

# Bringing Reiki to Shelter Animals

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**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?

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## **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

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## 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

Shelter Animal Reiki Association

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# Benefits of Reiki for Animals



# Benefits of Reiki for Animals

Reiki complements conventional & holistic modalities.



# Benefits of Reiki for Animals

Reiki induces deep relaxation and stress-relief.



# Benefits of Reiki for Animals

Reiki helps with behavior issues and aggression.





# Benefits of Reiki for Animals

Reiki helps with physical issues:

- Reduces pain & inflammation.
- Speeds healing.



# Benefits of Reiki for Animals

Reiki helps mental/emotional healing.

- Helps abused animals heal from past mental/physical trauma.



# Benefits of Reiki for Animals

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 the Ideal Therapy for Shelter Animals

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



# Reiki is the Ideal Therapy for Shelter Animals

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



# Reiki is the Ideal Therapy for Shelter Animals

Reiki can be done hands-off:

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



# Reiki is the Ideal Therapy for Shelter Animals

Reiki can do no harm to either recipient or practitioner.





# Reiki is the Ideal Therapy for Shelter Animals

## 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 is the Ideal Therapy for Shelter Animals

Reiki helps get them ready for their forever home.



## **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



# Animals Helped with Reiki



# Animals Helped with Reiki

