



World Animal Reiki Day 2021

ORGANIZING AN EVENT

Due to the pandemic, we're asking people to take their WARD celebrations online this year and help us celebrate the animals of the world. Create your celebrations on and around our special date: Feb. 5, 2021.

There are many ways you can celebrate. You can be creative and try making online contests or meetups. We also encourage you to create a guided online Animal Reiki meditation (make it short – 15 min or so), dedicated to and inviting these animals (and their people and/or caretakers, when appropriate) to share peace, compassion and love:

Possible Reiki meditations to focus on:

- the precepts
- hara breathing
- hatsurei ho
- any of the meditations in any of Kathleen's books, etc.

There are many ways to bring in the subject of your meditation. For fun and to create interest from animal lovers, you might want to narrow your focus to specific animals:

- domesticated animals (all, or choose a species)
- wild animals (all, or choose a species)



- animals used in food production
- animals who find themselves hunted
- animals who lose their lives in the name of science and research
- animals dwelling in zoos and wildlife parks
- animals safe in loving homes
- animals rescued and waiting for their forever family in shelters
- animals in sanctuaries
- animals facing physical challenges (illness, injury or chronic issues)
- animals facing emotional challenges (chronic or acute)
- animal babies newly born on this earth
- healthy animals in the prime of life
- senior animals
- animals ready to cross the rainbow bridge

Share your event through SARA: We would love to promote your event through our website, Facebook and newsletter. To be included please do the following:

1. Create a graphic on canva.com using an engaging image. (If you don't have one of your own, you can get a stock photo from a free site such as unsplash.com.)
 - a. Be sure to add the title, date and time on the graphic and a short description about your event. Include a link to register or a contact email for people who are interested.



Let Animals Lead®

2. Submit a description of your event - Title, date, time and registration information to us along with a photo.
3. **In order to be included in our SARA advertising, be sure to follow all these instructions and please send us for posting to chasemrader@gmail.com.**

Let's make this year's World Animal Reiki Day the best ever! We encourage you to join other members' meditations too!

https://www.youtube.com/watch?v=8LwKAIYKuOk&feature=emb_logo

BONUS: If you decide to create an online meeting where you lead a meditation, we have created a suggested outline:

1. Introduce yourself and your background briefly, including your membership in SARA.
2. Share why the Let Animals Lead® method of Animal Reiki is important in your practice.
3. Introduce WARD and explain its purpose and importance as a way to honor animals as our teachers and healers.
4. Lead the meditation – focusing on the open intention and allowing animals to step into or out of the space. Don't forget to invite the people too!
5. **Conclude your meditation this final part of the WARD prayer:**

For all animals on this earth ...

May your body be comfortable, safe and well

May your mind be happy, peaceful and radiant like the sky

May your spirit be in harmony, balance and unity with the universe



Let Animals Lead

May you be respected, cherished, liberated and free

And to all humans on this earth...

May you be embraced with wellbeing and harmony.

May you walk the path of grace, gentleness and compassion for all

May your minds awaken in gratitude for the healing gifts of the animals

May your hearts radiate with the light of kindness

May you be the voice for the voiceless, a lighthouse for the lost and a helping hand for the ailing

May all beings live in the peace, harmony, love and compassion that is Reiki. May sharing the practice of Reiki with each other help us to remember our perfect inner light and healing potential.

Let's hold these words for a moment in our hearts...

6. And now send them out with blessings and love into the universe.

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