Bringing Reiki to Shelter Animals



Presented by: Ann Noyce, Animal Reiki Teacher



Topics of Discussion

- Who is SARA?
 - SARA's Purpose
 - SARA's Members
- Introduction to Reiki
- Reiki for Animals
 - Benefits of Reiki for Animals
 - Reiki Is the Ideal Therapy for Shelter Animals
 - Guidelines for Approaching Animals with Reiki
- Guidelines for Approaching
- Animal Reiki Practitioners
 - Do's and Don'ts
 - Code of Ethics
- Meditation



Who is SARA?



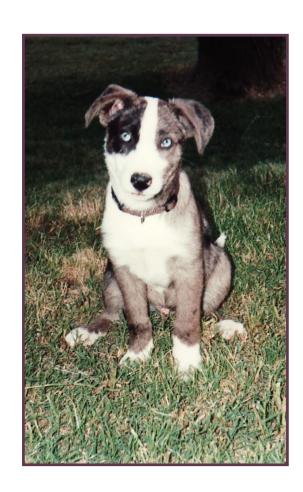
Founded:

- May 2008
- Directors: Kathleen Prasad and Leah D'Ambrosio



Who is SARA?

- SARA is dedicated to the memory of **Dakota Prasad**, rescued from Sacramento County Animal Control in 1992.
- Dakota spent 16 and 1/2 years at SARA Director Kathleen Prasad's side, and was her very first Animal Reiki teacher.





SARA's Purpose

SARA is an international organization that:

Promotes a standardized, ethical approach for offering Reiki to animals in shelters, sanctuaries and rescues for their relaxation, stress-relief and healing.





SARA's Purpose

Educates others about the benefits of Reiki for animals in need and their human caretakers.





SARA's Purpose

Is pioneering the use of treatment documentation to show Reiki's effects for educational and research purposes.





SARA Members

Practitioner/Teachers

- Volunteer Reiki at shelters, sanctuaries and rescues.
- Teach Animal Reiki to interested staff, volunteers and public.

Practitioners

 Volunteer Reiki at shelters, sanctuaries and rescues.

Animal Organizations

- Support Reiki for the animals in their care.
- Offer Animal Reiki programs.





SARA Members

Members in SARA includes:

- 25 Teacher members and 33 Practitioner members across the United States, Canada and England.
- 27 shelter members across the United States and England.





Shelter Animal Reiki Association

Introduction to Reiki



Introduction to Reiki

What is Reiki?

- Japanese system of energy healing.
- The word Reiki comes from two Japanese kanji:
 - Rei = Spirit
 - Ki Energy

It is usually translated in English to mean "Spiritual Energy".





Introduction to Reiki

- The System of Reiki
- Mikao Usui founder
 - **1865-1926**
- Five elements of Reiki:
 - Precepts
 - Meditations
 - Healing Treatments
 - Symbols & Mantras
 - Reiju



Mikao Usui

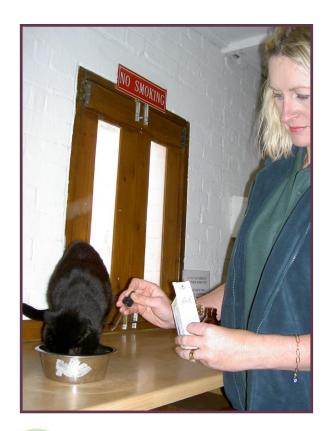


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Benefits of Reiki for Animals



Reiki complements conventional & holistic modalities.





Reiki induces deep relaxation and stress-relief.





Reiki helps with behavior issues and aggression.







Reiki helps with physical issues:

- Reduces pain & inflammation.
- Speeds healing.





Reiki helps mental/emotional healing.

Helps abused animals heal from past mental/physical trauma.





Reiki helps with spiritual healing (supports the death and dying process).





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Reiki is the Ideal Therapy for Shelter Animals



Reiki is gentle, noninvasive, painless, and stress-free.





Reiki goes to the issues that need it most, even when unknown to the practitioner.





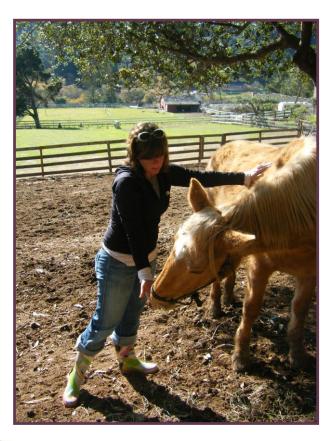
Reiki can be done hands-off:

- Gives animal control of the session.
- Perfect for dangerous animals.





Reiki can do no harm to either recipient or practitioner.





Reiki can...

- Maintain health through balance and relaxation;
- Support healing of illnesses, injuries, emotional and behavioral issues; and
- Ease the transition between life and death.





Reiki helps get them ready for their forever home.





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Guidelines for Approaching Animals with Reiki



Guidelines for Approaching Animals with Reiki

The approach is key when working with animals and Reiki:

- Ground and center yourself and connect to the energy.
- Ask permission of the animal/set intention.
- Allow the animal to move freely in the treatment space.
 - It is best not to initiate hands-on contact with animals.
 - Allow the animal to be the one to initiate contact.
- Animals appreciate a passive and open approach.
- "Offer" energy to the animal rather than "beam" or "send" energy to animal or a specific issue we "think" needs healing.
- Let go of expectations about how the animal should behave during treatment.
- Thank the animal for his participation.



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Animal Reiki Practitioners



Animal Reiki Practitioners

Animal Reiki practitioners...

Do:

- Create a space of energetic balance (through intention and Reiki techniques) which supports the animal's ability to self-heal, rebalance and regain harmony on all levels.
- Allow the animal to control the treatment.

Do not:

- Diagnose.
- Interfere with veterinary treatment recommendations.
- Replace other therapies or training needs
- Control where the energy goes or what it does.



Animal Reiki Practitioners

Animal Reiki Practitioner Code of Ethics



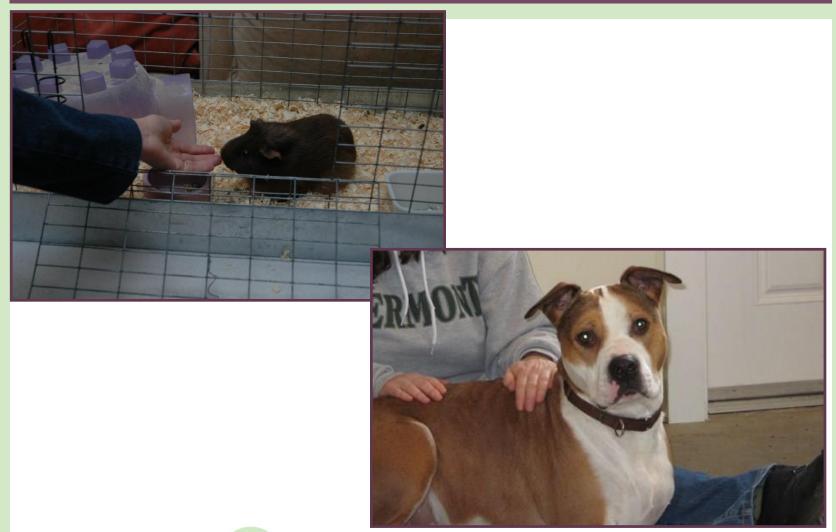


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Meditation

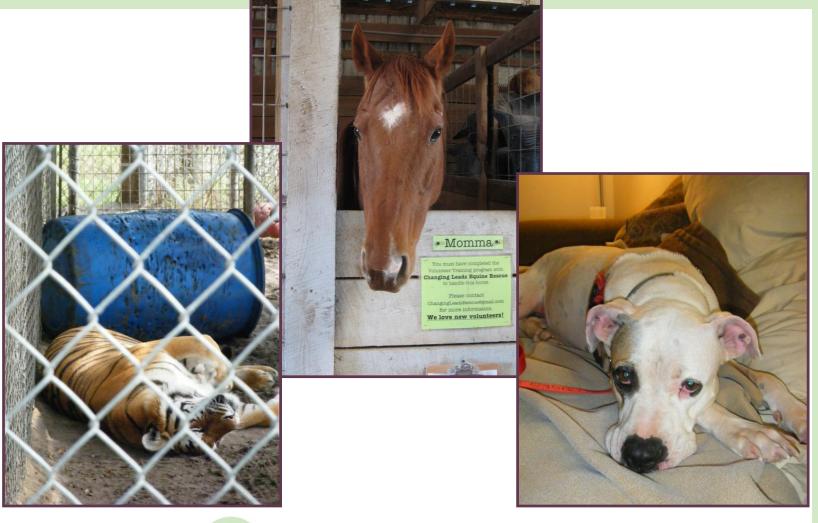


Animals Helped with Reiki



reiki to the rescue.

Animals Helped with Reiki





Animals Helped with Reiki



