

## WHAT IS REIKI?

Reiki is a non-invasive, complementary and alternative healing practice which promotes overall health and well-being. Originating in Japan, the word "Reiki" is derived from two Japanese words: rei, meaning "spirit" and ki, meaning "life energy."

Many of our animal companions' ailments stem from their bodies being out of balance or alignment due to emotional issues, injury or trauma. All lives are comprised of energy (ki) and when our energy is out of balance, the result is often illness, pain or stress. A Reiki practitioner facilitates the flow of energy to the patient, rebalancing the ki and allowing the animal or human to facilitate his/her own healing response.

## REIKI RESOURCES

Much research has been conducted regarding the efficacy of Reiki as part of the healing process. The National Institute for Health (NIH)'s National Center for Complementary and Alternative Medicine (<http://nccam.nih.gov>) has conducted research, finding that Reiki is associated with: reduced pain, improved immune indicators, decreased heart rate, decreased fatigue, improved blood pressure, reduced anxiety, and increased well being.

*For more information about Animal Reiki (research articles, practitioner directories, and more):*

- **Animal Reiki Alliance**  
[www.animalreikialliance.com](http://www.animalreikialliance.com)
- **Animal Reiki Source**  
[www.animalreikisource.com](http://www.animalreikisource.com)
- **Shelter Animal Reiki Association**  
[www.shelteranimalreikiassociation.org](http://www.shelteranimalreikiassociation.org)

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## REIKI HEALING FOR OUR ANIMAL COMPANIONS

*(Note: Reiki is not a substitute for traditional veterinary medicine, but complementary care that can support the healing process).*

## REIKI HEALING FOR ANIMALS

All animals can benefit from Reiki for general health and well being. Reiki is one of many tools that can be used to support animal health and is complementary to traditional veterinary care and other alternative healing practices.

Animals are highly sensitive to the energies of their surroundings and intuitively understand Reiki as a healing energy. Reiki balances the energy patterns and strengthens the animal's natural healing systems. When the animal's healing systems are performing at an optimum level, the body, mind and spirit can heal itself. Reiki helps animals in many ways:

- Aiding in pain management for animals who are ill or injured.
- Promoting relaxation and calm for animals with emotional issues, anxiety, separation anxiety or stress.
- Increasing the bond between human and animal - a great way to ease an animal's transition to a new home environment or to enhance training your pet.
- Bringing peace and comfort to a dying pet by easing the transition into death.
- Facilitating other healing responses, including reduced tumor sizes.

## WHAT TO EXPECT DURING A REIKI SESSION

Reiki treatments can be given "in person" or from a distance. A Reiki practitioner facilitates Reiki by simply being in the same room with the animal and may place their hands on or just above the animal. The practitioner will use both their hands and/or their intuition to guide them through the session, facilitating the flow of energy to the imbalances. Most animals relax during a Reiki treatment and allow the energy to flow; others show their gratitude by licking, tail wagging or purring; some animals show the practitioner exactly where to place their hands by moving around during treatment; and others may refuse treatment. The practitioner will always honor the animal's request to receive or not receive Reiki.

Distance sessions also demonstrate efficacy, as energy transcends time and distance. All life is interconnected through energy and can affect another being through conscious intention. A practitioner can facilitate Reiki through clear intentions toward the animal from anywhere, usually through meditation by setting the sessions' intention for a specific animal or group of animals (e.g. a shelter or farm).



## HOW LONG DO REIKI TREATMENTS LAST?

Reiki sessions may take anywhere from 20 minutes to 60 minutes, depending upon the situation and the animal.

## HOW MUCH DOES A REIKI TREATMENT COST?

It depends on the location, practitioner and need of the animal. A typical hour session may range from \$45 to \$90; initial consultations are usually more and distance sessions are usually less.

