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**IARP BookMark:**  
***Animal Reiki - Using Energy to Heal the Animals in your Life***

By Elizabeth Fulton and Kathleen Prasad  
Publisher: Ulysses Press  
Paperback: 240 pages  
ISBN: 1569755280  
IARP Rating: 5 Stars (1-5 scale)

This beautiful book is great for newcomers to Reiki as well as experienced practitioners that have now decided they would like to expand their healing knowledge to include the animal companions in their lives. You will find in the book an introduction to Reiki, an overview of a Reiki treatment and how to apply this knowledge to a variety of animals including our canine companions, our feline pets, horses, small animals, farm animals and birds. There are also chapters on specialty Reiki work with animal such as senior and special needs animals, wild animals, and animals nearing the end of life.

Both authors have worked with animals for years and lovingly share their experiences, insight and guidance. As they state in the preface: "Practicing Reiki with your animal companion deepens your bond as well as the level of understanding and trust between you. With healthy animals, Reiki can help maintain health on all levels. Reiki can heal physical illness and injury in animals as well as problems on emotional and spiritual levels. It is a powerful tool for emotional healing following trauma, abuse, neglect, fear and trust issues, reaching deeply into even the most damaged spirits."

The book is nicely illustrated and you can actually see in the pictures the look of peace and contentment on the animals while they are receiving the gift known as Reiki. Kathleen, who has been a longtime member of IARP, demonstrates techniques as does Elizabeth.

We feel that this book is informative, well-written and enjoyable. Once you begin reading *Animal Reiki* you will notice it has been written with love for both Reiki and for the animals we share our lives with. We give a hearty recommendation to this book and feel that it is a perfect addition to your Reiki library and to enhance your life with your animal companions.

*This book review appeared in the July 2006 issue of The Reiki Times, the monthly magazine of the IARP.*

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