

## What is Reiki?

Reiki is a gentle yet powerful energy healing technique that was first taught in Japan. The word Reiki combines two Japanese words - Rei, meaning "spirit" and Ki, meaning "life force energy". thus, "spiritually guided life force energy." During a Reiki session, this energy is transmitted through the hands, either in person or remotely.



A growing number of blinded studies have found Reiki to be associated with relaxation, enhanced immune response, reduced pain, anxiety, and fatigue, and improved quality of life (<http://www.integrativepractitioner.com/archive/reiki-and-medicine/>).

Reiki may be used for all beings – humans, animals, even plants. It supports all other medical or therapeutic techniques to relieve symptoms and side effects and promote recovery. Reiki is not, however, a diagnostic tool, nor a substitute for medical care.

While Reiki is an energy-healing modality, "healing" in this context is distinct from "curing." If the body is beyond the hope of a cure, healing for the spirit may mean passing on...and Reiki can provide comfort to both the one passing and the one(s) being left behind.

## Testimonial

"I watched in wonder as my over-anxious dog quickly became relaxed and cheerful as Phila performed Reiki for him in my living room. The treatment stayed with my Mack doggie who showed me afterward that his painful fears had mitigated. To my surprise I also experienced benefit from the treatment, as did my whole relationship with Mack."

- Rev. Monica Kennedy, Arbutus, MD



## About Phila



Phila Hoopes is a Reiki Master in the Usui/Holy Fire tradition. She has worked with animals as a caregiver and rescuer for more than 30 years, and has used Reiki as part of that work for more than 20 years. Phila lives and practices permaculture in west Baltimore, reveling in the company of seven cats and various visiting wildlife.

**Contact Phila at 866-937-6556  
or email [allrelationsreiki@gmail.com](mailto:allrelationsreiki@gmail.com)**

# All Relations Reiki

Universal Life Energy for All Beings



Providing comfort and relief  
from stress, anxiety and pain  
for our nonhuman relations



Phila Hoopes  
866-937-6556  
[allrelationsreiki@gmail.com](mailto:allrelationsreiki@gmail.com)  
<http://www.allrelationsreiki.com>



## Reiki for Animals

Like humans, animals respond in profound ways to changes in their relationships and environment. When their "ki" or life force energy is thrown out of balance by change, stress, injury, or trauma, physical or emotional illness can result. Subtle energy modalities such as Reiki have been shown to be effective in treating both pets and wildlife.

Reiki may be given by hands-on contact or by meditating in the same room; or distantly by viewing a photograph or setting an intention (e.g., for rescues or shelter animals).

Every Reiki session revolves around the animal's needs and desires. Most relax in response to the energy; some even show where they are hurting; many express appreciation; and some may refuse treatment. Intuition guides, and the animal's choices are always honored.

## Hours and Services

Phila will provide on-site or distant Reiki to your nonhuman companion(s) by appointment between 9 a.m. and 7 p.m., Friday through Wednesday.

**NOTE:** Distant Reiki is available for emergency or rescue situations regardless of business hours, for no charge.

### On-Site Reiki

(Provided at your location within a 50-mile radius of Catonsville, MD)

- 90-minute session – \$100
- 60-minute session – \$70
- 30-minute session – \$40

### Remote Reiki

Reiki can also be sent remotely by appointment, with just as much effectiveness as an in-person session. With the help of a photo supplied by you, Phila will flow Reiki energy to your loved one in increments of 15 minutes:

- 30-minute remote session = \$35
- 15-minute remote session = \$20

**To request a session  
or ask about Reiki training,  
call 866-937-6556**

**Or email [allrelationsreiki@gmail.com](mailto:allrelationsreiki@gmail.com).**

## Reiki Can Help....

- Relieve emotional issues or anxiety in new or challenging environments (e.g., a new foster or forever home, a vet's office, a boarding kennel)
- Reduce fear and provide comfort during rescue situations or roadside accidents
- Support the caregiver/pet bonding process following adoption
- Reduce stress before, during, and after travel
- Support the immune response against injury, shock, infection, or degenerative disease
- Reduce anxiety and promote healing before, during and/or after medical procedures
- Reduce ongoing pain and stress due to long-term, chronic, or terminal illness
- Bring peace and comfort to the animal and family during the transition into death

**For real-life experiences  
in using Reiki with animals, see  
<http://www.allrelationsreiki.com>**

