

The Reiki Dojo Newsletter

Reiki and Animal Communication with Kate Jones, Reiki Master

Helping you to be confident and supported in your Reiki practise

Article June 2008

The Love of our animals

I'd like to thank all of you who sent messages of condolence about our dear cat Chi. I see that many of you also had loving friends of the furry kind who came for a while to share your lives, who you also miss.



was then allowing the Reiki to go deeply into the troubled areas of his mind/emotions/spirit to heal the past trauma. Then suddenly he would come to with a twitch of his head and look at me curiously as if to say: "How did you do that?".

I so often give thanks for the animals who share our lives and surround us - the cats and dogs, horses and sheep (there are still lambs on our hill at present, making lots of noise!), birds large and small. Our world would certainly be a much less interesting place without them!

When I am teaching Reiki I encourage my students to offer Reiki to their animals and often hear reports of how much the pets enjoy receiving it. I think animals are the ultimate test that Reiki is not some figment of our imagination: you can't MAKE a cat or dog melt like ice cream in the way they do when they receive Reiki! You can't convince a horse that when you put your hands on them, what you are doing is relaxing and calming. They let go and doze because they feel Reiki and its effects, just as we do.

Of course not all animals respond in this way! I treated a troubled stallion called Billy, who would often move away or even threaten to kick as I offered him Reiki. But as I gently offered again, he would eventually give permission and let me rest my hands on the trouble spot for several minutes. Then, often, he would doze - his eyes half closed, head drooping, one hoof resting, his lips twitching. I always felt that he

Over time it was possible to see a change in him: he began to be more himself and dare to allow his emotions to be felt. He was able to listen better to what was being asked of him and was less terrified in the situations that used to make him rigid with fear. As a result he did very well in his career as a driving pony and won prizes, much to the delight of his owner. The delight for me was in seeing this lovely creature become more confident and free from fear.

It is good to know that we can help our own animals and those of our friends and family if they are sick or injured (of course they need to see a vet too). But, as with ourselves, it is also lovely to be able to share Reiki with our pets even when they are not ill. It helps to create a bond and is a way of communicating that goes beyond words and that they understand. There is no question in their minds (as far as I can tell) that when you give them Reiki, you are giving them love and there is no question in our minds that they return it.

Please contact me if you have any questions or comments.

Phone: 01584 890284 e-mail: kate@thereikidojo.co.uk, website: www.thereikidojo.co.uk

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