



# Reiki with Animals Creates Self-Confidence

BY KERSTIN M. SCHNOCK

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**P**HYLLIS LEI FURUMOTO, in her book *In Her Own Voice*, acknowledged occasional self-doubt despite her Reiki expertise.<sup>1</sup> I can relate to that. As a Reiki novice with Reiki I and II since early 2023, I sometimes need help with doubts. I have a great and supportive Reiki Master who also helps me with the question, “Am I good enough?” I think new Reiki practitioners not only face their doubts but are also influenced by a society that does not always know what Reiki is.

Reiki found me in my most desperate moment. I had filed for divorce and received a diagnosis of a chronic disease that no medications seemed to help. The illness caused me to lose my job. The universe played a role in helping me understand the need to reassess my 50-plus-hour work life and engage in introspection. I felt I was at a crossroads. The left road would lead me back to my present life, predictable and financially stable, but unhappy and not following my calling. The right road would lead me to the unknown, with no security but the hope of finding my calling. At that point Reiki found me, and yes, you might have guessed: I took the right path.

Reiki not only became a tool to self-heal through my illness; I could help others and it also deepened my confidence in my beliefs and spiritual abilities. Now that I had the support of my Reiki community, I was grateful to have those abilities. My communication with the universe, God, was back, and I knew I was on the right track as the universe answered my request to grow. I learned to send Reiki not only to people and animals, but also to situations.

Lately, I wanted to rechallenge Reiki and silence my doubts, so I requested more experiences with animals. In the past, while I was sending Reiki, a dog communicated

with me and asked me for help, showing me exactly what was wrong with him; a vet later verified it. Was this just a one-time event? I requested to experience something similar as proof, sending Reiki to this request, and then followed the precepts—I stopped worrying if my request was heard. I stopped being angry (or, in my case impatient) if it did not appear the next day, and I showed gratitude and compassion for any situation that would arise.

Two weeks later, Reiki sent me two situations. It seems with Reiki, my communication with the universe works quickly. First, I had the chance to work with a horse, and then to work with a dying dog. I have worked with dogs for over a year, and I feel comfortable with this connection. I had no experience with horses, though, but I had great respect for these huge animals.

Scout was a very sensitive horse with pain in his rear leg. He was very nervous and just not steady. I was interested, and yes, scared! I did some research for my first visit and felt unprepared, but convinced Reiki would guide me. I entered the sandy enclosure where Scout waited. Scout was with the owner and her young daughter, and they introduced me to the horse. I barely asked Scout if I could do Reiki when I received a strong feeling of a “yes,” and then the horse walked away.

I performed the techniques recommended in the literature for sending distance Reiki to horses, remaining standing, and sending. Feeling Reiki flooding right away, I closed my eyes, letting go of any fear or thought. Then I heard the horse telling me he was ready to come to me now. I thought, “Did I just hear the horse talking to me?!”

I told him calmly in my mind to please approach me slowly. I started with my eyes closed, but when I noticed

movement, I opened them and saw Scout slowly making his way toward me. He put his head on my open hands and stayed in this position for a while, then showed me how to treat him by moving his body under my hands, and I obliged. He sometimes would lay his head on my shoulder and would nibble on my ear or the sleeves of my coat, or he would keep his head down by my boots. Not knowing horses' behaviors, I didn't know what it meant, only to learn afterward from the owner that he was relaxing. During the treatment, he mentioned he felt pain in his back leg and his head and eye. After about forty minutes, I felt less Reiki flooding and asked him if he was done. He nodded in a yes motion and slowly walked off.

As I approached him for my second treatment days afterward, he came straight to me, and I thought arrogantly that it would be easier. As I started with Reiki, Scout let me treat his head immediately and again told and showed me where he did not feel comfortable. After about twenty minutes, he walked away, and I asked him if he had enough.

He shook his head in a no motion and came right back to me. This situation happened twice, and he had enough as he walked off the third time. As the owner let him out to join the other horses, he had much more energy and galloped away like a young horse.

Now the third treatment was very different. I approached Scout, and he would not come to me. I relaxed and tried not to feel my disappointing thoughts, so I started sending him Reiki. It took him five minutes to stop pacing around and to come calmly to me to put his head in my hands again. Quickly, he turned so that I could treat his back, his side, his back leg, and eventually his head. Ultimately, he slowly moved into a lying position. I was standing next to him and asked the owner if he would roll now or what could I expect. She said no, he just wanted to lie down. He lay down and told me where to treat.

I worked for 30 to 40 minutes. He mentioned he loved the warm sun and the feeling of Reiki. Eventually, his breathing was very shallow, and the energy stopped. I thanked the universe, got up, and walked to the owner to ask what

Scout was doing. The owner laughed and said he had fallen asleep with his head in my hands, which is one of the highest forms of relaxation and trust a horse can show you. Eventually, the daughter woke him, and Scout heard me saying my goodbyes. He walked up to me and thanked me. With lots of energy, he then trotted over to join the other horses.

After just three treatments, the horse was not as nervous and scared anymore and seemed to regain lots of energy. I drove home with tears streaming down my face. Without Reiki, I would never have touched a horse or overcome my fear. Nor would the universe have presented this wonderful learning opportunity and shown me again that I have to trust in Reiki and that I should trust my other abilities.

My second story is about aiding a dog that was near death. Daisy, diagnosed with kidney cancer, lived

in Spain, and I sent distance Reiki to her every day for about a week, sometimes twice as needed. I never met the dog in person, as she belonged to old friends now living in Spain. During my week treating her, she told me and showed me many things. Because of my skepticism about my abilities, I was afraid to disclose everything the dog had said to me to the owners because it sounded too unrealistic.

In one of our sessions, Daisy told me she was now calm, but earlier in her life, she used to be wild and she loved to steal things, and I saw socks and underwear in her mouth. The owners later confirmed she was an underwear thief. Daisy also showed me part of her personality as she put her paw on my arm and pulled it toward her. The owners also verified this was something she commonly did.



Giving Scout Reiki—he showed me where he needed it at this moment.



Scout relaxed so much while I gave him Reiki that he fell asleep.

During Reiki, I felt many of her pains and discomfort. I felt once that her heart was beating way too quickly; simultaneously, I felt pain in my heart, and my breathing was difficult—like when you’ve had too much caffeine. Later, the owners verified she had high blood pressure and difficulty breathing, which was what Daisy had shown me. But she also showed me, actually from day two, that she was transitioning, even though the doctor and owner had already started with chemotherapy and had some hope left. This information was hard to communicate to the owners. I didn’t want to interfere with their plans, but I knew she wouldn’t be there in six months, contrary to their hopes.

During Reiki treatments, Daisy shared lots of information with me. Sadly, by the end of the week, my friends needed to put her to sleep as her condition had worsened. Days before, she had already shown me where she would go after her transition. I could never draw it as beautifully as she showed me. I sent Reiki to Daisy just as she got her final injections, and she showed me what she felt and where she was going. This experience taught me the only important things in our lives are love and compassion, which are the building blocks of Reiki.

Both experiences revealed how Reiki helped these animals. For Daisy’s owners, maybe not in ways they wanted, but in a way that was best for her. It showed me I can positively use my gifts, and that Reiki is helping me and touching everything I touch like a wave.

Reiki changes us in ways we can’t imagine and in ways that help us become better people. Through my Reiki journey, I have learned to overcome the doubts that plague so many beginners and to trust in Reiki. ■



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**Endnote**

<sup>1</sup> Phyllis Lei Furumoto et al., *In Her Own Voice* (Hilversum: Stichting Cantina Del Reiki, 2019). Phyllis was the Grandmaster of the Reiki Alliance until her passing in 2019.