
REIKI FOR ANIMALS

Animals are naturally sensitive to energy and often respond very positively to Reiki. Just like with people, Reiki can help them to relax, heal, and feel safe. It's important to always respect their choice and comfort when offering Reiki.

Why Give Reiki to Animals?

- Supports healing after illness, surgery, or trauma.
- Helps calm stress, anxiety, or behavioural issues.
- Strengthens the bond between you and the animal.
- Offers comfort in times of transition (e.g. end of life care).

How to Offer Reiki to Animals

1. Gain consent – Ask permission silently and trust the animal's behaviour in response. If they walk away, respect it.
2. Start with distance – Place your hands a few inches away, allowing them to come closer if they wish.
3. Keep sessions short – Animals usually only need a few minutes at a time.
4. Watch for signs – Yawning, sighing, stretching, lying down, or moving closer all show acceptance.
5. Always complement, never replace, veterinary care – Reiki supports but does not substitute professional treatment.

Practice Exercise

✨ Animal Reiki Visualisation ✨

1. Close your eyes and take a few slow breaths.
2. Picture an animal you know (a pet, a friend's pet, or even a wild creature you feel drawn to).
3. Imagine offering Reiki by holding your hands a short distance away. See the animal approaching only if it wants to.
4. Visualise Reiki flowing as a gentle, warm light surrounding and entering the animal, calming and balancing them.
5. Notice how the animal responds—do they relax, wag a tail, lie down, or simply radiate peace?
6. When complete, thank the animal for receiving and gently release the connection.

Reflection & Notes

- What did you sense as you offered Reiki in this way?
- How did the animal appear to respond in your visualisation?
- How did you feel during and after the practice?