



## **Reiki: Healing for Pets and People**

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Profound healing is possible through the power of touch. The Reiki practitioner, an initiated individual, channels energy in the form of pure white light to heal. Reiki originated in Tibet thousands of years ago, and its history may be traced through India, Egypt, Ephesus, Greece, Rome, China, and Japan, and from there to the West.

Reiki is not dependent on the energy clarity or healing ability of the practitioner. In other healing modalities, the conscious and subconscious belief system of the energy practitioner may affect the outcome of their chosen healing modality. With Reiki, the practitioner only serves as a conduit for the flow of pure white healing light; thus no negative energy is absorbed by or sent between the healer and the patient.

Reiki differs from other hands on-healing modalities by requiring a series of four attunements, which are like energetic initiations. These attunements activate and set the energy path in the practitioner. This energy path remains active for the practitioner's entire life. It runs through the chakra system and ultimately to the hands. Whenever an initiated individual touches anything with the intention to help or heal, the Reiki energy automatically flows through their hands with no effort or expenditure on the practitioner's part.

### **REIKI ATTUNEMENTS**

To give an attunement, the practitioner must be a Reiki master. The First Degree Reiki attunement activates the healing energy so that it flows when anything is physically touched with intention. The Second Degree Reiki attunement activates the energy so that it flows when certain symbols are performed by the Reiki practitioner, who can then activate healing at any distance, even without physically being present. The Third Degree or Master Reiki attunement activates the healing energy that sets the Reiki pathways in another individual.

### **THE BENEFITS OF REIKI**

The Reiki method of healing may be used on plants, animals, and people from infants to the elderly. Some have even had results using it with electrical devices and machines, as well. It has been effective in treating everything from mild imbalances to life-threatening illnesses. Reiki is a wonderful anti-aging technique because it increases blood flow to areas where it was restricted, thereby allowing the body to cleanse itself more deeply. Reiki can also realign muscles, nerves, and even bones, improving energy and information flow throughout the body.

Within the Reiki community of practitioners, many people, such as myself, specialize in working with dogs and cats. Reiki, therefore becomes part of an overall holistic approach to restoring balance and well being on the physical level especially when incorporating

clinical nutrition with its emphasis on canine and feline species specific diets, organic supplementation and then by adding Reiki on the spiritual level we find that this rounds out the whole body, mind, spirit approach to wellness. Thus, we can easily include Reiki as a healing tool in our tool box of healing therapies for both ourselves and our animal companions.

The animal Reiki practitioner often receives intuitive information from the animal during treatment, some refer to this as medical intuition and call themselves a medical intuitive. This intuitive information is helpful to the animal's human companion, if and when one receives it, in understanding what their animal friend is going through at the time and perhaps which organs systems need particular attention. As the signals or energy patterns are read the practitioner can direct the Reiki energy to that particular organ system. Reiki is also quite relaxing to both the Reiki practitioner and whomever actually receives it. Cats and dogs are especially good at living in the moment, and they appreciate as much stress reduction as possible for not only themselves but also for their human companions, as well. They know it is not good for them or us!

The Reiki animal practitioner can be an extremely valuable ally to your doctor of veterinary medicine. However, since there is so little known about energy medicine and its healing modalities in a western veterinary clinical setting, it can often become difficult to include a Reiki practitioner in your cat or dog's therapy. If you find a holistic veterinarian who is a Reiki practitioner, or at least understands its principles, you are indeed fortunate. Perhaps you can open the door for your own vet to explore the many benefits of Reiki for both people and pets.