

# Animal Reiki



*An Energetic Modality That Can Bring Your Animal to a Place of Wellness*

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# Animal Reiki

## Overview

Our animal companions are a beautiful gift to us, a gift of unconditional love. We desire to support their ongoing well being for many years of healthy living, exuberant play, and overall contentment.



By offering Reiki to our animal friends, we have a modality that releases energetic blockages held within the animal's physical, mental and emotional bodies. Our animal companions can feel pain, sadness, and experience deep worry and concern, just as we do. Reiki's ability to bring a deep relaxation to their body lets the body release toxins, both emotional and physical, and allows the body to facilitate its own healing process.

When the emotional, mental, and physical bodies are balanced and in harmony with each other, you have an animal in an enhanced state of wellbeing.

## Reiki: Helping Animals Be Healthier

As caregivers of these loving animals, we can offer Reiki Energy to them. This form of energy healing can assist the animals during an illness or injury. Reiki can also support them in dealing with life's changes, emotional traumas, and their transition from this physical life.



One of the beautiful aspects of Reiki Energy is that it draws upon the Universal Life Force, God, or whatever word you may choose to use for a Higher Power. Combined with unconditional Love from the practitioner, this energy will flow to where it is needed anywhere within or around your companion.



Even with the benefits of Reiki, you should never forgo the traditional or holistic veterinary medical treatments. Science has shown there is an inter-connectedness between the health of the body, mind, and spirit. Reiki fulfills the need to address the mind and spirit, while veterinary care fulfills the immediate needs of the physical body. Reiki can also amplify the healing affects of other energetic modalities such as massage therapy, acupuncture, homeopathic support, and many others.

Sending Reiki is a very simple process. It isn't a religion, and doesn't require a set belief system in order for it to be highly effective. You do not need to be psychic, gifted, or go thru years of training.

Instead, you are attuned (or receive an initiation). With this initiation process, a Reiki Master/Teacher will teach you the principles of Reiki, and then place Sacred Symbols within your chakras (energy centers of your spiritual body) and in the palms of hands.



After the attunement, you simply send Reiki by intending to channel Reiki. You can place your hands on yourself, others, animals and even plants. Or you can intend to send Reiki long distance, across town, across the country or world, and even to the past, present, or future. The Reiki energy connection is not constrained by time and space.

The word "Reiki" means spiritually guided energy. Therefore this energy has an intelligence that will direct the energy to flow where needed, and you do not need to know about any physical anatomy. You are simply a channel for the energy to flow from the Universe to the subject. At no time do you

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use your own energy. In fact, as a channel for Reiki, you also personally receive the healing benefit of the Reiki energy.

When sending Reiki to animals you do need to be aware of animal body language. Many animals will gravitate towards you, knowing that you have a healing energy about you. But, you may find some animals whom have been abused and abandoned, may be resistive or hesitant at first. Animals who are in pain – potentially physical, mental, or emotional pain - may not want you to touch them. These sensitivities are not a problem since Reiki can be sent from a distance, whether a foot away from the animal, or across the world.



You will find that animals will respond in a variety of ways. Some may come up to you and present the area of the body where they desire you to place your hands. Some animals may be very sensitive to the energy, so they may lie down a foot or so from you, and you will feel them pull the energy from there. Some may walk away after a few seconds, but then come back a few minutes later, and stay a little longer. Then there are those animals who will want to comfortably lie in your arms and absorb all the Reiki energy they can possibly get. Your experience will be different with each animal, as each animal is unique.

Reiki, by nature of its intelligence and source, can do no harm. The only requirement to send Reiki is to first receive permission from the animal.

### Reiki During An Illness

Animals have Auras, Chakras and Meridians, just like humans. When there is an illness or injury to the physical body, there is also a blockage somewhere in the energetic system of the chakras, meridians or auric fields.



What causes this blockage? Most times it is an emotional trauma that is held within the body down to the cellular level. Then there are environmental and genetic issues, or miasmas, that cause illness.

Traditional or allopathic veterinary care will focus on the physical symptoms, but it often does not address the core issue. When you do not address the core issue you will not see a healing, and the condition may linger chronically, or return.

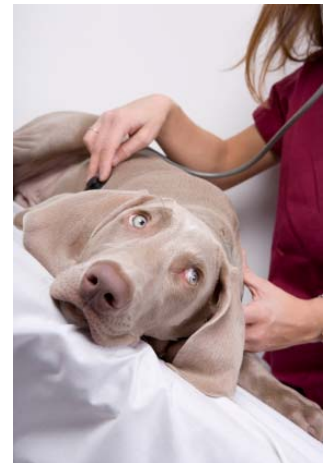
Reiki will work at the deeper level of the emotional issue or miasmas, and penetrate to the core issue, creating shifts and bringing about resolution. The body will be supported to balance itself energetically, (which becomes a mental or emotional healing).

As mentioned before, when you balance the body energetically, it transforms to a place where it begins and supports its own physical healing.

### Giving Reiki During an Injury

There have been documented incidents where a human or animal broke their leg or had some other physical injury, Reiki or some other energy healing was performed with them, and there was then a miraculous healing.

With that said, I want to stress that should an injury occur that would necessitate medical treatment, immediate medical treatment should be the first course of action. From that point, while being treated medically, the animal can receive Reiki.



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The Reiki energy will support the healing process. Reiki also helps to mitigate the side effects of medicine or anesthesia. It will help the animal to relax, as well as help to alleviate the pain.

One thing to remember is that energetic healing does not necessarily mean a cure from the physical ailment/injury. A few Reiki sessions can help an animal recover after surgery within a notably shorter period of time. Some animals may

experience a healing after one treatment, others may require months of treatment. It all depends on the individual animal. Animals who have suffered abuse may be so traumatized, that it may take many more sessions.

### Stressful Situations

Animals are creatures of habit, and when we disrupt their routine it can be very stressful. Animals also pick up and often absorb our stress, much to their detriment.

When you come home from a stressful day at work and see that wagging tail and bundle of fur giving you joyous kisses of welcome, do you not find your stress has dissipated? But your little animal friend may have just absorbed all your frustration and anger, and they do not have the means to easily release these sticky and heavy energies from their bodies.

This is where giving them Reiki Energy to release the emotional toxins from their body is one of the most loving acts you can do for your animal.



Whether it is changes in your job, a family member moving away or dying, or experiencing divorce within the family, these changes can bring about stress and depression. These stresses to your companion should be addressed in a timely manner, or you may find your animal companion becoming physically or emotionally ill.

Other examples of stressful situations: a new baby, addition of another animal, or a change of diet.

### Emotional Trauma

Animals desire to help, and may respond strongly in support whenever one of their human family members becomes seriously ill. They may take on the energy of the illness in an effort to heal their person. The same is true if a fellow animal becomes ill. If this illness then leads to the death of the person/animal, the grief can then transform further to depression.

Reiki can support an animal who is dealing with the emotional traumas, and bring comfort to their heart.



Animals whom have to be relinquished due to changes in the human companion's life can experience tremendous stress. The animal may not understand what is happening. All they know is that they no longer have their home and their family. Shifting them from a stable home to a foster home or a shelter is very stressful, and can quickly result in behavioral problems.



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Reiki can help the animal begin to adjust to the changes. The animal may still feel sadness, but he will be able to move on more comfortably, and remain open to other opportunities for happiness.

As an animal nears transition due to illness, physical trauma, or age, Reiki not only helps the animal to remain calm, but helps his human and animal family as well. Reiki can ease any pain and fear. There are times when an animal will refuse to die, despite their discomfort. The animal may choose to hold on for the benefit of its human family.

Reiki will often help support the family in coming to terms with allowing the animal to cross over, giving the animal the permission they need to hear so they can leave peacefully.

### Reiki for the Human Caregiver

The benefits of learning Reiki are many. Reiki can guide and support you and your animal thru the challenges experienced throughout your lives.

You will ultimately increase the bond you share with your animal companion. This bond deepens the communication and understanding between you and your animal, and will bring a fuller and more rewarding relationship on many levels.



You and your animal will benefit from the healing experience of Reiki, improving the quality of life for you both.



*Animal Spirit Healing & Education Network (ASN) provides distance learning and on-site animal wellness classes including Animal Communication, Shamanic Animal Healing, and Animal Reiki, plus personal development courses. ASN's instructors are experts in their fields, with years of practical knowledge and professional teaching experience. Its programs and courses are designed for animal lovers and professionals from vet techs to groomers, trainers to handlers. To learn more visit [www.animalspiritnetwork.com](http://www.animalspiritnetwork.com), or contact Founder, Carol Schultz, at 815-531-2850, [info@animalspiritnetwork.com](mailto:info@animalspiritnetwork.com).*