

Reiki For Animals – *A Gentle Way to Help and Heal*

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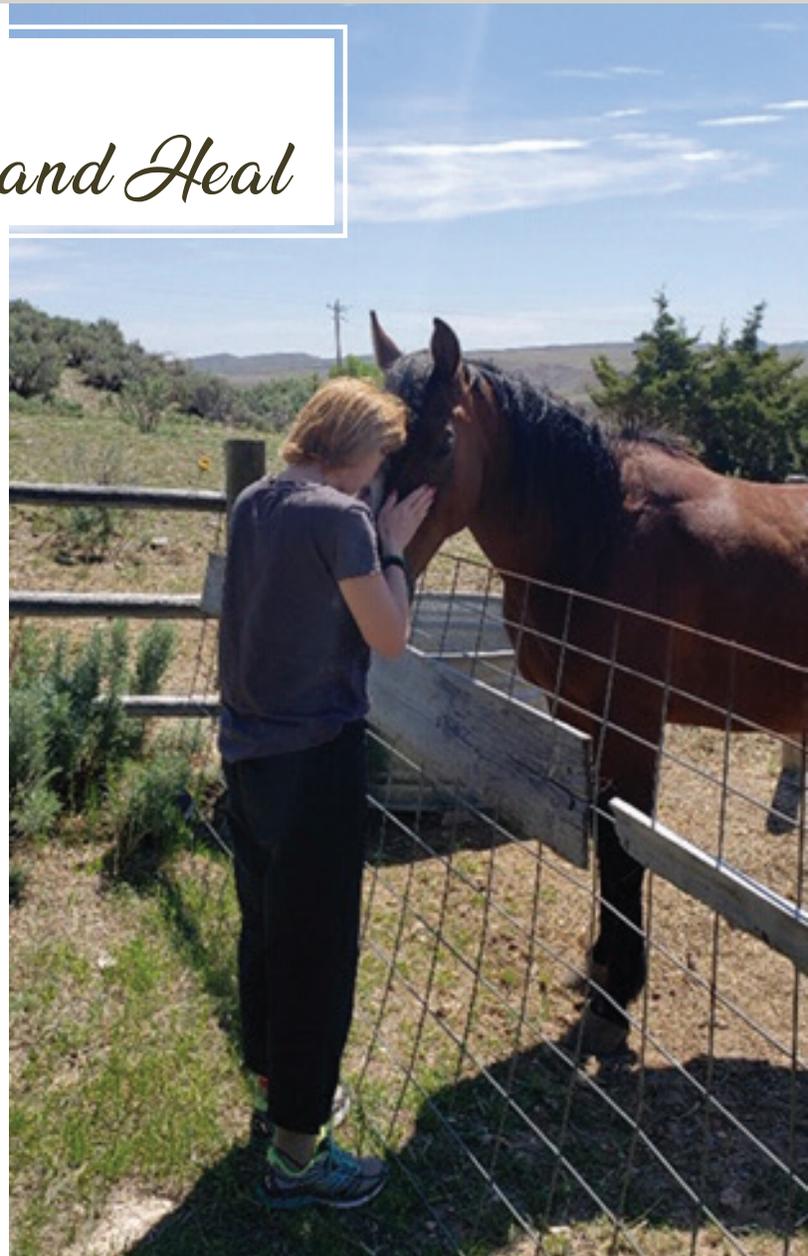
Reiki is a holistic healing method of working with energy. It is non-invasive and holds no religious attachments. Reiki originally came from Japan, founded by Mikao Usui and the technique taught is about working on oneself, as well as a system that you can use for self-healing, self-development and spiritual development. The practice of Reiki involves energy traveling through the hands of a practitioner, through the subject's energy pathways and centers, then through the whole body.

Reiki can be used on humans and on animals. It is ideal for animals as it is gentle, non-invasive and the practice never harms the animal. It corrects the energy imbalances in an animal's body and can even be conducted from a distance. Animals are very sensitive to energy and horses especially can detect energy from a great distance away.

Reiki was really introduced to the West the 1970s. It is now being classed as a complementary therapy. Many veterinarians are encouraging the possibilities of Reiki by adding it in conjunction with conventional medicine. It can aid in a speedier recovery and can save an owner on costs and anxiety.

The therapy of healing by using the hands as a channel for energy into the spirit of a person or animal is the oldest form of medicine and goes back to the beginning of time. This type of healing is older even than the use of plants and herbs, which are the forerunners of modern medicine. Within every living being there lies the life force or essence of the body – the spirit. It is vibrant. An oscillating field of energy and healing aims to direct a positive flow to this life force and by doing this, releases negative energy within the body.

Conducting a Reiki session on animals is like a mindfulness meditation practiced with the animal. Animal Reiki meditation is taught as a state of mind with flexible physical forms. Touch is used only when the animal seeks it out. I believe in letting the animal lead and directing me to what they need. Reiki is never forced onto an animal. This method acknowledges and honors each animal as a spiritual teacher and healer in his or her right. Compassion is the ultimate healer, and this is a powerful space that Animal Reiki facilitates.



Having an Animal Reiki session done with your animal can assist with:

- Strengthen an animal's immune system before cancer treatment
- Speed healing after sickness, injury or surgery
- Promotes relaxation and can reduce stress to solve behavioral problems
- Relieves pain, shock
- Provides comfort for terminally ill pets as well as owners
- Enhances the pet's overall well-being
- Increases the pet owner's bond
- Helps assist with grief, loss, change of circumstances
- Abuse, rough handling, mental and physical cruelty
- Misunderstanding, wanting to communicate frustration

I invite you to walk with me on this amazing journey of healing transformation for your heart and the heart of your animals.

Kimberly Fisher is a Reiki Master, Teacher, Reiki for Animal's Practitioner, Ayurvedic Energy Healing Practitioner, Medicinal Aromatherapist, Certified Teacher of Muna Ki-Rites, Health Coach and uses the plant's ancient wisdom to help in everyday life. She brings years of experience and thousands of hours of working with clients. Kimberly sees clients at Lokahi Wellness at 2610 Big Horn Avenue, Cody. earthlyinsights@gmail.com

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