



Living the Light of Joy

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## Reiki Goat Milk

### A Reiki Craft Project™

As seen in Reiki News Magazine, Fall 2009  
By Colleen Benelli and Dana and Ariel Vieweg  
[www.reikilifestyle.com](http://www.reikilifestyle.com)



### Supply List

- ¾ cup frozen goat milk
- 16 oz. oil- olive, canola, lard, or combination
- 2 oz lye.
- Fragrance to personal taste
- Soap molds
- Hand blender
- Scale
- Wooden spoon
- Goggles



## Directions

Dana and Ariel Vieweg, mother and daughter, make handmade Reiki goat milk soap.

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



Lye can be one of the tricky parts of making soap. I buy mine from [www.brambleberry.com](http://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 goat's milk.



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

Weigh 2 oz. of lye.

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 stainless steel spoon.



Blend until it is 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 symbols 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!!



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Reiki Craft Projects™

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