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# Introduction to Reiki for Animal Communication

So far in the course, you’ve discovered that you have different ways and methods to conduct qualitative communication between you and animals.

Animal communication takes advantage of many different methods and practices to optimize your ability to connect with animals. One that is gaining increasing popularity among animal communicators is Reiki. This Japanese practice has been helping both animals and people for almost two centuries now.   
  
As a student who’s learning about animal communication, you may be wondering why we want to introduce you to Reiki methods. Reiki can help you go further and deeper in your practice as an animal communicator as a whole. Since it’s a channeled sort of energy, Reiki can grant you possibilities on another level. The value and the concrete results you’ll get from practicing and knowing about Reiki are numerous.

Indeed, anyone can learn and practice Reiki. The rituals are very accessible and help elevate your relationship with animals and your relationship with yourself, as well. Anyone can practice Reiki, you just need to understand how it works.

Reiki is an intuitive based method and practice: When learning about Reiki, it’s important to keep in mind that you need to trust your gut, and act accordingly. In Module 4, you have seen how you can make yourself more intuitive.

## Summary of Key Points:

* Reiki is an energy channeled to the body of the recipient.
* Reiki can help you in your animal communication practice as it allows you to explore and act on energies : both yours and your animal.
* Anyone can practice Reiki, there are no prerequisites. You just need to understand how Reiki works.
* Trust your intuition when practicing Reiki.
* The benefits of Reiki are numerous: mental, physical and spiritual.
* Reiki rituals are very accessible and help elevate your relationship with animals and your relationship with yourself, as well.

## Module Objectives:

The primary objective of this module is to teach you the fundamentals and practical techniques of Reiki to supplement your animal communication practice. By the end of this module, you will:

1. Understand what Reiki is, how it creates an energy flow and its benefits for animal communication.
2. Know how to use Reiki techniques on yourself and others to balance body chakras.
3. Learn how to use Reiki on animals.
4. Be able to practice Reiki from a distance.
5. Understand the power of invocation and prayer and their relationship to affirmation and animal communication.

# Understand what Reiki is, how it Creates Better Energy Flow and its Benefits for Animal Communication

Reiki is a form of energy channeling technique that can be used on people or animals. The goal is to balance the energies within the body to promote well-being, self-healing and balance. It is administered by "laying on hands": the practitioner sends energy, or channels it, through their hands to a recipient who receives Reiki energy. Reiki energy can also be sent from a distance if the recipient is not physically near you, or if he doesn’t want to be touched. It is based on the idea that the body has a natural ability to heal itself when it is in balance. Reiki works as an energy that is channeled to another body. It helps to restore balance and harmony to the body, mind, and spirit. It can be used as a complement to other forms of healing or to balance energies within yourself or others. Reiki is believed to be safe for everyone, it has no side effects or dangers.

In this section you will come away with a more comprehensive understanding of what Reiki is, its benefits and how it will serve your animal communication practice. This introduction to Reiki will help you go even further in your animal communication.

*  
Reiki energy channeled or sent to a recipient by a practitioner thanks to the laying on hands.*

## What is Reiki

### Introduction to Reiki

Reiki is an ancient Japanese technique used for stress relief and relaxation developed in the early 1920s by a Japanese Buddhist priest called Mikao Usui also known as Usui-Sensei. Literally, Reiki is a combination of two Japanese words *rei* and *ki* meaning universal life energy.

It helps to promote better physical, mental and emotional well-being. It also addresses spiritual imbalances. Reiki is based on the idea that energy flows through us and that it should be well balanced. The Reiki practitioner serves as a vessel that supplies energies where they are most needed by the recipient. Reiki energies flow out of the practitioner's body through the palms of the hands while they are touching the recipient's body.

Reiki is a safe, gentle, and natural method of energy channeling that anyone can learn. It is not a religion and is not associated with a religious practice despite its spiritual roots. Simply put, Reiki is an effective way to help balance energies within people and animals.

### Universality of Reiki

Reiki is a simple, natural, and safe method of energy channeling and self-improvement that anyone can use. It has been effective in helping to relieve stress, pain, and other health problems. The method is also used to help speed up the healing process after an injury or surgery.

In fact, you’ve already practiced Reiki without realizing it: when you are hurt, you intuitively place your hand on the wound. When you feel sad, your mom holds you. When in love, you hold hands with your partner. There are many other situations in life when we’ve all used Reiki. This makes it a very accessible and intuitive method that you can practice on yourself and others, as it works with every living being.

Reiki is taught at three different levels:

1. First-level practitioners can practice on themselves or others through light touch.
2. Second-degree practitioners can practice distance Reiki.
3. Third-degree or master level practitioners can teach and initiate others into Reiki.

### 

### The 5 Reiki Principles

Usui established 5 Reiki principles that act as spiritual ideals you can apply in your daily life to remain focused on the here and now. This is a very important stance in Reiki to keep balance and substance in your life and thus enable effective connection with your animal.

The 5 Reiki principles act as guidelines that you can remember whenever you feel that you need to embody Reiki energy to connect with an animal. They each have a specific meaning and importance. Here are the five Reiki principles :

1. Just for today, I will not worry

This constitutes the first Reiki principle.

Worry causes stress and anxiety, leaving an imbalance in mind, body, and spirit. It leaves blockages in the root chakra. The best way to overcome worry is to accept that all of us are faced with difficulties and setbacks in our lives. How you respond to them ultimately determines how you lead your life. If you choose to respond negatively, you have chosen to imbalance your mind, body and spirit. However, if you respond positively like accepting the setback and learn from it, you can live a happier and more fulfilling life. Your animal companion lives in the present moment. They are not concerned with past events or future worries. Learning to live in the present moment like your animal companion will help you lead a happier and more fulfilling life.

1. Just for today, I will not be angry

Anger is a powerful emotion. When you get angry, you lose control of your emotions. You must understand what triggers your anger and learn how to remove this destructive emotion from your being. In every confrontation that leads to anger, the person or situation that pushes your anger button has complete power over you. This simple realization allows you to take back control of your emotions, and as such, you can now choose to respond in a positive way rather than in a negative way. When you meet someone, there is an exchange of energy. Someone who manages to get you angry has stolen your energy. Likewise, if you make someone angry, you have stolen their energy. Choose to live a healthier life free from anger, which is a *chosen* response. Moreover, your animal companion can absorb this negative pattern of being angry every time something triggers you. Learn to control yourself to become a reliable human for animals.

1. Just for today, I will do my work honestly

Honesty means different things to different people. Being honest isn’t only about being ethical in your work. Start being honest with yourself before anything and in any situation you’re facing in your daily life. Many of us are not honest with ourselves. We know that we can do better, but we do not put in the effort to improve. We also know that by being dishonest, we are only cheating ourselves. If you want to lead a happier and more fulfilling life, it is important to be honest with yourself. It is also important to be honest with others. Speak the truth or remain silent; do not cheat; do not lie; be an example for others. Be the person you would want to meet. Have a positive impact on the lives of others. Be helpful without expecting anything in return. When you are honest, you create trust and respect. These are two important pillars in any relationship, whether with humans or animals.

1. Just for today, I will give thanks to many blessings

You must learn to be grateful for all the things in your life. No matter how big or small, they are all blessings. Whether they are good or bad, they are part of yourself and your history, and everything happened to you for a reason. Every trial should come to you as an understanding of something greater. The setbacks are disguised lessons. By being grateful, you attract many more good things. It's also important to show gratitude to others. When you show appreciation, people feel good about themselves. Similarly, when you are grateful, you create a positive energy that is contagious. You create an energy around your being that will attract more positivity. So start each day by giving thanks for all the good things in your life, and watch how it changes for the better.

1. Just for today, I will be kind to every living thing

You must learn to show compassion and kindness to all living things, including animals, plants, and trees. We are all interconnected, and what you do to others, you also do to yourself. In fact, when you harm others, you are harming yourself first. By being kind and compassionate, you create a more harmonious world for all. When you think about it, being kind doesn't cost you a thing: it will only make you and the people around you feel better. You'll be remembered as someone who cares about others, and people will want to be around you. The same goes for your animal companion. Animals feel when someone is being kind and compassionate, and they naturally want to be close to that person.

You have to keep in mind that you’re not expected to live every moment of your life under these principles. That’s the reason why the principles begin with “just for today”. It’s more of an ideal to reach, step by step. The more you’ll try to implement the principles, the more your mind will identify and try to act by these standards. Reiki has at its core to take one day at a time. When it comes to your animal communication activities, these principles will help you develop more empathy and awareness, allowing more effective connection. More importantly, implementing those principles will help you live in the present, just like animals do. You’ll feel closer to them, and they’ll feel closer to you.

## The Origins of Reiki

As an intuitive and natural approach to well-being, Reiki is actually as old as time. Humans and animals alike are born with the ability to heal through touch.

As a practiced method, Reiki was developed in the early 1920s by a Japanese Buddhist priest called Mikao Usui also known as Usui-Sensei, according to the International Association of Reiki Professionals, the IARP.

The International Center for Reiki Training notes that there is evidence that other styles of Reiki were being practiced in Japan before Usui created his style, known as Usui Reiki, but these earlier styles weren’t widely known. There are now many different styles of Reiki being practiced all over the world. While the basic principles of Reiki remain the same, each style has its own unique approach and techniques.

There is some controversy surrounding the origins of Reiki, as there are many different stories about how it was developed. However, the most common story is that Usui claimed to have first experienced feeling Reiki energy after three weeks of fasting and meditating on Mount Kurama in Japan. He described the experience as a shower of white light that rushed over his body and cleansed him of all impurities. Though he had been starving and near death from fasting, the burst of intense healing energy gave him a sense of vitality and awareness that he’d never felt before.

Usui then moved to Tokyo, where he opened a healing society that he named Usui Reiki Ryoho Gakkai, Usui Reiki Healing Method Society. Within the same month, he established a clinic in Harajuku where classes and treatments were held.

Reiki was then slowly introduced to the western world and gained popularity. Hawayo Takata, a Japanese-Hawaiian Reiki master, began teaching Usui’s modality in Hawaii in the 1930s, and it traveled to the rest of the United States in the 1970s.

Reiki started becoming widely known in the 1980s, and became more popular in the 1990s. Reiki is now practiced all over the world by people from all walks of life.

As early as the mid-1990s, physicians, nurses, and other medical staff who had learned Reiki began using the technique in hospitals around the United States, and Reiki continues to expand as more and more people experience its benefits.

Today, Reiki is used in both hospital inpatient and outpatient settings as a complementary therapy for surgery, cancer, and AIDS.

## Benefits of Reiki

According to the National Center for Complementary and Integrative Health (NCCIH),

Reiki therapy is a way of guiding energy throughout the body to activate the recipient’s self-healing abilities.

Research suggests that Reiki may lower anxiety, stress, and pain in people undergoing surgery. It’s important to understand that in the Reiki belief system, the practitioner doesn't cause the healing, nor is he the source of that energy. Rather, the practitioner is a channel for the energy. Reiki is a non-invasive therapy that supports the body's own ability to heal itself.

Reiki may also improve mood and sleep, as it helps with symptoms of insomnia. Scientific research shows that the group of people who benefited from Reiki slept better than the other group.

The practice itself helps unblock and rebalance energy within the body. It does this in a way that is physical, spiritual, and mental.

* On a physical level, channels are restored in the body allowing better energy flow.
* When it comes to spirituality, Reiki opens the spirit and connects you to higher wisdom.
* Mentally, your energy is improved as it allows the mind to focus, reducing turbulence.

Reiki is a safe and gentle therapy that can be used by people of all ages, including children, pregnant women, and the elderly. It is also safe to use with other forms of medical treatment. Reiki is non-invasive and does not require the use of any equipment or devices.

## How Reiki Works

Reiki practitioners use different techniques to help restore balance. Reiki is not about diagnosing or treating specific conditions. Rather, it helps the person by promoting relaxation and stress reduction. This, in turn, can help the body heal itself.

Reiki practitioners act as a conduit between the recipient and the source of the universal life force energy. The energy flows through the practitioner’s hands to the person receiving Reiki.

Here is how Vickie Bodner, a licensed massage therapist and Reiki master at the Center for Integrative Medicine at Cleveland Clinic in Ohio, explains how the therapy works:

“The patient determines the energy flow from the practitioner’s hands by taking only what they need. This helps the patient know that we are supporting them only in what they need rather than what we think they need. This makes it the perfect balance to meet the patient’s needs.” “You may experience the energy in the form of sensations like heat, tingling, or pulsing where the Reiki practitioner has placed their hands,” Bodner says. “Sometimes, people feel sensations moving throughout the body, while other people do not perceive any change at all.” Most people feel very relaxed and peaceful during Reiki treatments, and many fall asleep during the process.

Moreover, there are no dangers or side effects. Reiki can do no harm, specialists say.

Now that you have a good understanding of what Reiki is and how it works, let’s see how Reiki can help you become a better animal communicator.

## Reiki For Animal Communicators

Reiki is a practice that can benefit both animal communicators and animals themselves to create a sense of deep harmony between the two.

Many animal communicators find the use of Reiki to be highly beneficial to their practice since it has the potential to greatly boost telepathic abilities because it helps to clear away any mental or emotional blocks that may be in the way of clear communication. Reiki energy creates a state of openness and receptivity, which is essential for telepathy. When you use Reiki, you are giving yourself the chance to communicate with animals on a deeper level. The reason for that is because Reiki is a universal life source of energy that has the ability to be channeled to a recipient.

As you’ve seen earlier in the course, you are encouraged to fully live in the present time; to avoid worry, and any negative thinking pattern that may affect your well-being. This way of living is also a very powerful tool to enhance your telepathic abilities as your mind is free from any bad energy, living in the here and now, and is attracted towards what is for its own good. In such a state of mind, you’ll find yourself fully open to receive whatever your animal is willing to share with you. Indeed, animals are very sensitive beings, and they can sense the energy that flows within us, so it's better to make sure your dominant energies are always drawn towards what’s positive.

As an animal communicator, you can use Reiki to help align and balance your own chakras, which will help you become more receptive to telepathic communication with animals. Even outside the context of telepathy, the practice can also be used to help heal emotional and physical pain and illness in animals, allowing them to focus better on the task at hand: communicating with their human companions. The practitioner channels energy to the animal while realigning and opening the chakras. Indeed, animals have chakras just as humans do.

Additionally, Reiki can be used to create stronger connections between animals and their human companions by sharing a powerful energy between the two. This can lead to greater trust and bonding between the animal and the communicator, helping facilitate easier and more effective communication.

Reiki can help strengthen the throat chakra and third eye chakra of animal communicators, allowing for clearer communication with animals through intuition, emotion, feeling, or other non-verbal channels. With these enhanced abilities, animal communicators are better equipped to connect with animals on a deep level and understand what they want or need from us humans.

To use or benefit from Reiki as an animal communicator, it is not necessary to be a master or even have any prior experience with the Japanese practice. Instead, it is sufficient to have basic knowledge of its principles, as well as an awareness of the fact that all beings are connected and can manipulate Reiki energy in various ways.

With these tools at their disposal, animal communicators can help their animal companions overcome physical and emotional ailments, as well as harness their innate healing abilities in order to maintain optimal health and well-being. Thus, through their work as animal communicators, they can play an important role in promoting the overall well-being of both humans and animals alike.

## Summary of Key Points:

* Reiki is a technique that channels energy to another body aiming to activate the recipient’s self-healing abilities. It can be used on humans or animals alike.
* Reiki provides benefits on the 3 levels: physical, mental and spiritual as it aligns the different chakras within the body.
* Reiki is not about diagnosing or treating specific conditions. Rather, it helps the person by promoting self-healing, relaxation, and stress reduction.
* Reiki is universal: it can be used on children, pregnant women, and has no side effects nor dangers.
* Intuition is central when practicing Reiki: learn to practice and trust your intuition.
* The 5 Reiki principles are:  
  Just for today, I will not worry.  
  Just for today, I will not be angry.  
  Just for today, I will do my work honestly.  
  Just for today, I will give thanks for many blessings.

Just for today, I will be kind to every living thing.

These principles act as spiritual ideals you can apply in your daily life to remain focused on the here and the now.

## Exercice: Establish your own perception of the 5 Reiki Principles

The 5 Reiki principles may mean different things to each one of us. To unlock your own perception of their meaning, let’s engage in a little meditation.

### Part 1: Meditate on a Reiki Principle

1. Choose the ideal that means the most to you.
2. Simply sit in a comfortable position and close your eyes.
3. Try to relax and focus as much as you can. Repeat one of the principles several times aloud using it as a mantra. Take as much time as you need.
4. As the ideal resonates within you, become aware of your thoughts and what’s happening inside your mind.
5. During that meditation, try to link the principle to your personal relationship with your animal. For example, if you choose the principle “Just for today, I will do my work honestly”, try to think to what extent you try to be honest with your animal in your relationship with him, on a daily basis.

### Part 2: Define What Each Principle Means to You

In a notebook, write down everything that happened during your meditation. Ask yourself the following questions:

* What were your thoughts?
* Did you experience any physical sensations?
* What is your own perception of the principle?
* How could you integrate that ideal into your relationship with your animal?
* Did you come out with your own definition of the principle you focused on?
* Do you think you could try and apply the meaning of that ideal in your daily life?

You can repeat this introspection for several days in a row, each principle a day. Then compare your notes, and try to come out with your own perception of each one of the 5 Reiki Principles and how each one of them could be used to create a better connection with your animal companion.

# Know How to Use Reiki Techniques on Yourself to Balance Body Chakras

In this section, you’ll learn everything you need to know about Reiki level 1. Indeed, Reiki level 1 is about getting the necessary knowledge to use Reiki on yourself and others to balance body chakras and create that flow of energy.

As we’ve seen earlier in the training, Reiki is taught at three levels:

1. With first-level training, practitioners can perform Reiki on themselves or others through light touch.
2. Second-degree practitioners can teach Reiki and initiate Reiki to other people, as well as practice distance Reiki.
3. Practitioners with a third-degree or master level certification in Reiki can teach and initiate others into the practice.

When you learn about Reiki, it is important to follow a certain order of things. Indeed, there are 3 levels of Reiki and each one is a step into a different kind of knowledge. You cannot practice Reiki level 2 if you haven’t mastered Reiki level 1 before. That’s because Reiki level 2 goes deeper than Reiki level 1 in the practice.

## Preparing for Reiki

Getting ready to practice Reiki, whether it is on yourself or on others, involves a number of steps including setting an intention for your practice, clearing your mind and body of negative energy, raising your vibration and connecting with the higher realms of consciousness.

Like everyone, you already have the universal life force energy that we use in channeling Reiki within yourself, now you just need to enhance your potential energy by meditation and discipline. In order to fully prepare for Reiki, it is thus important to focus on developing a strong foundation in your personal practice. This can include engaging in regular meditation and mindfulness exercises, as well as practicing healthy habits like eating well and getting enough rest. This will be developed in detail in the next section entitled Guidelines for Practicing Reiki. As for meditation, you can go back to Module 6 to learn a daily meditation to help your animal communication practice.

Sometimes, people who want to practice Reiki go through an initiation ritual, or attunement. During these rituals, practitioners are introduced to the energy and power of Reiki, and learn how to harness that power for themselves and others. However, Reiki is a universal life force energy that already exists within everyone, and is accessible to everyone. Therefore, we believe you don’t need to go through any ritual or attunement to start practicing Reiki on yourself or your animal, at least not for the purposes of animal communication.

Reiki helps control how your mind, body and spirit respond both internally and externally to negative external stimuli of our world. Being aware of having Reiki energy within yourself, and keeping a balance in your life, your creative and intuitive abilities will be raised. You will begin a transformational process in so many aspects of your life that will lead to more balance, and hence a better connection with your animal.

## 

## Guidelines for Practicing Reiki

### Wear Comfortable Clothing & Avoid Wearing Jewelry

Whenever you want to use Reiki, it is important to be mindful of what you wear. In particular, it is wise to avoid wearing jewelry, especially metal, as this can interfere with the flow of Reiki energy. Additionally, it is recommended that you wash your hands thoroughly before practicing Reiki so as to not transfer any unwanted energy.

Similarly, you have to avoid wearing tight clothing. This can help facilitate the flow of energy and allow you to fully focus on your practice as you’ll feel comfortable in your clothes.

### Adopt a Healthy Lifestyle

In addition to these physical considerations, be rigorous when it comes to your diet and avoid consuming alcohol. This can help you maintain an open and clear mind space.

To enhance the power of Reiki and your chances to get better at animal communication, you are invited to develop simple, health promoting habits, even if you don’t plan on going through an initiation ritual or attunement.

Reiki is a lifestyle in itself. It encourages you to make the right choices for yourself, and to lean towards what’s better for your overall health. There are many benefits to living a Reiki lifestyle: The Japanese technique promotes staying healthy, so what better way to preserve your balance than to take care of yourself? Be mindful of what you are putting into your body when you eat, for it has a direct correlation to your general health and well-being.

Your goal is to connect with animals: you’ll notice that adopting a healthy lifestyle will greatly help you towards that goal. Indeed, if your attitude leans towards what’s positive, healthy, better for yourself, you’ll develop a habit of openness, of receptivity, and flow. Your general mood and health will get better as you’ll be mindful of the choices you make when eating.

**Here are 4 easy and accessible approaches to living a healthier life:**

1. First, let's talk about your diet. When you eat quality food, you are providing your body with the nutrients it needs to function properly. Eating local products is a great way to get the most nutrients possible, as they have not been traveling for long distances and gone through extreme temperatures. Processed foods are often filled with additives and chemicals that are harmful to your health. It is best to avoid these types of foods whenever possible.
2. Second, essential oils can be a powerful tool to incorporate into your everyday routine. Essential oils have been used for centuries to help restore balance and promote natural healing. Research suggests that essential oils can reduce stress levels, improve mood, enhance cognitive functioning, support immune system health, and more. When it comes to adopting a healthy lifestyle, essential oils can also provide an abundance of benefits. Diffusing essential oils into your home or office space can help clear the air from toxins and pollutants while providing a calming atmosphere for relaxation.

When looking for the right essential oil for you, it's important to evaluate your needs first. Consider what you want to achieve: reducing stress levels or enhancing cognitive functions, or else. Once you know what type of effect you're looking for, research different types of essential oils to see which ones are best suited for you.

1. Physical activity is another important part of living a healthy lifestyle. Exercise releases endorphins, one of the hormones of happiness. It is also beneficial to our physical health. Participating in physical activities, like sports, can help you connect with others and build new relationships.
2. Get enough rest and sleep. One of the most important things you can do for your health is to get enough rest and sleep. When you’re tired, your judgment is impaired, you’re more likely to get sick, and you’re not as happy or productive.

Most adults need between 7 and 8 hours of sleep each night. To figure out how much sleep you need, try going to bed and getting up at the same time every day for a week. Keep a sleep diary to track how many hours of sleep you get each night. If you find that you’re not getting enough sleep, make changes to your routine so that you can get the amount of sleep you need.

If you’re not engaged in a positive and healthy lifestyle already, now is the time to start. However, do not put any unnecessary pressure on yourself. The choices you make concerning your lifestyle are ultimately yours, and it should always be about what makes you feel good.

### Engage in a Daily Meditation

The easiest way to practice meditation on a daily basis is to reflect on a Reiki principle to try and implement it. Go back to the exercise entitled: “Meditate on a Reiki Principle”, at the end of the first section. But again, these are just recommendations you are free to follow, or not. Reiki can work just as well without engaging in daily meditation.

## Start Practicing Reiki on Yourself

Adopting a healthy diet and lifestyle or practicing a daily meditation are things you’ll put in place little by little. Start one day at a time and it will become a habit without even realizing it. Similarly, your practice of Reiki will become more powerful with time. Don’t wait until your lifestyle is perfect or until you are able to practice meditation daily to start practicing Reiki.

Reiki is wisdom, so when you practice it, the energy will naturally go where it’s needed. You don’t need to know what needs to be healed in the body, whether it is on yourself, others or animals. So, there is no need to know about the anatomy of the body or how it functions.

You can practice Reiki on yourself whenever you feel like it. You don’t need to feel unwell to do a self Reiki session. Try to set aside a regular time each day to perform self-Reiki. It is suggested that you start with a 20-minute session first thing in the morning and then another 20-minute at the end of the day. These treatments can be performed for longer stretches of time if you would like, 30 to 60 minutes.

**The following guidelines help you prepare for self Reiki:**

* Find a comfortable and quiet space in your home to perform self Reiki. Create a quiet environment without distracting noise. Turn off your phone and T.V. Some people find it helpful to play some relaxing instrumental music during their sessions. Try to use the same space everytime you perform Reiki. You can sit on a chair or lie on your back on a sofa, bed, or the floor. Do what’s best for you.
* Once you find a comfortable position, remove your shoes. If you are reclining, put a blanket over your body to stay warm. Close your eyes. Relax your body and mind. Notice and make mental note of any special places in your body or mind that need special attention in your session.
* Always remind yourself of these 2 statements before starting a self Reiki session:  
  - That Reiki is the universal life force energy that already exists within you. Reiki energy strengthens the body’s natural healing abilities.  
  - That your self session is being performed for the highest and greatest good. Breathe in easy and relaxing breaths. Often it helps to focus your attention on your breath and body as you perform the various hand positions.

Reiki is a technique that uses hand positions. That’s why initiates are taught specific hand positions for directing the energy and using it when channeling Reiki energy. However, hand positions are only a guide, you can use your intuition and place your hands wherever you feel like on your body. Remember that you don’t need to think about what parts of your body or spirit need energy, because Reiki knows exactly what to fix.

**Hand positions for self-treatment:**

* Hand position number 1: cup your hands and gently rest them over your eyes.   
  This position will help with stress, eye-problems, asthma,   
  allergies, sinuses. It will allow you to connect more easily with animals by being able to receive messages from them and send messages to them.

*  
 Hand position number 1*

* Hand position number 2: place your hands on either side of your head, with fingers covering your temples. This position helps with hearing problems, balance, colds, flu and will help balance functions between the left and right side of your brain. This is a powerful tool for building stronger intuition and improving your ability to receive and interpret telepathic messages.

*  
Hand position number 2*

* Hand position number 3: place your hands around the neck with heels covering the throat. This position will help you with self expression, communication, breathing, voice and speech problems, bronchitis, flus, colds and anger. As an animal communication this hand position will serve you well and improve your ability to communicate clearly and easily, telepathic or otherwise.

*  
 Hand position number 3*

* Hand position number 4: your hands are positioned horizontally at the top of the torso with fingertips touching. This is an excellent position for people with cardiac problems and will help cultivate your sense of love and connectedness. This hand position is very helpful for overcoming negative emotions that shut down communication and obscure telepathic signals.

*  
Hand position number 4*

* Hand position number 5: your hands are positioned horizontally with fingertips touching over the upper stomach and in the solar plexus area. This will help with all major organs and glands, disease, infections, stomach, intestines, reproductive system, anger and emotions. For your animal communication practice, it will help reduce anxiety and fatigue related to poor digestion and toxicity.

*  
 Hand position number 5*

* Hand position number 6: keep your hands in the same position and move them down to form a V inside the hip bone. In this position, you can help increase blood flow to the legs, inguinal lymph nodes, and muscle tendons in this area. This can help energize these parts of the body. This will allow you to be more focused and energetic during animal communication sessions, helping you stay on task and become more intuitive.

  
*Hand position number 6*

* Hand position number 7: This position is used to send Reiki to the backside of the spleen, liver, and kidneys. This can help enhance the daily level of energy and remove stress. At an energetic level, this position stimulates the energy points on the bladder meridian, including those associated with the kidneys and gallbladder. Additionally, it stimulates the back projection of the solar plexus chakra, which can help to cleanse residual emotions from the past. By using Reiki in this way, it may be possible to eliminate negative emotions associated with the kidneys, such as fear, and replace them with light.

*  
Hand position number 7*

* Hand position number 8: if you can, sit in the lotus position and hold both feet with your hands. This will help with leg pains. As for your connection with animals, it will help you ground yourself to become more receptive.

You’ll notice we begin from the top of the body down to the feet. You can follow that order or you can only select the hand positions that will work best for you. Place your hands on each position for 2 minutes and move on to the next hand position.

Keep in mind that hand positions are only guidelines, and you can absolutely use your intuition to place your hands on any part of the body you judge is best, whether on yourself, another human being or your animal. To always listen to one’s mind and body is important. There is no wrong or right way to practice Reiki.

You don’t need to be an expert or have years of experience to practice Reiki and to actually help yourself or animals. The practitioner doesn't cause the healing, nor is he the source of that energy. Rather, the practitioner is a channel for the energy: Reiki is never sent, it is always drawn through the channel thanks to hand touching. Also, Reiki practitioners will never become drained, instead both the patient and the healer are healed, because Reiki is infinite.

## Summary of Key Points:

* Reiki is a universal life force energy that already exists within everyone, and is accessible to everyone.
* Reiki level 1 is about getting the necessary knowledge to use Reiki on yourself and others to balance body chakras and create that flow of energy.
* In order to fully prepare for Reiki, it is important to focus on developing a strong foundation in your personal practice. This can include engaging in regular meditation and mindfulness exercises, as well as practicing healthy habits like eating well and getting enough rest.
* There are 8 hand positions that can be used in Self-Reik, beginning from the top of the body down to the feet. You can follow that order or you can only select the hand positions that will work best for you. Place your hands on each position for 2 minutes and move on to the next hand position.
* Hand positions are only guidelines. Use your intuition to place your hands on any part of the body you judge is best, whether on yourself, another human being or your animal. Reiki is wisdom, so when you practice it, the energy will naturally go where it’s needed.
* When preparing to use Reiki, it is important to be mindful of what you wear. In particular, it is wise to avoid wearing jewelry, especially metal, as this can interfere with the flow of Reiki energy.
* Be rigorous when it comes to your diet and avoid consuming alcohol. This can help you maintain an open and clear mind space.
* When you eat quality food, you are providing your body with the nutrients it needs to function properly.
* Physical activity is another important part of living a healthy lifestyle as well as getting enough rest and sleep.

## Exercise: Self Reiki

Self-Reiki is a practice that promotes your body's natural ability to regenerate. It can be used to promote well-being and relaxation, and it can be a valuable tool for selfcare. In order to practice self Reiki, you will need to find a comfortable place to sit or recline. Make sure the place is calm and quiet. Please remember that Reiki energy is wise and knows where to go. Don’t forget to use your intuition. If you feel like touching one part of your body longer than another part, feel free to do that, there is no right or wrong way to use Reiki.

Instructions:

1. Drink a glass of water.
2. You may want to close your eyes and take some deep breaths to relax.
3. Next, you will need to focus your attention on your hands. Rub your hands together gently until they are warm, and then place them palms down on your body, starting at the top of your head and working your way down to the tips of your toes.
4. Take a few deep breaths and allow the Reiki energy to flow through you. When you are finished, slowly bring your hands back up to your head, and take a few more deep breaths.
5. Hand position 1: cup your hands and gently place them over your eyes, cheekbones and forehead which stand for the third eye or pineal gland. Keep each position for 2 minutes.
6. Hand position 2 : Place your hands on the top of your head, fingertips touching. Keep that position for 2 minutes.
7. Slowly bring yourself back to reality by opening your eyes. Remain calm and silent for a few minutes, thinking of what you felt during that session.

# 

# Learn How to Use Reiki on an Animal

As you learn more about the power of Reiki, you can begin to explore different ways of incorporating it into your practice as an animal communicator. Whether it involves working directly with the animal's body or simply using Reiki as a means of deepening your connection with them, it is an invaluable tool that can enhance and deepen the feeling of well-being for both humans and animals alike.

## Why Should Animal Communicators Use Reiki on Animals?

One reason that animal communicators might consider using Reiki on animals is that animals are particularly receptive to this type of energy. Reiki is a very effective therapy for animals for exactly the same reasons it works well on people. You can help animals recover from illnesses, injuries, and trauma.

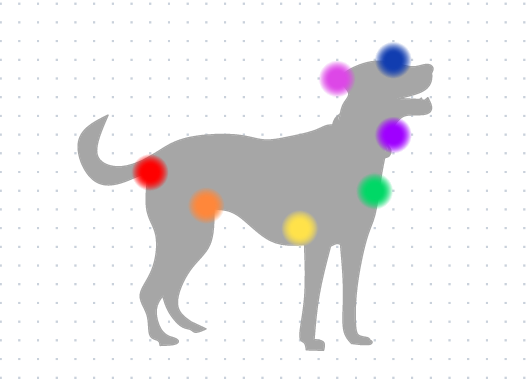
Another reason is that Reiki can be a very rewarding and fulfilling path to follow, especially when it comes to working with animals. Whether you're helping household pets or other animals in need, there is great satisfaction in knowing that you are making a real impact on their lives. So whether you're a professional animal communicator or simply want to use Reiki to deepen your bond with your pets, there are many benefits to be gained from this practice.

You can give Reiki to animals in a number of situations. The Japanese technique can be used on any animal, no matter his age or situation. In the case of illnesses, Reiki helps the healing process and it can be used as a complement of any type of medical intervention. Similarly, if an animal has been through any kind of trauma, abuse, loss, or if they seem to exhibit depression or any other behavioral disorder, animals can use Reiki loving energy. Even when you don’t know what the problem actually is, you can use Reiki.

## Channel Reiki to an Animal

Using Reiki on an animal is exactly the same as using Reiki on a human being. You can start practicing Reiki by laying hands on your animal with the same hand positions you learned when using Reiki on yourself.

You can adapt the standard human Reiki hand positions for your pets or other animals. The basic anatomy is the same, whatever the size of the animal. For larger animals like horses or large dogs, a few people can perform Reiki simultaneously, sending much love and healing at once.



*Points of the animal’s body where Reiki can be delivered. You can notice they are the same as humans.*

**Here is how you can deliver Reiki to your animal:**

1. To start channeling Reiki to your animal, you’ll need to try to put them in a comfortable position, where they can stand still for a few minutes. For that, you can use one hand to pet your animal and the other hand to deliver Reiki. That way, your animal will remain focused on the touch of your hand. If your animal doesn’t want to be touched, send them Reiki from a distance, using the methods you’ll discover in the next section of the module. If your animal is small, it’s okay if they move a little while you deliver Reiki.
2. Start by placing your hands on the head of the animal and work all the way down their body, just like you would do on yourself. Refer to the image above to determine where you can place your hands.
3. It is suggested that you perform each hand position for 1 or 2 minutes, but don’t worry about the exact amount of time. If your animal isn’t comfortable anymore, give it less time.

## Important Considerations When Using Reiki With Animals

There are a number of key indicators to look for to intuitively determine if it is safe and okay to perform Reiki on an animal.

They are as follows:

Animals respond differently to Reiki depending on their type of illness, personality, and how well they know and trust you. One indicator that an animal may be receptive to Reiki is if they display signs of relaxed body language, such as a lowered head, calm demeanor, and soft, relaxed eyes. Additionally, animals may actively seek out physical contact or show interest in Reiki sessions, indicating that they are open to the treatment and want to benefit from it.

Another important indicator is a change in the animal's behavior or overall mood. If an animal appears more lethargic or has lost interest in their usual activities, this could be an indication that they are experiencing discomfort or illness, and Reiki could help alleviate these symptoms. Similarly, if an animal is seemingly distressed or agitated prior to a session but becomes calmer after receiving Reiki treatment, this could also indicate that it was beneficial for them. However, it is imprudent to provide Reiki channeling just to test if it will be beneficial without first establishing that the animal is receptive. Consent is essential to cultivating trust and professionalism in all of your animal communication practices, Reiki being no exception.

Overall, by closely observing an animal's behavior before and during a Reiki session and taking note of any sudden changes or reactions you can better discern whether they are receptive to being treated with energy techniques like Reiki. By connecting with the animal on an intuitive level and tuning into their needs and preferences you can provide the best possible care for them using this powerful modality. It is important to trust your intuition and forgive yourself when your intuition is wrong. This spirit of self forgiveness and self trust is paramount to developing your intuition. However the importance of experience in developing your intuition also cannot be overstated.

An animal may bark, growl, screech, fly, hiss, buck or run away as a way of telling you it doesn’t want to be touched. If this happens and you know the animal is sick or in pain and needs Reiki then you can still treat the animal by using distant Reiki. You will learn about this in the next objective.

An animal may let you perform hands-on Reiki but then after a while, they shift positions or look at you funny. Move your hands a few inches above the body; scan the aura and other parts of the animal body and continue treating the animal with Reiki, if you intuitively feel that it’s still needed.

An animal may also tell you it wants Reiki by coming near you when you are giving Reiki to yourself or someone else.

​​As an animal communicator, it is important to be in tune with the animals that you are working with in order to provide them with the most effective treatment. This involves being able to read their body language and energy levels, and responding appropriately when they move or fidget during the treatment.

Once you have established a connection with your animal, it may shift its position or make other movements to help you better access the areas that require energy. In these situations, it is important to maintain focus and continue delivering Reiki as usual, while keeping your hands positioned just above the animal's body.

If you notice any changes in the animal's mood or energy level during the treatment, it is important to stop immediately and ensure your own safety. This could be a sign that the animal is not comfortable or receptive to receiving Reiki at this time, and it is best to respect its wishes and wait until another time when they are more receptive. With continued practice and awareness, you can provide effective Reiki treatments for animals of all kinds using these principles as a guide.

If you feel comfortable or get an intuitive message to get closer to the animal, you can then try performing Reiki with your hands hovering above the pet. Moving gradually into an actual hands-on session.

Remember all these suggestions are just guidelines, it is key that you use your intuition and just go with what you are drawn to do. The animal will sense your positive, loving energy toward it and respond accordingly.

Adapt your Reiki approach for treating animals. Because animals can’t give their express permission for you to perform Reiki, make sure you approach any animal in a slow and respectful manner. Indeed, doing so gives the animal the opportunity to understand what you are doing and lets the animal make his feelings known.

We believe that engaging in animal communication can help improve your ability to perform Reiki on animals. By tuning into the energy of the animal and establishing a clear connection, you are better able to gauge their needs and determine if they are receptive to receiving treatment.

As a Reiki practitioner, you may want to consider using distant techniques when treating animals, such as sending distant Reiki. These methods can be effective and safe for large or exotic animals, depending on your skill level and experience. That point will be developed in the next section of the module.

Of course, intention is also critical in an animal Reiki treatment, just as in all animal communication practices. It is important to maintain clear intentions throughout the process. You should strive to provide the highest level of energy for your animal, while remaining open and clear as a channel for the Reiki energy. Whether you are working directly with an animal or using distant techniques, these considerations will help ensure success in your work as a Reiki healer.

## Reiki as a connection between the human guardian and his pet

Using Reiki to support animals and their human companions can be a truly transformative experience. Whether you are working with an animal who is sick or injured, struggling with emotional issues, or just in need of some extra love and care, Reiki can help to ease their distress, promote well-being and strengthen connection on all levels.

Even when the animal is about to die, as in the case of just old age for example, Reiki can help the animal to pass peacefully. Reiki doesn’t change the natural order of events, but it can ease their pain and generally help make the transition less despairing. It can also be used to treat the animals' human guardians with their loss and grief.

Given the connection between animals and their human companions, it is not surprising that many animal lovers find that the practice of Reiki goes hand-in-hand with the field of animal communication. By understanding what your pets are trying to tell you through their body language and behavior, you can not only provide them with better care but also deepen your connection with them. And by offering Reiki as a way to support both yourself and your animal companions, you can improve not only the quality of your life but of theirs as well.

## Summary of Key Points:

* Animals are particularly receptive to Reiki energy
* Reiki can be a very rewarding and fulfilling path to follow, especially when it comes to working with animals.
* You can give Reiki to animals in a number of situations. The Japanese technique can be used on any animal, no matter his age or situation.
* Animals respond differently to Reiki depending on what is ailling them, their personality, and how well they know and trust you.
* An important indicator is a change in the animal's behavior or overall mood. If an animal appears more lethargic or has lost interest in their usual activities, this could be an indication that they are experiencing discomfort or illness and Reiki could help alleviate these symptoms.
* An animal may bark, growl, screech, fly, hiss, buck or run away as a way of telling you it doesn’t want to be touched.
* An animal may let you perform hands-on Reiki but then after a while, they shift positions or look at you funny.
* Once you have established a connection with your animal, it may shift its position or make other movements to help you better access the areas that require energy.
* If you notice any changes in the animal's mood or energy level during the treatment, it is important to stop immediately and ensure your own safety.
* Of course, intention is also critical in an animal Reiki treatment just as in all animal communication practices. It is important to maintain clear intentions throughout the process.

## Exercise: Send Reiki to your Animal

The intended benefits of Reiki are on a physical, mental and emotional level, and they promote general wellness. It may relieve tension or alleviate fears, giving your pet a sense of peace. Pain relief and rapid recovery result from energy channeling, aiding the body's natural healing process. Reiki is also a powerful tool of effective animal communication, as it helps to deepen your connection with the animals you are working with and heighten your intuitive abilities.

Materials:

* An animal that could be your pet or any other animal, even if you are not particularly close to it.

Instructions:

1. First, you will need to find a quiet place where you can focus your attention and energies on your practice session. You may also wish to use candles or other soothing sensory stimuli to help you relax and clear your mind.
2. Once you have prepared yourself mentally and physically, begin by visualizing a gentle but powerful white light emanating from your hands. Place your hands just above the animal's body or directly on its skin, depending on where you want to focus your energy. As you continue to visualize this light washing over the animal, try to clear all thoughts from your mind and focus only on channeling energy into its body.
3. Be careful if you don’t know the animal: remember that you have to connect with the animal only if it doesn’t cause you safety issues.
4. Continue this process for a set period of time - perhaps 5-10 minutes or longer if needed - allowing yourself to be fully present in each moment and attuned only to the needs of the animal before you.
5. When finished, take some time to reflect on how you felt during the exercise and any insights that may have arisen as a result of practicing Reiki with an animal companion. And remember that with regular practice and dedication, even novice practitioners can unlock their full potential as healers for both humans and animals alike.

A sign of relaxation or connection can signal that Reiki is positively impacting an animal. An animal may lay down or fall asleep and dream.

## 

# How to Use Reiki Symbols to Boost your Energetic Abilities

Now that you know how to practice Reiki on yourself and others, (in our case animals) which corresponds to the requirements for learning Reiki Level 1 let's move on to some essential characteristics to know about Reiki Level 2. One of the key features of Reiki level 2 is the use of symbols, or energetic markers that are used for amplifying and directing energy. By using these symbols during treatments, you can more effectively channel energy into your patients or animals and boost your abilities as an animal communicator who practices Reiki.

There are 4 Reiki symbols in total. The first 3 symbols are taught in Reiki 2. The fourth and master symbol is taught in Reiki 3. Once a student has been attuned to the Reiki symbols, they will be linked at a conscious and subconscious level to those symbols for life.

### 

## The Power symbol - Cho ku rei

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The power symbol is essentially about focusing energy. It works physically to intensify and concentrate Reiki energy, so it can directly impact different areas or conditions in the body. This makes healing quicker and more proficient.

The power symbol not only reduces the amount of time required for getting better, but it also helps to increase the efficiency of your healings. When you deliver Reiki energy during a session, you want to make sure that you are delivering enough to see results. With this symbol, you will save time (at least 50%) when applying each hand position or treatment. For example, if a self Reiki session typically requires 5 minutes per hand position, by using this symbol you can reduce that amount while still delivering more energy than before.

Here are some benefits to use the power symbol:

* As the power symbol works primarily in the physical world, its application may be similar to Reiki level 1, but more potent.
* It can be used for self Reiki and for practicing Reiki on others.
* It can also serve to cleanse your living environment. To use Reiki on your home or office, simply connect to the energy and then, using your hands, apply it to walls, corners, ceilings, and floors.

## The Harmony Symbol - Sei he ki

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The general meaning of sei he ki is “God and man become one”. This symbol of harmony is associated with emotional balance and equilibrium. Furthermore, it has the power to help bring disparate halves of the brain back into communication with one another. It can help in resolving complex emotions and promoting peace during turbulent times. Finally, this emblem strengthens the bond between body and mind.

The harmony symbol may be used for the following purposes:

* It brings peace and harmony to an object, person, animal, or situation as it removes bad energy.
* It can help balance negative thinking and lead to achieving a dream or fulfilling a wish.
* It also helps improve memory.

Sei he ki can also help in the case of headaches. Indeed, headaches are sometimes caused by mental and emotional instability, and calling on sei he ki can help balance this out. It can act as a protective symbol that can keep you away from negativity and actually remove negativity from the body. Even better, sei he ki can make your affirmations more powerful. If you’re someone who writes down your affirmations, try drawing the sei he ki symbol next to them, they’ll be a lot more likely to stick.

### 

## The Distance symbol - Hon sha ze sho nen



The Hon sha ze sho nen power symbolizes “having no present, past or future.” It can help you break free from the chains of your mistakes. It will inspire you to learn valuable life lessons from difficult times in your past. Additionally, it may provide clarity as you make plans for your future.

Most people are attracted to learning Reiki level 2 because of this symbol. The distance symbol is not a symbol in the traditional sense, but rather 5 Kanji characters (Japanese writing characters) coming together . Because it contains a greater number of strokes than the other symbols, it can be more difficult to memorize and draw.

The symbol will allow you to give remote Reiki to anyone, regardless of where they are. In order to do this correctly, you will need some factual information on the person, such as name, sex and age.

Some ways that the distance symbol may be used:

* Distance energy channeling using a written note containing information about the person or the animal.
* Distance energy channeling using a photo of the person or animal.
* Distance energy channeling using life-size images.

Indeed, when sending Reiki from a distance, relying on images, photos, or any tangible object can help you connect with the recipient. When you begin to practice distant Reiki for the first time, it might help you better visualize the energy flowing towards the animal or person you’re channeling Reiki to. However, it is not a necessity. Reiki practitioners tap into the universal life force energy and do not need any object or visual aid to send Reiki. Reiki practitioners use their intent to direct Reiki energy from a distance.

## Where to Find the symbols?

There are several sources where you can find these symbols, including books and online resources.

There are many websites that provide free, high-resolution images of these symbols which can be helpful for activities like meditation, visualization exercises, and other related practices. Additionally, a lot of these sites offer explanations about the meaning and purpose behind each symbol in detail.

It can take some time to familiarize yourself with each symbol, so be patient and keep practicing.

Some Reiki level 2 courses require students to copy the symbols by hand. Keep in mind that different schools may have slightly different versions of the symbols and mantras, though the use of three primary symbols is constant throughout all classes. It's likely that your Reiki master will ask you not to share symbol details outside of class. Once attuned, individuals will remain linked to those symbols for life at both a conscious and subconscious level.

### 

## How to Use Reiki Symbols?

Before beginning a Reiki session, use your dominant hand's index finger to draw the corresponding symbol in the air. As we have seen, each symbol has its own significance that should be silently repeated after visualizing or drawing it. However, you can benefit from the power of the symbol not only by visualizing it; having the intention to use it is more than enough. Either way works just as well as long as you remain focused.

There are countless ways you can use the Reiki symbols in your everyday life. The more you understand about them and let your imagination run wild, the more varied applications you'll find for them. When students integrate Reiki into their lives, they often report increased abilities and a heightened personal vibrational level.

The symbols used in Reiki are important because they help to channel the energy more effectively. They work as keys, unlocking the flow of Reiki and allowing you to harness its power more easily. While it is possible to engage in Reiki without using the symbols, utilizing them can enhance your experience.

After a second degree, and once Usui Reiki students learn and process the first three symbols, their healing abilities improve. Some Reiki Masters claim that the symbols are powerless without attunement from a higher-level practitioner. However, we believe this is mostly to protect the sanctity of the symbols and the practice. The power of intention is a core principle of Reiki, as is universality. If you firmly believe that the symbols can have a positive impact on your practice, then they will.

Practitioners use symbols as conduits to transmit the universal life force, or energy, to a recipient. These symbols act as bridges that span the distance between practitioner and patient. Since they are transcendental in nature, they provide a direct connection to the higher self or higher consciousness for both parties involved. This then creates an energetic ripple effect on all levels, inner and outer, for everyone present during the session.

## Distant or Absent Reiki: the Technique.

The 3 symbols are the keys that unlock the doors to absent and distant Reiki. Distant Reiki can be used on an animal you want to send Reiki energy to, and is a very useful technique in animal communication. Indeed, animals may not react the same as humans when you’re about to channel Reiki energy into them. They may not understand your intention and may retreat from you if you’re about to touch them for that purpose. That’s where distance Reiki comes into play: it allows you to send energy to an animal that doesn’t want to be touched, even if he is close to you. To send distant Reiki, the recipient doesn’t necessarily have to be very far away from you.

Preparing to send distant Reiki

With practice you’ll be able to send Reiki energy at will, whenever it’s required, and from wherever you might be. By focusing your mind and energies on your target, you can easily block out any distractions or interference that might be occurring around you. Whether you are trying to heal someone from a distance, an animal, or attain spiritual clarity in a particular location, the ability to connect with Reiki energy at a distance is an invaluable skill that can help you achieve your goals and deepen your understanding of the world around you.

Initially, try to follow these guidelines to perform the session correctly.

Find a quiet place and ensure you have enough time. You need to focus on the following elements. Use the distance symbol and visualize it or draw it in the air for a start.

Then, ground yourself and connect with Reiki. Set your ego aside and you’ll start to feel the flow of Reiki before you connect with the recipient. Once you feel the connection with Reiki, start sending Reiki to them.

Keep the session going for as long as you intuitively feel it should continue. Reiki will go where it is needed and continue to work after you have closed the session down. An average distant session lasts about 15 minutes. There is no right or wrong way in distant Reiki, the key as always is the intention.

Always end the Reiki distant session with a positive envisioning of the person, place, event, or situation you focus on. Release the outcome to the infinite wisdom of Reiki. Disconnect from the recipient and ground yourself. Wash your hands with cold running water if possible.

### Popular Methods Used to Send Distant Reiki Energy

Start by following a pre-planned format to stay calm and focused on the channeling process, rather than worrying about the details of what you're doing. Practice makes perfect: it can seem daunting at first, but if you keep repeating and practicing, it will eventually become second nature. It's like learning to drive a car: in the beginning it can seem overwhelming. With repetition and practice, it eventually becomes second nature.

Likewise, once you have mastered the mechanics of performing a distant Reiki session, you will be able to just relax and focus on the channeling session and not on what you need to do next, as it will all become automatic. As your skills and confidence grow, you can begin to rely more on your intuition and instincts to guide you through your sessions.

Since you are not able to see the recipient in person when performing distant Reiki channeling, it is important to find other ways to stay connected and aware of what is happening during the session. Whether it be through visualization, focusing on energy sensations in your own body, or paying attention to subtle signs from the recipient's body, there are many different tools you can use to stay present and engaged throughout the process.

Let’s review a substitute method you can use to help you visualize or represent the distant Reiki recipient in mind.

### The Surrogate Method

Surrogate means substitute, so the surrogate method is when one person, or object stands in physically to do the Reiki session for another person or animal. A surrogate Reiki session is simply bringing the energy of the physically absent recipient into the surrogate.

The use of a surrogate is particularly interesting when you want to send Reiki to an animal that’s far from you or when you want Reiki energy channeled to an exotic animal you cannot approach for safety reasons. Similarly, when you feel that the animal near you doesn’t want to be touched or approached, you can use the surrogate method.

You can literally use anything as a surrogate to channel Reiki. The use of a surrogate can help to focus and intensify one's intention, as well as allowing for greater flexibility and adaptability in your approach.

There are many different types of surrogates that can be used in Reiki practice, including photographs, items such as cushions or teddy bears, or even written notes or drawings. The key is to find something that resonates with you and helps you to connect with the necessary energy flow for channeling Reiki. Additionally, it is important to be clear about what exactly your surrogate represents during each session, so that there is no confusion about its purpose.

If you are interested in exploring the potential benefits of using surrogates for animal communication or other forms of Reiki practice, start by thinking about what objects or images resonate most strongly with you. Consider how you might incorporate these into your practice to help facilitate deeper connections with yourself and others.

Many Reiki practitioners have their favorite surrogate and use it for all their distance sessions. This can be a physical object that acts as a symbolic stand-in for the person or animal being treated. In general, Reiki practitioners prefer to use teddy bears or other stuffed animals as their surrogates. This is because these objects are small and easily portable, making them ideal for remote Reiki sessions, such as through phone or online communication.

Let’s assume for example you want to channel Reiki to your pet who is not physically close to you at the moment. Find a photograph of your animal. Write down his name on a piece of paper and some details about him if possible. Place the photo and the piece of paper in your hands. Recite your invocation aloud adding also that the photo and piece of paper are to be used as a surrogate for your pet.

When performing distance Reiki sessions with a surrogate, it is important to be mindful of the various hand positions and chakras that you will need to focus on. By visualizing energy flowing from your hands into the surrogate and then into the recipient, you can help align their energy centers and channel Reiki on both a physical and spiritual level.

Whether you are working with an animal or another living being, Reiki sessions can positively impact your communication. By taking the time to establish a connection with your recipient and understanding their needs, you can help them to achieve greater well-being and balance in their lives.

Distance sessions with surrogates require patience and a deep sense of care and respect for both yourself and the person being treated. This type of work can seem daunting at first, but with time and experience, you may find that you become skilled at using surrogates in your distant channeling sessions. Whether you are working with animals or people, it is essential to prioritize safety and comfort for all participants during these types of sessions. For example, if you are connecting with an animal over a distance, you will want to make sure that they are in a calm, relaxing environment before beginning any work. Furthermore, it is also important to be mindful of your own energy levels and emotional state before attempting any kind of remote channeling session. By making sure that both you and your clients are prepared for this type of work, you can help to ensure positive outcomes for everyone involved.

When you call upon Reiki to send energy and support to your friends, whether they are animals or humans, you must remember that you cannot try to control or prescribe what is in their best interest. Rather, you should focus on removing your ego and letting Reiki's infinite wisdom guide you towards the best possible outcome for your clients. This requires you to trust in Reiki's power and relinquish your own sense of control.

Being mindful about when it is appropriate to use Reiki can be an important part of successfully applying this practice in your work as an animal communicator. You must always try to ask permission first before channeling Reiki.

## 

## Summary of Key Points:

* One of the key features of Reiki level 2 is the use of symbols, or energetic markers that are used for amplifying and directing energy.
* There are 4 Reiki symbols in total. The first 3 symbols are taught in Reiki 2. The fourth and master symbol is taught in Reiki 3. These symbols can be used both for Reiki with others and in self-Reiki
* **The Power symbol - Cho ku rei:** The power symbol is essentially about focusing energy. It works physically to intensify and concentrate Reiki energy, so it can directly impact different areas or conditions in the body. This makes healing and reinforcement quicker and more proficient.
* **The Harmony Symbol - Sei he ki:** This symbol of harmony is associated with emotional balance and equilibrium. Furthermore, it has the power to help bring disparate halves of the brain back into communication with one another.
* Sei he ki can also help in the case of headaches. Indeed, headaches are sometimes caused by mental and emotional instability, and calling on sei he ki can help balance this out. It is also an important symbol for increasing your ability to connect and communicate.
* **The Distance symbol - Hon sha ze sho nen:** The distance symbol Hon sha ze sho nen symbolizes “having no present, past or future.” It can help you break free from the chains of your mistakes.  
  + This symbol will allow you to give remote Reiki to anyone, regardless of where they are.
* There are several sources where you can find these symbols, including books and online resources.
* Before beginning a session, use your dominant hand's index finger to draw the corresponding symbol.
* However, you can also benefit from the power of the symbol just by visualizing it, having the intention to use it is more than enough.
* Typically, practitioners use hand motions to direct energy; however, this method can be difficult to explain to the recipient.
* The 3 symbols are the keys that unlock the doors to absent and distant Reiki. Distance Reiki can be used on an animal you want to send energy to, and is a very useful technique in animal communication.
* With practice you’ll be able to send Reiki energy at will, whenever it’s required and from wherever you might be.
* Find a quiet place and ensure you have enough time to send distant Reiki. Then, ground yourself and connect with Reiki. Keep the session going for as long as you intuitively feel it should continue.
* Always end the Reiki distant session with a positive envisioning of the person, place, event, or situation you focus on.
* Surrogate means substitute, so the surrogate method is when one person, or object stands in physically to do the Reiki session for another person or animal.

## 

## Exercise: Send Distant Reiki

The flow of Reiki energy is not bound or affected by distance, so sessions can be done without clients being physically present. We are all intimately connected through Reiki energy; the source and substance of being itself. As we’ve studied in the course, Reiki can be performed even if the person, thing or animal you’re sending Reiki to is far away.

Materials:

* A phone to call the person you want to send Reiki to.
* A piece of paper
* A photograph of the person.
* A calm and quiet place.

Instructions:

Let’s assume you know of a person or an animal that is sick, or tired. Follow the following steps to send him Reiki. Before anything, call the person in question and set a time when both of you are free and in a calm environment. If the recipient is an animal, call his owner.

1. Holding the photo and piece of paper, draw the distance symbol over the top. Remember, using symbols is essential when practicing distant Reiki.
2. Close your hands together and imagine sending Reiki’s light to the recipient. Keep your hands closed for at least 5 minutes.
3. Now visualize or imagine the recipient getting better. See him get back on his feet, making a full recovery. Remember, you are just a channel for Reiki energy.

This process should be repeated 4 times over 4 consecutive days. Save time by setting up 4 sessions at once. Remember the symbols transcend time and space. Obviously, the stronger your intent and the more time you spend sending Reiki the stronger and more profound it will be.

After the session, try to take notes about how you felt, what elements need to be improved, etc. Write down any thought that comes to your mind and see yourself get better session after session.

# 

# Learn How to Use Reiki From a Distance

Now that you have learned about Reiki and how to use it on yourself and on your animal companion, it's time to learn how to heal other people. Let’s thus turn our focus to Reiki level 2.

Here are the core elements of Reiki level 2 that you will develop in this section of your course:

* You will learn about the 3 pillars of Reiki. These techniques help you to deepen your connection with the energy of Reiki, making it easier for you to perform energy channeling on both yourself and others.
* Level 2 of Reiki takes the flow of energy to another level: this will help you fortify your animal communication in general. Indeed, Reiki is not only meant for healing purposes or energy channeling.
* You will learn how to use Reiki symbols and mantras. These tools will help you amplify the effects of Reiki to channel that energy to animals or other fellow human beings.
* You will learn how to practice Reiki from a distance.

As we've said before, it is not necessary to become a Reiki master to incorporate Reiki effectively into your animal communication practice. For this reason, we will only take the parts of Reiki level 2 that tend to be the most helpful.

Requirements

The only requirement necessary to conduct the learning of Reiki level 2 is to have studied Reiki level 1. You should not embark into Reiki Level 2 without having first done level 1.

## 

## The Three Pillars of Reiki

According to Mikao Usui, there are three fundamental practices that he called the three pillars of Reiki that all Reiki practitioners must master – **Gassho, Reiji-ho, and Chiryo**. Each of these pillars serve multiple functions and none can be neglected during a Reiki session. The various purposes of the three pillars include:

* Spiritual hygiene to facilitate a calming and centered state of mind before channeling Reiki energy.
* Allowing your ego to get out of the way of the process and allowing yourself to be open to intuitive information and trust your Reiki energy.
* Connecting you and your partner to Reiki energy.
* Allowing you to work more intuitively as you channel Reiki energy to your recipient.
* Creating an "envelope" of mindfulness for the session for both you and your partner.

### 

### Gassho: most frequently used of all the hand gestures

The first pillar of Reiki is known as Gassho*.* Gassho is the most frequently used of all the Reiki hand positions which involves placing your hands in a prayer position while keeping your eyes closed. The primary function of Gasho is the focusing and quieting of the mind to achieve more centered meditative states. In the context of Reiki, this helps your body become a better conduit for the universal life force. But in the broader context of animal communication, Gassho helps you maintain focus while meditating. When employing the Gassho hand position, you can concentrate on the tips of your middle fingers, gently pressing them together if your mind starts to wander. Ultimately, practicing this technique will help you be more present and attuned to the thoughts and feelings of those around you, including animals.

### How to Use Gassho for More Focused and Intuitive Communication

Usui taught a meditation called the Gassho meditation. It was practiced at the beginning of every Reiki workshop and meeting. His students practiced the meditation each morning and evening for 5 to 20 minutes. Gassho is so simple that anyone can practice it alone or in a group of meditation. Keep a meditation journal to record your experiences with Gassho.

To perform Gassho meditation, proceed this way:

* Sit down, close your eyes and place hands together in Gassho.
* Focus your attention at the point where the two middle fingers meet.
* Let go of anything else. If your mind wanders, acknowledge the thought, let it go and just refocus, returning to the point where your middle fingers meet.
* Repeat the five Reiki principles either aloud or internally:   
  Just for today, I will not worry.  
  Just for today, I will not be angry.  
  Just for today, I will do my work honestly.  
  Just for today, I will give thanks to many blessings.

Just for today, I will be kind to every living thing.

To illustrate how you can use Gassho, you can engage in this simple yet powerful meditation that can help you gain deeper insight into the thoughts and feelings of your animal companion, as well as enhance your overall connection to them. Whether you are practicing alone or in a group setting, the Gassho meditation gives you the opportunity to tune into your intuition and connect with your animal friend at a deeper level.

It is important to focus on the benefits of meditation. Specifically, meditation can help improve your ability to connect with animals and may even lead to life-changing experiences. You can go back to Module 6 on Meditation if you feel the need to delve deeper into this. In order to reap these benefits, it is recommended that you practice meditation for at least 15-30 minutes every day, preferably in the morning and evening. Additionally, you may find it helpful to keep a journal of your experiences while meditating, as well as any changes in your life over time. With regular practice and mindful attention, you can develop strong connections with animals and gain valuable insight into their unique perspectives.

However, please note that Gassho can be used outside the exercise of meditation. You can use Gassho to remain focused on a certain task, gain intuition, or simply try to calm your mind in a time of stress.

### The Second Pillar of Reiki: Reiji-Ho

This second pillar is about asking for guidance, which is why you’ll often find it is the ritual that most Reiki practitioners complete prior to every treatment on others or animals.

Translated into English, Reiji means ‘indication of the Reiki power’ and Ho means ‘methods’, ‘ways’ or ‘techniques’. Reiji-Ho means that you simply merge and become one with the energy and allow it to guide your hands to the parts of the body that need Reiki most.

### How to Use Reiji-Ho to invite Guidance In.

* Step 1:
* Fold your hands in front of your chest in the Gassho position with your eyes closed. Then connect with the Reiki power.
* Ask the Reiki power to flow through you.
* Second degree practitioners and/or Reiki masters can use the distance symbols to connect with the Reiki power.
* As soon as you feel the energy, continue on to the next step.
* Step 2:
* Pray for the recovery health of the patient on all levels, let Reiki do what is required.
* Raise your hands up (still in Gassho) in front of your third eye and ask Reiki to guide your hands to where the energy is needed.
* Step 3:
* Use and follow your intuition.
* This power guides your hands like magnets to the places on the body that need treatment.
* Trust your intuition and trust Reiki.
* Totally detach yourself, just let go and believe in Reiki.
* Don’t worry if nothing seems to happen – it will come in time – and, when it does, you will know.
* Reiki will guide your hands to the next spot when appropriate.
* When there are no more areas requiring treatment your hands will be guided to rest, palms down.
* Conclude Reiji-Ho by once more performing Gassho.

Reiji-ho takes trust in yourself, your partner and in Reiki. It helps you be fully available to channel energy to another recipient. When performing the exercise, when you receive a signal, trust it, act on it, and know the Reiki energy will flow exactly where and as it is needed.

### The Third Pillar of Reiki: Chiryo

Chiryo is all about taking action. Chiryo is a Japanese word meaning "treatment." The practitioner offering Chiryo will hold their dominant hand above the client's crown chakra and wait for an impulse or inspiration. Once they receive it, their hand will follow the guidance.

The Reiki practitioner relies on their intuition during the treatment, allowing their hands free reign. They focus on areas of the body that are in pain and only move to new areas when the pain has subsided or their hands naturally lift from the body.

## 

## Summary of Key Points:

* According to Mikao Usui, there are three fundamental practices that he called the three pillars of Reiki that all Reiki practitioners must master – **Gassho, Reiji-ho, and Chiryo**.
* Gassho is the most frequently used of all the Reiki hand positions which involves placing your hands in a prayer position while keeping your eyes closed.
* Translated into English, *Reiji* means ‘indication of the Reiki power’ and *Ho* means ‘methods’. That second pillar is about asking for guidance, that’s why you’ll often find it is the ritual that most Reiki practitioners complete prior to every treatment on others or animals.
* Chiryo is all about taking action. Chiryo is a Japanese word meaning "treatment." The practitioner offering Chiryo will hold their dominant hand above the client's crown chakra and wait for an impulse or inspiration.
* The breath, esoterically, has a direct correlation to our consciousness. It is the wisest and quickest way to heal oneself spiritually, emotionally and physically.

## 

## Exercice: How to Channel Reiki Energy into the Recipient using Joshin Kokyu-Ho

The breath, esoterically, has a direct correlation to our consciousness. It is the wisest and quickest way to heal oneself spiritually, emotionally, and physically. Usui taught us a breathing technique called Joshin Kokyu-Ho which means 'breathing in order to cleanse one's spirit.'

In Joshin Kokyu-Ho, you bring your mind, body, and breath into alignment: they flow as one.

To practice Joshin Kokyu-Ho proceed as follows:

* Sit down, relax your body, keeping your spine straight.
* Inhale through your nose, imagine also drawing Reiki energy through your crown chakra.
* Become aware of how you experience Reiki being drawn through the crown chakra.
* Your entire body will be invigorated and enriched with Reiki energy. Draw the breath deep down into the Tanden. The Tanden is the center of the body, the seat of vitality.
* Hold your breath and the energy you have drawn in with it in the Tanden for a few seconds.
* Your aim is to supply the body with love and energy. Be gentle.

Practicing Joshin Kokyu-Ho is an important step as it helps you bring your mind back into your body and focus on your breathing. This way, you will not get distracted by unwanted thoughts that bring you back to your past or project you into the future. You can practice Joshin Kokyu-Ho whenever you feel like you need to ground yourself in what you are doing in the present time, whatever that activity might be. In the context of animal communication, this breathing method can help you align with your animal, who, unlike us humans, is always living in the present moment.

# Understand the Power of Prayer and Invocation Within Reiki

Despite its spiritual roots, Reiki is not a religion. However, Reiki practice does not oppose religion. On the contrary, there is no conflict between Reiki and any other belief system. That’s why some Reiki practitioners believe the power of Reiki can be even more important when combined with the power of prayers and invocations. Indeed, prayer within Reiki is considered to improve the power of the help provided by our work with Reiki. When a Reiki practitioner chooses to incorporate prayer into his practice, he calls upon God or any other greater force while channeling Reiki at the same time.

However, not all practitioners believe in the power of prayer and it is not necessary when using Reiki. If you do not believe in God or in any other omniscient being, you are not expected to incorporate invocations or prayers in your Reiki practice.

## Invocation Within Reiki

An invocation is a powerful tool for increasing the flow of Reiki and your intuition of how to direct it.

An invocation is a type of prayer. Some Reiki practitioners decide to work with Reiki as an energy and combine this practice with prayers. Please note that prayer is a personal choice for Reiki practitioners. Some find it difficult or unnecessary. Either way is appropriate and Reiki helps regardless.

Invocation is often used at the beginning of a Reiki initiation ritual, as it helps to set the intention and focus attention on the process. This is typically done by calling upon higher beings or spiritual forces, such as Spirit or the enlightened ones, to guide and direct the ritual.

In addition to these spiritual elements, invocations also serve to clarify one's intentions, which can be an important part of the process. Often, the truth of the intention is clarified through our invocation. When you state your intentions audibly in prayer, they become more real and tangible in your mind. This can help you better understand your motivations and goals, and in turn may allow you to clearly realize your true vision and purpose. Indeed, hearing the meaning of a prayer has a very healing effect.

Invoking these higher powers helps you channel their energy into the Reiki treatment itself, giving you greater focus on achieving your desired results. Whether you are seeking physical or emotional well-being for yourself or others, invoking these higher beings can bring clarity and guidance at every step of the way. Often, you remember your true vision and goals when you hear the words of the invocation.

The prayer then directs the Reiki treatment and allows you to focus attention on the treatment. Please note that prayer can sometimes be a challenging thing to do. For example, praying aloud in front of others can be nerve-wracking, especially for those who are new to Reiki practice.

However, there are many different techniques that you can use to help you invoke Reiki during your treatments and in other areas of your life. Some might find it helpful to use visualization techniques or meditation practices to help connect with their Reiki energy. Others may prefer using mantras or affirmations as a way to center themselves and connect with their inner power.

Ultimately, what matters most is that you find a method that works best for you and helps you feel aligned with your higher power during times of need. With practice and perseverance, you can learn how to invoke Reiki in order to facilitate well-being, growth, and positive transformation in your life.

## 

## How to Use Invocation When Practicing Reiki

When you include invocation in your Reiki practice, it empowers your relationship with the Divine. Both Reiki and prayer increase your awareness of sacred beings' presence. Reiki adds light to a prayer, and invocations communicate your needs. Together, they are a powerful light of intention sent directly to the Divine.

When invoking, you can find or even create an invocation that responds best to your needs. The idea is to create your own invocation based on what you wish to ask. Many people use invocations and prayers to connect with their higher power or source of guidance. This can be done as part of a Reiki session or within our context of animal communication. In general, invocations can be used to set an intention, focus energy, or create a sacred space. They can be simple or complex, depending on the individual's needs and preferences. When working with animals, it can be helpful to create an invocation that specifically addresses their needs and concerns. This helps to create a connection between the communicator and the animal, and allows for a more open exchange of information.

Materials:

* Pen/pencil
* Paper/Animal Communication Journal

Instructions:

1. Begin with a term of endearment towards the being you are praying to.   
   Examples are: Dear Jesus, Dearest Lord, Great Spirit, Mother Father God, Infinite Spirit, and many others. In Reiki circles and classes, it is often common to invite the blessed ones, the sacred ones of all of the people in the room. Knowing what being you will invoke is very personal and it comes from what you actually believe in. If you are a believer in God, you should of course, call upon God.  
   Remember, you invoke those beings with the intention of making your Reiki practice even more powerful, more meaningful, because you’ll get the help of who you are praying to.
2. Welcome your Divine self and align with God Consciousness. *“I stand here and remember that I too am a being of pure light, truth and beauty, love and joy, grace and gratitude.”*
3. Welcome the Reiki guides and the beings of light and love who are to be there. If you do not know them by name, ask for enlightened spiritual helpers, compassionate teachers, or beings of light and love. Or, ask for them by category, such as angels, power animals, spiritual teachers and guides, compassionate ancestors and descendants. You can also include them by name, Jesus and Mother Mary, the Archangel Michael, etc. If you don’t have any experience with your guides, invite the ones you want to know.
4. State your intention and tell your spirit guides what you need. Here is an example of an invocation: *“I welcome the Reiki guides who teach prayer, invocation and guided meditation, and I ask that you assist me’, ‘Reiki and the Light of Prayer.’*
5. Ask to be clear and open for Reiki to flow without interference. *“I ask to be a clear and open channel for the Light of Prayer and Reiki to’:* here you have to say what you wish the Light of Prayer to helphelps you with.
6. Say thank you. “Thank you, Dear Ones, for the blessings, teaching and gifts you give me and all of us. Thank you for your help and guidance. I thank all of the people who help with these words and teachings, and I include myself. I send love and greetings to all.’

Finishing an invocation with gratitude can be a powerful way to create an exchange of energy. Reiki is based on the idea of unconditional love, and by ending with gratitude, Reiki practitioners can help to nurture this feeling in both themselves and their clients.

Example of invocation

**Here is a beautiful invocation from The Book on Karuna® Reiki:**

Creator, Infinite Spirit, Mother Father Divine:

We are here before you as instruments of peace and healing and we offer ourselves as servants of the light.

We call upon only the highest and most sacred spiritual energies to be with us, to guide us, to share love, healing and wisdom with us; we send them our love; and we welcome them. We raise ourselves up to receive healing for our highest good and the highest good of all concerned.

We offer ourselves as clear and open channels for the highest forms of the healing rays to flow through.

We give thanks that our personalities, egos and expectations stand aside, so the healing energies will flow in their clearest and truest form.

Creator we give thanks for the blessings of this healing and we know that through your love, it is done.

And So It Is.

## Prayer within Reiki

Prayer may be directed towards a deity, spirit and guiding angels. The purpose of prayers can be worshiping, guidance, confession, expressing one’s ideas and emotions to one's higher self. Prayers can be silent, or simply thought without a word uttered. Prayers can be in the form of hymns, songs and incantations. Different body postures are also associated with prayers such as standing with folded hands, standing with raised arms, sitting in padmasana, or even just kneeling. Sitting in padmasana has several benefits such as calming the brain and increasing awareness and attentiveness.



*Man sitting in padmasana*

*“Mystics have believed in the power of prayer since ancient times. It is through prayer, visualization, affirmations, and experiencing or feeling the essence of what we are praying for that causes miracles and blessings to manifest in our lives. These are the tools of creation.”* - Laurelle Shanti Gaia, in The Book On Karuna® Reiki.

## Summary of Key Points:

* Some Reiki practitioners believe the power of Reiki can be even more important when combined with the power of prayers and invocations.
* Though it can be extremely helpful, prayer is not necessary when practicing Reiki.
* An invocation is a powerful tool for directing and guiding the process of Reiki initiation rituals.
* Invocation is often used at the beginning of a Reiki initiation ritual, as it helps to set the intention and focus attention on the process.
* Prayer may be directed towards a deity, spirit or guiding angels. The purpose of prayers can be worshiping, guidance, confession, or simply expressing one’s ideas and emotions to one's higher self.

## Exercice: Discover the Power of Prayer

When praying, you can find or even create a prayer that resonates best within you. In this exercise, the idea is to create your own prayer. You might find them useful to use at any time during the day to recharge and refocus your intentions, and orient yourself towards gratitude.

Materials

* Pen/pencil
* Paper/Animal Communication Journal

Instructions

1. Write 5 simple prayers. eg.   
   Dear God/ Spirit/ Universe, or whoever you want to call upon: Prayer may be directed towards a deity, spirit and guiding angels; Thank you for helping me heal.   
   Thank you that I am happy, prosperous and peaceful.   
   Thank you for my many blessings.   
   Thank you that I am the essence of Universal Love and Compassion.  
   And So It Is. – Make sure the prayers are relatively different to provide more utility in various contexts.

# Module Conclusion

Reiki is a powerful technique for animal communication that can help both animals and humans alike. It channels energy from one body to another, with the goal of activating the recipient’s self-healing abilities. While there are many aspects to Reiki, the five principles are essential for proper use and understanding. These principles are: Just for today, I will not worry; Just for today, I will not be angry; Just for today, I will do my work honestly; Just for today, I will give thanks for many blessings; and Just for today, I will be kind to every living thing.

If you are looking to use Reiki as a form of animal communication, you must begin with level 1 Reiki. This is the most basic level of Reiki and it involves learning the basics such as hand positions, visualization methods, and mantras. In order to get the most out of this technique, you must understand how each step works and practice regularly until you are comfortable with it. Additionally, it’s important to give thanks and send love when performing Reiki on animals or humans alike. Taking these steps not only helps strengthen your own connection with your subject but also strengthens the power of Reiki itself.

Reiki is an incredibly powerful tool that can provide tremendous potential when used correctly and consistently on both humans and animals alike. By understanding its principles and practicing regularly, you can quickly gain a deep appreciation for what this form of energy work has to offer in terms of animal communication.

Reiki is a technique that can be used on any animal, regardless of age or situation. It is important to practice clear intentions throughout the treatment process and maintain a compassionate, calm attitude. To fully master Reiki as an animal communication practice, you must understand and master the three fundamental practices that Mikao Usui called the three pillars: Gassho, Reiji-ho, and Chiryo.

The pillars of Reiki are used to gain clarity before giving Reiki to an animal. Through this practice, you delve deep within yourself to gain insight into your own energy levels before allowing your energy to blend with the animals during treatment. You set your energies up for success.

The main feature of Reiki level 2 is its use of symbols, or energetic markers, which are used to amplify and direct the energy. By using these symbols, you can easily direct the energy at a distance, even when the recipient is not physically present. This makes it possible for you to provide remote well-being on animals or individuals located elsewhere.

However, the traditional method of directing energy by hand motions can be difficult to explain to recipients. Therefore, surrogate methods have become increasingly popular as a way of providing Reiki treatments remotely. This involves one person or object standing in physical place to do a Reiki session for another person or animal who may not be physically here at the time. It allows Reiki practitioners to offer treatments that can be received over any distance and is especially useful when treating animals or individuals who may not be physically able to experience an in-person session of Reiki.

Reiki’s use of symbols and surrogate methods make it accessible from anywhere, enabling you to reach out with your energy power no matter what distance sets you apart from your recipient. With its ability to bring about deep relaxation and emotional balance in individuals and animals alike, this ancient practice continues to be sought after today as a means of creating harmony within the body and mind.

An invocation, or prayer, is an incredibly powerful and effective way to help direct and guide the process of Reiki if you believe in God. By invoking the highest energy sources from the universe into yourself or your animal companion, it is possible to establish a spiritual connection that can be used to access Reiki energies.

Your animal communication practice will become deeper and deeper thanks to everything you’ve learned about Reiki energy. Be patient with yourself, as mastering these techniques takes time. Don’t hesitate to exercise yourself as much as you can to achieve the strongest connection possible with your animal.

# Appendix: What to Expect in an Initiation Ritual or Attunement if You Wish to go Further in Your Reiki Practice.

This appendix section is presented to you if you wish to go further in your Reiki practice. Some practitioners believe it’s important to go through an initiation ritual, or attunement, to start practicing Reiki. That is because it’s in the course of that ritual that Reiki energy is passed from master to student and thus allows the student to connect to the universal life force energy.

It’s very important for you to understand that you don’t need to go through any ritual to practice Reiki on your animal companion or even on yourself. This module has been designed to provide you with everything you need to know to start practicing Reiki right away. Just keep in mind that the use and the power of your intuition are central in Reiki. Therefore, if you understand the core principles of Reiki and trust your intuition, you can practice it. Reiki is easy and accessible to everyone.

However, for the sake of knowledge and because we want you to have a global understanding of Reiki, this module will cover a complete, in-depth overview of the practice, including its history, rituals, and pillars.

First-level Reiki is the very first step anyone can take to enter Reiki. If you want to use Reiki for the purpose of animal communication, you must begin by understanding how Reiki level 1 works. The first level focuses on opening the energy channels physically, allowing the individual to connect to universal life force energy. This energy flows from the cosmos, through the crown of the head, and down to the heart and hands.

Many Reiki masters emphasize that the goal of first-level Reiki is to work through your own obstacles.

Introduction to first-level Reiki happens thanks to an initiation ritual, also called attunement. It is considered by many to be of critical importance to help maintain the sanctity of the practice. An initiation ritual or attunement, is an experience aiming to initiate Reiki to another person. An attunement is performed by a Reiki Master Teacher. The goal is to transmit the flow of energy of Reiki: the receiver acquires Reiki energies and is thus enabled through the attunement to be connected with Reiki at all times.

The attunement removes blocks and stagnant energy from the chakras. It also opens the chakras, allowing you to be more receptive to the energies around you.

The initiation ritual for first-level Reiki involves a series of four attunements over the course of one or two days. These attunements are designed to raise your energy levels to their highest possible state, allowing you to channel and manipulate the energy in various ways. If you feel the need to go through an initiation ritual or attunement, note that it is even possible to conduct these online. But again, you are not expected to go through any ritual to practice Reiki for the sake of animal communication. If you choose to find a Reiki practitioner to go through an initiation ritual, it is certain that you’ll achieve more power in your energy channeling.

In order to prepare for an initiation ceremony, it is important that you avoid taking drugs or alcohol for at least 24 hours beforehand. Additionally, it is advised that you avoid eating meat, fish, and processed foods, as these tend to be harder to digest and can drain your energy levels during the ceremony.

To best prepare yourself for the initiation ritual, it is recommended that you meditate each day for at least a week leading up to the workshop. On the morning of the ceremony itself, it is important to wake up early and begin by doing some simple meditation or mindfulness exercises to mentally prepare yourself for what lies ahead.

Then comes the initiation ceremony, which is secret. Participants are typically asked to close their eyes to focus inwardly on their own spiritual development and connection with the universe. The precise details of this ritual may vary depending on the practitioner or school conducting it, but typically a sense of calm and focus is essential in order to achieve the desired results from this process.

The initiation ritual for first level Reiki is a powerful and transformative experience that connects the initiate to the universal energy of Reiki. During this ritual, the Master uses ancient symbols and mantras to activate certain energy centers within the body. Once connected to this energy, it flows automatically and continuously, allowing the initiate to tap into its limitless power.

Throughout the initiation process, various visualizations and meditations are used to deepen the connection between the initiate and the energy. These techniques help to focus and direct this energy in order to facilitate better health on both a physical and emotional level.

For those who are seeking to learn about animal communication, an initiation into first level Reiki is an excellent place to start. This practice can help you open up your senses and intuitive abilities, allowing you to communicate more effectively with animals of all kinds. Whether you are looking for ways to connect with your own pets or want to establish a career in animal communication, Reiki can be a powerful tool for transformation and growth.

After the initiation ritual, you will begin to notice that your ability to channel energy through your hands has been greatly enhanced. You will be able to feel the energy flowing more easily at the thought of getting better.

After the attunement, participants need to go through a 21-day detoxification process. During the detoxification process, you may experience physical symptoms such as headaches, runny nose, or diarrhea. This is normal as your body is ridding itself of toxins and recalibrating to new levels of chakras beginning with the root and ending with the crown. However, it is important to stay hydrated and continue with a balanced diet throughout this time in order to support your body's natural cleansing process. The cleansing lasts about 24 hours per all seven chakras and the cycle repeats three times for a total of 21 days.

As you continue to practice Reiki over time, you may notice other changes in yourself and in those around you. You may find yourself feeling more connected to others and more attuned to nature and the world around you. And you may also be able to help heal a variety of conditions using Reiki energy alone or in combination with other treatments or therapies. Ultimately, being attuned in first level Reiki is a journey of self-discovery and growth that can benefit both yourself and those around you for years to come.

After receiving the first-level Reiki initiation, it is likely for participants to spend the next 21 days actively engaging in deep self-reflection, meditation, and spiritual practice. During this time, they will experience a deep cleansing of their energy centers, or chakras, as well as a rebalancing of their physical, mental, emotional, and spiritual selves.

During this ritual, it is also common for receivers to experience heightened intuition and sensitivity towards other living beings. Many describe feeling a deep connection with the natural world and an increased awareness of subtle energetic shifts in their surroundings. Some even report experiencing powerful visions or insights during meditation or dream states.

At the end of these 21 days, most first level Reiki practitioners will feel rejuvenated and more in tune with their own unique path in life. This can be a challenging and transformative process that requires patience and commitment to fully integrate the teachings of Reiki into one's life.

After being introduced to Reiki level 1, you’ll have Reiki energy within yourself and unconsciously begin to feel a deeper connection with your animal. You’ll feel more relaxed as Reiki releases stress from your mind and body. Your animal companion definitely will feel these changes and will naturally be drawn towards you. With time, practice, and experience, you’ll master the art of channeling Reiki energy: the more you work with Reiki, the more intuitive you’ll become. And this is exactly what you need to set a meaningful connection with your animal companion.