



Let Animals Lead®

WHAT YOU CAN EXPECT WHEN YOU BOOK AN ANIMAL REIKI SESSION

Thank you for your interest in an Animal Reiki session for your beloved animal family member! To help you prepare for your session, we'd like to share some helpful information.

What do we do when we share the Let Animals Lead® method of Animal Reiki?

The goal of offering Animal Reiki to your animal is to promote relaxation and stress-relief, which in turn promotes self-healing of body, mind, and spirit. This unique method of Animal Reiki teaches us how to hold space for animals through meditation, inspiring calm, peace and trust in the animals we care for. Peace is possible in every moment, and we bring this peace into being through meditation, gentle enough for every animal, no matter their species, background or sensitivity.

Our practitioners do not diagnose conditions, prescribe medications, perform medical treatments or interfere with the prescribed treatment of veterinarians. We do not manipulate energy or attempt to control animals during sessions: animals are the leaders in the process of deciding how, and if, they want to relax with us in meditation.

We never force physical contact or impose ourselves physically and/or mentally on the animal. Gentle touch is only used when the animal initiates it. When we share space with animals, we always honor their sensitivities, preferences and comfort.

How you can prepare for a successful session.

If possible, choose a time for your session when the animal will be naturally relaxed, not a time where they usually get their walk, dinner, potty break, etc.

Make sure the animal is in a comfortable space - i.e., the living room on the couch, bedroom on the bed, etc.

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Try and eliminate distractions. (Example: You don't want to be watching TV, doing chores or have other types of interruptions if possible, while your animal family member is in their session.)

You want to create a space as soothing and relaxing as possible for everyone.

Your participation can be very helpful to the relaxation of your animal family member. You can participate either by sitting with your animal and joining the meditation (we can help guide you), or you can just sit quietly beside them.

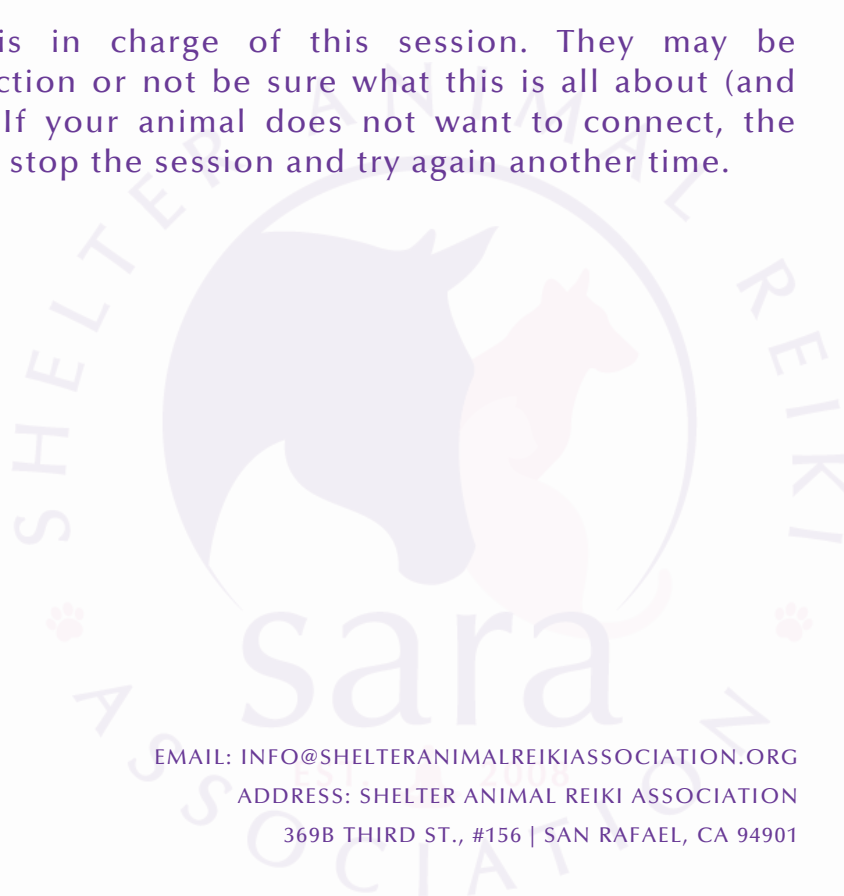
This is a time for you to let go of worry or fear about your animal's health situation and just relax and be together with your animal. A good mantra to use is, "All is well."

Don't be concerned if your animal wants to drink, eat or eliminate - these are all normal responses.

Your animal may change positions in the room and may move around - this is perfectly normal behavior when an animal is accepting Reiki.

Remember that Animal Reiki is not about an instant physical cure. The meditations used to create a deep relaxation that will support your animal's self-healing process on all levels. Improvements may be very subtle and gradual over time.

Remember that your animal is in charge of this session. They may be immediately open to the connection or not be sure what this is all about (and may take some time to relax). If your animal does not want to connect, the practitioner will respect this and stop the session and try again another time.



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What are the signs that the Let Animals Lead® method is helping my animal?

Common responses observed during sessions are:

- Yawning
- Circling to lay down
- Deep sighs
- Falling asleep
- Awake but still, with soft, relaxed eyes
- Sleeping more deeply than usual (dreaming)
- Breath may be more relaxed
- Eating or drinking
- Eliminating
- Might come over to the pet parent to cuddle during the session
- If they are an anxious animal - less pacing, less panting

Healing shifts that can occur after the session:

- More calmer
- They might bark less
- Something that normally scares them won't
- They might start eating if they haven't been - same with water and drinking
- They may start showing physical improvements like limping less prominently
- May seem more grounded and balanced in their interactions and behavior

Sometimes a healing shift may be in a different area than the issue that you feel needs healing. Improvements will show where Reiki is supporting the animal's self-healing process. For example, you might request a session to help your cat stop peeing on the carpet and after a session, the cat no longer paces or yowls at night. That would be considered a healing response, even though it is unexpected. In this case, we would recommend another session to continue to support the animal's healing process.

Please note, for behavior issues we always suggest contacting a behavior specialist. Animal Reiki works well in conjunction with training from a professional.

Keep in touch with your practitioner to determine the best regimen for follow-up treatments, if needed.