powerful light of gratitude, a powerful thought form of light, love, and thankfulness that can spread over the planet and touch all people. In doing this, we will create a collective consciousness of gratitude that exists because we chose to manifest it together.

The Reiki Thanksgiving Blessing is a powerful ceremony that we can create and collectively send our blessings our beautiful Earth, all life on it, and the Creator in a wonderful prayer of thanksgiving. Together we can send a blessing to our Earth and create a light stream of gratitude for all people in the world. We can empower light and love, and thankfulness and bless our amazing planet, Earth.

Blessings, gratitude, and love,  
Colleen Benelli

## **The shortened version of the Thanksgiving Address**

**If the long prayer is too long for your ceremony, shorten it. Here is an example of how you can do this.**

Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people. Now our minds are one. We give great thanksgiving to the Earth Mother, the Waters, the Fish and the Plants. We are grateful for the Food Plants, the Medicine Herbs, the Animals, and the Trees. We give great thanks for the Birds, the Four Winds, the Thunderers, The Sun and Grandmother Moon. We send Blessings to the Stars, and the Enlightened Teachers. And we send our deepest gratitude to the Creator.

## **The complete version of the Iroquois Thanksgiving Address.**

### **THE IROQUOIS THANKSGIVING ADDRESS "Ohenton Kariwahtekwen" GREETINGS TO THE NATURAL WORLD THE PEOPLE**

**Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people.**

**Now our minds are one.**

#### **THE EARTH MOTHER**

**We are all thankful to our Mother, the Earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of time. To our mother, we send greetings and thanks.**

**Now our minds are one.**

#### **THE WATERS**

**We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in many forms-waterfalls and rain, mists and streams, rivers and oceans. With one mind, we send greetings and thanks to the spirit of Water.**

**Now our minds are one.**

#### **THE FISH**

**We turn our minds to the all the Fish life in the water. They were instructed to cleanse and purify the water. They also give themselves to us as food. We are**

grateful that we can still find pure water. So, we turn now to the Fish and send our greetings and thanks.

Now our minds are one.

#### **THE PLANTS**

Now we turn toward the vast fields of Plant life. As far as the eye can see, the Plants grow, working many wonders. They sustain many life forms. With our minds gathered together, we give thanks and look forward to seeing Plant life for many generations to come.

Now our minds are one.

#### **THE FOOD PLANTS**

With one mind, we turn to honor and thank all the Food Plants we harvest from the garden. Since the beginning of time, the grains, vegetables, beans and berries have helped the people survive. Many other living things draw strength from them too.

We gather all the Plant Foods together as one and send them a greeting of thanks.

Now our minds are one.

#### **THE MEDICINE HERBS**

Now we turn to all the Medicine herbs of the world. From the beginning they were instructed to take away sickness. They are always waiting and ready to heal us. We are happy there are still among us those special few who remember how to use these plants for healing. With one mind, we send greetings and thanks to the Medicines and to the keepers of the Medicines.

Now our minds are one.

#### **THE ANIMALS**

We gather our minds together to send greetings and thanks to all the Animal life in the world. They have many things to teach us as people. We are honored by them when they give up their lives so we may use their bodies as food for our people. We see them near our homes and in the deep forests. We are glad they are still here and we hope that it will always be so.

Now our minds are one.

#### **THE TREES**

We now turn our thoughts to the Trees. The Earth has many families of Trees who have their own instructions and uses. Some provide us with shelter and shade, others with fruit, beauty and other useful things. Many people of the world use a Tree as a symbol of peace and strength. With one mind, we greet and thank the Tree life.

Now our minds are one.

#### **THE BIRDS**

We put our minds together as one and thank all the Birds who move and fly about over our heads. The Creator gave them beautiful songs. Each day they remind us to

enjoy and appreciate life. The Eagle was chosen to be their leader. To all the Birds- from the smallest to the largest- we send our joyful greetings and thanks.  
Now our minds are one.

#### **THE FOUR WINDS**

We are all thankful to the powers we know as the Four Winds. We hear their voices in the moving air as they refresh us and purify the air we breathe. They help us to bring the change of seasons. From the four directions they come, bringing us messages and giving us strength. With one mind, we send our greetings and thanks to the Four Winds.  
Now our minds are one.

#### **THE THUNDERERS**

Now we turn to the west where our grandfathers, the Thunder Beings, live. With lightning and thundering voices, they bring with them the water that renews life. We are thankful that they keep those evil things made by Okwiseres underground. We bring our minds together as one to send greetings and thanks to our Grandfathers, the Thunderers.  
Now our minds are one.

#### **THE SUN**

We now send greetings and thanks to our eldest Brother, the Sun. Each day without fail he travels the sky from east to west, bringing the light of a new day. He is the source of all the fires of life. With one mind, we send greetings and thanks to our Brother, the Sun.  
Now our minds are one.

#### **GRANDMOTHER MOON**

We put our minds together to give thanks to our oldest Grandmother, the Moon, who lights the night-time sky. She is the leader of woman all over the world, and she governs the movement of the ocean tides. By her changing face we measure time, and it is the Moon who watches over the arrival of children here on Earth. With one mind, we send greetings and thanks to our Grandmother, the Moon.  
Now our minds are one.

#### **THE STARS**

We give thanks to the Stars who are spread across the sky like jewelry. We see them in the night, helping the Moon to light the darkness and bringing dew to the gardens and growing things. When we travel at night, they guide us home. With our minds gathered together as one, we send greetings and thanks to the Stars.  
Now our minds are one.

#### **THE ENLIGHTENED TEACHERS**

We gather our minds to greet and thank the enlightened Teachers who have come to help throughout the ages. When we forget how to live in harmony, they remind us of

**the way we were instructed to live as people. With one mind, we send greetings and thanks to these caring teachers.  
Now our minds are one.**

#### **THE CREATOR**

**Now we turn our thoughts to the creator, or Great Spirit, and send greetings and thanks for all the gifts of Creation. Everything we need to live a good life is here on this Mother Earth. For all the love that is still around us, we gather our minds together as one and send our choicest words of greetings and thanks to the Creator.  
Now our minds are one.**

#### **CLOSING WORDS.....**

**I found this version of the Thanksgiving Address at [www.deerdance.org](http://www.deerdance.org). Terry Kem, founder of Deerdance, was first introduced to the Thanksgiving address through Wilderness Awareness School and later from an Elder of the Iroquois Nations, Jake Swamp.**