



Healing Animal Grief with Reiki

BY MARY BLAKE

WHEN WE HAVE A CLEAR INTENTION, Reiki can prepare us for a greater depth of healing for both our clients—whether they are humans or animals—and for ourselves as Reiki practitioners. Sometimes, the experiences that make up that preparation are not necessarily the ones we would choose, so it is good to remember that Reiki acts upon so many levels. Had I not had Reiki to help me through the experience of the sudden loss of my beloved kitty Ebby, and provide me and Ebby with a continuing Reiki healing connection, I would never have been able to understand and help heal the depth of grief animals can feel over the loss of loved ones.

Ebby was a beautiful, eight-year-old, ebony boy—very bright, perceptive and affectionate. One morning last November, I found him in the kitchen with his head hanging over the water bowl, surrounded by puddles of vomit. He was diagnosed with severe pancreatitis, and after a week of heroic efforts on

Reiki to cats who have difficulty adjusting to shelter life. One day I noticed a new arrival, a big, classic orange tabby named Mason, with the saddest and most anguished look on his face that I had ever seen. His people had both moved and had a baby, and as a result, he had been dropped off at the shelter. He had lost everything and was grieving deeply. I asked Teresa about Mason. “He believes he is just not good enough and feels hopeless,” she said, and added, “You can make a difference in this cat’s life.” Teresa also recommended a flower essence called Grief Relief, which I had used to help my other cat BB recover after Ebby passed. Grief Relief helps heal feelings of emptiness or despair after a loss and to bring strength, encouragement and acceptance in dealing with adversity.

I began to visit Mason every week on the lower level of the shelter where he could move around more, lose some weight and share space with only one other cat. The first time I offered

I still have a lot to learn, on both the energetic and business levels, and I know that letting Reiki guide me will help me find the answers—maybe not in the ways I might expect, but always for my highest good and for the highest good of all the animals Reiki heals through me.

the part of the vets who cared for him, I had to let him go. The depth and intensity of grief I experienced left me exhausted and crying for weeks.

Months before, in March, right after I had received my Reiki Master attunement, I had attuned Ebby to Reiki Level I. This turned out to be a blessing in many ways. I had been working with animal communicator Teresa Wagner and shortly after Ebby died, I continued to work through her in communicating with him. I asked if he would be willing to assist in healing the other animals I was working with. I received an enthusiastic “Yes!” In the rest of this article, you will see how wonderfully our healing partnership has worked.

Mason’s Broken Heart

Shortly after moving to Denver, I became a volunteer at Cat Care Society, a local, cageless cat shelter where I currently offer

him Reiki, he took a great deal of hands-on energy, and fell into a deep Reiki nap. I called in Ebby to assist, as his presence seems to be very calming and reassuring to other animals. I also began using the Grief Relief. The first time I sprayed it into Mason’s water bowls, he immediately began to drink out of each one. It is always inspiring to see how animals immediately act on their intuition!

Opening Up

I continue to visit Mason, playing with him, encouraging him and offering Reiki, which he takes by settling down a few feet from my hands and falling into a Reiki nap. He is now coming out of his shell, interacting with others more easily and becoming curious about his surroundings. In continuing to work with him, I hope to support him in bringing out his charming and easygoing personality, essential to finding a good home for him.



Image courtesy of Jim Rush PhotoArt

Eight-year old Ebby was attuned to Reiki Level 1 about a year before his passing.

When I first began working with Mason, the Reiki and grace I felt were so intense that tears would flow. Now, I feel a great deal of gratitude in being able to continue working with him, sensing that we are healing each other in much the same way as Ebby and I experience healing together.

Patsy's Loss

At about this same time, Reiki presented me with another opportunity to work with a grieving cat. My physical therapist Todd and his wife Jennifer had a black cat Patsy who was not accepting her new cat companion Emme. The family had recently lost a calico kitty named Nene, who had been Patsy's close companion. Jennifer was grief-stricken over the loss. Because animals are so full of unconditional love, they will selflessly take care of their people. So Patsy began following Jennifer everywhere, sleeping curled around her head and kneading and purring.


After about three months, the family was ready for another kitty and adopted Emme, a beautiful, friendly, tuxedo cat. There was hissing and growling on Patsy's part when the newcomer arrived and the two cats' food dishes and water bowls had to be separated. Emme wanted to be friends, but Patsy was hostile and refused to share space on the bed, hopping down whenever Emme jumped up. So at night, Emme had to be confined to another room, where she cried most of the time. Todd and Jennifer asked me if Reiki could help Patsy accept Emme.

From what they had told me, I had a strong intuitive sense that Patsy had not been able to go through her own grieving process when Nene passed. I packed my bottle of Grief Relief as well as another flower essence and headed for Todd and Jennifer's home, setting an intention for the highest good for Patsy. I arrived, met the kitties and gave Jennifer the Grief Relief essence to give to Patsy and the Bleeding Heart flower essence for Emme, to be sprayed into their water bowls twice a day. Bleeding Heart essence helps break undue attachments to the caretaker, which manifest as crying or whining when the caretaker is not present.

A Reiki Blessing

To prepare the living room for the Reiki session, I drew CKR on all four walls, the floor and the ceiling and also invoked HSZSN as well as Usui and Tibetan DKM. I called in my Reiki guides, other spirit guides and also asked Ebby to be present, especially as this session involved another black kitty. It took the cats a while to settle down, and after about an hour and 15 minutes, I opened my eyes to see Emme curled up on the couch in a Reiki nap about a foot from my hands, and Patsy napping behind me on the top cushion of a chair. I sealed the session with CKR, got up to check the time and Emme sat up, peering over the couch as if to say, "What? Are we done?" Patsy barely lifted her head, opened her eyes a slit and then went back to her nap—a sure sign of a 'Reiki-ed-out' kitty!

When Todd and Jennifer saw Patsy, they told me that she hadn't slept on the back cushion of that chair for a long time. I asked them to let me know how Patsy was doing in the days following the session. They reported she was much more vocal, wanted more petting, interacted more with the family and most importantly, there was not as much hissing and growling at Emme. In the weeks that have followed, Patsy and Emme have learned to share the bed peacefully and have even taken to touching noses, a sign of friendly greeting between cats.

Just hearing this is such a blessing—to know that Reiki is really making a difference in the lives of these animals and their people. I feel so grateful to be able to do this work! In transitioning to opening an Animal Reiki practice of my own, I still have a lot to learn, on both the energetic and business levels, and I know that letting Reiki guide me will help me find the answers—maybe not in the ways I might expect, but always for my highest good and for the highest good of all the animals Reiki heals through me. 

—Mary can be contacted by email at mary@mbwriting.com or by phone at 720-282-3027 (office) or 310-710-2755 (cell).