



Photo courtesy of Gorica Barudzija

Kathleen LeBlanc giving Reiki to Hidden Brook Starlight.

Animal Reiki—A Gift for Animals and Humanity

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ANIMALS LIVE IN AN ENERGY WORLD and have an innate understanding of Reiki and its healing ability. Animal Reiki is a Reiki frequency that connects to a practitioner's existing Reiki energy regardless of style or lineage. This article contains an overview of Animal Reiki energy and its qualities, and examples of the tools and techniques you can use today to practice this form of Reiki.

Many people have been practicing and teaching Animal Reiki for years with beautiful results. All four of us have also been successful Animal Reiki practitioners and teachers for a long time. A question we often receive is, "Can't I use the Reiki energy I already have?" The answer is yes. Reiki is life force energy and has always worked with animals and all other life, such as plants and trees. However, since animals have a unique life force energy, Animal Reiki energy is specific to them.

Animals benefit from Reiki sessions. Reiki is guided by spiritual consciousness, gentle and painless, and can never cause harm. Both Reiki and the animal know what the animal needs and Reiki will adjust its energy to create an effect that is appropriate and beneficial. The benefits are physical, emotional, and spiritual.

William Lee Rand, president and founder of the International Center for Reiki Training, and publisher of *Reiki for Animals*, says, "Animals have a natural understanding of Reiki and enjoy receiving it. Reiki provides them with the same benefits and healing we experience as humans, making it an effective method of caring for injuries, emotional issues, or virtually any problem an animal might experience."¹

Of the mutual benefits of using Reiki to connect with animals, William says, "Reiki is a wonderful way for hu-

mans to gain a deeper connection with and understanding of animals—whether they be pets, shelter animals, livestock or animals encountered in the wild. Reiki can also provide a way to communicate with animals. In so doing, it is possible to feel what they feel and understand how they think and, in this way, gain benefit from their knowledge and wisdom. Having a close relationship with animals through Reiki can enrich your life and provide you with a state of mind in which you are more able to enjoy life as well as deal with its ups and downs."²

Animal Reiki Energy

Animal Reiki energy heightens the Reiki practitioner's human and animal consciousness. When its energy connects with your current Reiki energy, you feel a deeper communion with the animals, yourself, and Reiki. This integration heals humans as much as animals. We soon realize that the human belief that we have dominion over all living things only creates an experience of being separate. We discover that our true purpose is to live in communion with the animals, the people, and the Earth. Through loving and caring for animals, it inspires us to use our gifts, talents, and skills to create peace for the benefit of all. Such peace supports the World Peace Grid's intention, which states, "May the followers of all religions and spiritual paths work together to create peace among all people on Earth."³ Increased human and animal consciousness can help us live in harmony on the planet.

There is much diversity in the global Reiki community arising from different styles and lineages, from both within the Usui tradition and Reiki's non-Usui styles. The Animal Reiki energy the four of us use and teach is Usui/Holy Fire® III Animal Reiki. It is a unique frequency of Reiki that is

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Top: Winnie the dog saying "yes" to receiving Reiki from Amy Rosko.

Middle: Robyn Benelli gives Reiki to an injured wild bird.

Bottom: Danni Smith gives Reiki to alpacas on Thordarson Farms.



Photo courtesy of Sioux Strong



Photo courtesy of Colleen Benelli



Photo courtesy of Robyn Benelli

compatible with all Reiki lineages and connects to a practitioner's existing Reiki energy through a Placement which is the same as an attunement. Based on the Holy Fire® III Reiki style, the Placement gives the practitioner the ability to channel Animal Reiki energy. No matter which Reiki style you practice, the Reiki energy is boundless, and no less so when practicing Animal Reiki. When taking an Animal Reiki class, the transfer of energy attunes and unifies the Animal Reiki energy with your existing Reiki energy and symbols, so you can channel the healing energy.

Animal Reiki energy's primary purpose and intention are to heal and empower animals. The Reiki symbols already know how to do what they do. Reiki consciousness will engage with the animal's consciousness through the session and work directly with the animal. Reiki also works with the practitioner and their connection with the animal. The animal's inner consciousness always runs the session, so we need only provide Animal Reiki and let Reiki do the work.

Animal Reiki Sessions—Priorities, Tools, and Techniques

Similar to human Reiki, in Animal Reiki, there are priorities, tools, and techniques for giving a session. You can adapt the Japanese Reiki Techniques found in *Reiki, The Healing Touch, First and Second Degree Manual*, to animals. These can include Gassho Meditation, Reiji-ho for intuitive guidance to where an animal needs Reiki, and Chiryō to focus on what the animal needs to create wholeness. We can adapt Byosen scanning to the specific breed of animal, you can use Gyoshi-ho to send Reiki with the eyes, Kōki-ho to send Reiki with the breath, and use Kenyoku to cleanse your energy before and after a session.

Below we outline the three priorities of an Animal Reiki session and summarize how to give one. The three priorities of Animal Reiki are safety, consent, and observation of the animals:

◆ Safety

Safety is the priority in an animal Reiki session, and we must observe it at all times. Safety depends on the session's setting, the practitioner's experience and knowl-

edge, the particular animal’s behavior, and general knowledge of its species. For example, working with a familiar dog will differ from a session with an unfamiliar horse.

◆ **Consent**

There must be consent when giving Reiki to animals. When working with domestic animals, consent from the animal and the caregiver is a priority. You may obtain consent by using a combination of methods; initially send some Reiki to the animal and mentally ask if it would like more. As you do so, observe its body language, and use your intuition to gain rapport and know if it is yes or no. Be willing to hear no and if that is the case, respectfully withdraw from the inquiry.

◆ **Observation of the Animals**

Animals communicate through body language. Therefore, animal Reiki sessions include observation of the animal. The practitioner observes their behaviors, body language, and cues to see how the animal responds to the Reiki session and how to proceed with the session.

There are Reiki tools and techniques specific to practicing Animal Reiki. Here we highlight some for in-person or real-time sessions, and distance Reiki.

Giving an In-Person or Real-Time Animal Reiki Session

You can complete real-time sessions in-person, or in real time using various technology modes, such as video conferencing virtually. Possible environments for in-person sessions include a home or neutral environment, the practitioner’s home, veterinary offices, shelters, farms and barns, zoos, competitions, in the wild, and in the water.

When possible, allow the animal to be unrestrained in a larger space and where they are most comfortable. For example, domestic pets are typically most comfortable when treated in their own home. Herd or pack animals may be more comfortable being treated within the group, even if you do not treat all the group’s animals. Shelter animals may be most comfortable when moved from their cage or kennel to a private exercise yard or playroom. However, you may have to adapt to the animal’s environment. In whichever setting you find yourself, observe and listen for the animal’s consent for Reiki.

Before starting the Reiki session, the practitioner should prepare using the Reiki techniques they are familiar with for clearing and grounding. You may use the Reiki preparations you learned in your Reiki training, or those taught in *Reiki, The Healing Touch, First and Second Degree Manual*, Chapter 10, “Giving a Complete Reiki Session,” by William Lee Rand.⁴ Next, talk with the animal’s caregiver to gain consent and establish the session’s intention. Ensure that the practitioner, caregiver, and the animal can remain safe during the session. If possible, make sure the animal is comfortable and not being restrained. The Reiki practitioner facilitates the session with the animal being an equal participant.

1. The first step of the session is getting the animal’s consent. We get consent through observation of the animal’s body language and with our intuitive senses. Ask the animal if it would like to receive Reiki and observe its behavior.
 - a. Yes
 1. The animal may walk into your field of Reiki.



Photo courtesy of Colleen Benelli

Safety first! A group gives Reiki to horses outside stalls.

2. It may come closer, make contact, lick, or sniff your hands.
 3. May lie down in the space.
 4. Appear content, calm.
 5. Turn or lean into you.
- b. No
1. The animal may leave.
 2. It may turn or lean away from you.
 3. Stay on the outskirts, hiding, and avoidance behavior.
 4. It may be agitated.
- c. Reiki may reveal a yes or no from the animal through
1. Senses
 2. Instincts
 3. Intuition
2. Once you have gained consent, keep your eyes open to continue observing the animal's behavior throughout the session, maintaining safety.
- d. It's helpful to be familiar with the behaviors of the species of animal you're working on so you can discern what is normal behavior.
 - e. It's also helpful to have the caregiver with you during the session if you have questions about the animal's behavior.
3. Animal Reiki sessions can either be hands-on or hands-off. It's the animal's choice of the level of touch. For example, they may offer you a body part they would like touched. The animal always has a choice as to the level of engagement during the session. You never want to chase down or beam Reiki at your animal client.
4. The length of the session varies. Again, through observation of the animal's behavior, intuition, or Reiki guiding you, you will know when the session is complete.
5. Just as you would with a human session, you want to seal your session and say thank you to your animal client, the caregiver, and Reiki.

the three priorities of an Animal Reiki session. Here are methods you can use to treat an animal using distance Reiki. You would start your session the same way as you do a real-time treatment. Pay attention to the information and feelings you receive during the session. Below are two methods that can help deliver the Animal Reiki energy for a client's distance session.

1. A Surrogate

Practitioners often find it helpful to have a photo of their animal client or use a surrogate, such as a stuffed animal or pillow.

2. A Reiki Healing Grid

You can place photos or write your clients' names down on a piece of paper and place them in the grid. You can send Reiki daily to your clients in this manner. You may wish to create a Crystal Reiki Grid, such as the one created by William Lee Rand and shared in his Reiki Master Manual. You can also read more about it at www.reiki.org.⁵

Reiki people worldwide share a common love for the animals and the desire to contribute to the Earth's wellness and all life on it. Animal Reiki unifies us with a shared purpose. Animal Reiki energy is a gift for the animals and humans. We are all related; we are all one. We hope this information inspires you to bring Animal Reiki into your life and Reiki practice. The tools and techniques and the energy of Animal Reiki can lead to a full and rewarding experience for you, your Reiki practice, and benefit the animals of the world. ✨

Holy Fire® is the registered service mark of William Lee Rand.

Endnotes

- ¹ International Center for Reiki Training, *Reiki for Animals*, (Southfield, MI: Vision Publications, 2016.) <https://www.reiki.org/store/books/reiki-animals>.
- ² Ibid.
- ³ William Lee Rand, "World Peace," *Reiki News Magazine*, Winter 2004. www.reiki.org/sites/default/files/resource-files/WorldPeace.pdf.
- ⁴ William Lee Rand, *Reiki, The Healing Touch First and Second-Degree Manual* (Southfield, MI: Vision Publications, February 2016), 91-93.
- ⁵ International Center for Reiki Training, "The Reiki Grid." <https://www.reiki.org/resources/reiki-grid-instructions-using-world-peace-crystal-grid>.

Distance Sessions

Distance Animal Reiki sessions are just as powerful as in-person sessions. We suggest getting practice in both in-person and distance Reiki sessions to develop your skills and your preference. It's still necessary to follow



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Sioux Strong is an Usui/Holy Fire® III Reiki Master and an Animal Reiki teacher. She has been practicing Reiki for over 13 years and is a Professional Member of the Reiki Membership Association. Sioux has worked with animals for the past 40 years. She raised guide dogs in her teens, graduated from Moorpark College with a degree in Exotic Animal Training and Management, worked as an emergency veterinarian technician, and at Guide Dogs for the Blind the past 25 years. You can contact Sioux at www.ReikiLifestyle.com and sioux@reikilifestyle.com.



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