



Reiki eZine by Taggart King

[Liberate Your Reiki!] Using Reiki for Dog Training

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Liberate your Reiki!

The eZine for Open-minded Reiki people

13th January 2020

Using Reiki for Dog Training - by Sarah Berrisford



In my last blog – [Reiki for Dogs](#) – I spoke about a simple basic approach that you can use when working with Dogs using Reiki.

In this blog I wanted to talk about using Reiki when you are training your dog, since this is a topic that comes up frequently on my Animal Reiki Practitioner courses.

It's all about Intent

One of the easiest ways to use Reiki with dog training is to use intent.

You can carry out this exercise in person or distantly.

- Sit comfortably
- Connect to Reiki
- Feel the connection with your dog
- Let Reiki flow
- When you feel that the time is right, begin to picture how you would like your dog to act. Say your dog becomes anxious when left alone. You would picture him lying happily and content when on his own.
- Once you have visualised your preferred scenario, smile to yourself, feel happy, see the picture and follow it with happy thoughts.

You may find that when you try to picture your dog being happy and content, when left on his own, you keep thinking of him being anxious again. Don't worry this is quite normal.

If this does happen you can slowly erase the anxious picture and replace it with the contented image. Keep doing this until it is easy to 'see' your dog being content.

Carry out this exercise whenever you can, preferably a few times a day.

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