



Illustration by Gaia Orion

Using Reiki to Help Wildlife

BY HEATHER MULHOLLAN

PHOTOS COURTESY OF HEATHER MULHOLLAN

MY REIKI JOURNEY began in 2012 when I completed all three levels and became an Usui Reiki Master with the sole intention of harnessing its power to help heal the animals in my life. Through the gift of Reiki, I could provide meaningful healing not only for my animal companions but also those of my friends and family. As my practice grew, I began offering Reiki to various animal rescue facilities in the area and even to the animals at the local pet store where I worked. I quickly noticed how well animals responded to Reiki, which inspired me to create my business providing Reiki treatments and other animal healing modalities.

After years of working with domesticated animals, I felt a calling to do more for the animal kingdom. This feeling led me to become a Certified Wildlife Capture and Transport Specialist. In this role, I rescue injured and orphaned wildlife and transport them to rehabilitation centers across Pennsylvania, ensuring they receive the medical care and support they need to recover and, ideally, return to the wild.

Most wild animals I encounter are in distress—trapped, orphaned, or injured—and are often frightened and vulnerable. These situations can be incredibly stressful for the animals, which is where Reiki comes in as a powerful tool for comfort and healing.

My First Experience Using Reiki in a Wildlife Rescue

One of my earliest experiences as a Wildlife Capture and Transport Specialist was rescuing a litter of raccoon

kits whose mother had been struck and killed by a car. When I arrived, the kits were already in a plastic tub. As I peered inside, four tiny faces stared at me, trembling and crying for their mother. My heart broke for them. I spoke softly, carefully loaded them into my car, and ensured they were safe and comfortable for the hour-long drive to the rehabilitation center.

However, as soon as I started driving, their cries grew even louder. I desperately wanted to comfort them but handling them would have only increased

their stress—and posed a risk to me, as we classify raccoons as a “rabies vector species,” known for their role in the spread of rabies to humans and other animals primarily including bats, raccoons, skunks, and foxes.¹

As I struggled to think of a way to soothe them, I heard a voice in my head say, “You already know what to do.” Instantly, my hands tingled as Reiki energy flowed through me. I placed my hand near the tub and began beaming Reiki toward the raccoons. Within seconds, their cries

ceased. When I glanced over, their little eyes met mine—not with fear, but with calm. The trembling stopped, and they appeared content. However, the moment I withdrew the Reiki energy, they began crying again.

I continued sending Reiki for the remainder of the trip. After a few minutes, I looked over and saw all four babies sound asleep. Even though I believed in Reiki’s power, I felt amazed at how quickly it worked to soothe them.

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The raccoon kits while receiving Reiki.



Two rabbit kits receive Reiki after they were rescued when a dog found their nest.



An orphaned rabbit kit cuddled right into my hand as I sent it Reiki.

The Special Cardinal Rescue

Another particularly memorable wildlife rescue happened on my birthday. I was driving down the road when I noticed something red in the middle of the street. As I drove past, I realized it was a cardinal. Instinctively, I turned my car around and pulled over. Just as I did, a large truck sped past within inches of running over the bird, which remained motionless.

I dashed into the road and gently scooped up the cardinal to rescue it from oncoming traffic. Examining the bird, I found no visible injuries and suspected it might be in shock after colliding with a window or another object. I carried it back to my car, settled into the driver's seat, and immediately began sending Reiki. After a few minutes, I placed it in a shoebox, secured it in my backseat, and prepared to drive to the nearest wildlife rehabilitation center.

However, within minutes of receiving Reiki, the cardinal suddenly regained its strength. It fluttered out of the shoebox and began flying around my car before perching on my dashboard. I quickly pulled over, rolled down my windows, and watched in awe as it took off into the sky, free and unharmed. Once again, Reiki played a vital role in a successful rescue. It was definitely a special birthday!

Incorporating Reiki Into Wildlife Rescues

After these two experiences, Reiki became an essential part of my wildlife rescue work. Before responding to a call, I use Reiki to center myself and prepare for whatever situ-

ation awaits. I also recite the Reiki Principles to cultivate the right mindset, then use the Distant Healing Symbol (HSZSN) to send distance Reiki to the situation before I arrive. Once on the scene, after assessing the situation, I beam Reiki to the animal while speaking softly and using my intuitive communication skills to reassure it. I let the animal know I am there to help and explain exactly what I plan to do.

After securing the animal in my vehicle, I will continue beaming Reiki throughout the transport, maintaining gentle communication to ease any fears it may be experiencing. Since incorporating Reiki into my rescues, I have noticed a significant improvement in how smoothly they proceed. Many animals remain calm and allow me to assist them with minimal resistance, reducing the risk of injury to us both. Because Reiki does not require physical touch, it is an ideal method for supporting wildlife in distress.

Ways You Can Use Reiki to Connect with Wildlife

There are many ways you can use Reiki to support and connect with the natural world around you. Here are some simple yet impactful ways to share Reiki with wildlife.

1. **Infuse your yard with Reiki.** Sit comfortably in your backyard, close your eyes, and start beaming Reiki into the space. This energy will create a peaceful environment that attracts birds, squirrels, deer, and other wildlife seeking the comfort of its healing vibrations.



This young squirrel fell out of its nest. With Reiki and proper care, it survived.



This field mouse receives Reiki after a run-in with a feline.



This cardinal was found unable to fly. After a quick Reiki session, it recovered.

2. **Support nesting birds.** If you spot a bird's nest on your property, you can beam Reiki to the eggs to promote healthy hatching. Once the chicks emerge, send Reiki to help them grow strong and thrive.
3. **Enhance bird feeders with Reiki.** Before filling your bird feeders, infuse the seeds with Reiki energy. This action will nourish and support the birds that visit your space, offering them an extra layer of energetic healing.
4. **Give Reiki to your garden.** When planting a garden, place your bare hands in the soil and send Reiki deep into the earth. This practice promotes vibrant plant growth and also creates a sanctuary for beneficial insects and other wildlife that thrive in an energetically balanced environment.
5. **Beam Reiki at zoos and aquariums.** When visiting a zoo or aquarium, you can discreetly beam Reiki to the animals. Don't feel surprised if they acknowledge you, move toward you, or exhibit signs of relaxation in response to the energy.

By incorporating Reiki into your interactions with wildlife, you can create a sanctuary of healing energy that benefits both animals and the natural world around you. Reiki is a profound tool for fostering deeper connections with nature and playing an active role in the well-being of the animals that share our planet.

Whether working directly with rescued wildlife, supporting backyard visitors, or sending distant Reiki to animals

in need, your intention and energy can make a meaningful impact. The more we embrace Reiki to communicate and care for the natural world, the more harmonious our relationship with wildlife becomes.

Through my experiences, I have witnessed firsthand how Reiki has the power to comfort, heal, and transform the lives of animals in distress. I encourage anyone with a love for animals and an interest in energy healing to explore the profound ways Reiki can support the creatures that cross our paths. Our world is interconnected, and by offering Reiki to animals, we extend compassion, healing, and balance to the entire ecosystem. ■



Heather is an Usui Reiki Master Teacher, and Animal Reiki Master Teacher, who owns Fairhaven Healing. Besides offering Reiki for animals, she is also a certified canine and feline massage therapist, animal communicator, Wildlife Capture and Transport Specialist, and wildlife conservationist. She teaches Reiki classes and classes on wildlife conservation and has created a monarch butterfly conservation program. Heather lives in Lemoyne, Pennsylvania. You can reach her through her website, www.fairhaven-healing.com, or email her at fairhavenhealing01@gmail.com.

Endnote

- ¹ "Rabies in the United States: Protecting Public Health," *Centers for Disease Control and Prevention*, <https://www.cdc.gov/rabies/php/protecting-public-health/index.html>.