



Reiki Animals

Part One

BY PAMELA ALLEN-LEBLANC

PHOTOS COURTESY OF GORICA BARUDZIJA

AFTER TALKING WITH WILLIAM RAND in 2013 during a Karuna Reiki® class and sharing our experiences with “Reiki attuned” horses and pets, William asked me to write the “Horses That Heal” article, which appeared in the 2013 *Reiki News Magazine*.¹ If you have not read this and would like to, it’s available on our website.²

Since that time we have had quite a bit of experience sharing Reiki attunements with animals, particularly the horses in our herd at Hidden Brook Farm. But at the beginning, none of my 37 years of experience working with horses as a Centered Riding instructor, a student of Linda Kahonov’s “Tao of Equus” horse healing work, a horse trainer or even as an animal communicator really prepared me for working with Reiki and animals. The animals have been guiding that journey for me.

In the 2013 article, I shared most of the history of how and why I learned to give Reiki to my horses and eventually to make the decision to have them be attuned to Reiki themselves.³ Other horses received the opportunity to be attuned to Reiki through my two-day Horse Healing Tao of Equus Clinics held two to three times a year. During those clinics, if any of the participating horses or any of my horses wish to receive a Reiki attunement, we comply. If any of the human clinic participants are Reiki Masters, they help give the attunements so that they can gain experience attuning animals, and it is a beautiful experience! Since becoming a Reiki Master teacher in 2011, I have also done Reiki attunements for many of my animal communication clients and so have had the opportunity to share Reiki in this manner with a few hundred animals. Being attuned to Reiki often makes a profound difference in the animals’ lives.

What is the difference between an attunement and a Reiki session?

Just like us, horses and other animals can receive a Reiki session. It feels wonderful to most animals, though I have noticed that animals vary a great deal in their sensitivity to Reiki. In the process with humans and Reiki, when it is time to move forward and start to take charge of our own healing, we enroll in a Reiki class where we receive an attunement and the gift of being connected to the Reiki energy ourselves. Once connected, we are able to channel Reiki energy and work

toward our own healing and the healing of others. This is also true for animals, as I have come to understand through my relationship with them here.

Working with animals, communicating with them and teaching emotional healing work with horses, I have come to realize that our pets and animals are constantly working on our energy. I have often wondered why horses, dogs and cats stay around us. They do not need us. Why do my horses, who jump four foot fences with a human on their back stay inside my three foot fences and in their pasture eating grass and hay, when sometimes the grass across the road is much better than the grass left in my pasture? Dogs can survive on their own as can cats. The same argument can be made for almost any pet. Why do they stay with us? One theory is that they stay to help us with our spiritual connection and to help us to heal.

Should animals receive a Reiki attunement?

Some people wonder if animals should receive a Reiki attunement because they don’t believe that animals have the same “consciousness” that humans have. I tend to agree that they do not have the same consciousness as us. I have communicated with many animals since learning how in June 2010—with my own, with other people’s and with wild animals. Based on this, I am of the opinion that animals have a much higher level of consciousness than humans do. They are completely aware, very trusting of life and live fully in the now. I ask students in my clinics and animal communication classes how animals know how much hair to grow before winter. Over the years, in Eastern Canada, I’ve watched them grow much longer coats before a particularly trying winter than they do if the winter turns out to be mild. I’ve watched them register earthquakes that I am not aware of, and they seem to know more about storms and weather patterns than weathermen.

I believe that most animals maintain a closer connection and communication with the divine than most humans do. And I find that in spending time with animals, my connection to the

¹ Pamela Allen-LeBlanc, “Horses That Heal,” *Reiki News Magazine* Fall 2013, 8–14. See 11–12.

² www.hiddenbrook.ca.

³ “Horses That Heal,” 9–12.



CJ Crackerjack has a heart condition, but seems to be doing well since his level 2 Reiki attunement just over 4 years ago.

levels and attunements, the entire dynamics of my herd changed. In fact, in many respects, they stopped acting like horses. Horses are naturally a flight animal whose safety is in numbers; therefore horses generally “group together” into a herd when they are in the field. Here, my horses have close to 80 acres to roam, and they always did so in a loose group. After they moved along in their Reiki, I noticed they would be spread out all over the field, some of them completely separated from the group, seemingly unconcerned with where the rest of the group was! This is really odd so I asked them about it, and they said that they no longer felt fear and so had no need to be in a group. They liked being together, but it no longer seemed necessary for their safety. I had been a Reiki Master for six months at this point, and looking inside my own body, I realized that fear had largely left my body, too, something that is not uncommon with this step in Reiki.

We also noticed that in lessons involving our Reiki horses, more healing would take place with students and their parents as well as with the instructors. This demonstrated the value to us of giving Reiki attunements to our horses. Because this healing work was so profound, we decided to teach students on the autism spectrum with our Reiki horses. I was taught in my Tao of Equus work that horses will yawn, shake, stretch, roll, poop and pee to release energies for us, particularly during emotional healing work. We often noticed these releasing responses from our horses when they were working with students. However, after the horses received Reiki attunements, these actions become more obvious and pronounced. For instance, they might poop eight times in 15 minutes, which is far more than usual. Or they might yawn 9 or 10 times during or after a session. In addition,

divine becomes stronger. I think this happens in part because I believe that they too have a soul. As aware, conscious creatures with souls, animals appear to really appreciate Reiki and seem to know instinctively what to do with the energy—both for their own healing and for that of their caregivers. While some scientists may not agree with me about the presence of the soul, scientific studies show that spending time with animal’s can positively affect the levels of certain feel-good hormones such as oxytocin, dopamine production and blood pressure, so spending time with animals actually makes us healthier and happier humans!⁴

Have you ever noticed how a beloved pet takes on the symptoms of his or her person? Animals have indicated to me that this is because they know how to use energy, and in order to help heal us, they often take the symptoms into their own bodies and then try to release them. Sometimes they release them successfully and sometimes they cannot. I have observed both cases among my own horses. So, although aware that horses already knew how to use energy, I still thought it was a great idea when Ellen Hawkins, my Reiki Master and an animal communicator, proposed Usui Level I attunements for my horses so that they could channel Reiki energy directly, rather than have to wait for me to come to the field with my Reiki hands to receive it. At that point, I was teaching two to three students with each horse, and I found that over time, residual negative energy was building up in the horses as they worked to remove this energy from the students. One horse in particular started walking away when her students arrived, particularly the ones who brought quite a few old, unhealed problems with them.

Soon after Ellen gave my horses an attunement to Reiki I, they became calmer and happier, and the healing work they did for us naturally became stronger and more pronounced. Over time, as the horses all gradually decided upon additional



Our little dog Cody is a Reiki master while his buddy Kringle remained at Level I—until Holy Fire Reiki came home!

lessons became smoother and more enjoyable for everyone involved, with yawning, shaking, rolling horses afterward. We all found ourselves to be profoundly relaxed at some point in the lesson. Even students who were working against fear at the beginning of the lesson would quickly relax into the session and their time with the horse.

A Reiki attunement is not a fix-all for animals. It does not take the place of training or of proper veterinary care. But as with humans, Reiki can supplement these. And as with humans, Reiki works gradually on the animal, although occasionally we do see profound changes fairly quickly depending upon the animal and the issue.

Do all animals want or need an attunement?

This might surprise you, but the answer is no. Before attuning any animal, I always obtain permission from the animal's caregiver/legal guardian, then from the animal itself. After speaking with William, my Reiki Master Teacher, about what levels would be appropriate (we agreed that all would⁵) I simply ask them if they would like an attunement and if they do, then which level. They seem to have an awareness of the level that will best suit them. I've noticed that not many animals jump immediately to the Master Level.—they seem to take two steps to get there. And then at another time, several months down the road, they decide upon the Master Level if they have the opportunity. Most of my herd eventually went to that level, but two decided to stay at the ART Level for years until Karuna Reiki® came along. My three cats all decided on Level I and my dogs on Level II.⁶

How is it possible to receive permission from an animal you may ask? I could simply ask the animal, but for something as important as a Reiki attunement, I want to be certain that my ego is not involved so I ask the animal to communicate with me through my dowsing rods. I have noticed that animals whose humans have Reiki and who have received treatments and are familiar with Reiki often say YES right away to a Reiki attunement—those animals who are not familiar with Reiki are not as sure. Many of these animals have asked if they can receive Reiki first to get to know the energy and then make up their minds, and all these animals have afterwards chosen to be attuned. They know what they want. One of my Reiki Master friends who does horse healing work similar to ours asked the members of her herd

if they wanted Reiki attunements and while many did, one horse said: “No thanks, I have a different way of healing, and I'm going to keep using that!” I guess it's no different from human healers having different modalities of healing.

Twice, troubled horses whose humans wished them to have a Reiki attunement were unsure if they wanted it, a situation that I'm not comfortable going forward with. Instead, my herd intervened. In one case, I had forgotten to close a gate to the pasture earlier that morning and the horses ignored it all morning until the early afternoon, when it was time for Reiki attunements. Clinic participants were with me, asking the horses if they wanted Reiki attunements. Two of my horses who were Karuna Reiki® Masters were in the arena with me as well, helping and holding space. Although the owner really wanted this horse to have Reiki, the horse did not have much experience with it and was unsure, so I was not going to proceed. My horses filed into the arena one by one in a very calm manner, ignored all of the other horses tied there who had said “yes” to an attunement and went to the one unsure horse to speak with him. Even Big Buddy who was holding space, untied himself and went over. Then they calmly came to me to be led back to the pasture. The people present all said they would not have believed it if they had not seen it. But it was VERY clear what was happening! The horse then said he did want a Reiki attunement after all.

I know some people believe that animals already have the ability to work with energy and so they don't need an attunement. Yet I had seen such a positive effect from my own animals' attunements that I wondered about this. So I went to an expert, my horse Star. She is the wise woman of my herd and was profoundly affected when she received her first Reiki attunement, so she was a natural to answer this question. Star said,

Like you, we don't *need* a Reiki attunement, but we enjoy the energies. Just as a human can receive healing from receiving Reiki, so can we. But it is empowering to receive a direct connection to this energy and to get to decide how and when to use it ourselves. We find that we can release the energies that we take from you much more easily and more completely now that we have Reiki to help. Before Reiki, like human healers, we had to use our own energy when we healed, which we had to build up to use and which could deplete our energy over time. Having the ability to tap into the unlimited supply of Reiki energy means that we do not have to deplete our energy to help with your healing. This is nice.

I know you are busy and don't really have the time to get out here with your Reiki hands every time we need

⁴ Linda Kohanov, *The Power of the Herd: A Nonpredatory Approach to Social Intelligence, Leadership, and Innovation*, San Francisco, CA: New World Library, 2013, 122.

⁵ *Animals That Heal*, 11-12.

⁶ See *Ibid.*, 12-13.




REIKI ANIMALS

Jasper is an Usui Reiki Master and a Karuna Reiki® Master. He loves our line of essential oils too!

help. This takes that burden off of you. And yet, we appreciate your Reiki hands when you do find time to get out.

In fact, the horses give Reiki to me more often than I find the time to give it to them. And I am so grateful. They are EXPERTS at using this energy. Once, after an hour-long Reiki session and meditation, I was feeling pretty clear and proud of myself. And yet, a few minutes in the pasture and Big Buddy came over to say “you missed something” and started breathing over my heart space. I immediately felt something lift—and realized how in tune they are with energy. Our little dogs and cats are also quick to jump up on us and work on us when we need it. My husband is a diabetic and has been struggling with his sugar intake in the past few weeks. Cody, our Lhasa Apso, jumps on his lap in the morning as he has his coffee and soon both of them are yawning and releasing, and my husband starts to feel better!

People often tell me my animals are not like other animals, one comment being that they are “too calm.” One talented horse-woman and journalist writing about the farm said: “I’ve been around horses for 40 years, and I’ve never seen horses this quiet. Are your horses always this quiet?” The answer is yes, they are, and she was astounded when she learned that many of them were very young. People who are usually frightened of horses feel safe around ours “because they are so calm.” Others remark that the cats and dogs seem to participate in our clinics and classes. In fact, they do. All of the animals at Hidden Brook Farm tell me they really enjoy spreading this work, that it’s important and that they believe we are making a difference in the world. They like being a part of that.

After Usui Reiki, my animals had the opportunity to experience Karuna Reiki® and more recently, Holy Fire Usui Reiki and Holy Fire Karuna Reiki®. I will share more about these experiences in “Reiki Animals Part Two” in an upcoming issue of this magazine. 



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