



reiki to the rescue®

An Introduction to Animal Reiki

What is Reiki?

The word "Reiki" means, literally, "Spiritual Energy". It refers to the energy that makes up all things in the universe--in other words, the energetic substance that quantum physicists talk about and study. Reiki "the system", on the other hand, refers to a Japanese system created by Mikao Usui in the late 19th and early 20th centuries. The original purpose of the system was spiritual development, but in modern times the emphasis has evolved as a system of energetic healing, utilizing specific Japanese meditative practices and breathing techniques.

Reiki for humans is successfully utilized as a supportive healing technique in medical settings such as hospitals, cancer centers, hospice programs, and AIDS clinics all over the country. Reiki is lesser known as a holistic system for animals, but as knowledge of human Reiki's successes and benefits spreads, more and more human companions are seeking out Reiki as a healing support for their beloved animals.

What Does a Reiki Practitioner Do?

Reiki practitioners use intention, focus and meditation to build a sort of energetic "healing bridge." The bridge is built upon the foundation of the practitioner's dedication to his or her Reiki personal practice, energetic experience and purity of intention. The bridge itself consists of the energetic harmony and balance that is the essence of Reiki. When animals are stressed, sick, or injured, you could say that energetically, they are "imbalanced." By offering an energetic connection and bridge of "balance," the practitioner is offering the animal a support system that the animal can use to relax, self-heal, and "rebalance."

What Does a Reiki Practitioner NOT Do?

Reiki sessions are given for the purpose of stress reduction and relaxation to promote healing. Reiki is not a substitute for medical diagnosis and treatment. Reiki practitioners do not diagnose conditions nor do they prescribe, perform medical treatment, nor interfere with the treatment of a licensed medical professional. Reiki practitioners do not

manipulate energy or control treatments: animals are the leaders in the process, taking only the amount of energy they wish to receive.

Reiki Can:

- Maintain health and well-being on the physical, mental and emotional levels
- Induce deep relaxation and stress-relief
- Accelerate healing in sick or injured animals, or animals recovering from surgery
- Help reduce pain and inflammation
- Help reduce behavior problems and aggression
- Help abused animals heal from past mental/physical trauma
- Complement conventional and alternative therapies
- Lessen the side-effects of other medical treatments
- Support the dying process

Why Reiki is an Ideal Holistic Therapy for Animals?

- It is gentle, noninvasive, painless, and stress-free.
- It goes to the issues that need it most, even when unknown to the practitioner.
- It can be given hands-on or from a distance and adapted to any problem an animal may face.
- It can do no harm to either recipient or practitioner.
- Animals can control their participation in the treatment, thus becoming leaders in their own process of healing.

What Creates A Successful Reiki Treatment?

A successful animal Reiki treatment requires just 2 things: the intention of the practitioner to be an open channel for the energy, and the acceptance the animal gives to this energy.

Is Reiki for Animals a "Hands-on" Healing System?

Although a human Reiki treatment usually consists of a series of hand positions lightly placed upon different parts of the body, an animal Reiki treatment is approached very differently. When doing Reiki on an animal, it is best to treat from several feet away and allow the animal to come forward to receive hands-on treatment only if he or she is open to it. Many animals will actually place certain body parts into the hands of the practitioner to show where they need healing the most. Other animals will simply lie down several feet away and fall into a deep "Reiki nap."

Because animal Reiki treatments are not dependent upon physical contact for success, they are ideal for use with shelter animals. Animals who are fearful, skittish, abused, or aggressive are ideal candidates for Reiki from a distance. Practitioners can offer Reiki quite successfully whether physical contact is used or not.