

Animal Reiki Class

With Reiki Master Shelley Sheets

Teaching the Traditional Usui System of Reiki since 1995

What is Reiki & Who Can Learn It?

Join me on an inward journey that begins from where you are with your connection to animals and moves you to a whole new level of awareness and sensitivity. Reiki (pronounced ray key) is a gentle form of bodywork that helps promote healing in both people and animals. It is administered by gently touching the body either at the source of an injury or in a pattern that reinforces the functions of the major organ systems. It is based on the idea that an unseen "life force energy" flows through everything and everyone and is what causes us to be vital and healthy. If one's "life force energy" is low, then we are more likely to get sick and feel stress, and if it is high, we are more capable of being happy and healthy.

Reiki treats the whole animal including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security, and well-being. It is an excellent way to enrich the lives of the animals in your care and acts as a great adjunct to animal massage!

In this class you will learn:

- Basic level 1 Reiki with attunements
- The human and animal chakra or energy centers
- Hand positions for giving a full body Reiki treatment on self and domestic animals
- Working with energy fields, auras and intentions
- Beaming, merging, interpreting animal behavior and body language
- Transference of energy and reading an animal's energetic field while in treatment

Class will be taught in a two day format. Day one will be learning basic Reiki and receiving attunements and day two will be the animal module. Regardless of prior training or experience, students are required to begin at level one, and progress through the advanced levels. Whether Reiki beginner or Master, the goal and end result is a uniform, knowledgeable, and professionally trained Animal Reiki Practitioner.