



# Reiki

## the complementary therapy

**M**y greyhound Lady T and I run Reach for the Paws. We have gained many dinky dog customers during our two years in business. Our base is in Brightlingsea, Essex. I changed my life career a couple of years ago from over 20 years in corporate life to now running my own business. Reiki helped me during my divorce; it has helped me through a lot of life emotions that came my way.

Dogs arrive to me on their holiday, and within 24 hours, I have gained a new pawsome friend. As part of the care I provide, I want dogs to relax on their holiday and feel settled. Reiki helps to calm and settle the dog. Our best friend waits for us, provides trust and loyalty. They pick up on our moods and can absorb our energy.

One of the recent impacts of Covid-19 is that people stayed at home more due to lockdown and spent a fantastic amount of time with their

dog. This was not only a change of routine for us humans, it was also a significant change in our pets – no more busy mornings of running around getting ready for work or the school run. Then once we could return to work, the routine

changed again, which can leave some dogs with separation anxiety.

How can animal reiki help? I hope this helps to share how animal reiki can help all our pets.

### What is animal Reiki?

Animals can benefit from Reiki just as humans can. They respond to energy much in the same way as we do. Accelerate healing, reduce tension, ease pain, and increase their quality of life. Reiki is an energy healing method. It is both given and received through the energy channels of our bodies.

Reiki healing can be used alongside veterinary treatment as it does not in any way interfere detrimentally with the treatment. Still, it can help to speed up the healing process, de-stress a sick animal and go on to ease any pain the animal is suffering.

### What are Chakras?

Chakras refer to various energy centres in your body that correspond to specific nerve bundles and internal organs. There are seven main chakras, which align the spine, starting from the base of the spine to the crown of the head. To visualise a chakra in the body, imagine a swirling wheel of energy where matter and consciousness meet.

These swirling wheels of energy correspond to massive nerve centres in the body that affect our psychological, emotional, and spiritual states of being. Chakras have vibrations which affect organs, mental states, sounds and colours. Traditionally, chakras are represented by the seven colours of the rainbow.

Since everything is moving, it is essential that the seven main chakras stay open, aligned and fluid. However, as they transfer our life history into our cells, chakras can have blockages or be out of balance. Blocked and imbalanced chakra disrupts the energy flow and needs to be purified and balanced to be in optimum health.

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**MORE INFO**

Reach for the paws  
[www.reachforthe-paws.uk](http://www.reachforthe-paws.uk)

**Root chakra**

The root – or base – chakra governs survival, energy, physical stamina, a sense of safety, security and belonging. Located at the base of the spine, it rules that area of the body as well as the skeletal system, legs, feet and immune system. If open, your dog feels stable, trustful and confident. If underactive, they may feel fearful or nervous; if overactive, they may be greedy or obsessed with being secure.

**Sacral chakra**

If open, your dog expresses his feelings easily without becoming frantic. They are loving and open to affection. If underactive, your dog acts stiff, unemotional or guarded. If overactive, they appear to be emotional, having attachment issues or separation anxiety. This chakra is located at the lower abdomen and is connects the reproductive organs and kidneys.

**Solar Plexus chakra**

The solar plexus chakra is located in the stomach – solar plexus area – and affects the digestive and nervous systems as well as the liver. This chakra governs identity, or how well your dog asserts themselves in a group. Negatively, it relates to anger and fear. When open, your dog will seem confident, but passive and timid if it's underactive. If overactive, your dog may be domineering and aggressive.

**Heart chakra**

The heart chakra governs love, kindness and affection and is connected to the dog's feeling of being centred. It relates to feelings of empathy, compassion or grief. Located in the middle of the chest, this chakra rules the heart, blood and lungs. When balanced, your dog will be compassionate, loving and friendly. But if underactive, he may be fearful, cold and distant.

**Throat chakra**

The throat chakra governs communication. It relates to your dog's ability to be heard. When this chakra is balanced, your dog will freely and easily express himself and be easily understood. If underactive, he may seem introverted, and if overactive, he may tend to bark or vocalise too much. Located at the throat, this chakra rules that area of the body as well as the ears and jaw.

**Third-eye chakra**

governs insight and visualisation. When balanced, your dog will be intuitive and go easily between the dog and people world. If underactive, he may be too dependent on you -- unable to think for himself -- and get confused. If overactive, he may wish only to play. Located between the brows, this chakra rules the eyes, nose and head.

**Crown chakra**

Located at the top of the head, this chakra rules the head, brain and nervous system. When balanced, your dog will seem aware of the world and his place in it. If underactive, he may not fit in with other dogs. If overactive, he may be a worrier and not tend to his own doggy needs.

