



Animal Reiki Healing in Veterinary Practice

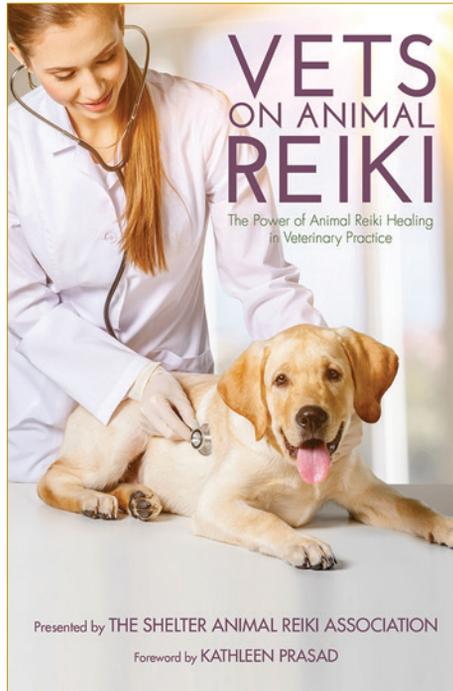
BY KATHLEEN PRASAD

In this excerpt from, *Vets on Animal Reiki: The Power of Animal Reiki Healing in Veterinary Practice*, one of the featured vets, Dr. Marc Malek, discusses his findings with the Shelter Animal Reiki Association, SARA.

SARA: I wanted to ask you a bit more about this study that you did. You collected data from clients that had received Reiki. Can you share some of your findings with us?

Dr. Malek: We set out to study the effects of Reiki treatment in the veterinary practice. We had a set of questions that we would ask and have people rate their answers using a scale of one to five or one to 10 about the changes in their companion animal right after the session and what happened during that week. We'd have them fill it out weekly. We developed a questionnaire based on their animal's quality of life—various things like, “Are they able to get up better? How long can they walk? What's their appetite like on a scale of one to 10?” We went through a whole litany of questions, and they had to agree to fill that form out in order to partake in our free study.

I was really surprised at the number of people who were eager actually to participate. The patient selection, the patients that we chose to include, were those that really didn't have a good medical or surgical answer for their problems—old-age patients, can-



cer-type patients that weren't going to be going for chemotherapy, or degenerative diseases that would cause weakness in the rear end, for example. Old dog vestibular syndrome was one that really seemed to respond well to Reiki; it's an off-balance condition in older dogs, a stroke-like syndrome, and we got good responses with that.

Overall, we were very impressed with the groups responses to Reiki treatments as a whole. For those technicians and others that were involved—their commitment to Reiki was solidified by that study. It was wonderful.

SARA: That's awesome. How long did that study go for and how many cli-

ents were in it? How many Reiki treatments did they receive during this test?

Dr. Malek: We were doing them usually like once or twice a week. We had, I think a total of 40 or 50 that were involved. Like I said, it went on for about a year, and then we said, “Okay, well we're convinced this is working well and we're going to go ahead and offer it.” Then we converted it into a paid service... but we still offer the first two treatments at no cost because I feel it's an experiential service that clients have to experience to really understand its value for their animal. Not that I'm not confident that it works, but I think many people are somewhat skeptical, of course.

SARA: I have several more questions about this that will help our SARA members and other readers understand how they can better explain the importance of Reiki to veterinarians and to shelter personnel. How does it actually work? Do you have the people bring their animals to your clinic? What is the space like where they receive Reiki, and what does a session look like? What's the average number of treatments that most people like their animals to receive or that you recommend to them?

Dr. Malek: I'll start with the first part, which is that we have a room that we term the energy room. We do Reiki, we do acupuncture, and we do our laser

treatments in there. We try to avoid doing painful procedures or things that would bring really sick, contagious animals in that space. It's more of a calm space; we have a diffuser with essential oils in there. We have it decorated in a more eastern style, with ferns and with Kanji¹ on the wall. It's a different space.

In terms of the frequency of the treatments, that really depends on the condition of the animal and the owner's ability to make the appointments, of course. In terms of the length of time, it's variable, but typically we try to aim for 20 to 30 minutes. Usually it's not me... I can explain that later. It's the technicians who are the ones that are trained that currently do the Reiki.

SARA: Do you have volunteers that come in and offer Reiki on a volunteer basis?

Dr. Malek: We have had some volunteers that have done that, sort of externs that wanted to work within our practice to see how we were functioning and to donate their time to the animals—not only the animals that were coming in for the various energy treatment sessions but also for the patients in the hospital.

SARA: That's wonderful. What advice would you give to a Reiki practitioner who would love to ally with a vet on how to do that or what qualities would you look for in that type of an external practitioner?

Dr. Malek: If I'm going to be very real about this, then I have to say that I think it's going to take the right veterinary setting.

I think that most Western traditional veterinary practitioners might be a bit skeptical and maybe standoffish about it. They might be resistant. I think you probably feel that as well.

A vet who is more of a holistic or integrative type practitioner is going to be more receptive. However, I think that you can break into any practice with the right attitude. What do I look for? First of all, be confident in what you're approaching them with. It would be the same thing I would look for in anyone who I would want to associate with—someone who's authentic, who's compassionate, who's dedicated, who's intelligent, and honest, with basic, good qualities—good people. That doesn't mean that you have to be this stellar person to come into my practice. But if you ask what I am looking for, those would be the qualities and the potential. Feeling that dedication to animal well-being and human well-being—that's what would definitely make it for me.

SARA: Marc, how do other vets view what you're doing? Do you ever get any pushback? Or do you get other vets saying, "Oh, wow, this is a great idea, I'd love to do what you're doing." What's the general response from your peers?

Dr. Malek: I don't spend a lot of time in large groups of veterinarians. The veterinarians that I have working for me all have been through Reiki 1, because I teach Reiki 1 to my employees. They weren't all necessarily looking for Reiki, but certainly seeing how we practice it and how it goes on, they were all willing to go through Reiki 1 and at least experience that.

They're not all what I would consider to be Reiki practitioners, but they've been Reiki attuned and they're aware of what it is. Other veterinarians? I haven't really had anybody resistant that I've talked to. I think other veterinarians, after they hear that I'm doing it, go, "What the heck? What is that?" But I haven't had anybody being critical or

saying, "You lost your marbles" or anything like that. Again, I'm surprised by most responses. I was invited through individuals that knew of you, Kathleen, to be part of Washington State's veterinarian holistic club. They invited me up and I gave a talk. I was well-received, and it was wonderful. From a veterinary student standpoint, that was great. Overall, it's been all good.

SARA: That's so awesome. Can you talk a bit about how you find the time to use Reiki in your practice and how you use it? You said that it was usually the techs who did the Reiki sessions. So how do you use it as a veterinarian?

Dr. Malek: That's a great question, and I may go on and on 'cause I'm very passionate about it! This actually goes back to you again because I always thought *How can I do a session; how can I do this? I have to prepare, I have to do X, Y, Z, and sit down.* But I learned from you that it's not that way—that ultimately, I *am* Reiki, so it's not a problem.

In terms of getting there, I just take a deep breath, I feel my energy and I'm there. How do I get there? That's the practice—my meditative practice that I do every day so that I'm always in touch. It just takes that change in intention and focus to be there. When going into a surgery, right before I begin the incision, I just take a breath, and essentially say, "Let me perform this surgery for this animal's highest good." I feel the energy and I'm working.

By having everybody Reiki certified and attuned, that change that goes on within the individual is something that then as you guys know, spreads out into the field.

When I'm in an exam room, it's a very similar thing. It's actually most amazing with cats because they're on

the table and I'm standing in front of them. I take my breath, I look them in the eye, I let them know through my intention that I don't want to hurt them, that I want to help them, and then I lay my hands on them and they feel my energy and they change. That's something that caregivers as well as my workers or my technicians can see. They see a difference in the animal's reaction to my interaction versus other's interactions.

There are so many comments and observations about this. "How come they do so well with you? They don't do so well with us." I don't look at it as, "Oh, I'm the best at doing X." I just look at it as I'm Reiki, they feel it, and they know it, so I'm lucky and blessed to be able to express that through me.

SARA: That's beautiful. I just want to interject something here about when you were in your smaller clinic before you moved into your big one. I came to do a Reiki share there, which was really fun—to be able to do some Reiki together. While I was there, you had some clients in the waiting room, and you went out to see those people and greet some other people that were out there. I witnessed such a compassionate pres-

ence with your human clients and the patients in just the way that you were when you saw them and went over to them. It choked me up actually. I was not necessarily expecting to feel that energy, that compassion and kindness and what you exude in the space where you are. But I did and that was really incredible for me to see and feel.

Just how in SARA we want to make shelters and sanctuaries places of peace, you don't always think of a veterinary clinic as a place of peace. But I've seen and felt that you've created that where you are. So, I just wanted to share that with you and with our readers.

Dr. Malek: That's wonderful to hear, Kathleen. That really makes me feel like we're accomplishing what we set out to do, which is to really create. You've got to come see my new place because it's physically and energetically there. People mention this all the time. "Hey, the energy is just so good here." They don't necessarily know what they're saying; they're just saying, "We just feel so good when we walk in here. The animals are calm."

That's really what I wanted to do—to create that space that allows healing to magnify and for people to feel com-

fortable. Because it is a stressful situation often times bringing animals in who are fearful, worrying about their conditions. There's all of that. We don't need to contribute to that by being cold and an apparently uncaring place. That's completely against what we want to provide as healers. ❁❁



Kathleen Prasad is founder of Animal Reiki Source and president of the Shelter Animal Reiki Association (SARA). A Reiki practitioner for nearly 20

years, Kathleen Prasad teaches and shares the healing benefits of Reiki meditation for animals and their caregivers. Kathleen's teachings, based on traditional Japanese Reiki techniques and thousands of hours of Animal Reiki experience in the field, represent the world's first specialized, extensive and professional curriculum in animal Reiki. For more information please visit www.AnimalReikiSource.com or www.ShelterAnimalReikiAssociation.org.

Endnote

¹ "Kanji are ideograms, i.e. each character has its own meaning and corresponds to a word. By combining characters, more words can be created." www.japan-guide.com/e/e2046.html