



© iStockPhoto/Bigandt_Photography

A New Reiki Energy Just for Animals

BY CHELLIE KAMMERMEYER

EVERYWHERE YOU LOOK, there is evidence of climate change. There are fires in the West, heat domes in the Pacific Northwest, not enough rain on the West Coast, floods and hurricanes on the East Coast and science tells us we are in a climate emergency. Record temperatures have real-life consequences, which cost lives and cause billions of damages. We are now feeling the effects and consequences of all that we have done to Mother Earth. She is having a hard time.

It's easy to get overwhelmed by this information. So, what can one person do? There are several obvious things. Reduce your use of plastic, do more recycling, turn off some lights, walk or bike instead of driving, don't waste food, plant something, and reduce your consumerism—the amount we have come to consume is too much for the earth, ecosystems, time, farms, and the planet to handle.

When I begin to feel overwhelmed because we have done nothing but harm our future generations, I can easily go down a rabbit hole. Looking at the news and all the information on the internet is a great way to get caught up in the idea of impending disaster.

However, I can pull myself out of the despair hole most of the time when I remind myself to use the Reiki Ideals. So, *just for today, I will not worry.* And if that doesn't work quickly enough for me, I remind myself how one person can make a difference.

Reiki was shared with the world by one person, Usui Sensei. And then Mrs. Takada got it out into the world. One person. And then Arthur Robertson started sharing Reiki for a more reasonable fee. Another single person. Then I realize that one person can truly make a difference. Sending Reiki to Mother Earth has always felt amazing to

me, even if it didn't feel like enough, but teaching Animal Reiki allowed me to experience a new connection of hope for our planet.

My husband, Mike, and I are experienced Reiki Master Teachers and have taught hundreds of students. Recently, we taught our first ICRT Animal Reiki class. Mike had taken this class both in-person and online previously. We spent a holiday weekend with him teaching me. It felt like a beautiful circle since I had taught him Reiki originally.

Everything lined up for our first class. We announced we were planning to teach, and the perfect space showed up. Students signed up. It all felt divinely guided! Mike and I read and reread the *ICRT Animal Reiki Training I & II Manual* and the *Usui/Holy Fire® III Reiki Master Manual* to prepare for class. It's been quite a while since we taught a new class, and we wanted to be truly ready.

then afterward. As the animal's caretaker, they already had part of the permission in place. They just needed to check in with their pet and confirm the animal wanted Reiki. One student didn't have an animal at home, and another had two, so they practiced together. It continued to feel divinely guided.

On the second day of class, we went to the live animal part of the class after the Placement—eight strangers showing up at the home of some very serious-looking guard dogs seemed a bit intimidating. Diane invited us into her home, and the dogs were in the backyard. Her home had been redesigned to keep a lot of dogs. Her living room carpet had been replaced with marble flooring. She lives in a very affluent multimillion-dollar neighborhood near our office with some definite rules about the number of animals allowed. She was way over her allowed limit of three, and she wasn't the least bit concerned. Her animal friends are her chief priority.

Animal Reiki is not just about doing Reiki with or for animals. And it definitely is not how to do Reiki ON animals. The tools and techniques included in the ICRT Animal Reiki course help work with the Animal Kingdom.

The week before class, we met with the woman who is the caretaker for the animals we were hoping would be receptive to Reiki. Diane (not her real name) is a lovely generous person who explained that Huskies and other sled dogs are very popular because of *Game of Thrones*, an American fantasy drama television series, an adaptation of fantasy novels. Huskies look like wolves, so they are bought by many people who don't have any idea what having a dog as this entails. The food, the energy, the hair, the clean-up! Once some people realize what they have gotten themselves into, they either turn them into shelters or abandon them. It appears to be a higher percentage of abandoned dogs of this breed than many others. She has permanently rescued six abandoned or abused dogs and is currently fostering four more. It was loud, crazy, wild, and fun to be there! On our way back to the office, we picked up small lint rollers as a gift for each student.

There is some flexibility in how the ICRT Animal Reiki I & II Training class is presented. We taught in our office the first day and directed students to send distance Reiki to their own animals. We suggested they check in with someone at home to know how it was going before sending Reiki and

She invited the dogs in one by one. Each time, the one entering would "talk" to the others, and then they would run around to each of us. As each came inside, we saw they had a way to communicate with each other, "That's my person. Stay back." There were eight of us and ten dogs. A couple of times, as one dog was getting Reiki, another would try to push in and get some. There were a couple of growls at each other, but they seemed to sort it out independently.

Within 15 minutes of all being inside, they were zonked out. Diane was amazed by how calm they all were together. One fell asleep on Mike's foot. Others had fallen asleep in front of their Reiki person. One of our students had a dog on each side of her. It was fascinating to watch. We stayed about an hour, and they were so calm and relaxed. That was a first. Eventually, the lead dog got up and wandered around, checking on her team.

Mike grew up with Huskies and other sled dogs in Alaska. But, in his years of experience, he had never seen the relaxed behavior this group displayed. On the contrary, they tend to always be on guard. And while they can have a type of truce, they rarely show this type of fellowship.

The dogs all went outside by the gate and quietly watched us when we left. As we arrived back at our office, we enjoyed lunch outside and talked about our experiences. One student commented, "This was one of the top five experiences of my life." What a joy to be part of something this profound.

After lunch, we continued with the lecture and Experience part of the class. As we talked more about the Animal Reiki symbol, I had a flash of understanding come into my consciousness. The symbol shows the connection between Earth energy and Heavenly energy. It seemed similar to what Laurelle Gaia taught me in Crystal Reiki classes with the Central Channel breathing technique. The Earth energy comes up from our Earth Star Chakra, and Reiki energy comes down through our Soul Star Chakra. The two blend near our hearts, creating beautiful energy.

Similarly, the ICRT Animal Reiki symbol connects with the Earth energy and then merges with the Usui and Holy Fire® Reiki energy, creating this wonderful combination. The connection we felt from the earth was magnified after receiving the energy of the symbol in the Placement. We are reminded of our Divine Nature. And to me, more importantly, why we came to Earth at this time. And why, as Reiki practitioners, we are here to heal ourselves first, and then all those around us, including the animals and Mother Earth.

Animal Reiki is not just about doing Reiki with or for animals. And it definitely is not how to do Reiki ON animals. The tools and techniques included in the ICRT Animal Reiki course help work with the Animal Kingdom. That is true. The connection to Earth is the piece that's different from performing only Usui/Holy Fire® Reiki. This connection reminds us we don't just have access to both types of energy; we have access to a

third beautiful blend of both. It's like combining all the separate parts of a recipe. When combined, they create something delicious. Ice cream and hot fudge, both wonderful. Combined into a shake, even more wonderful. You get the idea.

Feeling the connection helped remind me we chose to come here at this moment in time, spread the love of our planet to others, share the connection of all the animals with others, and help do what we can to keep the planet alive and healthy. There is no doubt in my mind there are those out there who have the knowledge and ability to turn the planet's issues around and help create an environment that is healthy for the next several generations. The ways Earth healed when we were all under the Stay-at-Home orders when COVID-19 rapidly spread are proof healing can happen quickly. With all the technology that is being developed so quickly, I know in my heart there are answers just around the corner.

Imagine what could happen if we were to all believe we could help. It's not hopeless. Animal Reiki is a way to begin feeling the connection so we can do what we came here to do. ■

Holy Fire® is the registered service mark of William Lee Rand.



Chellie Kammermeyer is an ICRT Licensed Reiki Master Teacher, Holy Fire® III. Chellie has practiced Reiki for over 15 years, and she and husband Mike own Innercompass Reiki. She sees clients and teaches classes with Mike in California and Washington. You may contact her by email at chellie_kammermeyer@aol.com, through her website www.innercompassreiki.com, or by phone or text at (510) 499-4332.