



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

HealthyLife.Net Radio Show
Wendy's Animal Talk, Host Wendy Nan Rees
Guest Russell Louie

Reiki: What Is It and How Can It Help My Pet?
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Russell, tell us a little about your background and how you came upon all your knowledge regarding pets.

I have studied holistic health and spirituality for over 30 years and lived a holistic lifestyle for over 56 years. My education includes a degree in geophysical engineering and I am a Certified Reiki Master. I specialize in integrating my scientific background with my knowledge of holistic health to create wellness programs that promote optimum health for both people and pets. My greatest talent is being able to cut through all the marketing hype using my scientific background to tell people what is truly holistic. Most of my holistic knowledge about pets has come about through my experiences with our own pets and a desire to have our pets live to be 15-20 years old and still being healthy like pets used to 50 years ago.

OK, you said you are a Reiki Master. I have heard so much about Reiki, what is Reiki?

Reiki is a healing energy technique that originated in Japan in the early 1900's. Reiki is believed to be a revival of ancient Tibetan healing techniques. It is now practiced throughout the world by millions of practitioners. It is even accepted and practiced in professional health care situations such as hospitals and hospices. The Japanese word Reiki means *universal life energy*. The Reiki practitioner transmits this energy to the client during a treatment to enhance health and well being. The ability to transmit this energy is passed on from the Reiki Master teacher to the student during Reiki training.

So, can Reiki be done on people and pets?

Yes, like people, our pets can have physical, emotional and mental problems. Also, animals that live with us often take on their owner's problems, in an attempt to heal them. If the animal can't discharge the energy, this can make them sick. An animal that has been abused or simply not had the proper environment when young can carry trauma in their body that needs healing. While it is true that animals are our healers (some say that "**cats invented Reiki**"), sometimes we need to be their healers too.

Providing [Reiki treatments](#) for our pets is a loving way to extend healing energy to them. It can help reduce pain and enhance the animal's innate healing ability, leading to accelerated recovery from injuries and illness.

So, you recommend doing Reiki on both people and pets?

Absolutely, people and pets often “mirror” each other's physical and emotional state. This happens because of the deep bond between them and the desire to heal each other. Because of the shared energy in this close relationship, energetic imbalances are shared as well. For optimum healing potential, joint treatments for people and their pets are recommended.

What happens during a Reiki treatment?

The Reiki practitioner will place their hands on or near the client's body and transmit healing energy. People remain fully clothed, lying on a comfortable massage table. You may or may not feel the Reiki energy. It can feel like warmth, tingling, buzzing or simply deep relaxation.

For some pets, having a strangers hand touch them may not be desirable. In these cases, a Reiki practitioner may just sit in the room with them and beam the universal life force energy to them.

What results can I expect from Reiki?

Most people report feeling more relaxed and energized. Reiki can assist with healing and balancing all levels of the body: physical, emotional and mental. The practitioner does not control the energy or the outcome of the treatment. Rather, the intelligence of Reiki is in charge of the energy and the practitioner is simply a channel. A feeling of well-being, contentment and peace is usually experienced by the recipient and frequently the practitioner too. The recipient sometimes even falls asleep.

Some results reported by people and pets include:

- 🐾 Relaxation
- 🐾 Less stress
- 🐾 Reduced pain
- 🐾 Improved mood
- 🐾 Accelerated healing
- 🐾 Improvement of medical conditions
- 🐾 Increased effectiveness of other therapies

Does one have to go to a practitioner to get Reiki?

Yes, if one is not trained in Reiki, then one has to go to a trained practitioner for a session.

How does one learn Reiki?

One can learn about from Reiki books but to truly practice Reiki one must get an official attunement from a certified Master. Only a Master teacher can pass on this attunement to qualified students. The original Reiki practice started in Japan by Dr. Mikao Usui. He trained each of his students and in a ceremony, passed on the Reiki attunement to his graduates. From that point on, every Reiki practitioner has gotten an attunement from a Reiki Master in a direct lineage from Master Usui.

There are classes for Reiki Levels I, II, Master-Teacher and Animal Practitioner levels. I am sure there are resources in your listener's area that teach Reiki classes.

So, to personally experience Reiki, one needs to schedule a session with a local Reiki practitioner?

Generally, yes, although Reiki can be done on yourself and Reiki can be done remotely on both people and pets.

How do you do a remote Reiki session?

We need to know the name of the subject and have their permission to conduct a Reiki session. A photo is helpful but not necessary. Your clients would simply e-mail a Reiki request, information about their pet and a photo to: info@OptimumChoices.com

Tell me some Reiki stories.

A lot of practitioners have done Reiki on shelter animals. Reiki can help the adjustment to the shelter environment and allow them let go of any past trauma from their previous living arrangement.

Many pet guardians get a Reiki session whenever they adopt a new member of the family. This helps all those involved to adjust and open up their hearts to the new member of the family.

Many pets with hard to treat or unresolved illnesses get a Reiki session and suddenly begin to make progress. Did the Reiki "heal" their pet? Well, no, but it helps to break up any blockages and facilitate the movement of the universal life force again so the body could heal itself. Quite often the Reiki practitioner picks up a similar blockage with the pet's guardian and so when this is realized, both can make progress moving through the blockage.

Reiki is a holistic tool that honors the whole body and can move mental, emotional and even stuck physical energy. It is not a substitute for proper veterinary care.

Yes, I think that is important to let our listeners know you always suggest they take their pet to a vet for proper veterinary diagnosis. But then they can also research holistic alternatives.

Would Reiki be good for a pet nearing the end of their life?

Reiki is an excellent way to facilitate the transition to the other side for people or help your pet cross the Rainbow Bridge. It moves the physical energy to where it is needed in the body the most (e.g., pain relief, stuck energy, holding on). The practitioner does not need to know the diagnosis or even the source of the illness. We have used Reiki on all our pets as they passed over the Rainbow Bridge.

So, you have done Reiki on a dying pet?

Let me tell you about our last cat. Connie was around 23 years old with severe arthritis, chronic renal failure and had a hyperthyroid condition. One day she stopped eating again. Within 24 hours she started vomiting clear liquids. I spent 10 minutes every 2 hours petting and combing her as I checked up on her. That night we put Connie on the bed as she customarily slept between us as 'top' cat of the household. Mikki, our Chihuahua, sleeps under the covers. Around midnight, Connie started to gasp for air and vomit clear liquids again, so we put her back on the floor in her bed. Her breathing became labored, so I cradled her head in my hand and administered Reiki with my other hand while petting her. Although she had been howling some earlier in the evening, she was now calm and quiet except for periodic labored breathing and passed peacefully at 3 AM, exhibiting minimal discomfort.

So to schedule a local Reiki session, one can look in their local holistic directory or contact you for a remote session?

Yes, that's right. I have a special gift for your listeners and followers. I will offer one free remote Reiki session (\$45 value) for free. Just e-mail Russell@OptimumChoices.com and mention this Internet radio show, "*Wendy's Animal Talk*", and I will do one remote Reiki session absolutely free.

I need the pet's name, a photo would be helpful and a brief description of any health challenges. Of course, as I mentioned earlier, I also need that pet's permission.

Where can my listeners get more information about Reiki?

They can go to our website www.OptimumChoices.com, on the home page click on the Services button across the top menu bar and then on the Services page select the Reiki button down the left side menu bar. Also, your local library and metaphysical bookstore should have a wealth of Reiki books.

You seem to have wealth of pet knowledge. How can we access more of your 56+ years of holistic wisdom?

One way is to go to our website, <http://www.OptimumChoices.com> and sign up for our free monthly [e-newsletters](#). We have written articles on such topics as, Is glucosamine the answer for arthritis? Healthy water for you and your pets and Whole Food Nutrition vs. Supplements. All past articles are archived online and one can search for a specific topic. If your listeners will check the box at the bottom of the subscription form, we'll send subscribers a free report entitled **What Pet Food Companies Don't Want You to Know**. This report contains 11-points some of which we covered today.

What other holistic resources do you have that would be of interest my listeners?

We have written a series of Holistic Choices [e-Books](#). Readers can take advantage of the latest holistic research we find and absorb the information in a small chunk rather than a 100+ page book. The first three titles that have been published are:

- *Save Your Dog or Cat*
- *Secrets of Longevity (for people)*
- *How to become a canine massage provider*

Tell me more about what is in your dogs and cats e-Book.

We start off by telling the reader what Nature designed wild dogs and cats to eat. Then we compare all the various food options from dry kibble to raw food to the optimum diet in Nature. We educate the readers on how to find good premium pet food by reading the labels. Next we discuss all the advantages and disadvantages of a raw food diet and how to transition to a raw diet. We also have a section on what human foods are toxic to pets. Many people don't know that grapes, onions and Xylitol, a sweetener, can be toxic.

Sounds like I need to get a copy of your *Save Your Dog or Cat* e-Book. How can I and my listeners get a copy?

Go to our website www.OptimumChoices.com and click on the [Products] button on our home page, then the [Books] button on the subsequent page. As a special offer, I will give your listeners one e-Book of their choice *free* with their first purchase. Just have them say, “**Wendy sent me**” and ask for the *free* e-Book title of their choice with any product purchase.

Come back next month, on May 19, when Russell will discuss—Safe Aromatherapy and My Pet. He will discuss how essential oils can benefit your pet and some do's and don'ts with cats.

For more information on Optimum Choices and holistic options for your pet, go to Russell's website at www.OptimumChoices.com. You can call toll-free 866-305-2306 or email them at info@OptimumChoices.com.