Animal Reiki

In 2013, the CRA started to look at the issue of Animal Reiki. A Registered Animal Practitioner (RAP) designation was introduced in 2015, to try to develop some guidelines and best practices to help guide our members.

Since then, we have watched this field of study grow and evolve with little continuity. Essentially, everyone was trying to adapt human reiki to animals, and subsequently doing their own thing. There was little consistency and very little concern for the animals autonomy and right to chose. As our understanding and appreciation for animals evolved, we started to identify ethical issues and concerns and knew we needed to do better.

In response, the Canadian Reiki Association has decided to develop a minimum standard of practice that holds Practitioners and Teacher to the highest, most ethical standards of practice possible. In this regard, the Canadian Reiki Association has adopted the Let Animals Lead® (LAL®) Method of Animal Reiki created by Kathleen Prasad as the ethical Gold Standard and Best Practices way of offering Reiki to animals. This groundbreaking approach empowers animals by honouring their agency, wisdom, and independence. Ms. Prasad is arguably the person who started the Animal Reiki movement over 20 years ago, and many people have incorporated her early work into their own Animal Reiki practices. Ms. Prasad's dedication to animals is above reproach, so it only makes sense for us to work with the person who literally wrote the book on Animal Reiki and draw from her many years of dedicated experience as we move forward.

Animal Reiki is:

A unique method of working with animals wherein the Practitioner works in equal partnership with the animal. All animals, no matter how small or unique, should be approached with humility and respected as spiritual teachers in life and healing. Animals, like humans, possess physical, emotional, mental, and spiritual behaviours, to which Reiki can bring a profound healing transformation.

A mental focus technique used to develop an “All is Well” state of mind for the Practitioner, who sees the animal’s perfection in the present moment rather than focusing on what is “wrong”.

A mindful meditation practiced with animals rather than an energy-based therapy done to them.

A partnership between the Practitioner and the animal.

Respectful to the animal’s right to choose how they wish to receive Reiki during a session. The animal must always be given agency.

Animal Reiki is NOT:

A modified version of human Reiki. It is its own unique method.

A hands-on interaction with the animal. Touch is only used when the animal seeks it out, and only then as a compassionate support to the animal.

Animal communication. Animal Reiki should be kept separate from animal communication. The goal of each modality is different so they should not be performed at the same time. We do not need to know what is wrong with the animal, but rather connect with the animal and hold space for the animal to support them in their own healing.

A way to diagnose medical conditions

A substitution for seeking medical treatment.

A system that works with chakras or animal anatomy.