



Photo courtesy of Rebecca Willson

Lizzy (left) helped Sasha work through fear and back pain.

Receiving Reiki from Reiki Animals

BY PAM ALLEN-LEBLANC

IN A SERIES of *Reiki News Magazine* articles over the last three years,¹ I have shared our unique approach here at Hidden Brook Farm of attuning animals, giving them the ability to use Reiki on themselves, on other animals and on humans. Our staff and students have found that when we regularly receive Reiki from the animals, we sometimes achieve amazing health benefits. People who meet the Reiki animals at the farm comment that they seem calmer, wiser and more in-tune with people than other animals. We felt it was time to put together some stories so that others could understand the tremendous benefits of working with Reiki-attuned animals.

In addition to using Reiki for their own healing and stress reduction, Reiki animals tend to turn right around and use Reiki

in the form of an attunement allows them to work on us more effortlessly, accomplishing more. As more of our animals were attuned, we noticed that we could go to the barn feeling empty, upset or frustrated and come away feeling great. I decided to quantitatively capture what was happening with our emotions.

Soon after this decision, several of my students agreed to take a “test” each week for a period of 4–6 weeks noting the emotions present in them when they arrived, rating them in severity from 1 (least) to 10 (greatest), then filling in the form at the end of the lesson. We noticed dramatic differences. The negative emotions, which were often in the 6–10 range at the beginning of the lesson were in the 1–2 range by the end if they were present at all!  Only positive emotions were height-

For animals, receiving the gift of Reiki in the form of an attunement allows them to work on us more effortlessly, accomplishing more. As more of our animals were attuned, we noticed that we could go to the barn feeling empty, upset or frustrated and come away feeling great.

on us. Most of our students receive healing from the horses at the farm, but many are skeptical at first. That skepticism generally goes away once they work with Reiki horses, dogs, cats and other Reiki-attuned animals.

How do animals work with our energy? Working with “horse healers” in the Tao of Equus work and as an animal communicator, I have noticed that pets or animals who live with people are constantly working on the energy of their human caregivers. Their work is individualized and tends to be tailored to our needs. But generally, they seem to get close to us then expand their auras to include us—and we notice a lot of things happening. Our stress lessens, our emotions change; they might shake and roll, we yawn and they yawn, all of it releasing harmful energy. For animals, receiving the gift of Reiki

ened significantly and new positive emotions were present—generally peace, fulfillment, joy and contentment. Along with this scientific data are the personal stories my students have agreed to share, giving us more of a picture of what Reiki animals can do for us.

Sasha

Sasha is a student in the light worker class who has received help from the horses. She experienced anxiety and suffered from back pain due to scoliosis. Although she had a fear of horses, she enrolled in weekly lessons, believing this was a therapy she needed. As Sasha studied to finish her Master’s degree and worked full time, she experienced a lot of stress and heightened anxiety. The weekly lessons helped her feel peaceful and calm and significantly reduced her back pain. Riding can put stress on the back but when Sasha rides Lizzie (a Reiki Master and Holy Fire Karuna Reiki Master®), she gets a lot of

¹ “Horses That Heal,” *Reiki News Magazine*, Fall 2013; “Reiki Animals, Part One,” *Reiki News Magazine*, Fall 2015; “Reiki Animals, Part Two,” *Reiki News Magazine*, Winter 2015.



Photo courtesy of Rebecca Willson

RECEIVING REIKI FROM REIKI ANIMALS

Tessa and Star share a special bond. Tessa has recovered completely from Lupus with the help of Star who is a Usui/Holy Fire Reiki Master and a Holy Fire Karuna Reiki® Master.

tion is her weekly rides and Reiki sessions with Star, Star and her Reiki must be responsible for the change. His skepticism about Reiki has disappeared. In fact, Brent has decided to take his Level I class in the very near future!

relief—more so than from any other therapy she has tried. The horses showed her how to stay present and centered throughout the day, shifting her fear and helping her build her confidence as a rider and a person. Sasha is a Level I Reiki student, and plans to pursue additional Reiki courses. In the meantime, she considers her weekly lesson with Lizzie a treatment that she is loathe to miss. Her husband, Matt must also see the results—he is quick to remind her  she has a lesson in a few days whenever she faces difficulties.

Kim

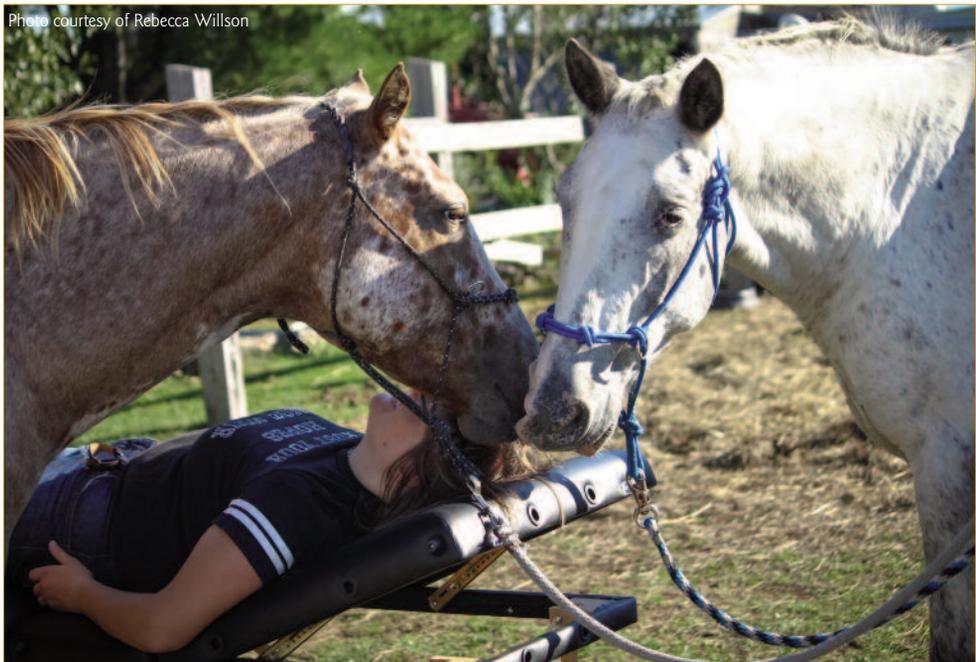
Also a member of the light workers class, Kim had a fear of horses when she started in 2012, but came to us on the advice of a well-respected medium who told her horses were the “missing ingredient” in her life. As a Level II Reiki practitioner, when she found our horses had Reiki, she felt it was a natural fit for her and was very open to receiving Reiki from the horses. Kim’s predominant issue when she started—in addition to the fear—was a lack of trust in people. She struggled to open her heart even to close friends and family, and found it especially difficult to meet new people. Kim worked with Rain and noticed right away when Rain began working on her heart space, automatically resisting by protecting the area. One evening we decided to dance with the horses, moving to different music to see which ones the horses liked best. We were all enjoying ourselves, immersed in the moment. Kim was having so much fun, she forgot to protect her heart. Rain grabbed the opportunity and removed her heart wall completely. When the music was done, Kim was in tears, overwhelmed at how good it felt to have let Rain into her heart and to have shed the heart wall. Unsure about how to proceed without the heart wall,

Tessa

An elementary school teacher and a Level II Reiki practitioner, Tessa started lessons two years ago with Star—a Reiki Master and Karuna Reiki Master®. At that time, Tessa suffered from Lupus and severe food allergies. Her Lupus symptoms included severe skin rashes and bruising, poor circulation, hair loss, joint pain and swelling, sensitivity to heat and light, fatigue and high antinuclear antibodies. She wasn’t able to manage her symptoms on her own; her health was deteriorating. After the first few weeks of riding lessons with Star, Tessa began to notice a reduction in her joint pain and eventually, the joint pain completely disappeared. Two months later, her sensitivity to the sun was gone and within a year, all of the symptoms of Lupus had disappeared.

Tessa’s fiancé Brent says Star provides Tessa with a sense of peace and wholeness and that in the last two-and-a-half years, she is a different person, both happier and healthier. He concludes that since the only addition to the equa-

Photo courtesy of Rebecca Willson



Rain (left) works on Kim with the help of Buddy.

each week Kim relied on Rain to teach her new ways of moving forward. She was able to let her family and friends, co-workers and her daycare students take up residence in her renovated heart. Her shyness largely disappeared as she became happier and more confident. She went on to become a Reiki Master and a Karuna Reiki Master® and recently added Holy Fire to both of those titles. She still gets a weekly Reiki session with Rain, and occasionally Rain or some of the other horses asks for Reiki from her in return. She is always happy to do this for them and in addition, brings them each two beautiful apples—“After all they do for us, it’s the least we can do for them.”

Linda

After a year of riding lessons, Linda was still not sure about animal communication or Reiki from animals. Yet she enjoyed her lessons, finding solace in her time with Star and a reduction of her back pain, so she became more inclined to think that there might be something to it. Then one event changed everything for her. Linda’s dad was in the hospital with pneumonia that had progressed to both lungs. His health went back and forth, but after three weeks in the Critical Care Unit, the doctors could not figure out why he was not responding to treatment and had to call the family to tell them that they did not expect her father to survive. Linda was with him overnight in his darkened hospital room thinking and praying, reflecting and asking for strength and peace. Suddenly, through her closed eyes, Linda saw an image of Star and felt an overwhelming feeling of calm come over her as the little white snip on Star’s muzzle, what Linda calls Star’s kissing spot, reached toward her. Linda was overwhelmed once more with emotion, but with profound feelings of euphoria and peace that she had only felt a few times in her life. She came to lessons the next week perplexed and amazed, asking me if this was possible; could Star possibly have been giving her Reiki at this critical moment at that distance? I wasn’t sure so we asked Star. Star said “Of course I was. Linda had asked for it and needed it and so I sent her Reiki!” I don’t think there was a dry eye as Linda recanted her story to the group.

Her father did pull through though he was diagnosed with Infinite Pulmonary Fibrosis and

Bertina’s health was deteriorating in the hospital and medical professionals did not know what to do. She felt that when Gem came home, she could heal—and remarkably, that’s exactly what she did.

remained in the hospital for over three months with a prognosis of at most another year to live. Linda left her job and became his primary caregiver. Her Dad’s year was up last July and his health continues to improve, both of them happy whatever time they share now. Linda studied the first two levels of Reiki and uses it at home on her dad and in meals she prepares for them both, and she still works with Star every Saturday.

Bertina

Bertina helps me here on the farm. In May 2013, when she was just 25, although we knew she suffered from irritable bowel syndrome, no one was expecting that she would be admitted to the hospital with ulcerative colitis. Then six days later, her bowel ruptured, and she was rushed into surgery. Initially, surgeons thought things went well but the second day, she was in pain. This led to fever, infection, and sepsis. She had a second operation, but after this surgery, the doctors could not stem her internal bleeding. Everyone was worried she would not make it.

Bertina’s horse, Gem, is a Usui Reiki Master and Karuna Reiki Master® who I had trained. He was living temporarily with his previous owner three hours away. When I visited Bertina in the hospital and she said “You know, Gem is doing all he can for me in Moncton. We communicate and he sends me Reiki every day, but he and I both feel that if he was closer, I might be able to recover better.” I knew that her doctors didn’t know what to do as complication after complication arose and her wounds refused heal. I gulped, told her I’d find space for Gem, hooked the trailer on and picked him up the next day. Gem arrived June 18. Bertina’s health immediately improved. The infection cleared and her internal bleeding stopped. On her first day pass, she visited Gem and a week after his arrival, after a 39-day stay in the hospital, Bertina was released and with Gem’s help began to heal fully.

Photo courtesy of Rebecca Willson





Photo courtesy of Gorica Barudzija

“Reiki Rats,” Bear (left) and Pumpernickel.

attunement, Pumpernickel pushed himself under my hands and flattened himself on top of Bear saying that he had changed his mind and could he have an attunement too.

At the end of the session and with Gorica present, the new “Reiki rats” asked to clean my fingernails as a payment. Gorica said this was quite a lovely experience. They then proceeded to give me the most gentle and thorough manicure of my life!

Rats have a short life span and both Bear and Pumpernickel have now passed on, but I’ll never forget this experience with them. It changed forever the way I look at these gentle, intelligent creatures.

Several of our students have Reiki dogs. Rebecca was having difficulty with her adopted three-year-old Staffordshire Terrier cross named Penny. Experienced in owning a dog and training it, Rebecca could not figure this dog out. She consulted with several dog specialists but with no results. So, we booked a communication session. We had to meet offsite, where Penny could move and be in a familiar space as she was unable to be still and couldn’t handle new situations. In the first session, Penny showed me that there were several sources of stress causing her difficulty. One was soul attachments and energies that Rebecca had picked up from her clients, so Rebecca and I made an appointment to address these. Penny visibly relaxed and leaned into me. The dog then explained that she was super sensitive and showed me the size of her energetic field. It was huge!

I asked Penny if she wished to have a Reiki attunement. She felt around in my energy field and became aware that I would be studying Holy Fire Reiki in May. She said, “Go get your new

Bertina has not studied Reiki yet, though lately she has decided that it’s time! She receives regular Reiki treatments from Gem and from the horses in my herd, especially Breaker Dawn. She feels that Reiki from Gem was and still is paramount to her healing and shows her appreciation to him with treats, back scratches and regular visits.

Although horses are incredibly effective with Reiki, it’s not only horses that can do this. Dogs, cats and other pets can too. My dogs and Roy the Reiki cat regularly help with my Reiki clients.

One Reiki student, Gorica, asked me if I would attune her pet rats. Bear and Pumpernickel had lung issues, and she felt that Reiki would really help them. Having never attuned rats before, I wasn’t sure, but kept an open mind. I’ll only talk to an animal who agrees to talk with me, and I will only attune an animal to Reiki if both Reiki giver and animal want the animal attuned. I was amazed at their intelligence and willingness. When I asked if they wanted Reiki attunements they asked to feel the energy first. Pumpernickel said no, but Bear said yes. When I asked Bear why he wanted Reiki, he said because Gorica, a photographer and Level II Reiki student, did not do her own Reiki—but that she spent a lot of time in her office editing photos so he could do Reiki for her then! They were so sweet! The brothers lived in a four-story “condo” cage and Gorica wanted Bear to remain in it for his attunement so he would not pee on the carpet. As a sign that Bear and I were in communication, I asked him to climb to the top of the cage to receive his attunement, which he did. Then Gorica left the room. Just as I was finishing Bear’s

Photo courtesy of Rebecca Willson



Penny and Rebecca.

Reiki, then we will talk!” When I studied Holy Fire Reiki, my teacher explained that animals enjoy Holy Fire Reiki more than other kinds, and I smiled. The sensitive Penny was aware of things that I was not!

Rebecca noticed that Penny had become calmer and more manageable after our first meeting and noticed an additional level of calmness after we did her soul release work. When I returned from my Holy Fire class, Rebecca and I arranged for Penny’s attunement. I connected with Penny to see if SHE would be ready and available at that time, and she clearly indicated that I was to come to her house this time!

At Rebecca’s home, I met her older dog, Mabel, a Lab-pitbull cross and also a rescue who is around 15 and it was clear why Penny had wanted me to come there. Because I was there, I was able to give attunements to both dogs. Mabel LOVED the Reiki, and Penny had to “run off” the excess energy.

Rebecca knows that Penny and Mabel do Reiki for her daily. Penny insists on touching her as she works. She also notices them work on her sister-in-law, who works in palliative care. Weeks when there are more deaths on her unit, Penny lays on her and won’t leave her alone. But what Rebecca finds truly amazing is watching them work on each other. In February following their Spring

attunements, Mabel had a tooth abscess and some time later, fell down some stairs. In both cases, Penny maintained physical contact with her at all times. Recently, Mabel, who is mostly blind and deaf, had a seizure. Once again, Penny patiently worked on her senior friend. Rebecca knows Mabel’s time is getting close and they take it day by day, but Mabel is not done yet and enjoys providing a stable influence and Reiki right back for her young friend, Penny.

I hope that you get an opportunity to work with Reiki animals someday if you do not already. It is extremely rewarding. In the next issue, I will share stories of how our Reiki horses work with our autistic students and the incredible results they achieve! 🌿



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