

Chapter 23

Reiki in Companion Animals

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ABSTRACT

The word "Reiki" is derived from two Japanese words "Rei" and "kei" meaning spiritually guided life energy. Reiki helps an individual to feel from disease, grow emotionally, spiritually and mentally. In case of animal, Reiki helps to build trust between pets and owner, promotes healing decrease psychological issues and keep an animal healthy. The major energies Reiki attunement include earth energy, heavenly energy and heart energy. Furthermore, the three degrees of chakra i.e., the heart chakra, the throat chakra and third eye chakra, allow an individual to love unconditionally, open path to consciousness and build trust, respectively. Some practitioner in Reiki train for years to understand the energy and how to navigate delicate and subtle energy which shifts within themselves and their participants, where instead of realigning your bones and muscles tension. The process of Reiki is something anyone can learn and something you can learn fairly swiftly, especially for animals. Reiki allows us to perform at a level where our positive energy flows freely. Reiki should not be an alternative to veterinarian medical care, but seen instead as an aid in the diagnosis to recovery.

KEYWORDS

Healing, Attunement, Chakra, Non-invasive Practice, Energy

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INTRODUCTION

The word "Reiki" is derived from two Japanese words "Rei" and "Kei", meaning spiritually guided life energy, also known as Universal Life Energy. It is believed that the words "Rei" and "Kei" are originated from Japanese words "Raku-Kei". Raku described the vertical flow of energy, whereas Kei describes the horizontal energy flow through the body. Raku-kei is the science and art of self-improvement used by ancient Tibetan Lamas dating back thousands of year (Fulton & Prasad, 2006). This energy livens us all and can be found all around us. Reiki is a form of mystical healing using "universal life energy" from the practitioner to the recipient. Reiki helps to harmonize body, mind and spirit for yourself or anyone you want to help. Hands-on healing has been around for centuries and is known in many cultures. Reiki was "rediscovered" in Japan by Dr Mikao Usui during the beginning of the 20th century. In the field of Reiki, 3 persons are prominent in the history of Reiki: Dr Mikao Usui, Dr Hayashi, and Mrs. Hawayo Takata.

Use of Reiki in the Well-being and Promoting Health

Through positive energy Reiki frees us from disease; it prevents and cures illness. Reiki helps an individual to grow emotionally, spiritually, and mentally, providing an opportunity to grow in a wider sense. The preventive and curative qualities of Reiki can be reduced to two simple principles: the cleansing of meridians and the balancing of the chakras to achieve a harmonious energy flow. Following are the Reiki Symbols used by the Reiki healers and practitioners (Honervogt, 1998).

Benefits of Reiki Healing in Animals

Reiki healing is so difficult to explain or simplify. If you are not a practitioner or have done it or witnessed it at least once, you can never truly understand Reiki's full potential. Your animals are there to support, comfort, and ease your pain, while also reducing significant amounts of stress. With Reiki, it allows you to do the same for them through the transfer of your energy, closeness, and love. The benefits that come from a single Reiki session, whether long-distance or close to home, are endless. Reiki relies entirely on the transfer of energy. However, Reiki has been shown to work on many animals as well as humans. It balances the physical, emotional, mental, and spiritual aspects of the patient by releasing any blockages. Any type of energy block can create an overload of emotional baggage, or overwhelming mental illness, and the exhausting effects of physical pain. Through Reiki perusing, you can figure out the root cause of your pet's ailment which is making it

distressed or otherwise acting atypically (Prasad, 2019). The imperturbable thing about Reiki is that your animal gets to decide how much energy they want to take or can take from you or a Reiki healer and for exactly how long. This way, you don't have to guess or wear yourself down with the transfer.



Source:
<https://www.centreofexcellence.com/reiki-symbols-meanings/>

Following are some proven benefits showing how the practice of Reiki works:

- a. Increases bonding and trust between owner and pet
- b. Promotes healing after a severe surgery or illness
- c. Provides pain relief when medication needs to be taken or before having to go to the vet
- d. Balances the energy of not just the practitioner, but the animal too, thus releasing energy blockages
- e. Increases relaxation, much like a sedative, which reduces stress and tension in the muscles
- f. Generally, reduces feelings of distress and anxiety
- g. Helps with separation anxiety or change, such as a big move or plane ride
- h. Strengthens the immune system
- i. Provides comfort to upset animals
- j. Decreases behavioral issues
- k. Increases the bond shared between pet and owner beyond the initial foundational bond that comes with ownership
- k. Enhances overall well-being

It's safe to say that with these known benefits in mind, it is worth giving Reiki a try on your pet, no matter which stage of sickness they are in. For example, they could be completely healthy, but you merely would like to strengthen your bond together. Reiki can help bring you closer, especially after time apart. Since Reiki is such a gentle and non-invasive practice, the animal will feel special, loved, and well cared for, which initially creates a respectful and well-mannered pet. With this close bond, a sick or dying pet may want to stick around longer than it can because of the shared energy created by the relationship resulting in more pain and emotional distress (Miles, 2008).

Due to Reiki's ability to strengthen the immune system, pets have developed a kind of cancer. They may need chemotherapy or radiation, and Reiki healing will feel more relaxed when they need to get this type of therapy. The stress of these treatments for cancer can be so debilitating already. With Reiki used as a calming technique, the animal will not feel much pain or sickness due to the effects and benefits Reiki offers.

Reiki Attunement

Reiki is considered the most powerful spiritual experience but unfortunately it is not taught as other healing techniques are tough. The ability to attune Reiki frequency is thought to be passed from Master to student. Once Reiki is transferred to students, it allow him to amplify Reiki for himself and others throughout his life. There is no need to alter the thinking process in order to 'turn on' the flow of Reiki. Simply placing your hands on yourself or others opens the heart of love, and you automatically bring through the energy by your intention (Honervogt, 1998).

a. Earth Energy

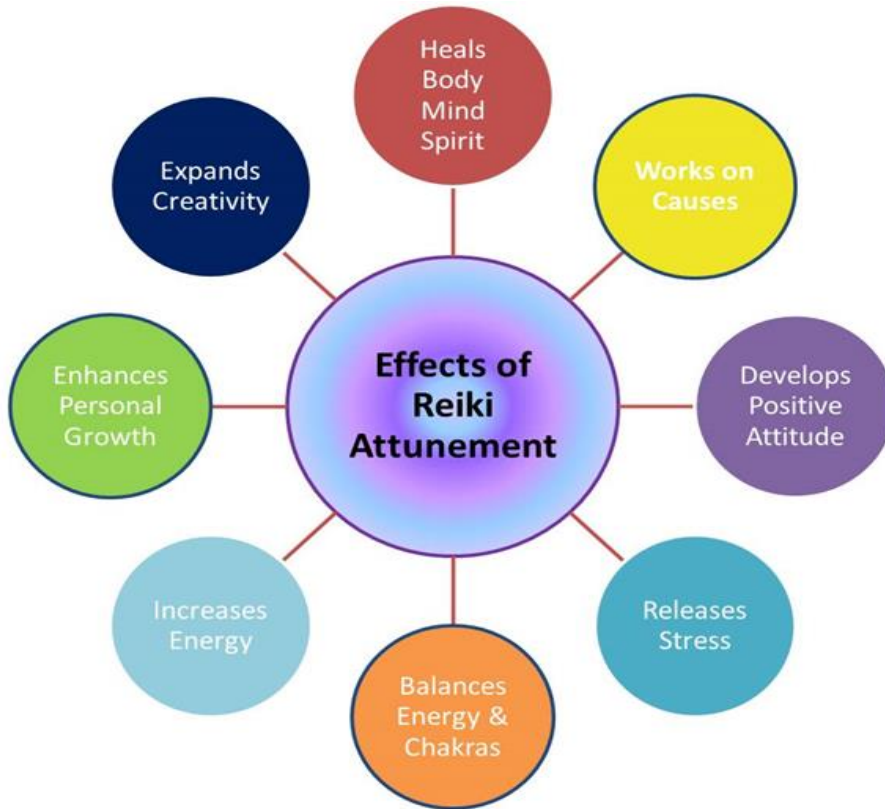
Earth energy (the hara) in Reiki healing means that we use our universe and our environments as tools for healing and grounding. Earth energy is the energetic basis of the triangle of the Reiki system, it is safe to say that this part of the system must always be balanced and healed.

b. Heavenly Energy

Heavenly energy or spirit energy connects you to your intuition or psychic abilities. It is through these abilities that you may see colours and auras. This type of energy is essential for you to keep balanced so that you will be able to see anything beyond just the immediate. The immediate is this physical world. Maintaining balanced heavenly energy means that you will be able to listen to your intuition.

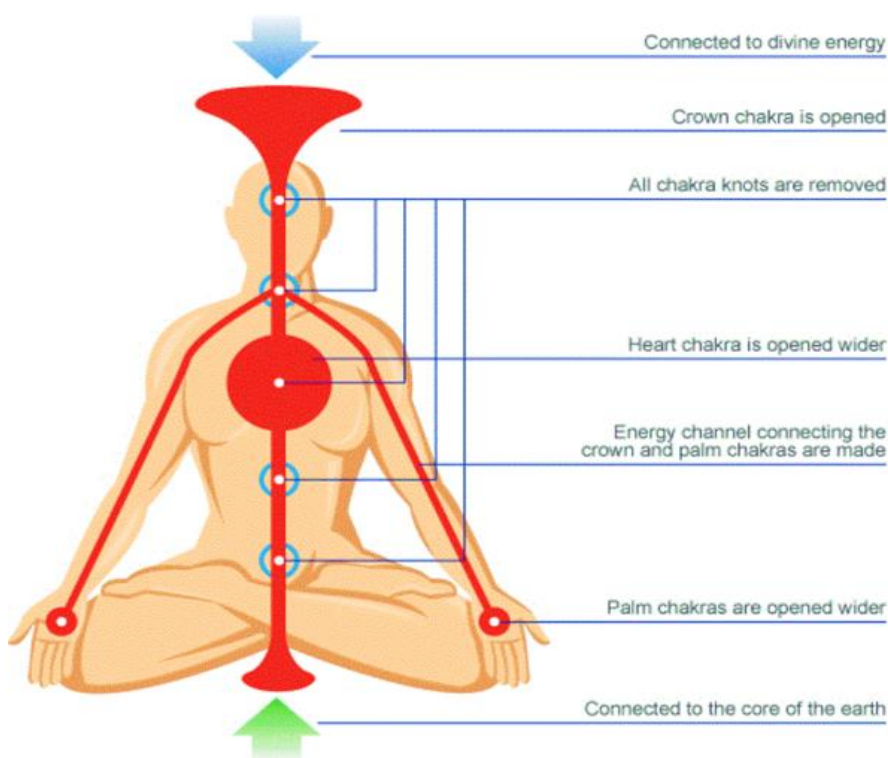
c. Heart Energy

The emotions you experience, both empathetically and personally, are what connect you to your heart's energy. In this center, you learn your life's purpose and what you were created or put here to do and become. In other words, the heart energy is everything that you have experienced from childhood to adulthood and back again.



Source:

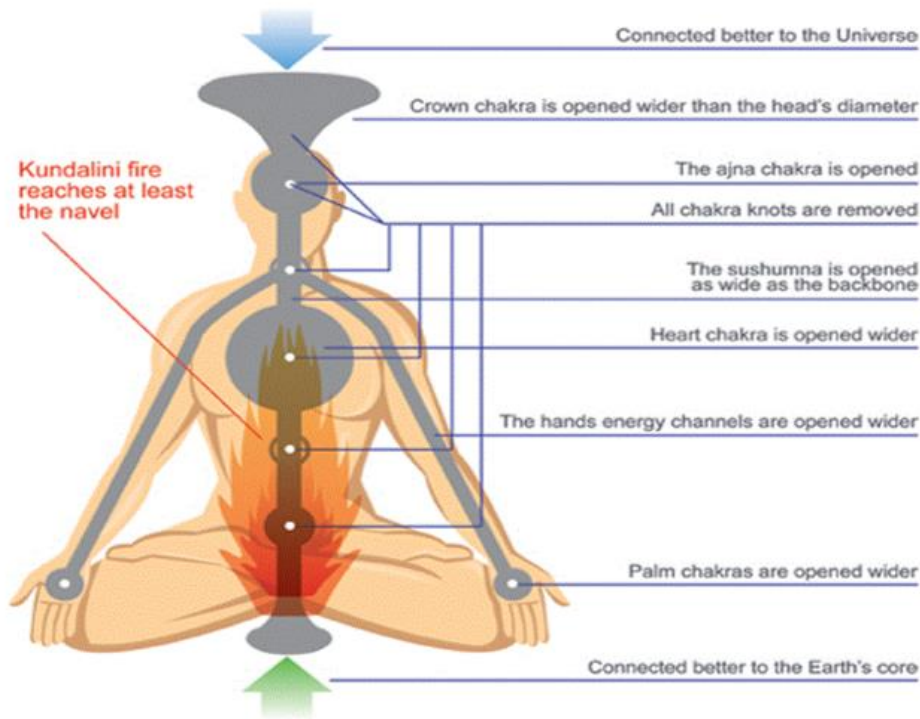
<https://enlightenedconcepts.com/reiki-attunements/>



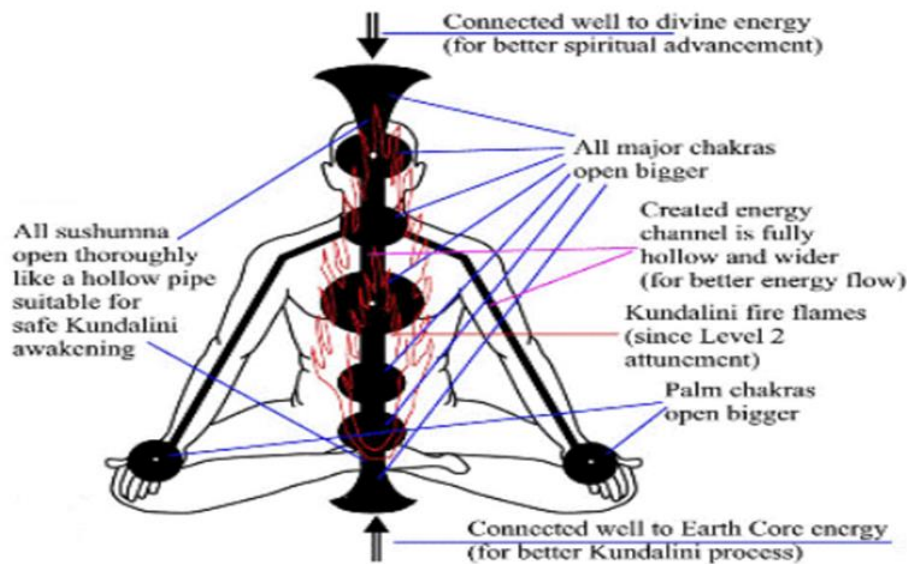
Reiki Attunement - Level 1

Source:

<https://www.willowmoondsm.com/reiki-attunements>



Reiki Attunement - Level 2
Source:
<https://www.willowmoondsm.com/reiki-attunements>



Reiki Master Attunement - Level 3
Source:
<https://www.willowmoondsm.com/reiki-attunements>

Degrees and Initiations

Usually, Reiki has 3 degrees. In the first degree, four of the energy centers are reawakened and attenuated. Energy centers are spiritual centers of an individual and the heart act as a bridge between physical and spiritual.

- The heart chakras:** Activation of this chakra allows to love unconditionally.
- The throat Chakra:** Once activated this chakra opens the path to your higher consciousness and helps an individual to build or established trust.
- The third eye chakra:** It is responsible for opening of your intuition.
- The Crown Chakra:** Once activated, the crown chakra allows an individual to receive unconditional vibration of the Reiki energy.

Center Finger Method

The founder of Reiki, Mikao Usui, taught this method to improve concentration during all Reiki meditations or healing practices.

- Before You Start.** Sit, lie down, or stand anywhere you would like. The place you go to do this concentration method is up to where you feel most comfortable, but it is pre-retired that it happens in an area with no other distractions. When you are ready, place your hands together with each part touching the opposing hand's parts (fingers to fingers, palms to palms).

b. **Preparation.** Close your eyes and find where your energy is placed or resting within your body. As you get better at Reiki healing, your energy should always spread throughout your body. Bring your focus to this energy and then imagine the energy coming all at once to your middle fingers. Keep this energy focused on the middle fingers during the whole process.

Giving Reiki Treatments

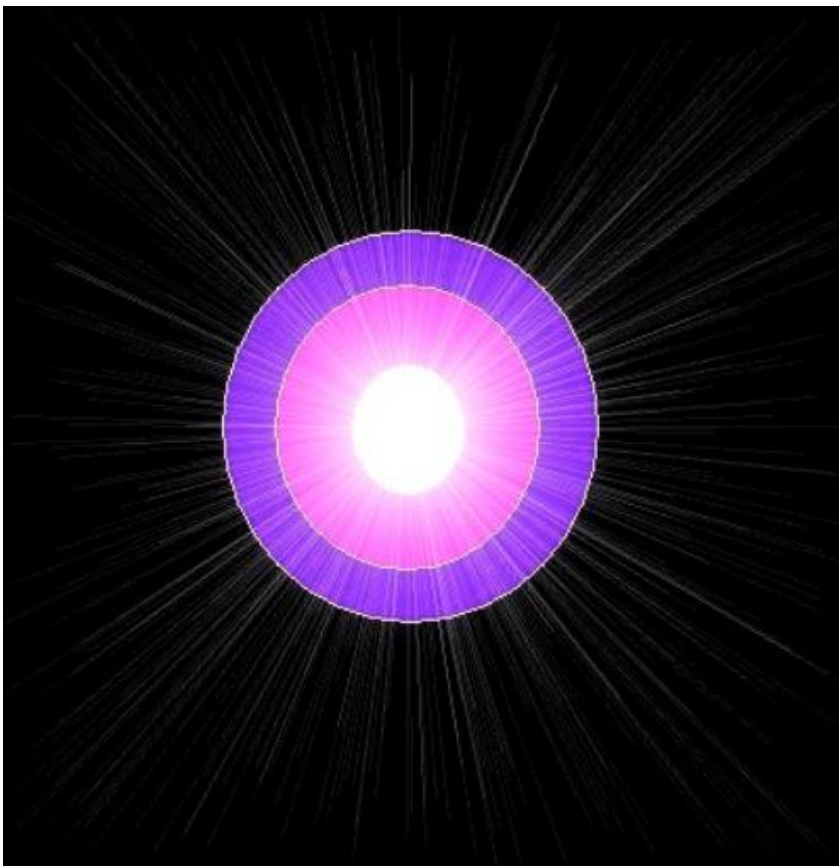
Reiki practitioner's place their hands on the animal and they all are agreed that healing energy flow by itself by doing this. After attunement, as much as Reiki as possible be given in the initial weeks. This process continues and refinement occurs with the sessions. As Reiki is an automatic process, therefore, healing energy will flow to the necessary. The attempts to force the process results in lessening the available power. The reason explained for why treatment does not drain the Reiki practitioners because the giver is a channel for energy to be given and not the source of healing. The Reiki treatment for one session lasts for about an hour during which the energy is communicated to the higher self of the recipient (Miles, 2008). The practitioner should ideally attempt to allow the flow of energy for about 3-5 minutes in each of the hand positions. The best results are achieved when the practitioner is calm and relaxed, becoming one with the energy.

Animal Reiki and the Practitioner

The term Animal Reiki protection describes the protection of animals, pets and endangered species. Animal Reiki protection helps an individual to build a connection with universal energies of the creative source for the healing and protection of animals. This attunement strengthens the abilities of animal to heal faster, allowing an individual's abilities to provide powerful protection to any animal to keep it safe and healthy. The symbol given in the Reiki attunement help people to connect with these energies quickly, so that they can be used easily and, in a hurry, when required.

a. Communicating With Your Pet

Everything is made up of energy. If you don't believe me, think about the invisible sensations or vibrations you get when your gut tells you to run. Upon meeting someone, you might know instantly whether they are easy to talk to or if you want to be closed off to them. People who struggle with mental illnesses such as anxiety, borderline personality disorder, PTSD, etc., might experience energy blockages that create mental illness. For example, when you think negatively, you will view the world as negative. When you think positively, the world and the Universe will reward you. Maybe you and your friend were talking about taking a road trip, and then later by yourself, you thought perhaps it's not the right time right now. Every animal-human relationship is different and unique in its way. So, is it possible to be able to understand and communicate with your pets? The answer is "Yes" the medium of telepathy and the pheromones which we shed while interacting with or pets are the main signals which animals pick.



Animal Protection Reiki Symbol
Source: Channeled and copyrighted
by Linda Colibert Sept. 2010-
(www.spiritlightreiki.com)

Pet or animal practitioner play a crucial role while using Reiki to heal an animal. The practitioner sets an intention to facilitate the healing process of the animal and also helps in the energy flow. Reiki creates a deep sense of healing and peace, providing an ideal condition for the self-healing of the animal under treatment. Shortly, Reiki practitioners don't play a role in direct healing of the animal, instead simply improve the self-healing abilities of the animal.

- For healthy animal, Reiki maintains their general health, increases relaxation, and emotional sense of peace and contentment.
- In ill animal, Reiki is considered a wonderful healing option as well as an alternate to Western Medicine, Chinese Medicine, and different other forms of healing in animal.
- Reiki is powerful but gentle option to provide comfort and relief from pain, fear, and anxiety, making the dying process easier. Reiki is highly effective in companion animals as it doesn't require physical contact

Reiki is not meant as a substitute for veterinary care, so *always consult your veterinarian about the best course of medical treatment for your animals*

Animal Chakras and Auras

The Chakras are the same as Humans and with about the same meanings. Like windmills spinning, these chakras spin within our bodies sending energy to every organ, cell, and drop of blood in our frame; they even fuel our thoughts and our emotions.

1st Chakra - Root/Base chakra found at the base of the spine is the Chakra of survival, our physical needs.

2nd Chakra - The sacral chakra located in the pelvis area, just below the belly button is the Chakra of Pleasure.

3rd Chakra - Solar Plexus chakra at the stomach slightly above the naval is the Social Chakra and that inner knowing or gut feeling.

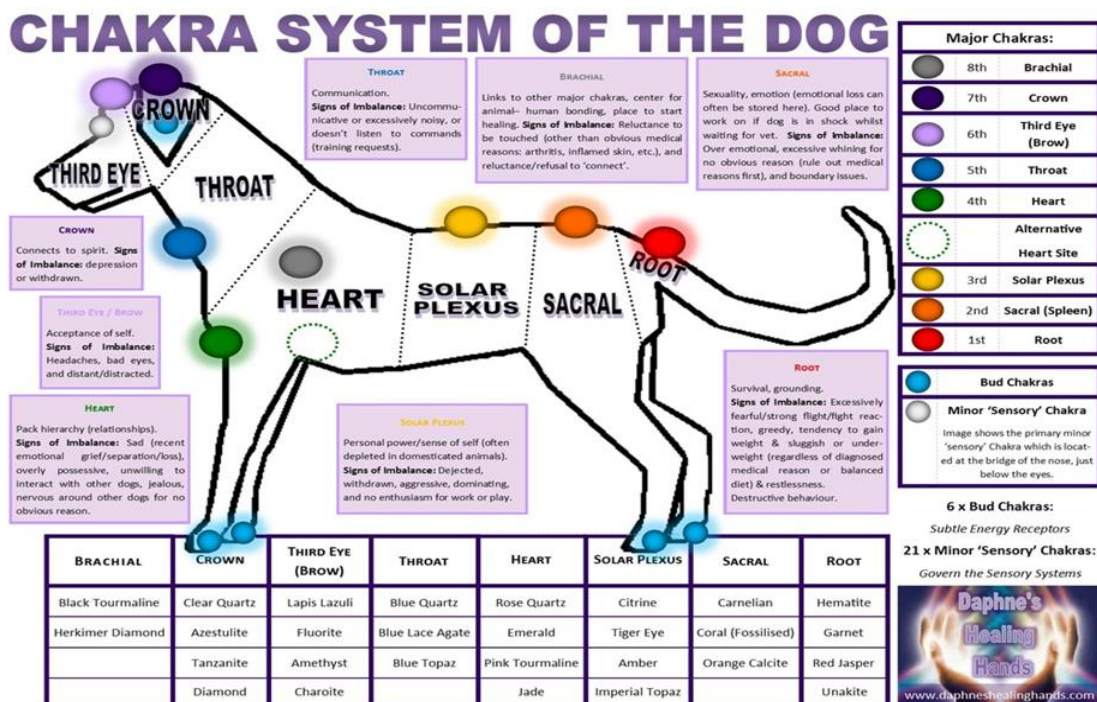
4th Chakra - The Heart chakra is the center of our entire Chakra system connecting the lower three physical and emotional centers with the three higher mental and spiritual centers, the Chakra of unconditional love.

5th Chakra - The Throat chakra is all about communicating and expressing ourselves.

6th Chakra - The Third eye chakra is located in the forehead between the eyebrows just above the bridge of the nose. It is the seat of our higher thoughts, reasoning, understanding, and decisions.

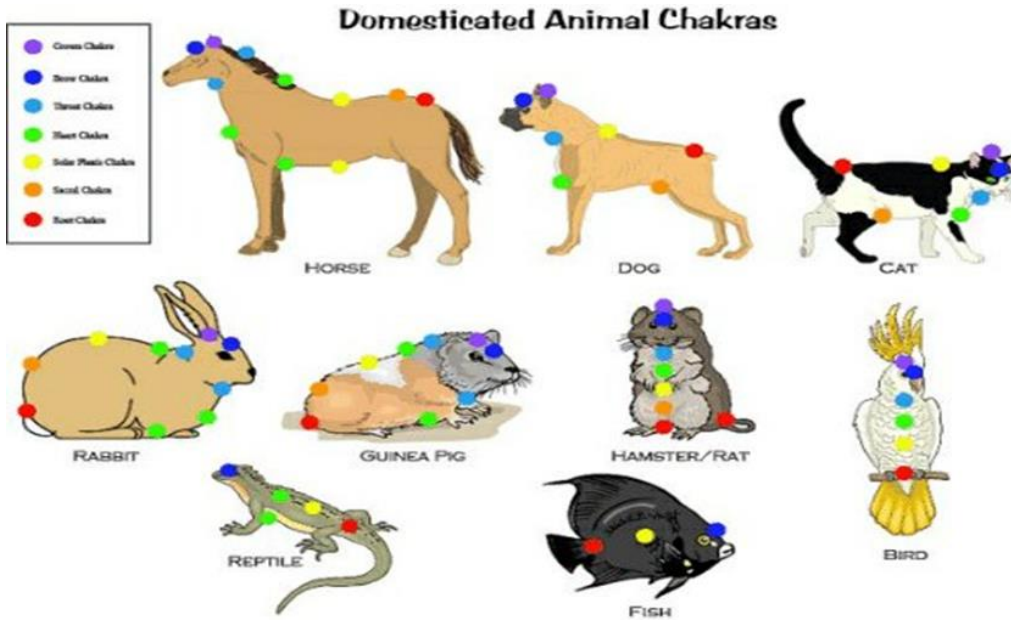
7th Chakra is known as the Crown chakra at the top of the head and is also called the seat of the soul and connection with our Higher Self and higher dimensions, realms, and spirit.

Each Chakra or energy center connects to certain organs and physical functions, when all are aligned and balanced, we realize health and wellness. Blocked and imbalanced Chakras disrupt the flow of energy resulting in illness, aches, and pains. The energy centers not only flow through the body but also radiate outside of the body as well. We see this radiation as layers of various colours, the Auric fields; seven Chakras, and seven layers in the Aura. The colours of these layers, their brilliance and intensity, reflect the conditions of our physical and mental self - each colour represents a different message.



Chakras System of the Dog

Source: <https://caninesofmind.com/services/animal-reiki/>



Source:
<https://www.quora.com/Do-animals-have-auras>

Chakra System of the Horse



Source:
<http://www.reikibycathy.co.uk/equine-chakra-chart>

The Difference between Reiki and Animal Reiki

The benefits of using Reiki Healing are not restricted to humans. The Reiki that is given to humans is precisely the same Reiki that is provided to creatures. The Universe has all types of animals that can go through sickness, anxiety, and grief. While we decide to apply the energy given by the Universe, animals are not very fortuitous. Humans can support other humans with Reiki healing by sending levels of energy to another if they are willingly accepting. Their systems are constructed to obtain communications of the mind that deal with emotions and discomfort. Animals only experience that they hurt and that they are doomed to experience. Meditation is the primary distinction in human and animal Reiki healing. You have to discover that relationship that makes an animal feel loved and cared for. Animals are exceedingly perceptive to energy. They can feel an array of emotions like stress, grief, worry, and suffering. Through Reiki healing, you can move inside a pet or animal and build an understanding of compassion and kindness. They will perceive this as a link. Once this individuality has been created, you can settle and soothe whatever ails a pet or animal through a metaphysical bond and trust. Connecting with pets can be a sympathetic means of displaying to them how much more satisfying their ways of life can be. These animals may not see the interpretation behind the movement, but it brings positive outcomes just the same.

Approaching Animals with Reiki

The approach of the practitioner is key when working with dogs and Reiki. Dogs appreciate being given control of the treatment: in other words, being allowed to say "yes" or "no" to the treatment as well as determining the way the treatment will unfold. This means the practitioner needs to follow a few basic rules to be successful in the treatment:

- Always take permission from the animal before approaching it with Reiki. Or at least set your intention to facilitate the healing process for the animal with an adequate amount of energy.

- b) At the beginning of the treatment, never start with the hand-on contact. Always allow the animal to contact you first, as some dogs are too sensitive to receive the energy provided by the human presence, finding the physical contact too uncomfortable.
- c) Always allow the animal to move freely in the treatment area. Pay a detailed attention to the signs or things that an animal wants to tell you. Licking of hands or coming forward for a pet are few important signs that show a willingness of animal to connect with the energy.
- d) Always approach animal with "passive" or "open" manner. "Offer energy in a non-incentive manner. For this purpose, your body language should match with this passive intention. For instance, always maintain a distance that an animal wants to keep and ensure a non-threatening pose.
- e) After you finish the treatment, always thank the dog for participating in the treatment.

Reiki for Sick Animals

As mentioned previously, Reiki healing is beneficial to all life forces on Earth. These life forces consist of plants, animals, humans, and any other living thing created on the planet. The reason Reiki is so beneficial is that it can be done on almost any animal. Ranging from farm animals such as horses and sheep or chickens to smaller animals such as mice, ferrets, and guinea pigs. Every animal in between like dogs, cats, tigers, reptiles, and monkeys can also benefit because it can be done from far away or up close and personal. Almost every animal on this planet operates on an energy wavelength that is sometimes difficult for people to wrap their minds around. Reiki will never harm your animal. It is the most natural aid in healing diseases like cancer and arthritis to solving mental issues such as behavioral problems and depression. It's the act in which you transfer energy from your- self drawing from the universe into your subject and through that process, Reiki will do most of the work. Reiki finds the problem, takes your energy and the energy surrounding you, and gives strength and wellness to the animal you are working on. The animal senses these invisible vibrations and can also choose for themselves how much for how long they want to take from you. Open the mind to the belief in this energy force. Hold the goal of compassion and healing behind the practice. If your pet or an animal you know or don't know is sick, injured, or a senior, Reiki is there to ease the transition toward what happens next. Essentially, Reiki brings peace, comfort, relaxation, emotional, mental healing, and reduced physical pain.

a. Reiki for Senior Animals

Senior animals struggle with walking around. That puppy that you first brought home is no longer bouncing with ex-excitement, or that kitten that you adopted thirteen years ago is no longer playful. You reminisce on so many memories and good times together but feel pain in your heart as you watch them become slower every day. They are on medication to help with their joints, and maybe you have had to buy stairs so they can lay with you on your furniture. The time is here; your pet is a senior. In this stage of their lives, it is essential to support them through the difficult time they are experiencing. Your mouse or ferret may not be able to speak verbally to you. Despite that, within everything you have learned thus far from Reiki, you already know what they are thinking and feeling. Reiki therapy is so helpful for these aging horses and elderly sheep. Whatever pet you have, it is now the best time to welcome Reiki into your lives. Here is why:

b. Pain Relief

When we are children, we experience growing pains or restless leg syndrome. When we become teenagers, we may suffer from headaches or back pain. As we age into adults, we can experience neck-aches, joint problems, arthritis, etc. Finally, as an elder, it is more than likely we need to take pills like Tylenol or muscle relaxers to escape our body pain. Something which radiates through us all the time. Our animals go through these same stages of emotions throughout their lives. The most significant difference is that they cannot tell us what is wrong unless we tap into the communication between humans and animals. Reiki helps injuries from aching bones heal faster. Just as cortisol hormones rise in us when we feel stressed, it does the same for our senior animals. Animals can become stressed when they cannot perform for us as they once did. Reiki has proven to change these stress-induced hormones for an amount of time to relax and bring peace of mind to our senior pets. To help our senior animals, we need to Reiki transfer healing energy to them daily. *Again, whatever treatments the vet has prescribed should never be replaced by Reiki.* Reiki aids in helping them feel comfortable. With Reiki, they can feel more relaxed.

c. Emotional Well-Being

The older we become, the more at risk we become for Alzheimer's and dementia. We may become very forgetful or even confused. Our emotions become higher, and our bodies become slower. So, if this happens to us, can you imagine what your senior animal is going through? Have you noticed your dog bumps into things due to blindness? Maybe you have seen your cat walk into the kitchen but stand there dazed because of forgetfulness. Reiki helps with emotional well-being by giving your pet a sense of deep peace and relaxation, which promotes focus and concentration. To know whether or not Reiki is working, there are a few clear signs. These signs might include your pet lying down in front of you to gain your healing energy. Or, they may breathe out a sigh of relief while in the session.

d. Fear Reduction

Fear comes with age due to the ageing brain. Things you may not have feared before may become a intense emotion for you now. For example, when you are an adolescent, you may enjoy going to an amusement park and being in a large group of crowds for the excitement and thrill of everything you are experiencing. Pets may fear car rides but loved them before. They may fear meeting other animals, but they had the patience for it earlier. They may jump at loud noises, whereas before it never seemed to bother them. Being fearful of these things can lead to heightened levels of anxiety, Reiki helps reverse these types of blockages and leaves your senior pet feeling relaxed. Just in case they do need to meet another animal or go for a car ride to the Vet.

e. Dying

Almost all humans fear the unknown. We fear what we cannot control and part of that fear, as we become elderly, is death. Is it time for your feline friend canine companion, or rodent playmate to pass on? You may know it's time for them to go, but they may be holding on a little longer for your sake. Death brings sadness and grief. However, death also brings new beginnings and learning experiences. Reiki helps your animal feel better about passing away, mainly when you perform the Reiki. Reiki can help them feel at peace with the idea of moving on. Reiki offers grounding and serenity to their mind and body so that it is easier for them to let go. Not only has Reiki proven to be helpful in the passing away process for your animals, but it has also shown to give you some closure as well. Yes, you may feel sad and upset that your best friend is gone. But with using Reiki healing for yourself and through the process, you can come to terms with it leaving you with a sense of enlightenment.

f. Reiki for Injured Animals

When it comes to spiritual healing or any type of healing, Reiki can be looked at as a form of acupuncture, acupressure, and chiropractic services. Reiki was developed out of what's called 'Qigong,' a parent of Tai Chi, and has become a wellness technique for both animal and human health and growth. This system uses the body's energetic system revolving around the Chakras. This revolving area is also called the meridian system. Instead of using needles or hot rocks on the body, Reiki stimulates the flow of energy (Ki) in the body through different hand gestures using the flow of one's energy to transfer into their subject. Anyone who experiences Reiki has said or shown that it is incredibly relaxing, bringing the patient (animal and human) to another level of meditation through the guidance and support of the practitioner. The patients benefit from Reiki because it doesn't matter whether they are ill, weak, sore, mentally ill, or emotionally unwell. Reiki is a non-harmful exercise in developing growth wellness in an individual. Through the gentle gestures of the Reiki practice, the body is guided to recover whatever energy imbalance it may be suffering from. It helps the animal absorb their vitamins through food while increasing their appetite if it is lost. It also helps them feel more comfortable before, during, and after a procedure like surgery or chemotherapy for cancer. If we take Reiki out of the equation and just rely on facts around science and research, people who are calmer and more relaxed can get through conflict in relationships, develop a more profound sense of inner peace, and make it through past trauma easier. Animals are just as equal to humans in the sense that they experience and go through changes and challenges as we do. The practice of Reiki, which essentially is a relaxation aid, opens the minds of your subjects to cure and help with the internal growth of injury or other imbalances through the energetic system.

Conclusion

The system of Reiki consists of the heart, heavenly divine, and earth energy. Since the Reiki is a safe, non-invasive practice, it is so quickly developed and learned by anyone open to the idea of it. Reiki helps in all aspects of your life. It can improve the lives of your patients or pets too. The process of Reiki is something anyone can learn and something you can learn fairly swiftly, especially for animals. Reiki allows us to perform at a level where our positive energy flows freely. Many people who have been through a Reiki healing session, describe the experience as tranquil, calming, and enlightening. Some say that their experience felt more like an emotional realignment. The same effects happen to animals through an animal Reiki healing session. Some practitioners in Reiki train for years to understand the energy and how to navigate delicate and subtle energy which shifts within themselves and their participants, where instead of realigning your bones and muscle's tension, you are realigning your emotive energy to create a balance so that you can live happily and make other living beings, including animals. With that said, remember that Reiki should not be an alternative to veterinarian medical care, but seen instead as an aid in the diagnosis to recovery.

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