



Reiki for Pets and their People

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What is Reiki?

Reiki (ray-key) is a gentle yet powerful holistic energy healing system that works on all levels of mind, body, and spirit. The name Reiki comes from the Japanese words “rei” which means spirit, and “ki” which means energy. It is generally translated as “universal life force energy”. Reiki energy is, in essence, the healing energy of the universe.

The beauty of Reiki lies in its simplicity. A Reiki Practitioner does not need to diagnose or even know the root of the problem. Reiki always goes right to the source and supports the pet in the way it needs most. Reiki complements not only conventional medicine but other alternative healing modalities as well. Reiki also never does harm.

How Does Reiki Work?

We live because life force flows through us along pathways called chakras and meridians. It also flows around us in an energy field called the aura. Life force nourishes our body’s organs and serves and supports their vital functions. When this flow of energy is disrupted, it causes diminished function within our bodies.

Reiki heals the energy pathways by flowing through the affected areas of the energy field and charging it with positive energy. This allows the life force to flow in a healthy and natural way.

Although Reiki can be a wonderful healing modality on its own, it is used to complement regular veterinary care, not to replace it.

General Information about Treating Animals with Reiki

Reiki is ideal for use with animals because it is gentle and noninvasive. It does not cause stress, discomfort, or pain, and yet yields powerful results. Animals respond intuitively to Reiki’s power to heal emotional, behavioral, and physical illnesses and injuries. Can be used on all animals, large and small.

For healthy animals, Reiki helps to maintain their health, enhances relaxation and provides an emotional sense of peace and contentment.

For ill or injured animals, Reiki is a wonderful healing method as well as a safe complement to Western Medicine, Chinese Medicine, homeopathy, flower essences, and all other forms of healing.

In Person Reiki Treatments-

It is recommended that Reiki treatments given in person are best given while in the home or barn where the animal lives. It has been found that animals are able to relax and receive these treatments much more successfully when they are comfortable and in their own environments.

Distant Treatments-

Distant Healing is very effective and can be preferable to hands-on treatments in some instances.

Some animals may live too far away for hands-on treatments. Also, animals too afraid to be touched, unable to be moved, aggressive, or wild, can be treated as effectively from a distance, "distant healing". Others may be extremely small, fearful of strangers, or old and fragile and may be better able to relax and absorb Reiki distantly.

Distant Reiki offers the same benefits as hands-on Reiki: physical, emotional, and spiritual healing.

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Length of Treatment-

The animal is always in charge of the length of treatment, and will tell the practitioner when they are finished by moving away and becoming active again after a restful state. This being said, for most animals, the average length of treatment is 30-60 minutes. The energy cannot exhaust the animal, as you can not “overdo” Reiki. Once again, Reiki works only to support energetic balance within the animal, in whatever amount each unique animal is open to. Reiki is nothing you can force on the animal.

After the initial treatment, a recommendation will be made as to whether further treatments are needed.

Reiki Benefits for Animals (and their People)-

While Reiki is not a surrogate or replacement for appropriate medical care, Reiki supports medical care by accelerating healing, reducing pain and discomfort, stimulating the healing process, and bringing awareness to the individual.

Many benefits have been experienced by those who have received Reiki.

They include:

- Increased sense of well-being and awareness
- Stress reduction
- Pain alleviation
- Deep relaxation
- Accelerated healing
- Immune system strengthening
- Aid in detoxification
- Emotional clearing
- Increased intuition
- Increased creativity
- Increased positivity or positive thinking

Reiki also:

- Promotes natural self-healing
- Balances the energies in the body
- Balances the organs and glands
- Adapts to the natural needs of the receiver
- Heals holistically
- Preventative care
- Enhancement of traditional or alternative health care treatments

Reiki assists with:

- Emotional issues/past traumas
- Physical issues
- Behavioral issues
- Anxiety reduction
- Separation issues
- Euthanasia support
- Transitioning during the death process
- Pre/post operative care
- Health issues
- Accidents and injuries

The ancient art of Reiki is going mainstream-

Reiki is gaining wider acceptance in the medical establishment within the discipline of complementary/integrative medicine as a meaningful and cost effective way to improve patient care. Some hospitals and veterinary hospitals are incorporating it into their roster of patient services, often with their own Reiki-trained physicians, nurses and support staff.

Our animal companions bring so much to our lives. Their joy of living is an example to us. Their unconditional love is a model for how we should strive to live our own lives. By offering them the healing of Reiki, you can give something back to them for all that they have given us. Animals are very open to the healing energy of Reiki. Using Reiki with them can accelerate their healing process, ease pain, improve or help to continue their quality of life. Animals love receiving the Reiki energy and benefit greatly from it. Our pets understand healing energy and its benefits immediately, some will actually come looking for it.