



Photo by Indigo Prasad

Be Reiki with Animals

BY KATHLEEN PRASAD

WHAT DOES IT MEAN to *be* Reiki with animals? In this article, I'll explore a bit of my thinking on this matter.

To be or not to be, that is the question.

—SHAKESPEARE

According to The Merriam-Webster Dictionary, to “be” means to exist, live and breathe. “Live and breathe” also means “to be wholly devoted to.” We can also say that to “breathe easy” is to enjoy relief and to “live” is to exhibit enthusiasm. According to the old English and Germanic origins of the word “be,” we find roots of the words “develop,” “expand” and “change.” Throughout time it has been understood that our state of being is never static but always growing. Throughout the ages, questions about *being* have been the ultimate questions, and what it means to *be* can be elusive.

Human society places value on and gives rewards for doing not being, so it's no wonder that in our lives there is little time for stillness, reflection and contemplation of being, all of which cultivate peacefulness and healing.

Being Reiki with animals could be simply devoting ourselves wholeheartedly to the expansive, changeable nature of this very moment. In other words, it's about uncovering the healing power of presence.

Do or do not. There is no try.

—YODA

According to The Merriam-Webster Dictionary, to “do” means to perform or execute, bring about or effect, to bring into existence, or to be engaged in the study or practice of, to work at as a vocation. Overall, *doing* is much more familiar and concrete of a concept. For example, many of us love to *do* Reiki.

You can view *doing* Reiki with animals as practicing with the tools of the system of Reiki with an intent to support animals.

How does our Animal Reiki practice intersect our *being* and *doing*?

Human culture demands we be super-productive and multi-tasking, so much so, that it causes our thoughts and energy to scatter in many directions. We perform and create; we study,

practice and work. Busy, busy, busy! Human society places value on and gives rewards for *doing* not *being*, so it's no wonder that in our lives there is little time for stillness, reflection and contemplation of *being*, all of which cultivate peacefulness and healing. This situation of doing is where the power of our Animal Reiki meditation shines! Animal Reiki meditation practice can bring *being* into our day of *doing* in a conscious way that will transform and heal your life and the lives of the animals you love.

Practicing Animal Reiki meditations is a way to practice being in the presence of our animals consciously. We begin to remember the beauty of just this breath, this moment of existence. We start to remember what it's like to stop multitasking and for once, be devoted to our life at this moment. Even just a brief experience of this during our Animal Reiki meditations will bring immense relief to our stressed minds and ignite a new enthusiasm for life! Our animals will gravitate to our renewed

sense of energetic wholeness and balance. The healing from our newly discovered practice of *being* will not end with us but begin to ripple out into many other areas of our lives, bringing with it the gifts of gratitude, peace and compassion and more.

Being Reiki with animals helps us practice holding a space of gratitude, peace and compassion without the need to “do” or “fix” for a change! In so doing it also becomes much easier to notice and appreciate the depth of healing and life wisdom that our animals must share with us. Many gifts of *being* that are often elusive to us, such as savoring the moment, loving unconditionally and finding joy in insignificant things—these are virtues that our animals easily model for us every day. Most of the time we're too scattered and preoccupied to notice. By practicing Animal Reiki with our animals, we'll reawaken this awareness and, in this way, deepen our bond with our animal teachers.

How can *being* Reiki with our animals support a positive future? Mahatma Gandhi said, “The future depends on what we do in the present.” The more present we are in each moment, the better choices we can make in our *doing* which will help us to determine who we “are” both now and in our future. The par-

adox is that although being present in this moment affects our future if we focus on that future, we lose the present moment!

If we're present in this moment, does that mean our past and future have no place in our consciousness? If we genuinely want to heal, we shouldn't suppress wounds of the past or neglect planning for the future. Moreover, if we look deeply with our hearts, as our Animal Reiki meditations allow us to do, we'll realize that great healing possibility—for past, present and future—exists at this moment. If there is something from our past that we need to heal, what better way to heal it than through presence and *being* in each moment of that healing, as we process and release layers of sadness, grief, trauma and so on. How beautiful for us to be able to *be* Reiki—hold a space of open-hearted compassion, without anger and worry—for our animals as they walk the path of healing. In the same vein, if there is something that inspires you or that you dream of for your future, what better way to walk towards your goal than being truly present in each moment of the journey.

Being Reiki with our animals helps us discover how the qualities that we radiate affect our possibilities for a healthy, compassionate life. The space we choose—scattered and stressed or peaceful and compassionate—will also affect the health and well-being of our animals. Every moment we exist presents us with a new choice for our thoughts and actions. The Reiki precepts can guide us in both *being* and *doing*. If we are angry and worried, our thoughts and actions will reflect this and ripple out into our world. If we are grateful, honest and compassionate, the same is also true. The Reiki precepts show us how what we *do* affects who we *are*, and how who we *are* on the inside will affect what we *do* on the outside. When we realize how connected our thoughts and actions are to each other, it can completely transform the quality of our *being* and *doing*.

Remember that just as what you do creates who you are and what you can become, your quality of *being* and presence in each moment of your life will be reflected in all that you accomplish. It is in the moment of pure *being* that we find our most significant power of *doing*; in this space, we can heal our past, embrace our present and create the future. Even more, it's in this pure space of *being* that we rediscover our most profound healing power. In a nutshell, to *be* Reiki with our animals, is to focus our *doing* on just *being* with them. Celebrate this breath, this moment and the infinite healing possibility that exists within it. For the healing of yourself, the animals and the planet, do *be* Reiki with animals.

Practice to Try: Being Reiki with Your Animals

Find a comfortable position to sit or stand near your animals. Set your intent to share the healing space with your animals, as much as they are comfortable. Ask them to lead the way in the healing. Your eyes may be closed, or open with a soft gaze.

Placing your hands into the *Gassho* position, palms together in front of your heart, recite the Reiki precepts:

Today only
Do not anger
Do not worry
Be grateful
Work diligently
Be kind to others

Now take five deep Reiki breaths. See your breath as a beautiful, healing light. Breathe into your lower belly, filling your body with this light. Breathe out and imagine this light can expand into space all around you. Imagine that your animals can step into and out of this space as they wish. Repeat this breath for several minutes. Notice how your animal(s) respond as your energy calms, centers and radiates.

Thank your animal(s) for connecting with you in this beautiful space. Finish by again reciting the precepts.

Today only
Do not anger
Do not worry
Be grateful
Work diligently
Be kind to others

This practice is excellent to do at the beginning and end of each day. It's also a powerful way to stay present in difficult moments. ❁❁



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