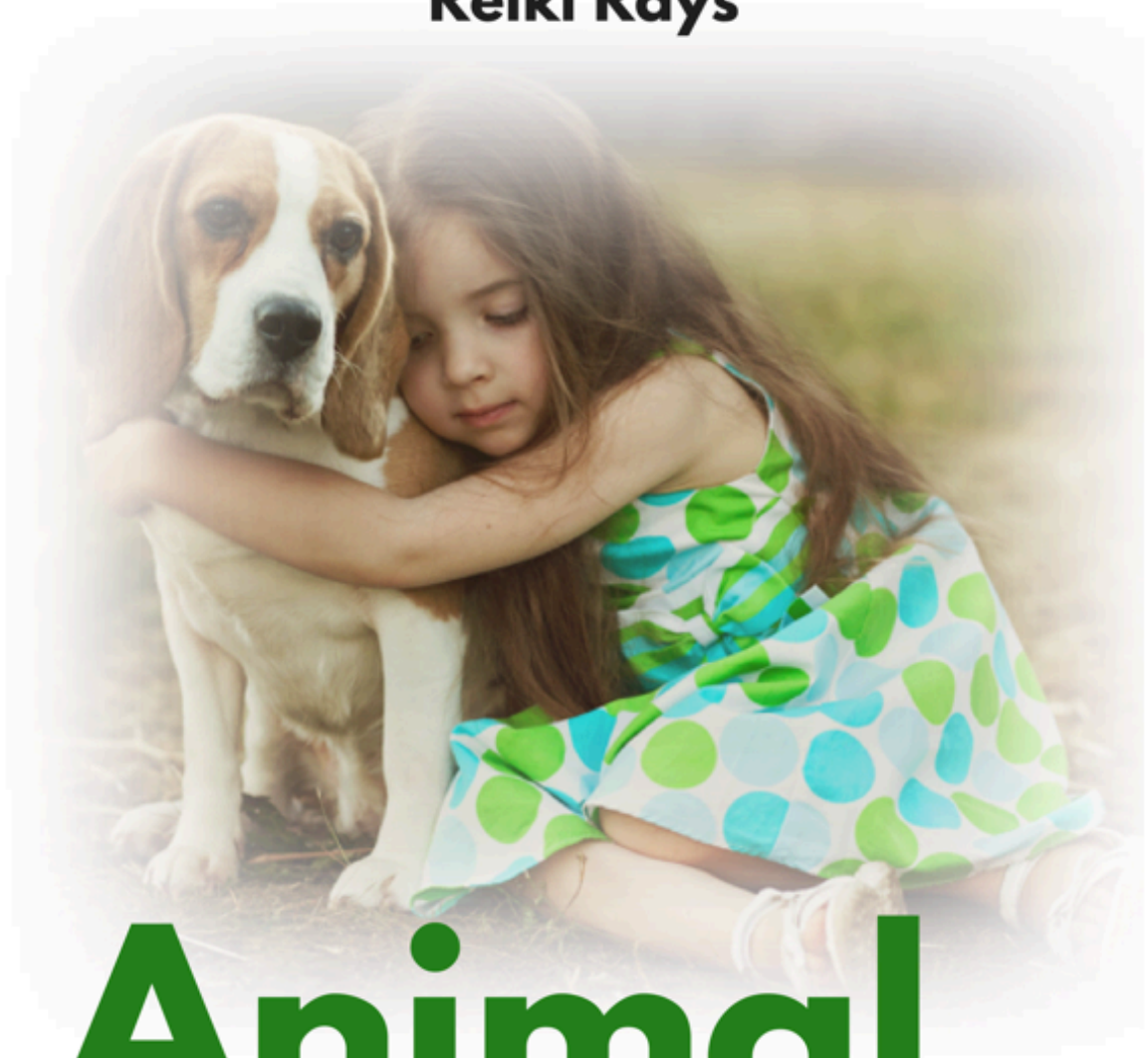


Reiki Rays



Animal Reiki

Deep Love for Animals

Animal Reiki

Deep Love for Animals

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Reiki for Animals

By Ashwita Goel



Many healers tend to have a deep love for animals – take this love a step further, help them out with a Reiki healing!

If the animal is already healthy and has shown signs of enjoying Reiki, you might want to get your pet attuned. Check if your Reiki teacher is used to or comfortable with the idea and of course, prepare your pet for it by talking to it first. Animals that are attuned bring a great deal of healing and peace to their surroundings.

If you are interested in healing animals – whether your own pets or other animals, here are a few tips.

When Is It Useful?

That we can heal an animal that is physically ill, is obvious. But even animals that are afraid, having psychological problems, trouble adjusting, or trying to cope with a traumatic experience can find deep healing through Reiki.

Dogs love Reiki: Pet dogs can be quite highly strung and having family members leave them alone can be quite a traumatic experience. If your dog seems to bark too much, resists getting trained or tends to chew up everything in the house when alone, Reiki can help.

Asking for Permission

As usual, the law of free will applies. Always ask for permission. You can verbally or telepathically request permission, and ask the animal to go hide somewhere if it is not interested. If this seems hard, start with giving a little Reiki and see if he/she seems to like it, before continuing.

How to Heal

Heal yourself first: It is very important that you are practicing Reiki self-healing regularly before you attempt to heal animals. Most pet animals fall sick not because of their own problems, but because they have developed blocks by picking up the diseased energy of the family members. So, make sure your own energies are in order before you try to fix those of your pet.

Then the animals: Animals have similar chakras to human beings. The root chakra is best accessed at the tailbone, and the sacral, solar plexus, heart and throat in underbelly. Brow and crown chakras would be at the usual positions. We can heal additional chakras like nose, ears, paws and tail.

If it is your own pet or if the animal is comfortable with you, then you can heal it by placing your hands on various positions. Animals that are ill or have been through trauma may not be too open to a stranger healing them. In that case, heal from a distance or through flooding.

Let your intuition guide you in the healing. I prefer letting Reiki guide me with hand placements instead of healing chakra by chakra as most animals need very little Reiki unless they are sick. As with children it is quite normal that they run away after receiving a little bit of healing and it is ok to stop when this happens – it means they are done.

If your pet seems to run away too quickly, then you might want to just sit in a Reiki meditation, allowing your pet to rest in that space if it likes. Chances are it will fall into a Reiki nap near you.

Note that the first time they receive healing, many animals seem to just fall asleep and wake up only after 8 to 12 hours. This is common and is nothing to worry about.

Enjoy healing your pets!

Using Reiki with Animals

By Angie Webster



I have been empathically connected to animals all my life. I can understand how they hurt, what they fear and what makes them happy. I have been instinctively helping animals using communication and touch since before I knew what Reiki was. Animals are beings expanding their consciousness and spirituality just as humans are. Healing animals is important as it helps not only the animal, but humans as well.

Offering Reiki to an animal is different than giving Reiki to a person. I would like to address some of the ways I have found to help animals most effectively.

1. Be calm and relaxed when approaching an animal. Animals can easily sense our state of mind. When there is fear or upset in you, the same is created in the animal. A frightened animal is less likely to accept Reiki, and may lash out. Conversely, a state of peace and calm will soothe the animal, allowing it to more readily accept Reiki. I recommend meditating near the animal with the intent to allow Reiki to flow.

2. Animals are much more sensitive to energy than humans. Because of this, hands-on Reiki can seem like too much for them, particularly at the beginning. Always open your hands gently, at your sides or in your lap. Allow Reiki to flow from this position. This will help the animal feel more at ease with you.

3. Ask for permission to send Reiki. Animals like to feel that they are able to have some control over their lives, just as we do. Let them know that you are there to help. Tell them that you will listen to them as they guide how the Reiki session will go. If the animal is accepting, they will let you know by remaining nearby. They may become very still and may relax and go to sleep within a short period. Some animals

need to continue moving around during Reiki, but they will stay nearby if they are interested in receiving. Use your intuition to guide you.

4. Let the animal guide your hands. If hands-on Reiki is something the animal feels they want, then they will move to your hands. Often they will place the body part they want treated into or near your hands. The animal knows better than anyone else where the Reiki will most help. Follow their lead. Never place your hands on an animal unless they have let you know they want you to. Just like with people, each one is different and sessions will vary, even with the same patient. Don't assume the animal wants hands-on, even if it did before.

5. Follow the animal's lead. When the animal lets you know he is done receiving Reiki, respect that, even if it's only been a few minutes. End the session and thank the animal for participating. Each animal will let you know in their own way when they are done with the session. They may simply leave, or become engaged in another activity; they may wake from their "Reiki nap" and sniff your hands. If they decide to receive hands-on Reiki, don't change hand positions if it seems that you may disturb the animal's relaxed state. Let the animal guide the session.

Both pets and wildlife enjoy Reiki and benefit from it. I often stand outside in a quiet wooded area and open my hands, offering Reiki to any that wish to receive it. The response is always amazing! Animals come out of nowhere to soak up the Reiki. Many of them stand within a few feet away and quite often fall asleep right in front of me. Birds, mammals, frogs, fish and insects such as dragonflies and butterflies have all come to close to me to receive Reiki. Healing animals contributes to healing the wounds humans have caused them over the millennia. Healing any creature heals us all. We are all one.

What Animal Reiki Can Teach Us

By Angie Webster



Animal Reiki has been such a blessing in my life. It has taught me so many things about myself, about life, about Reiki and the energy of all things. It goes beyond the loving intention to bring greater balance to any individual animal. It has led me to a greater understanding of our connection to the Divine.

Animal Reiki has been a significant part of my own healing by reminding me of who I am.

Now that I teach Animal Reiki to others, I see that it is a very healing journey for anyone who is open to the path. While I never prompt my students to have a particular experience as they work with Animal Reiki, certain things come up again and again. They often learn things that they did not expect to learn, just as I did when I began practicing Animal Reiki.

1. Animal Reiki increases your sense of childlike awe, wonder, and curiosity.

The first time you realize the deep way you interact with even the smallest creature when you open your heart during a Reiki session in the outdoors, your heart will burst in wonder and amazement! The birds and even the insects respond in very obvious and undeniable ways, which remind us of the Divine in all life.

2. Animal Reiki reminds you that we are all connected.

It is hard to deny our connection to each other and all of life when you work with wildlife, send Reiki to Nature as you work in your garden, or exercise outdoors. The animals respond in incredible ways that have to be explored to be believed.

3. Animal Reiki opens your intuitive capabilities.

I don't think Reiki needs to bring intuitive insight to work at all. It works just fine without it. However, the more in tune we are with our inner selves and the world of energy around us, the more easily our life will flow. That isn't something that can be forced, only invited and opened to. Animal Reiki is such a gentle and peaceful modality that seems to open that up in a way that carries over to all parts of our lives.

4. The animals teach us about ourselves.

Animal Reiki is even more deeply meditative than Reiki with people. There is less mental chatter with animals and they are very receptive and sensitive to the energy of Reiki. They teach us a lot about simply being willing be still and receive. They teach us to let go of our logical minds now and then and to drop into our hearts. They show us the balance between giving and receiving. Sitting in this meditative state with any animal for a Reiki session is deeply healing for both parties, as well as for the family of the animal.

5. Animal Reiki gives you a fuller understanding of compassion.

Working with animals in such a deep way, you begin to understand that there is a huge and important difference between pity and compassion. We may confuse these two, with the best of intentions, offering pity to those who we seek to help. Pity looks a lot like compassion, but it places an imbalance between you and the client—animal or human. Pity looks down at the other as if they have no inner power and are incapable of returning to balance. Yet we all have the capacity to find our inner balance and we all have inner power—even if it doesn't express as such in the world. Compassion sees the pain that another is in and holds loving space for them to find inner balance in their own way.

If you haven't yet explored the world of sharing Reiki with animals, I encourage you to do so! You can begin to share and receive the benefits of Animal Reiki even if you don't currently have a pet of your own. It is as simple as going outside and opening your heart to allow Reiki to flow to any animals that wish to receive. Let go of any expectations, relax and notice what happens. It is a wonderful experience that you won't soon forget!

6 Ways to Be an Animal Reiki Practitioner

By Angie Webster



Working with animal Reiki is one of the most rewarding things I have ever done, aside from teaching animal Reiki to others. When I work with animal Reiki, I always feel that I am being taught very deep soul lessons. The animals teach me, and the Universe and Nature teach me through the animals. I have learned things about the world and about myself through animal Reiki that are beyond words and are not available in books. Furthermore, had I not experienced these things for myself, there is little likelihood that I would have believed them.

Working with animal Reiki allows us to remember the connection we have to the Divine and to Nature. We tend to forget that connection as we get older and become adults. This simple practice offers us a way to remind ourselves often and to renew that sense of childlike wonder and awe that we once had. I am grateful for the endless ways there are to practice animal Reiki.

Since animals of all types are pretty much everywhere, there are many opportunities to find ways to connect with them that work for each of us. There is no reason to limit the way you think of animal Reiki. Animal Reiki practitioners work in a number of ways, not just in shelters. Some even work quietly, behind the scenes in their own neighborhoods. Each time you connect, you grow and you make a difference.

Here is a list of some of the ways to be an animal Reiki practitioner:

1. Work with pets and other animals in their home, at their farm, or in their stable. As more and more people are becoming aware of the benefits of Reiki and see

how much help it is for them or their friends, they look to Reiki to help their pets. Reiki has helped many of my animal clients with issues such as anxiety and overcoming trauma, as well as the resulting behavioral problems that often stem from those issues. It has also been very helpful in easing the difficulties from cancer treatment, such as pain or nausea. And Reiki is a wonderful comfort for both pet and human when it is time to transition over the Rainbow Bridge. It seems to bring a gentle sense of calm and peace that allows for an easy and gentle transition.

2. Work distantly with pets or other animals. This category can actually encompass many ways to work with animal Reiki. You can work with animals at a distance in any way that you might work with them in person. In some cases, you may be able to work with them at a distance when you cannot possibly help them in person, such as for a seriously hurt wild animal or a lost pet. Distant Reiki is often most comfortable for the animal and many practitioners find it less distracting to work this way, even for animals that could be treated in person. Having done hundreds of animal Reiki sessions distantly, I can assure you that the benefits are just as wonderful, even from across the world, as they are in person. Animals are much more receptive to Reiki than humans are, and for this reason, there is no resistance or doubt. They simply receive and the healing begins.

3. Volunteer in your local shelter or animal rescue. This a great way to get practice and to help out in the community and many practitioners are drawn to it. However, some practitioners feel as if they must volunteer at a shelter or rescue in order to be an animal Reiki practitioner. Yet, shelters aren't for everyone. They can feel very overwhelming to some, either on a sensory or emotional level. If you want to work with animals, but don't feel comfortable in the shelter, please don't feel as if you have to do this. Choosing to work with animals where you feel comfortable will be best for you and for the animals.

4. Volunteer at a zoo or a wild animal habitat. This can be a very interesting way to work with animals and to get practice. It is very expansive and grounding to work with very large wild animals and reptiles, in particular. It takes special training to know how to work safely around most of the animals, and your zoo will help you with that. If you choose to do animal Reiki on your own at the zoo, please do it from outside the enclosures. Never enter an animal's enclosure without permission and special training.

5. Work directly with the animals in your neighborhood, or your own yard. There are wild animals, birds, feral cats or dogs, and insects in your own neighborhood—even in the city. Most of us have the occasional insect or spider even in our home. These are wonderful opportunities to connect with the smallest creatures of the world. When you do this, you will begin to recognize the Divine Life Force in even the tiniest thing—seeing the God in everything. Simply go outside and offer Reiki to the plants, the trees, the soil, the air, the birds—anything that wishes to receive. You can also do this practice as you go on walks or hikes. This is a wonderful way to be of service and to expand your own growth and learning through animal Reiki.

6. Last but not least, treat your own pets! There is no better way to work with animal Reiki than by increasing the bond we share with our own animal family members. Sharing the joy of unconditional love through Reiki is amazing. You don't need to wait until your pet is sick to do Reiki with them.

These are some suggestions, but you may have many more ideas. Let your imagination open you to the ways to connect with animals! I would love to hear your thoughts in the comments about how you like to practice animal Reiki!

How to Send Reiki to a Pet with Cancer

By Justine Melton



Recently, I have had a surge of people contacting me asking me for help with their pets who are fighting cancer. While I am always able to help I like to educate them and provide information on how easy it is for them to send healing Reiki energy to their pets themselves. I've had many people share with me that they believed Reiki was a complicated healing art and that they preferred to have a practitioner because they thought it was something that took years to be able to practice. I love being able to tell people how simple and loving Reiki is and enjoy seeing their eyes light up when they realize they can help their beloved pets themselves. Reiki is all about intention. Once attuned to Reiki anyone is able to activate a symbol and send healing energy.

There are several different ways for a Reiki Practitioner to perform an Animal Reiki Session. I like to keep things as simple as possible as Reiki is all knowing and I believe we are all truly just a unique vessel that passes this energy along. The most important thing to remember is that there is no wrong way. Do not stress out wondering every second if you are doing it correctly. This will stop the flow of the Reiki energy and no healing will take place. Just relax, activate the symbols, and allow Reiki to flow and do its healing!

Steps to send Reiki to a pet with cancer:

- 1. Seal yourself and your environment in your favorite way.** Even just a power symbol drawn in front of you to protect your environment, on yourself to protect you,

and one on your animal friend will get the job done. If you would like to send Reiki distantly to a pet with cancer the only change you will need to make in this process is to simply make a distance symbol at the beginning of your session. Picture the animal in front of you and beam Reiki to it the whole time as if the animal was really there in front of you. Energetically it is there!

2. Set the intention of the session. For example, in this case you could say, "I am happy that today Reiki energy will peacefully flow to (say the animals name) and provide the greatest healing possible with love."

3. Make a master or power symbol on the palms of your hands. Put your hands in front of or on your pet and allow Reiki to flow. Animals will let you know when they have had enough energy. Never force them to keep going. If they are sleepy however just do a ten-minute session.

4. End the session by making a power or master symbol over them. Next, make a grounding symbol over them and then one over yourself as well.

Sending Reiki to a pet with cancer can have huge benefits for both yourself and your pet. Even if it is their time to cross over Reiki will make the crossing as peaceful and as pain free as possible. If the owner is the one sending the Reiki it allows them to feel like they are helping their pet during a time when it is so easy to feel like there is nothing they can do to help. How amazing is Reiki?

I would like to dedicate this short piece to our beautiful Ceclila who just crossed over to the other side. I'm sure she is busy chasing other cats and dogs happily and pain free.

Sending love your way.

Sending Reiki to Creatures in the Wild

By Patti Deschaine



Do you ever send Reiki to the animals that share space with you around your home? Animals have much to teach us if we take the time to listen. Noticing and connecting to wildlife you see every day will help you grow your awareness and deepen your Reiki practice.

Animals are very intuitive. They instinctively know who will help them, or who may intend to harm them. Almost immediately following my first attunement, I noticed a difference in the way animals perceived me. The first obvious sign was when strange cats began showing up in my yard. This had never happened before; my four big dogs usually discouraged visiting kitties - however here they were, in all different sizes and colors, lounging in my driveway and sprawled out on the back lawn. I sent them some distance Reiki and telegraphed them a message about the dogs. This seemed to work and the visits eventually dwindled with no cat-dog confrontations. Whew!

So much of communicating with nature is simply paying attention. Slow down, become quiet and really look around you. If an animal appears to you frequently, it may have a message to convey. Hawks, crows, hummingbirds: these winged creatures have unique messages to share with us. A hawk that suddenly shows up can be a sign that change is coming. Hawks are strong predators, but they are sometimes plagued and harassed by smaller birds who may not want to share territory with them. I have had hawks visit me frequently, the latest one was visibility injured. He landed on the fence near my driveway, a sheltered area that provided some protection from the crows who had been dive bombing him. I sat cross-legged on the porch six feet away and sent him Reiki for some time. The next day he was gone and I haven't seen him since. Hopefully he is healed and on his

way.

Crows are intelligent birds that you can actually build a relationship with. They recognize faces of those who have been kind to them and share that information amongst themselves. They have also been known to bring small trinkets to those they consider a friend. Hummingbirds are light and playful and may appear to remind you to enjoy life's simple pleasures. Hummingbirds are tiny, but strong and they are able to travel long distances without tiring.

Though some animals may come to you injured and seeking healing, others simply appear because they see your connection to the natural world. Deer, rabbits, chipmunks or other wild creatures will often approach those they intuitively recognize as spiritual beings. If this is true for you, you are blessed indeed. There is nothing more peaceful than enjoying nature up close! If you don't have this gift yet, you can develop it over time. Spending time outdoors and experiencing nature deeply through meditation strengthens your connection to earth and helps to bring you in tune with trees and animals. Call upon the Spirit of the land you live on to help you better commune with the natural world.

Animals that are sometimes a nuisance to property, like raccoons, snakes, squirrels or moles, can be approached with Reiki and asked to move along or to stay away from certain areas. Sit quietly and send your message with respect and kindness. Once you learn to communicate with animals, you will find it almost effortless. I always send Reiki to animals I see alongside the road that are injured or even dead. Though it may be too late to ease their suffering or return them to health, I can at least send love and light to assist with their spirit's transition to the next world.

Don't forget to share Reiki with your domestic animal friends too. Reiki is relaxing, immune boosting and mutually beneficial to both the sender and the recipient. Cats, dogs and other pets will generally welcome the gentle, soothing energy of Reiki. Anxiety, aging, pain and other issues will show improvement with every treatment and bring you closer to your best friends.

Distant Group Reiki for Homeless Pets and Wild Animals

By Justine Melton



Animal Reiki is very simple and to me one of the most enjoyable ways of using Reiki. It is gaining in popularity more and more in metro areas. In Los Angeles, CA most animal lovers have heard of Animal Reiki. Animals are treated like family members and in some cases are more spoiled than the children. In this area of the world any new healing method or way to spoil their furry family members are sought out.

There is a huge population of animals that are left out of this small world. I live in a more remote area in the mountains of Southern CA. Here many people have farm animals and horses. There are sheep, chickens, goats, mountain lions, bob cats, owls, turkeys, deer, snakes, wild dogs, homeless dogs and cats, hawks, etc, all found in the same area.

I am a huge animal lover and realized that there were so many more animals out there that Reiki could benefit besides those that were brought in as typical household pets for Reiki Sessions. I wanted to send Reiki to all animals in my area not just those who had a human owner. Here is a short, basic method I came up with to send a basic healing out to all animals in my area. There are so many different variations of ways to do this. It is my hope that you will read this and use it as a guide to formulate your own method for the animals near you.

Distance Reiki to a group of animals:

1. Ground yourself and prepare for a Reiki session in your own typical method. I like to make Master symbols on the palms of my hands at this time as well.
2. Visualize all of the different types of animals that you have seen in your area that you would like to send healing energy to.
3. Picture a big positive, loving ball of white divine light surrounding these animals in a group. Visualize that this ball of light is surrounding them like a protective bubble that no negativity can pass through.
4. Make the master symbol (or whatever else you feel called to do) on the outside of this bubble.
5. Make the distance healing symbol on the bubble. (If you are not attuned to this symbol I still believe that you can have some success with this method because of the strong power of intention with Reiki).
6. Beam Reiki for 10min (or however long you feel called to do so) to the group of animals.
7. Make the grounding symbol on the divine ball of light surrounding the animals and then ground yourself. You are done!

Wishing you all love and light.

Owl Energy and Reiki

By Justine Melton



After learning Reiki, I noticed that the Universe was starting to communicate with me in new and amazing ways. One of these ways was by sending owls to me at certain times. Owls can mean many things to different people but to me The Universe was always sending them as a warning that someone or a group of people in my life were being deceitful and trying to camouflage their true intentions.

The owl energy aides in giving you the ability to see through the truth in any situation and is a great protector to those it chooses to partner with. I absolutely love the owl's energy and have incorporated it into Reiki in many different ways. Reiki and Owl energy together can have dramatically increase your ability to immediately know the truth of any situation no matter what you are being told.

The Owl Represents:

- Truth
- Protection
- Eyes that see through the darkness
- Being able to cut through any shadow
- Wisdom
- Divine intervention
- Heightened Intuitive Abilities
- Shattered Illusions
- Ability to see what is hidden to most
- Ability to see the true state of someone's mind
- Breaking of Masks
- Death/Change/Life Transition

To many ancient people Owls symbolized Death. While it is possible that an owl is giving you a sign of someone about to pass away, almost always the Death the Owl represents is just a big change/positive transition in your life. The energy is representing the death of an old state and the transition to a new more positive state. Owls are never to be feared and can be a great partner with Reiki.

Ways to incorporate Owls into Reiki:

- If you notice that you routinely see owls in a certain area try a self-reiki session at that location. Be open to any messages you feel that you receive.
- If doing self-reiki at home put on some soft, relaxing music that incorporates nature sounds with owls. You do not need to spend any money to do this. Simply do an online search for owl sounds or look it up on youtube. This will help you to connect with the owl energy during your Reiki session.
- Set an intention at the beginning of your Reiki session that owl energy comes into your life and aides you with whatever issue you are having. You can ask for it to help you with a specific situation or ask for help in the general sense. Stay open to any messages you receive.
- Meditate with Reiki and the owl energy.
- Wear jewelry that pictures an owl. Even better infuse the piece with Reiki by making a power or master symbol over it. When Owls first came into my life I was drawn to owl jewelry or anything with owls on it. I had one owl necklace that I loved. It helped me feel safe and protected. One day I got the message that I had transitioned to a different level and no longer needed the owl energy the way I had before. I still wanted to wear my owl necklace often even though I was being guided to put it away or give it to another. I was not yet ready to part with it and one day without any explanation it simply fell off my neck and vanished. I remember putting it on in the morning but never felt it fall off during the day. The necklace had moved on to help another.

Owls can offer so much in helping to breakthrough dark situations. Combined with Reiki they offer a very powerful energy. Welcome them in with open arms and see how they may help you. Sending love and light your way!

Reiki Owl Meditation

By Justine Melton



When you notice an owl fly into your life pay attention. They come as a warning of someone around you being deceitful and offer you extra strength in seeing the truth of any situation. If you are confused about something or feel like you are trying to see something through a fog or haze then call on the owl energy. Together with Reiki it can give you many abilities to see through any form of darkness.

One of the ways I think it is easiest to connect with the owl energy is through a guided meditation with Reiki. Use the Meditation below as a guideline and add your own twist to it. The Owl is waiting to be called on to help you see the truth in any situation.

Reiki Meditation with The Owl Energy:

1. Get into a safe place and cleanse the room you are in. Make power symbols on every wall, window, door, etc of the room you are in. If you are in an outdoor space for cleansing purposes just pretend you are sitting in a cube and make a power symbol on each side of the cube to create a protective space. Another great way is to just envision a bubble of white light forming around you that will stay with you for your whole Reiki Meditation session. Place one large symbol over the bubble. You now have your sealed, safe space for your meditation.
2. If you like candles then light a candle. If music calls to you put on some nature sounds or soft relaxing music. For this meditation I recommend that you put on some owl sounds. However, do whatever you feel guided to do.

3. Make one large power and emotional symbol over yourself. State what it is you would like the owl to help you with. For example, you could simply say, *"Hello Owl Energy. I welcome you into my space with open arms and would love to receive any message you are willing to bring me. I love to see the truth in all situations."* Or you could say, *"Dear Owl Energy. I feel that I am stuck with (name your personal situation). Please come and help me see through the darkness. I am ready with open arms."*

4. After stating your intention, sit in this relaxed, meditative space for 10-20 min. The more relaxed you are the more messages you will easily be able to receive.

5. When you feel guided to end your session make one large power symbol over yourself. I like to make a power symbol over the bottom of my feet as well as I feel it really helps to ground me after a Reiki Meditation. Give Thanks.

6. Write down any information you may have received in this meditation. This is true even if you were just shown images. If you were shown different images look up what symbolism is attached to each image and you may find your message. Don't give up if you don't understand what you are being shown right away. Often times things will make more sense in a few weeks' time.

Sending love and light your way!

Dolphin Reiki

By Rinku Patel



Dolphin Reiki was created by Mark Scott. Dolphins are considered to be master healers. They are here to help us and guide us. Reiki is a life force energy; In Dolphin Reiki, life force energy comes directly from Dolphins. Dolphins have the ability to communicate on a higher spiritual level. Dolphins help accepting and releasing negative emotions. When we hold on to pain and negative emotions, we build up emotional and physical problems for us. You don't need to be in presence of a Dolphin to be healed by them. Some even consider Dolphins equal to Ascended Masters and Archangels. Dolphins are also called *angels of the sea*.

In Dolphin Reiki, energy is transferred to someone by simply laying your hands on them or by distant healing. Dolphin Reiki heals the person as a whole: body, mind, emotion and soul. To activate Dolphin Reiki, simply state *"Dolphin Reiki"* three times and say *"Dolphins, I call upon you to be with me and help me heal _____ (person's name)"*. The person who is getting healed by Dolphin Reiki may feel joyful, playful and peaceful and may feel engulfed in loving energies. A healing session may last about 30 minutes. Dolphins know exactly where the healing should go—body, mind, emotion or soul. You can call upon Dolphins even when using other healing modalities.

A Dolphin Reiki practitioner can also heal through breathing along with hand placement or directly blowing on the affected area to be healed. Activate Dolphin Reiki, inhale through nose, state your intention in mind and blow on affected area or organ through mouth. A client may be asked to use their own breathing exercise by inhaling through nose, imagining affected area is healed by Dolphin, and exhale through mouth.

Self-Healing

Place your hand on heart chakra. Activate Dolphin Reiki by saying *“Dolphin Reiki”* three times with the intention that all negativity be removed and all disease be healed.

Distant Healing

Use any distant healing method. Call upon Dolphin and connect to Dolphin Reiki stating *“Dolphin, I ask you to bless _____ (person’s name) with your presence during healing _____ issues.* Send healing for 15-20 minutes.

Fear Release

Sit or lie down. Take few deep breathes. Activate Dolphin Reiki and wait for a minute. You may or may not feel some soft vibrations. Mentally say, *“Dolphin, I ask you to remove all the fear buried deep within me across all lives”*. Let the energy flow for 15-20 minutes. Imagine your body is swept by sparkling pure white water, sweeping away all negativity, blockages and fears.

Chakras Cleansing

Sit or lie down. Take few deep breathes. Activate Dolphin Reiki and wait for a minute. You may or may not feel some soft vibrations. Bring your attention to root chakra. Mentally say, *“Dolphin, please remove all imbalanced energies, negative vibes, fears, dust and debris buried deep within my root chakra”*. Let the energy flow for 3-5 minutes. Imagine your body is swept by sparkling pure white water, unblocking and cleansing root chakra. Do the same procedure for all the chakras. You will feel joyful and refreshed after this session.

Benefits of Dolphin Reiki:

- Physical, mental, emotional and spiritual healing
- Greater self-love
- Greater self-acceptance
- Loving relationships
- Lesser fear
- Deep inner joy

- Peaceful mind
- Manifestation of your deepest desires and more...

For any of the above given method, you can merge other Reiki symbols too.

Healing and Manifestation with Dolphin Energy

By Haripriya Suraj



Dolphins are the divinely adorable beings of the water. They have a magical energy which is light and playful. They serve as messengers of love and peace. They can help us tap into our innate healing power and to use it for the highest good of the planet. They help healers and lightworkers in their Earthly mission. They can also help us manifest our deepest desires in a way that will bring blessings to all. They can help us release unconscious blocks that may be standing in the way of manifesting our desires.

They make their presence felt in our lives when we are ready to work with their energies. If you've been feeling a fascination for dolphins lately, it might just be a sign that you are ready to invite dolphin energies into your life!

You can connect with the dolphins in person or in meditation. To connect with them in person, you will need to visit the seaside or other water body where you are likely to find them. You can spend time meditating near such waters and invite the dolphins to connect with you. If this isn't feasible, you can connect with them energetically from the comfort of home.

Here are two exercises to help you connect with the loving energies of the dolphins-

Healing Meditation

1. Light a candle in a quiet clean space. Draw the Reiki symbols over the candle.
2. If possible, have a picture of dolphins in front of you.

3. Take a few deep breaths to centre yourself.
4. Sit or lie down comfortably.
5. Invite the dolphin energies to visit you.
6. Thereafter just relax and allow the energy to work on you for about five minutes or more (as you feel guided to).
7. Surrender to the energy and allow it work on you for your highest good, just like we allow Reiki to work on us during self-healing.
8. Once done, give thanks and drink some water.
9. Journal about your experience if you feel like. This will help you process the healing experience better.

You may also do this meditation before you begin your Reiki self-healing sessions.

Dolphin Energy Box

As discussed before, the dolphins can provide us powerful assistance with manifestation work. They can help us let go of struggle and develop trust. They can help us cultivate a playful energy much like them. When we are playful and learn to take things easy, struggle ends. Manifestation happens easily and in accordance with our highest good. Try this exercise to manifest your heartfelt desires. You will need a small box, preferably made of some eco-friendly material in order to do this exercise.

1. Clear the energies in the box by allowing the smoke of incense to flow into it. Draw multiple power symbols inside the box and give Reiki to the box for a couple of minutes.
2. Write the word 'Dolphin' on a piece of paper. Draw the distance symbol on it and also the Master symbol if you are attuned to it. Stick the piece of paper inside the box or on the lid of the box. Alternately, you may just put it in the box. If you have little crystal figurines of dolphins, you can also place them in the box.
3. Write out your intention/desire on a tiny piece of paper and address it to Reiki and to the dolphins. Write it in the present tense (like it has already manifested). For example, *"Thank you dear Reiki and thank you dear dolphins for my amazing career that brings an abundance of joy, peace, creativity and wealth into my life and an abundance of blessings to me and to the world."* Similarly, write out any intentions/desires you may have in other areas of your life.

4. Put your intention slip / slips in the box.
5. Keep the box in a safe place and allow the energy to work on your desires.
6. Once a month or so, go through your intentions slips. Discard the ones whose purpose is complete by burning them or in any other way that feels right to you.
7. Give thanks for any blessings you may have received.
8. Cleanse your box again and repeat the process.

Have fun working with the dolphins!

Unicorns and Reiki

By Ashwini Chube



Unicorns are beautiful loving creatures said to be of the 7th and 9th dimension. They are pure and loving and just like angels they have a divine energy.

Since they have extremely high vibrations, they are attracted only to light and purity. They know your soul purpose and can help you in seeking it, if and when you ask them for help. On the other hand, drama, fear and negativity can repel them. So stay away from all these if you wish to connect to unicorns.

How can Unicorns help us:

1. To connect to our soul's purpose and pursue it.
2. To open our third eye. The unicorn horn is actually an extended third eye energy, which is extremely pure ray of white light.
3. To open our heart chakra to giving and receiving unconditional love.
4. To heal issues of the soul which are carried forward from previous lifetimes.
5. To realign the higher dimensional chakras like earth star, stellar gateway, causal and soul star.

Quick steps to connect to Unicorns using Reiki

1. Sit in a comfortable place where you would not be disturbed. Close your eyes and relax all your muscles.
2. Take divine help from Archangel Michael to protect you from any negativity. I always do this before any meditation as Michael is a very powerful angel and shields you against any negativity known or unknown.

3. You may further do grounding if needed as this meditation will take you to higher dimensions.
4. Now imagine yourself in a ball of white light, full of divinity, love, peace, gentleness, and blessings. Let this surround your body; it will grow bigger and bigger.
5. Now draw the Usui Master Reiki symbol followed by the distance symbol. And connect to your unicorn.
6. You may simply say, *“Dear Reiki energy please connect me to my unicorn”*
You may see a very tall white horse like unicorn with your mind’s eye. He is full of love; be open to accept it.
7. You can further say, *“Dear Unicorn, please heal me for any issues across lifetimes and make me whole again”*.
8. You may receive some additional guidance messages; be open to receiving.
9. You may further use the Reiki healing symbol and seal the experience with the Reiki power symbol.
10. Once you feel you are done, slowly and gradually return to your consciousness.
11. Express gratitude to the Unicorns, Reiki Masters and all the Archangels and send them love.

This meditation will relax you and give you higher vibrations. At times, you may also feel hot flushes going out of your body. Know that it is a normal way of releasing toxins and you are being healed.

Stay blessed!

Mermaids, Symbolism and Reiki

By Justine Melton



Reiki brings a new awareness into your life that is unsurpassed. It opens you up to life force energy and allows the universe to communicate with you like never before. Synchronicity will run rampant through your life and you will most likely notice the universe communicating with you through symbols. Often what happens is that something will start appearing in your life almost out of nowhere. Once acknowledged the universe will then send its next message to you. If you notice something starting to stand out to you look up what the symbolism is for that object. Often times something will stand out to you and you will immediately feel in your gut what message the universe is trying to get to you.

The Universe uses common things when starting to communicate with you. Once you are able to acknowledge messages you are being sent communication will get easier and easier. Common things that you may notice showing up in the beginning are colors, a certain animal such as a hummingbird, raven, owl, or in my case a stink bug! You may also notice a certain song being played to you over and over at all no matter where your location is, a particular flower that is suddenly everywhere you go (often in odd undeniable places), or notice that you keep thinking of a certain person. Relax and go with the flow! The more you flow with it the easier communication with Universe becomes.

Recently I have had many images of mermaids appearing to me out of nowhere. I have noticed them in odd places (books, magazines, online, in an email from a friend, coffee mug, starbucks, t-shirt, card from a friend, party theme, t.v. commercial, etc) to the point where I said, Thank you Universe. I will look up what

you are trying to show me.” I even had a mermaid necklace that I thought I had lost months ago suddenly appear in my purse out of nowhere. I was pleasantly surprised with what I discovered about mermaids and am happy to share it with you. Maybe this mystical being will have a special message for you as well.

Mermaid Symbolism:

- Freedom of life
- Feminine Beauty
- Dual Natures
- Deep Situation (Go deeper with a given situation. Do not just stay on the surface.)
- Sensuality
- Sensual Power
- Love
- Confidence in your physical body
- Fertility
- Independence
- Use the beckoning gifts that you have

When I notice a symbol being sent to me over and over from the universe I have a short routine that I recommend doing to help you receive the correct message that the universe is trying to send to you. A lot of times when you learn Reiki you question if you are really getting these messages or worry that whether or not you will interpret it correctly. Let Reiki help you with this! I will use the symbol of the mermaid as an example here.

How to receive the message the universe is trying to send you with the help of Reiki:

1. Once you notice a routine symbol coming through such as a mermaid make one large power symbol and one large emotional healing symbol over the it.
2. Make power symbols over the palms of your hands and then send Reiki to the symbol for 5 min. During this time let your mind relax and be free. Try to allow any messages to come through no matter how strange they may be. There is no limit to how long you do this. Go with whatever feels right for you.

3. At the end of the 5 min write anything that came to mind during this time in a journal. If nothing jumps out at you right away give it a week and go back and look at what you wrote. Something will almost always jump out at you at this time. Give thanks for the message you just received.

Wishing you all love and light.

Animal Spirit Guides

By Rinku Patel



We all know we have spirit guides to assist us, they are always around us. Same way, we have animal spirit guides. Animals have great spiritual connections. Animal spirit guides are our protectors, guides, and companions. They follow instructions to guide and protect human from Creator, God and Angels. Pay attention to the animals that appear repeatedly as they appear to give you some message. Each animal has their own unique power. There is no comparison such as this animal has more power than the other one.

Do you see a certain animal repeatedly in your daily life?

It could be an actual animal, picture, sticker or you may notice it on TV. Pay attention to your surroundings. Notice if any animal appears in front of you repeatedly. They appear repeatedly to grab your attention to pass on the message to you. It could be an animal, bird, insect, mammal or even a reptile. Try to interpret what the animal spirit guide is trying to convey by linking that animal spirit guide's characteristics with your emotions and situations (what is currently going on in your life).

You can have more than one animal spirit guide. Once you know who they are, try to build a relation with your animal spirit guide. Meditate on them and talk to them. If they are showing themselves to you, it means there is a reason. Learn how to understand their guidance. Connect to them through Reiki energies. Call upon them anytime or connect with HSZSN to call upon them. You may use Reiki energy before sleep and ask to connect to your animal spirit guide in your dream.

There are four types of animal spirit guides:

- **Messenger animal spirit guides** - They appear to warn about specific situation. They stay with you till the warning is over.
- **Journey animal spirit guides** - They appear when you have life changing decisions to make or when you travel. They will stay by your side till your journey is over, however long it takes.
- **Life animal spirit guides** - They stay with you throughout your life. They guide you, protect you and show your inner strength.
- **Shadow animal spirit guide** - These are the ones that may instill fear in you in order to test your strength. They help you fight your inner fears and stays with you till your fear is dissolved.

Below are two methods to connect with your animal spirit guides. Try whichever resonates with you.

Method #1

- Invoke your spirit guides and angels. Ask them to help you connect to your animal spirit guide.
- Invoke Reiki symbols and activate the flow of Reiki. Place your palms on Heart Chakra or Solar Plexus Chakra. Meditate for few minutes.
- Draw CKR and state your intention to meet your animal spirit guide. Draw SHK with the intention to make communication easier with your animal spirit guide. Draw HSZSN to connect to angelic realm and create a bridge that takes you to magical journey to meet your animal spirit guide.
- Visualize a beautiful waterfall, colorful flowers, trees, fairies or unicorns (or whatever your imagination shows you). Feel the soft breeze, smell the fragrance of enchanted realms. Take notice of every small things.
- Now ask your animal spirit guide to show its presence to you. Your animal spirit guide could be anything- a butterfly, a bird, any wild animal, pet animal or even reptiles, insects or mammals. It could be something really unexpected.
- Once your animal spirit guide appears, ask them to be your companion and friend. Tell them you want to talk to them, play with them and pet them.
- Ask how they can help you. Show gratitude to them for blessing you with their presence.
- Thank your angels and guides for being with you.

It is ok if you cannot 'see' when you try to visualize. Not everyone can 'see'. Given time and more practice, you surely can start to visualize.

Another method doesn't need much visualization. I succeeded while trying this method. I saw my own pet (of course), a wolf and a dove. Though since last 2 days, I am seeing black ants a lot. It is trying to tell me my dreams will come true over the period of time. It is advising me to show patience.

Method # 2

- Invoke your spirit guides and angels. Ask them to help you connect to your animal spirit guide in your dreams.
- Invoke Reiki symbols with the intention to connect to your animal spirit guide in your dream, make communication easier and remember the dream when you wake up. Program the Reiki to flow till you wake up.
- You may see any form of your animal spirit guide. It could be a picture, animated animal or actual animal. Again, it could be an animal, bird, insect, reptile or mammal.
- Do not panic if the animal is not the one you expected. You love dogs but your animal spirit guide could be a snake or a lion. Anything is possible. The animal spirit guides are here to protect and guide you.
- Once they appear, pay attention to everything, their expressions, the surroundings, colors or whatever is symbolic. Talk to them and ask them if they have any message for you. Ask your angels to help you interpret.
- Thank your angels and guides for being there with you.

You may come across the animal spirit guides other than the ones who showed their presence to you. You can call upon your animal spirit guides or any other animal guides whenever you need guidance. Like Reiki, you do not choose your animal spirit guide, they choose you. They make an appearance when the time is right.

To establish a better rapport with your animal spirit guide, ask yourself few questions:

- If you actually meet your animal spirit guide, how would you feel? What would be your reaction?

- Try to remember what was it doing, how was it acting when I make an appearance.
- What was your first reaction when your animal spirit guide appeared? What did you feel? You felt happy, excited, scared, confused.
- Is there any connection between your life events/situations and your animal spirit guide?
- Check out characteristics of your animal spirit guide and see if you find any connection.

Find characteristics of your animal spirit guide or call upon any according to your situation and animal guide's characteristics. Invoke Reiki symbols to connect and for better communication.

Animal Symbolism Handout

By Justine Melton



Hello Friends. Below you will find a basic animal symbolism sheet that I like to give to both clients and Reiki students. When you start to enter the Reiki world you may find that the universe starts to communicate with you in a variety of new ways. One of the most routine ways is through animal symbols.

The sheet I am sharing with you is very popular in my own group and I hope that you find it useful for your practice. It is a very basic info sheet that allows the reader to get a quick overview of animal symbolism meanings. If they notice one animal calling out to them they can then research that one particular animal further. I hand it out in Reiki 1 or to any client who shows an interest in signs/symbols from the Universe.

Reiki 1 Animal Symbols from The Universe:

- ◆ Bees: Time to get busy so that you can enjoy the fruits of your labor.
- ◆ Dove: Love, messages from above, peace
- ◆ Dog: Loyalty, unconditional love
- ◆ Raven: Synchronicity, magic
- ◆ Cat: Set healthy boundaries, get back up and live life after a setback
- ◆ Butterfly: Beauty
- ◆ Dragonfly: Transition
- ◆ Bear: Time to embrace personal power, courage
- ◆ Owl: Warns of deception, ability to see the truth of any situation
- ◆ Deer: tread lightly and take a gentle path
- ◆ Stag: pride, leadership

- ◆ Lion: protector, bravery
- ◆ Hawk: power of observation, lead others, visionary
- ◆ Elephant: steadfastness, mindfulness
- ◆ Fish: Fluid emotions
- ◆ Mermaid: feminine power, embracing your sexuality
- ◆ Horse: Inner strength, allowing help from others
- ◆ Eagle: Freedom, power, divine intervention, messages from above
- ◆ Spider: Creativity, use your creative powers
- ◆ Worm: No backbone
- ◆ Wolf: Can warn you of someone trying to deceive you (acting sly), sharp instincts
- ◆ Humming Bird: Strength and grace, making the most out of nothing, joy
- ◆ Snake: Shedding illusions and limitation
- ◆ Whale: being in touch with your true reality, listening to your inner voice
- ◆ Cow: Abundance
- ◆ Frog: Transition

Sending you all love and light.



Animal Symbolism Handout

<http://reikirays.com>

Animal	Animal Symbols from the Universe
Bees	<i>Time to get busy so that you can enjoy the fruits of your labor</i>
Dove	<i>Love, Messages from above, Peace</i>
Dog	<i>Loyalty, Unconditional love</i>
Raven	<i>Synchronicity, Magic</i>
Cat	<i>Set healthy boundaries, Get back up and live life after a set back</i>
Butterfly	<i>Beauty</i>
Dragonfly	<i>Transition</i>
Bear	<i>Time to embrace personal power, Courage</i>
Owl	<i>Warns of deception, Ability to see the truth of any situation</i>
Deer	<i>Tread lightly and take a gentle path</i>
Stag	<i>Pride, Leadership</i>
Lion	<i>Protector, Bravery</i>
Hawk	<i>Power of observation, Lead others, Visionary</i>
Elephant	<i>Steadfastness, Mindfulness</i>
Fish	<i>Fluid emotions</i>
Mermaid	<i>Feminine power, Embracing your sexuality</i>
Horse	<i>Inner strength, Allowing help from others</i>
Eagle	<i>Freedom, Power, Divine intervention, Messages from above</i>
Spider	<i>Creativity, Use your creative powers</i>
Worm	<i>No backbone</i>
Wolf	<i>Can warn you of someone trying to deceive you (acting sly), Sharp instincts</i>
Humming Bird	<i>Strength and grace, Making the most out of nothing, Joy</i>
Snake	<i>Shedding illusions and limitation</i>
Whale	<i>Being in touch with your true reality, Listening to your inner voice</i>
Cow	<i>Abundance</i>
Frog	<i>Transition</i>

About the Authors

	<p><i>Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in a holistic way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki if asked to give extra messages during a session for the client's highest good. Justine believes that love is the greatest healing energy. She has founded a holistic healing association called Amore Holistic Health Group where people can go and choose from a variety of different healing modalities.</i></p>
	<p><i>Angie Webster is a freelance writer, Reiki Master Teacher and meditation teacher. She lives in central Illinois with her husband and her cat. She incorporates yoga, meditation, healthy food, Reiki and spiritual practice to guide and heal her body, mind and life. Reiki and a healthy lifestyle contributed to her recovery after a 20-year struggle with neurological and other health issues. She comes out the other side with a new perspective on life and now seeks to empower others, reminding them of their own healing abilities.</i> <i>You can follow her at: http://naturalholisticlife.wordpress.com, https://www.facebook.com/HolisticSpirituality, http://www.serenityenergyhealing.com/</i></p>
	<p><i>Rinku Patel is a Reiki Usui Master. She practices also Karmic Reiki, Kundalini Reiki, Angel Reiki, Crystal Healing, Dowsing, Soulmate Reiki, Angel card, Tarot Card, Imara Reiki and Magnified Healing. Classes and Healing: Usui Reiki, Karmic Reiki, Kundalini Reiki, Angelic Reiki, Soulmate Reiki, Crystal healing, Angel and Tarot card reading, Dowsing, Imara Reiki and Magnified Healing. Rinku can be reached via her email address reikithemiraclehealing@gmail.com and on Facebook at Reiki The Miracle Healing.</i></p>
	<p><i>Patti Deschaine is a traditionally trained Usui Reiki Master and owner of Maja Energy Works and Reiki Healing. She resides and practices in Wilmington, NC. She enjoys all types of Reiki and particularly loves using Reiki on animals.</i> <i>Patti can be found at http://majaenergyworksandreikihealing.com and https://www.facebook.com/MajaEnergyWorks.</i></p>
	<p><i>Haripriya Suraj is a Reiki Master, Angel Healer, and Spiritual Teacher. She was drawn to Reiki right from her childhood and Reiki went on to become part of her life's purpose. Reiki is her constant companion from which she derives peace and contentment. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. She is the founder of Aananda Holistic Center where she conducts as well as teaches Reiki and Angel Healing. Haripriya resides in Bangalore, India. Reach Haripriya at aanandaholistic@gmail.com and at Aananda Holistic Center on Facebook.</i></p>

	<p><i>Ashwini Chubé heard her “calling” and was drawn to Reiki amidst her routine job in a Mumbai based investment bank. She says her life has become Reiki after being attuned to it. She takes the help of Reiki for almost everything from little things to huge problems and everytime she does that her faith increases. Ashwini likes to write, cook, read, travel, dance in her spare time. She loves nature walks too. She is USUI Reiki Master Teacher, Practitioner of Karuna Reiki, Soulmate Reiki, a practitioner of Violet Flame, Silver Violet flame healing and Angelic healing. She is also a reader of Angel Oracle cards, Angel Tarot cards and she is a hypnotherapist. Ashwini conducts Angel mediation workshops in Mumbai, India.</i></p> <p><i>Reach Ashwini at Urjahealers@gmail.com and on Facebook at Urja – Holistic Energy Group (https://www.facebook.com/pages/Urja-Holistic-Energy-Group/656771061097789).</i></p>
	<p><i>Having learned Meditation as a child, Ashwita Goel incorporated Reiki into her life during her early teens. After a decade of witnessing the magic Reiki, she felt compelled to take up Reiki professionally, and ended her corporate career in 2007, taking up Reiki full-time. She eventually incorporated EFT, hypnotherapy and past life therapy into her work. Apart from her healing work, she teaches Reiki and meditation. Her other book ‘Healing Through Reiki’ is available on Amazon.</i></p> <p><i>You can connect with Ashwita through Facebook https://www.facebook.com/Reiki.Bangalore, her website http://www.reiki-bangalore.com/ or visit her blog http://www.ashwita.com/zen/.</i></p>