



Everything Animal Reiki: A Simple Guide to Meditating with Animals for Healing

Kathleen Prasad

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Learn how to heal yourself and your animals with Reiki meditation. Reiki is a system of spiritual practice which uses meditation and compassion as keys to unlock healing potential. Sharing meditation with animals can help guide us toward being better people and creating a healthier planet, one where people nurture wellness through the practice of peace and a life of joyful service to others. Considered by many to be the world's premier animal Reiki expert, author Kathleen Prasad shares over thirty of her favorite meditations in this special book. Everything Animal Reiki will guide readers with: an introduction to the system of Reiki as a meditative practice, how to meditate with animals and their people, grounding meditations, expansion meditations, connection meditations, affirmation meditations and helpful articles illuminating different aspects of animal Reiki practice.

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