

The Many Ways Reiki Energy Can Help Cats

By Tim Link

Reiki (pronounced ray-key) energy healing is a gentle, painless, yet powerful modality that works on humans and animals. I use Reiki on many of my feline clients and have always seen wonderful results.

Reiki can be used in conjunction with all other traditional and holistic medical or therapeutic techniques to relieve side effects and promote recovery. It is a common misconception that Reiki energy is just for the sick or injured. While Reiki energy can be used on a sick or injured cat, it can also be used as a preventative to any potential illness or ailment or to maintain the general well-being of a cat. Reiki sessions can also be done at any time during the day or night.

Before selecting a Reiki practitioner, you would need to determine whether your cat needs an in-person session or whether a remote session would be best. Of note is that Reiki can be done remotely only by a level three Reiki Master. To become a Reiki Master you first need to be attuned by an existing Reiki Master, learn all of the activation symbols and practice for many months or years to get comfortable and confident with the process.

However, a level one or level two Reiki practitioner can provide in-person, hands-on healing. Because Reiki consists of the same Universal Life Energy that makes every living thing alive, any living thing can be helped by Reiki energy. Reiki works throughout the body and each chakra to create a positive energy flow and remove any energy blockages that may exist.

Chakras exist throughout the body and are sometimes referred to as the main energy centers in the body. Chakra is a Sanskrit word which means "wheel of light". Humans have seven main chakras. Cats have the same seven chakras plus one additional chakra known as the brachial chakra. The brachial chakra in a cat is the beginning point for clearing chakras in cats. Each of the chakras regulates a specific area or areas of the body. However, all of the chakras work together to keep the body's energy aligned and flowing smoothly. When there is a physical or emotional problem within the body, the chakras will become blocked and energy will not flow through it properly. Which of the chakras are blocked will depend on the area(s) of the body affected. Until the chakra is cleared of its blockage, the issue will remain.

During a Reiki healing session, the cat may become very relaxed and sometimes will fall asleep. Other times, the cat will become invigorated and energized after the session has concluded. Each cat will react in the way that the Reiki energy best suits them. A Reiki energy session can be as short as five or ten minutes in length or as long as an hour or more. The length of the session depends on how much healing the cat feels it needs.

Once the cat has absorbed all of the energy it feels it needs, it will walk away. Often, in my experience, before walking away, the cat will give me a sign of affection as a way to say, "Thank

you". This has usually taken the form of a 'nose nuzzle', 'love lick' or 'love nibble'. Of course, I miss out on all the wonderful kitty nuzzles, licks of affection and nibbles if I'm providing the Reiki session remotely.

When I perform an in-person Reiki session, I will ask the client to have their cat in the most relaxed or favorite room for their cat. I want to make sure their cat is comfortable, relaxed and familiar with their surroundings. They don't need to hold their cat in place or force them to stay on a bed or table. The Reiki energy will flow throughout their cat no matter where they are in the room. Often, they will lie beside me and allow me to gently move or place my hands over various parts of their body.

Reiki energy can be given to your cat in regularly scheduled intervals or as needed. Because it is a gentle and non-invasive energy modality, it can be used safely with any cat no matter the age, size or breed.

Recently I provided Reiki for my client's cat that was suffering from a chronic ear infection. The veterinarian prescribed some ear ointment that needed to be placed in both ears of their cat twice a day for two weeks. This can be a real challenge when a cat is not feeling well and doesn't want you to touch it, let alone place a greasy ointment in its ears. I provided Reiki for their cat daily in order to support the cat's physical healing but, also, to provide a calming energy for their cat. This allowed their cat to stay calm during each of the twice daily ointment treatments and their cat accepted them doing the treatments by lying still during these times.

Using Reiki as a complimentary therapy at a veterinarian's office is an excellent way to help ease the increased stress level your cat may experience while at the office. Reiki can also help your cat heal emotionally and physically from any treatments that may have to be performed once you return home. If your cat has had surgery, Reiki can help the overall healing process. I work with several veterinarians, both remotely and at animal hospitals, to assist cats during the office visit and after the cat returns home.

When I perform a Reiki session at a veterinarian's office or off-site location, I will try to make the room as comfortable as possible. I dim the lights, provide a comfortable bed for them to lie in if they wish and maybe some soft meditation music. It is important that everyone is open and relaxed. This includes the cat, their human companion and me.

Another practical use for Reiki is to assist with separation anxiety that a cat may experience when you are away from home and they are left at home or boarded elsewhere. Many of my clients use my Reiki services in this fashion, even if their cat is doing well physically. As a side benefit, knowing that their cat is calm while they are away, it helps ease the mind of the human companion while they are traveling. When they arrive home, they find their cat to be well-adjusted and at ease. No longer do they worry about the cat's routine being changed or any unexpected behaviors transpiring while they are away.

Providing Reiki on a regular basis for your cat will help your cat stay emotionally, mentally and physically strong and happy.

Please keep in mind that Reiki is typically used as a complimentary therapy and is not a substitute for veterinary care if your cat is sick or injured.