



# Good Intentions & Positive Energy Can Heal

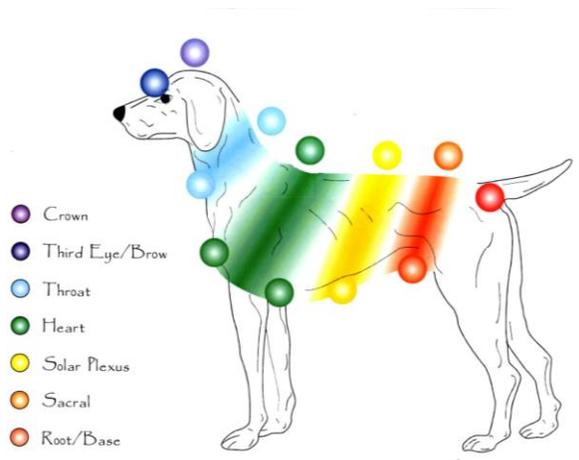


We often think that we need medicine to heal (and sometimes we do!) but forget about the power of the energy available to us and our minds and body's natural ability to heal itself. Positive energy, intent, prayer and meditation have all been used to help heal, emotional, mental and physical issues. Reiki is one form of natural energy work that comes from a Japanese word meaning, Universal Life Force. Reiki is defined as "universal power or energy" and is pronounced "ray-key". It is an exciting, gentle and non-invasive method of healing that is only for the highest good. It was rediscovered in the early 1900's by a man named Dr. Mikao Usui. He learned this healing method then taught it to others and eventually it was brought to the western world where it is now flourishing as a natural alternative healing technique. It is often used in conjunction with massage, physical therapy or other alternative healing methods on both animals and people. Cats, dogs and horses along with many other species are highly receptive to this un-invasive healing process.

## Principles of Reiki

- Just for today I will be grateful.
- Just for today I will not worry.
- Just for today I will not anger.
- Just for today I will do my work honestly.
- Just for today I will be kind to every living being.

Emotional, mental, physical, and spiritual levels for all beings can be impacted by using Reiki. It can never cause harm and works for the highest good for yourself and others. It is a complimentary form of healing that does not conflict with any other form of healing, whether traditional or alternative methods. The treatments vary from person to person or animal, but most feel deeply relaxed and some even fall asleep. It is an easy healing method to offer and is very un-invasive for the recipient. Reiki can boost your immune system, relax tense muscles, relieve pain, help stop bleeding, provide comfort and help expedite the healing process. It can also be used in conjunction with animal communication sessions or while performing canine or equine massages to boost the experience and outcome. While Reiki is not a replacement for proper medical care, it supports the body's ability to heal.



## Reasons for Reiki

- Stress, anxiety and tension
- Abuse or emotional trauma
- Transitions
- Illness and disease
- Physical injuries
- Relaxation
- Pleasure and bonding

## Benefits of Reiki

- Increase awareness
- Release emotions
- Revitalize mind, body & spirit
- Balance body's energy
- Promote relaxation
- Support body's natural ability to heal itself
- Ease grief
- Detoxify

We are alive because this life force is flowing through us. Life force flows within the physical body through pathways called chakras and meridians. Flows around us in a field of energy called the aura. When this flow of life force is disrupted it causes diminished function or disease in the physical body. We often recognize this through tangible reasoning or symptoms instead of the source of where the issue developed. For instance, if a horse is stressed from a recent move his body will be tense, muscles



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contracted, adrenaline levels elevated, mind alert and ready to flee and senses operating in pure survival mode. An animal can only operate at this extreme level for a limited time before needing a break to recuperate. During this time is when the body and mind are vulnerable to physical attack from prey and disease. This is when the illness is typically detected. By performing Reiki healing throughout the move – before, during and after – the horse would be supported on every level, allowing better energy flow throughout his body. As a result, the horse would have an easier time with the transition, be less stressed and less likely to develop issues or disease from the stress and potential trauma the move has caused. Reiki can help clear the pathways and open up the energy flow with any living body. Horses and other animals are highly receptive to this form of healing.

In sharing more about how positive energy, intent, prayer and meditation have all been used to help heal, emotional, mental and physical issues, more horses and animals will be able to benefit from this form of healing. There are many Reiki Practitioners, Reiki Masters that can offer these services to your horse, dog or other animals to help heal, ease stress, pain or help them adjust to new situations. It is a gentle and non-invasive method of healing that is only for the highest good. Remember it can be used in conjunction with massage, physical therapy or other alternative healing methods on both animals and people.



*Jenny with Leggs. A proper introduction and openness to love and healing help promote feelings of safety and security.*



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