



SUMMARY OF GUIDELINES FOR SHARING REIKI WITH ANIMALS



1) Center yourself and connect to the energy for several minutes. Use the Hara Breathing technique (Joshin Kokyu Ho) or the Seishin Toitsu.



2) Greet the animal. Find a comfortable position from which to treat, either sitting or standing. It is best not to initiate hands-on contact once you start a Reiki treatment with an animal. Always allow the animal to be the one to initiate contact once treatment has begun.



3) Set your intention/ask permission. Release your expectations: "I am open to facilitate healing for this animal for whatever they are open to receive. If they wish to receive nothing at all that is fine too."



4) Sit with the animal in meditation for 30-60 minutes. Revisit the meditative exercises above to help you remain focused.



5) Allow the animal to move freely in the treatment space. Pay attention to what your animal is telling you by their behavior about how he or she wants you to give the treatment.



6) Thank the animal for his participation in the treatment. Set your intention to finish the treatment.

