



# Tuning into Your Animal Companion Through Animal Communication and Reiki

Pet owners seek the advice of a veterinarian or other animal practitioners so often that they forget their ability to tune into their pets. What are they thinking? What do they want? What treatments do they think will help them heal? Are they ready to transition, or do they still have something to contribute here on earth? What if we could tune in and find out? Animal communication and Reiki complement each other in beautiful synchronicity, allowing us to tune into our animals, hear from them directly, and support their physical, emotional and spiritual well-being.

## Communicating With Our Animals

Animals communicate with us through thoughts, feelings and mental pictures, and through having

strong opinions about themselves, their families, and their situations. Our animal companions communicate with us all the time. However, we are often not listening in ways that allow us to understand them. They then resort to a variety of creative behaviors to get our attention.

If we are willing to tune in and listen, animals can tell us how they feel, which medical treatments make them feel better, if they're bored, if they want a job, their opinions of their vet or pet sitter, or if they are ready to transition. Animals very much want to be part of the conversation about their care and well-being, and not have decisions made for them.

Many people have actually heard their animals at one time or another. Have you ever walked through the house and a thought came to you and, for just one second, you thought that might have been

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coming from your animal companion—and you then dismissed the thought as ridiculous? Anyone can learn the basic techniques of animal communication. And, with practice, anyone can come to trust that the information they are receiving really is coming from the animal.

### Reiki – Tapping Into Our Own Ability to Heal Ourselves and Our Animal Companions

Similarly, anyone can learn to practice Reiki, a Japanese energy healing technique founded in the 1920s. While energy healing is not new, Reiki has evolved in a way that demystifies energy healing and makes it available to the general public, allowing anyone to practice self-healing and the healing of others. Reiki works well with animals because they are so highly sensitive to the energies around them, they intuitively understand it.

Through Reiki we can support our animal companions in many ways through rebalancing their energetic body or biofield. Reiki supports the animal’s immune system, helps to manage pain from surgery, cancer, arthritis or other painful injuries or ailments, relaxes a stressed or anxious animal, assists to increase the bond between human and animal, and assists an animal during the transition into death. As part of the healing process, Reiki practitioners often receive mental pictures from animals that can assist in understanding what the animal is communicating to us.

Reiki is taught through three practitioner levels—Level I, Level II, and Level III (Master Level)—and a teacher level. A Reiki teacher passes on the teachings and attunes the student to the Reiki energy.

### Sadie’s Story

Sadie, an 11-year-old cat who was diagnosed with a brain tumor five months ago, is one of our mutual

clients. Her Internist initially gave her three weeks to live. In communication sessions, Sadie made it clear she was not ready to transition and was worried that her people were going to euthanize her after hearing them talking about it. She explained that her headaches were painful, but not enough to be put to sleep.

Sadie has animal communication sessions every six weeks (more often if needed), and twice-weekly Reiki sessions. Her mom, Kim, takes Sadie’s comments and observations to her holistic veterinarian, who is very interested in Sadie’s recommendations for her treatment. In addition to veterinary care, Reiki is supporting Sadie as she manages her cancer, is reducing her headaches, and is increasing her appetite. Sadie consistently gained weight each month since starting Reiki, much to the delight of her healing team.

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Sadie is a wonderful example of how animal communication, Reiki and veterinary medicine can work together to support a terminally ill animal in a holistic way. Kim is relieved to know and respect her beloved Sadie’s wishes, and is delighted she still has work to do here; we are all honored to be part of this wonderful soul’s healing team.

### Tune Into Your Animal Companions

If you are willing to keep an open mind, you too can have a more cherished relationship with your animal companion. Explore the possibility of deepening your relationship and opening a dialogue with your animal companion—tuning in more deeply to who they are and what they want. 🐾



Meet Sadie!  
Photo by Terri Diener