



Rain, a Holy Fire Karuna Reiki Master gives Reiki to Joanne during the Autumn Equinox Reiki share.

# Reiki Animals

## Part Two

BY PAMELA ALLEN-LEBLANC

PHOTOS COURTESY OF GORICA BARUDZIJA

AS A PRACTITIONER OF BOTH Natural Horsemanship and Reiki and as an animal communicator, it follows that these areas of my life would come together in a meaningful way. And that has been the case. I introduced this lively, healing connection to the readers of *Reiki News Magazine* in a Fall 2013 article entitled “Healing with Horses” and continued the story in “Reiki Animals Part One” in the Fall 2015 edition. In those articles, I describe first my early understanding of how my horses could interact even more therapeutically with my human riders and with each other when the animals received healing Usui Reiki sessions, and then eventually my growing awareness of the fact that the horses wished to be attuned to Reiki themselves. If you’d like to follow my story to see how this came about, you can find both of these articles on our website.<sup>1</sup> “Reiki Animals Part Two” describes the experiences of the horses and riders here at Hidden Brook Farm with Karuna Reiki® and Holy Fire Reiki.

### Karuna Reiki®

In spring 2013, I studied Karuna Reiki® with William Rand in Glens Falls, NY. I found Karuna Reiki® to be effortless and beautiful. Upon my return, I held a level 2 horse clinic at Hidden Brook Farm, which was attended by one of the Karuna Reiki® Masters I had met in class. As she and I walked into the field to meet the horses, one horse in particular, Honey, who had a troubling past, walked over to this woman and asked for and received Karuna Reiki®. By that time, all but two of my horses had been Usui Reiki Masters for over a year. Later in that clinic, Honey and four other horses requested and received Karuna Reiki® attunements from the two of us. It was a wonderful opportunity to show my new friend how to give attunements to animals. One of the horses, Dawn, stepped forward and clearly wanted the attunement—much to my surprise as she hadn’t yet wanted to become an Usui Reiki Master. When I said as much to her, she said, “You can do that too if you want but I want Karuna!” So we did as she asked. Aside from the four hours, none of the rest of the horses in the herd nor any of the dogs and cats were interested in Karuna Reiki® and that was fine. They dictate what they want and when. I never push anything on them.

As time went on, I found that the Karuna Reiki® attuned horses seemed to live more effortlessly. We noticed even more healing on their students and the healing work seemed to be gentler and more subtle.

In November, at another level 2 horse clinic, with a different Karuna Reiki® Master from my Glens Falls class and one of my own Karuna Reiki® Master students in attendance, we again asked the animals if anyone wanted Karuna Reiki® attunements. This time, the three youngsters from the herd came along with the more experienced horses, two of whom asked to attend for the second time, indicating that this time, they wanted to receive the attunement from me. Horses, too, agree that it is a great idea to experience more than one attunement and if possible, from other Reiki Masters. Once again, the other animals on the farm were not interested but still, life became even MORE harmonious in our herd. Though the changes were subtle, the healing work in our riding lessons and in my Reiki room became even stronger and more profound.

One change that was not so subtle involved Honey. Several months after the second attunements, Honey, who had been plagued with insecurity and who had still been largely unsafe to ride, said she thought that she was ready to accept a rider now—and would we consider training her in our March break training week. We happily agreed, and she participated in our training for the first time. She did her best. She was still nervous, but seemed to have finally received the confidence to hold it together if we took things slowly for her and paid close attention to her cues. Over time, Storm and a few more horses added Karuna Reiki®—but the rest of the herd stayed with their Usui Reiki and were not really interested in Karuna. I asked Buddy shortly after he received his Karuna Reiki® attunement if animals also needed to “wait” between Usui and Karuna Reiki® attunements and he said, “Heavens yes! This Karuna Reiki® energy is such a high vibration, even for us, and we know how to work with energy. Just like you, we need the Usui Master symbol for six months or so before we are ready to integrate Karuna Reiki® into our energy fields.” I used that as a guideline going forward.

As the horses worked with the higher vibration of energy and developed their healing abilities, however, the herd started asking to work with Post-Traumatic Stress Disorder (PTSD) clients. This

<sup>1</sup> [www.hiddenbrook.ca](http://www.hiddenbrook.ca).

intimidated me. I was aware that with their ability to strip down our emotional states and help us heal deep issues, horses are naturals to work with PTSD clients, and I was also familiar with the large body of research and large number of horse organizations that have had proven, successful results with PTSD clients. I even had a trained counselor, Reiki Master and animal communicator willing to help with this work, yet still, I wasn't sure I was up to the task. In fact, I was quite sure I was not. It came up one day in one of my regular riding lessons however, and two of the students from that lesson approached me and said, "You may not think you are ready to work with clients with PTSD, but you are already working with two of them!" I had had no idea. I knew that these lessons required all of the horses' attention as well as mine. I had also been aware of a lot of energy moving each week for these students, but I had been unaware that two of my students had been diagnosed with PTSD. They both preferred to keep this to themselves until I had shared with them what the horses were asking of me.

We began to discuss PTSD from their points of view during lessons as we meandered through the trails of Eastern New Brunswick, and I realized that the horses who chose to work with these students were Karuna Reiki® Masters and that Storm had decided to have his Karuna Reiki® attunement after starting to work with one of the students with PTSD. All of this had happened below my level of awareness. But the horses had had it well in hand.

In discussing the condition to try and understand it better, one client explained to me that her emotions felt all mixed up and anxiety was constantly on the surface. She also explained that at times, she would suddenly be triggered and panic would overtake her for no reason that she could understand. During one lesson, she had to pass me the reins and run away from her horse, though nothing unusual was happening. She said the things that "triggered" her reactions did not make sense to her, and in sharing this with me, she helped me see our horse Honey in an entirely new light! In fact, this young lady and Honey had similar histories, histories that included abuse.



With a slightly better understanding of PTSD, I could now better understand my horse, and we were better equipped to move forward with Honey's training. The young lady with PTSD who helped me understand Honey asked if she could please ride her. I was not sure how these two fragile but volatile personalities would go together, but we decided to give it a try, so we rehearsed emergency dismounts and discussed what we would do if either panicked in their lessons. Then I stayed close by in case either needed me. I need not have worried. Honey and her rider worked together beautifully, each drawing from the other and bringing out the best in each other. Together, they started working through their issues and both became calmer, more confident and more peaceful and settled. Panic attacks largely became a thing of the past for both of them, and we were pleased with the progress we saw.<sup>2</sup>

Above: Big Buddy (horse) and Cody (dog). Holy Fire Karuna Reiki Masters give Reiki to Rebecca during our Reiki share.



Left: Sisters, Star and Rain clear energies from the Reiki table between students.

Right: Star shares a zen moment with Phillipa during the Reiki share.

Below: Cody (dog) helps Lisa give Reiki to a client.

One day, after hearing about the subject of “soul attachments,” the girls with PTSD shyly approached and asked if it was possible that they could have an attachment to their energy. I had been doing some reading on this and had recently been introduced to the book *Remarkable Healings: A Psychiatrist Discovers Unsuspected Roots of Mental and Physical Illness* by psychiatrist Dr. Shakuntala Modi,<sup>3</sup> so I was aware that this was a possibility. I told them I was not sure, but I would dowse to check for them if they wished, and if they had an energetic attachment, I would combine Reiki with one of the removal techniques and attempt to remove it for them later that day. As we were discussing this, Honey untied herself and came to stand beside me, nudging my right hand. She had never untied herself before so we were all surprised. But as understanding dawned on us all, we looked at each other, then back to Honey, and I asked out loud “Do you have soul attachments, girl?” to which she nodded yes. I was in tears. I had heard about soul



attachments several months earlier but never even considered that my sweet mare might suffer from this. It turned out there were souls attached both to the girls and the horse. That afternoon, I worked with Reiki and my spirit guides, and we cleared the soul attachments. What happened next was truly amazing. The girls said that they felt better than they ever had before and were not completely drained for the first time in a long time. And the horse came around so completely, that she was able to be used in other lessons safely, even with small children. She still can react if she is frightened. The difference is that she used to be frightened all of the time and constantly working to hold it together, so the least little thing could set her into a panic. Now, she becomes frightened at the same things that other horses become frightened of and can generally hold it together, keeping everyone safe. What a blessing my PTSD students have been to us. They gave me the key to understanding my horse, and she is now ridden regularly and is confident and happy with her life—no longer fearful, confused and insecure. It only took us 8 or 9 years to get there with her, but it was worth it!

### Holy Fire Reiki

Less than a year after my own Karuna Reiki® attunement, I read about Holy Fire Reiki. My response to this was “Yahoo, I get to study with William again!” I remembered how I hadn’t seen a need for Karuna Reiki® when I was an Usui Reiki Master as my life already was wonderful, but I had followed my inner guidance, attended the class and my life had improved anyway—beyond

<sup>2</sup> For more information about PTSD and Reiki, please refer to Kathie Lipinski’s 2012 article in this magazine. Kathie Lipinski, “Reiki and Post-Traumatic Stress Disorder,” *Reiki News Magazine*, Winter 2012. [www.reikiwebstore.com/ProductPage.cfm?ProductID=668&CategoryID=39](http://www.reikiwebstore.com/ProductPage.cfm?ProductID=668&CategoryID=39).

<sup>3</sup> Shakuntala Modi, *Remarkable Healings: A Psychiatrist Discovers Unsuspected Roots of Mental and Physical Illness*, (Newburyport, MA:Hampton Roads Publishing, 1998). For further information on the subject of soul attachments and Reiki, see [www.reiki.org/reikinews/improvepractice.html](http://www.reiki.org/reikinews/improvepractice.html).

Left: Honey, after her attachments were released became dependable enough for lessons; here my daughter, Caroline demonstrates a vaulting move.

Below: Tiba often scratches to get into my Reiki room when I have a client so she can help.



In my energy practice, the work itself became more effortless and effective than I had ever dreamed possible, and I felt strongly that Holy Fire was such a wonderful and important energy that it needed to spread in my region. So in June I was ready to teach a Holy Fire Karuna Reiki® class to three of my human Usui

and Karuna Reiki® Masters.

Since Holy Fire Reiki works through ignitions, instead of attunements, it is now a bit more complicated to share a Holy Fire Reiki Master attunement with animals. And it also occurred to me just before class that I had not discussed this with William, so I emailed him. He suggested that I try a pre-ignition followed by one additional ignition for animals (instead of the additional ignitions humans need) and asked me to let him know how it went.

what I thought was possible. So I followed my inner guidance this time too, excited both by the opportunity to study with William again at some point and the opportunity to work with another energy that I was certain would only serve to raise my vibration and improve my life once again.

I was guided to sign up for the Holy Fire Karuna Reiki® class in Glens Falls in spring 2015. Imagine my surprise when I got my manual to see that there was a technique in the manual for releasing soul and spirit attachments. I was elated with this as well as with the information on the new Holy Fire Reiki energy. While I'd love to say class was a breeze and I had a ball, I can't really say that. It was wonderful to see William again and to learn again, but I was truly unprepared for the huge shift that I underwent in the class. It was uncomfortable at times, and at other times I was overwhelmed by what is possible with this new energy. Old patterns came up that needed to be healed and released, and I felt some physical discomfort too. But I knew that my spiritual guidance had brought me to class and that guidance has never steered me wrong—so along with my wonderful classmates, I persevered. The residual effects of the physical discomfort went away shortly after I returned home, so that I could truly begin to enjoy the addition of Holy Fire in my energy work.

In class, William said that animals really enjoy Holy Fire. Is that ever true! I arrived home from class only 45 minutes before I had to teach riding lessons. In order to accommodate my two classes that day and give myself time for the 10 hour drive home, I had put the two classes together in one and was teaching it in the evening. One was my young rider class, the other was my autism group. Those two classes would not normally go together very smoothly, but this was the only way to get both classes in that week. I also had a few students from the Thursday group join us and to add to the confusion, not all of my help was available. The class took place without a hitch. Everyone had a great time, including me. The horses were very drawn to me and let me know that they really enjoyed the feel of the Holy Fire energy as I spread it around the group as we headed out on the trail!





house, they would maintain their heart connection with me and would receive the Holy Fire ignitions and meditations this way.

We began the class with the Ocean of Holy Love meditation. It was just lovely for all involved, and just before it wrapped up, the dog who had remained outside and who suffers from a heart condition, came running in, flopped down, went into a deep state of relaxation and completed the meditation with us. After the meditation, he stayed in this state of relaxation for the entire time we wrote in our journals. It seemed that he was trying to “catch up.” When he came awake from his state of relaxation, we were discussing the meditation, and he told us that as he had listened to us and felt the energy of the Ocean of Holy Love, he changed his mind and “could he please join us?” Of course he could. And he did.

Next came the Holy Fire pre-ignition, followed by additional Holy Love meditations and ignitions. I can’t tell you how deeply the animals went into those meditations and ignitions. And while they often ran out of the room and went outside during the theory portions of the course, they would run right back in as SOON as a meditation or ignition was about to begin! The other students and I could not get over it and would shake our heads, marveling that they knew just when to come back and that they would flop right down and go entirely limp, beyond what they do when they are sleeping. One little dog is part Chihuahua, and she made us laugh as she snored and snorted through the meditations! The cats were in the room with us the first day, but opted to go in the room right behind us the second and third days, where only a window separated us so that they could see and hear just what we were doing. They slept almost touching each other from the moment class started and they NEVER do this!

Before the class, I had asked the horses if they would need all three days of ignitions. My horses had indicated that if they wanted Usui Holy Fire, two days of ignitions were enough, but that if they wished to have Holy Fire Karuna Reiki® it was necessary for them to join us on the third day. They also said that they enjoyed

Although I had hoped to “practice” doing ignitions with the animals before class, I ran out of time, and made the decision to offer the ignitions to the animals right along with the human students in that first class, which added to my nervousness about the class in general. Of course the ignitions worked when William did them, but would they work when I led them? Thankfully, I knew all three of the students joining the first class really well and was comfortable with them. They were all animal lovers and animal communicators so at the beginning of class, I asked if they minded if the animals joined us. They were delighted, so as I started class, I heart connected with my cats, dogs and herd of horses, offering them the opportunity to join us. This is how we connect and communicate even across distances. Eleven of our 14 horses, two cats and two dogs indicated that although they would be in the pasture around the

**Above:** Roy, the Reiki cat participates in Reiki classes and helps with our Reiki sessions knowing intuitively where clients need Reiki.

**Right:** The ducks at Hidden Brook Farm seem to enjoy Reiki too, though they have never requested an attunement or ignition.



the Holy Love experiences. In a later class, the three horses who had not joined us for the first class did join us. And just as every human student can recognize his or her needs in regards to the timing of Reiki classes, one of these three horses, Simba, indicated he would only attend the first two days as he was not yet ready for Karuna. He needed to work with Usui and Holy Fire Reiki first—and would let us know if he wanted Karuna Reiki® later when he felt ready. All 11 horses who had already been ignited joined us again. Especially through my animals, I've come to realize that each ignition goes a little deeper, and does a little more. Whether noticing this on myself or through my animals, each time, we receive healing and new understandings and a deeper relationship develops with the energy. The horses tell me that they feel the same, and that there is no limit to the number of times they will return for additional ignitions.

I am currently making arrangements to attend an Usui Holy Fire class in spring 2016. I wonder how that class will change things. I wonder if I will get to go back to England, where I originally studied Usui Reiki in 2011. I wonder if some of my dear friends will be able to attend with me. I guess time will tell. In the meantime, the animals and I are certainly enjoying Holy Fire Reiki energy and the wonderful new things it seems to be putting in our path! Our business is expanding, and we seem to be attracting the most delightful students and clients not to mention the most wonderful opportuni-

ties. On a recent boat ride, the moment I beamed the water of the Bay of Fundy with Holy Fire Reiki, a school of porpoises surrounded the boat and surfaced all around us! Lovely people and lovely things keep popping into our path. Each day is more delightful than the one before it. I can't imagine where it is all going!

As I write this in my Reiki room, with one little dog snoring beside me and a cat sleeping in the corner, the horses have surrounded the room and asked me to say "Thank you, William. Thank you for doing all that you had to do in order to bring this wonderful new energy to us! We really enjoy it and appreciate your generosity in sharing it with us."

And I thank you, Reiki animals, for being such an integral part of my life and for the healing you bestow upon me, my family and my students. It has been a true honor to share the gift of Reiki with you! ✨



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