

# Veterinary Reiki



## DEMONSTRATED BENEFITS OF REIKI?

- **REDUCES PAIN & INFLAMMATION**

For chronic pain, post surgical pain, and pain from injuries (reduces meds).

- **REDUCES ANXIETY**

Allowing the animal to relax in the veterinary setting (better exams, calmer pets).

- **MAINTAINS HEALTH/PREVENTION**

Improves overall health and balance, preventing disease.

- **IMPROVE WELL BEING OF STAFF**

Reiki improves the well being of veterinary staff. The American Holistic Nursing Association has demonstrated more focus, improved wellness of nurses.

## HOW CAN REIKI IMPROVE VETERINARY PRACTICE?

Reiki in the veterinary setting can reduce anxiety during routine exams, anxiety and pain during procedures and surgery, and chronic pain in animal companions; as well as improve the overall well-being of patients and veterinary staff.

Anyone can learn Reiki and it requires no special tools, making it a perfect fit for the veterinary setting. The practice of Reiki requires a spiritual practice by the practitioner, where they then become a conduit for the healing of others.

Reiki during surgery has many advantages, including :

- Maintains blood pressure during surgery
- Less bleeding during surgery
- Fewer pain medications
- Quicker recovery times
- Reduced surgery times

Even more, others in the operating room experience that Reiki assists their ability throughout the surgery.



## REIKI RESEARCH RESOURCES?

### REIKI AS COMPLEMENTARY CARE

#### IN VETERINARY PRACTICE

Lester, K (2019). Journal of the American Holistic Veterinary Association. Volume 54, Spring Issues., pp. 38-43.

### ANIMAL REIKI RESEARCH: IMPLICATIONS FOR PRACTICE

Lester K. (2018). Animal Reiki Alliance. [www.animalreikialliance.com](http://www.animalreikialliance.com)

### VETS ON REIKI: THE POWER OF ANIMAL REIKI HEALING

Prasad, K. (2019). Animal Reiki Source. [www.animalreikisource.com](http://www.animalreikisource.com)

### THE CENTER FOR REIKI RESEARCH

[www.centerforreikiresearch.org](http://www.centerforreikiresearch.org)

## WHAT DO VETERINARIANS SAY?

“Reiki is amazing and enhances every other modality, stress reduction is immediate, breathing slows down, and the body becomes relaxed, calming signals. Stress is the #1 cause of conditions for humans and animals.”

— Dr. Tamara Hebbler, Healing Hope Wellness Center



“Reiki is just a part of me, I use it as part of routine exams, procedures and pre/during/post surgery. I do it while I do the other work and it just flows.”

— Dr. Odette Suter, Peak Animal Health Center

“Reiki is beneficial during physical exams as a way of reducing anxiety, and allows a more accurate diagnosis. Everything is easier when a Reiki Practitioner is in the clinic.”

— Dr. Salifou Bishop, Loving Pet Care Hospital

“I firmly believe that every veterinary practice needs to have at least one, if not all of its staff trained in Reiki. I believe that Reiki is as the most effective, 100% safe healing approach they can utilize at a moment's notice and can heal on the physical, mental, emotional and spiritual levels.”

— Dr. Christina Chambreau, Healthy Animals

## REIKI TRAINING

There are three levels of Animal Reiki Training:

- **Animal Reiki Level I: Shoden** - in this course students learn about Reiki, self healing, techniques and meditations, practice hands on healing, and receive the level I attunement.
- **Animal Reiki Level II: Okuden** - in this course students learn more advanced techniques for their practice, receive the 3 symbols, practice with animals, and receive their second level attunement.
- **Animal Reiki Level III: Shinpiden** - in this course students learn the master symbol, as well as advanced techniques of becoming Reiki. In day two, students learn about teaching Reiki and how to facilitate attunements.

The Animal Reiki Alliance also offers Veterinary Reiki Classes that include the Animal Reiki course content and incorporate research, science and are geared to veterinarians, veterinary staff and veterinary students. Training can also be offered at your clinic or hospital.

