

Animal Communication During Veterinary Treatment

BY SHANNON CUTTS

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TODAY, REIKI is so much a part of my daily experience I forget I ever knew life without it. But it wasn't always this way. Reiki and I first crossed paths when I was in my early 20s. I was deep in the grips of an eating disorder and struggling mightily toward healing and recovery. While studying yoga and meditation in my hometown of Houston, Texas, I met a Reiki Master practitioner. I learned about the Usui Reiki lineage and became attuned to Reiki Levels I and II. Then life took me in a different direction, and it would be another three decades before Reiki, and I would meet again.

Reiki came back to me through my late best friend, Marcy. She and I met when she became active with the international online eating disorder charity I founded and ran for a decade. Like me, Marcy was in recovery from an eating disorder. And like me, she was a naturally sensitive and empathic person, someone who was feeling their way toward where the world's deep hunger and her own deep need to ease that hunger met. Marcy became involved in a local hospice-run Reiki volunteer program along the way. And I thoroughly enjoyed listening to her unique Reiki experiences.

In my eyes, Marcy was a true healer, and I was her best friend, cheerleader, and biggest fan. But then, Marcy's health took a drastic turn for the worse. On Christmas Eve morning, just six days after I turned 50, Marcy's mom let me know she had passed. I was utterly devastated. I missed her so much.

A few weeks later, I was having dinner with my parents. Unfortunately, my dad was beginning his own descent into a terminal illness. At one point, he walked by me, and my hands moved of their own accord to follow him, palms outstretched and warming. I was stunned. Truth be told, I had nearly forgotten my attunement experiences of decades ago. It was then I felt the deep and urgent inner

compulsion to seek reattunement in the Usui lineage. I felt my friend Marcy encouraging me and letting me know she would be with me, guiding me into this new phase of my life and a new life's work.

Here is the short story version of how I came to the work I do today as a Reiki-supported intuitive animal communicator. I received a message a few weeks after my Reiki Level I and II reattunement. During my morning meditation, I heard a confident inner voice calmly state, "You are an animal sensitive and intuitive." From the start, it was always clear that Reiki would serve as a foundation and integral support and enhancement to each interspecies communication session I facilitated.

In some sessions, Reiki's role is to create and maintain a safe, calm, comforting space for deep personal conversations. However, in other sessions, Reiki takes a more active role, which I will illustrate through two examples. How do I know which approach is appropriate for my animal clients? First, I ask Reiki to show me what is needed and how best to serve. And then I wait for Reiki to guide me. I am honored and fortunate to introduce you to two extraordinary animals. Both were clients of mine in my animal communication and pet Reiki practice. And each animal benefitted from my unique type of Reiki-supported animal communication work.

Pet Reiki Case Study #1: Gracey's Heartworm Treatments

I am delighted to introduce you to Athena Grace Holland, Gracey for short. Her human guardian is Betty. When Betty lost her soul dog, a gorgeous midnight-black German Shepherd named Chief, she knew right away she couldn't live without a dog in her life. Yet adopting another puppy didn't feel right, given her age and life stage. Instead, she wanted a calm older dog who could volunteer with her

to make therapeutic visits to children and the elderly. A friend referred Betty to me, and together we worked to call her new dog into her life. I couldn't even guess which of us was more excited when Betty sent me Gracey's photo and announced, "I think she's the one!"

But Gracey, a mixed-breed rescue dog of unknown parentage, was a package deal. She came with a full-blown colony of heartworms. So, Betty's first experience with Gracey would be to keep this six-year-old rescue pup calm while undergoing a multi-stage, multi-month heartworm treatment regimen. It comprised three separate injections plus an overnight crated clinic stay. Betty reached out to me in a mild state of panic. She worried how she would help Gracey acclimate to a new home, a new life, and this strict and ever-changing protocol all at the same time. Reiki stepped in to help. Inspired at that moment to try something new, I suggested a one-hour pet Reiki session, split up in this precise manner:



Gracey, the mixed-breed rescue dog.

- An initial distant healing attunement the night before Gracey's first injection.
- A 15-minute distance Reiki session the following morning before the first injection.
- A 15-minute distance Reiki session the evening after the first injection.
- Twenty-one additional days of distance Reiki (5 minutes daily) to offer continued support.

Why begin with a healing attunement followed by specifically timed Reiki sessions? Gracey's first heartworm injection and her second and third injections were spaced about four weeks apart. During the interim four-week period, she would be required to remain very calm, quiet, and still – a tall order for any dog, let alone a dog who would be undergoing so much change on so many levels all at once.

The idea was that an initial healing attunement would get Gracey's treatment off to a positive start. The timed sessions would offer extra support for the stress of the veterinary visit and the injection. And then the shorter daily Reiki sessions would provide mental and emotional as well as physical support to help Gracey remain quiet and still at home.

Betty and I kept in close touch throughout the 48-hour period before, during and just after Gracey's first injection. The entire process went extremely well, as Betty's message to me that evening attests.

Thank you so much for the healing sessions before and after Gracey's first heartworm treatment. It helped her greatly. I gave her one pain pill that night, but that was all she needed. She slept well, and the next day she didn't seem to be in any pain, so I stopped the pain pills.

When it came time for Gracey's second round of injections, we took the same basic approach. This time, however, Gracey's treatment was more intense and of longer duration. She would receive two injections and stay overnight at the clinic in the interim. So, we broke up the hour-long Reiki session slightly differently:

- An initial healing attunement the evening before injection #2.
- Ten minutes of Reiki the following morning before injection #2.
- Ten minutes of Reiki the evening of that same day after injection #2.
- Ten minutes of Reiki on the morning of injection #3.

Once again, Betty and I kept in close contact for the 72 hours surrounding Gracey's treatments. And again, Betty reported Gracey was calm and quiet before, during, and after her treatment. Betty shared this message with me the night after her final injection.

Thank you ever so much once again for your healing sessions for Gracey during her final heartworm treatment. I know from the depth of my heart it was tremendously helpful to her at the time and now. She continues to improve every day. You'll be able to see that in the photos I took tonight. She and I were enjoying the nice, cool weather tonight.

Pet Reiki Case Study #2: Orry's Insulin Treatments

Next, I am honored to introduce you to Orry, whose human guardian is Kristen. Orry, a senior Chiweenie—a Chihuahua and Dachshund mix—was diagnosed with

geriatric onset diabetes. His treatment required daily subcutaneous injections of insulin. Orry and Kristen had been together for more than a decade. At 14 years old, Orry was living on borrowed time. Yet as long as he received his daily insulin, his quality of life was exceptional for his age and life stage. Kristen, a Reiki Master herself, reached out to me for help because giving Orry his once-daily insulin injections had become a problem.

Kristen shared that as long as anyone other than her was giving the shots, Orry was a perfect patient. He stood still, stayed calm, and didn't make a sound. But unfortunately, Kristen was the primary person administering the shots. When Kristen tried to give Orry his insulin, he turned into a canine version of John Travolta in *Saturday Night Live*, gyrating, wagging, yipping, and busting out all his best moves to make injecting him nearly impossible. Kristen was at her wit's end by the time she contacted me.

The first thing I did was invite Reiki in to help me establish trust with Orry. Because Kristen and Orry lived in a different city from me, I gave distance Reiki to Orry. This process opened up a clear communication channel. It introduced me to Orry energetically, and I received his permission to proceed with the communication. Once I received permission, I continued using distance Reiki with the symbols for physical, mental, and emotional wellness and healing as I talked with Orry.

Orry told me he stood still for his veterinarian, the veterinary technicians, Kristen's dog sitter, her neighbor, and her sister when they gave the shots. It was because they were calm and clear when they approached him. But when Kristen came, insulin syringe in hand, it was a whole other matter. She was so stressed; her energy felt worried, unhappy, and overwhelmed. He just wanted to cheer her up! So, Orry tried to turn "insulin time" into a game to lift his caregiver's spirits. This was why he wriggled and wagged, made puppy dog eyes, jumped, ran around, and tried to mouth the syringe. He wanted to make it fun for his person because she seemed so sad.

You could have knocked the two of us over with a feather when we heard Orry explain his increasingly odd and erratic behavior. There was dead silence over

the phone line for several seconds as we let it all sink in. I continued sending distance Reiki, inviting Orry's body to share any relevant information about his pain level at the mental, emotional, and physical levels. Orry showed me that the shot wasn't painful and didn't distress him.

His behavior was one hundred percent in response to Kristen's state of upset and distress.

With this information in hand, I could help Kristen moderate her approach so Orry could adjust his response to receiving his daily insulin shot from her. Shortly after our Reiki-supported animal communication session, Kristen sent me this message.

Thank you so much! You totally nailed so many points in your session. He is undoubtedly picking up my stress and negativity toward the injections. Thank you for

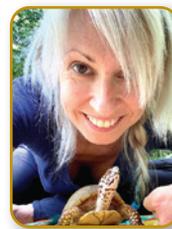
the affirmations; I will implement them as soon as possible. I can't even begin to thank you for the wealth of information you've given Orry and me! It feels like a light came on at the end of the tunnel, and we can see better what's to come and how to move forward.

Although Orry transitioned several months later, his last months with Kristen had continued high quality of life and the chance to make joyful memories to last a lifetime.

As a Reiki Master practitioner working with pets and their people, I feel Reiki supports, guides, and teaches me daily how to serve my human and animal clients better. My goal is simple: to help pets and their people build deeper bonds of mutual love, respect, and support. Reiki is a natural complement to every conversation I facilitate and provides support and blessings to all involved—especially myself. ■



Orry, the Chiweenie.



Shannon, the owner of Animal Love Languages, is an Usui Reiki Master practitioner and intuitive animal communicator. She uses deep listening with Reiki to feel and experience the animal's situation as she engages in a real-time two-way conversation, relaying the information to the human guardian. To schedule your Reiki-supported animal communication session or animal Reiki session or to study intuitive animal communication with Shannon, please visit www.animallovelanguages.com.