

Reiki Power Animals - Deer Reiki

When a Deer Steps out in front of your car in the daylight at around 8:35am, it is definitely a sign!!

My Meditation Today is With The Deer, And I will be Sharing it with you Below

The Purpose of These Exercises is to use Reiki in the Advanced Practice of Connecting with Power Animal Totems. These Power Animal Totems are Living Embodiments of Wisdom and Ability. Each Animal Totem holds different Secrets, Revelations, and Energies which may be called upon to support our Reiki Healing Work. Working with these Beings is not a standard part of Reiki, but has been a very meaningful practice for me that has proven its value to me many times over. This is an additional way to use the Reiki Energy to Expand Your Abilities.

A Quick-and-Simple Presentation of the History of Power Animal Workings seems in order - Power Animals are very much Honored in the Shamanic Traditions. Connecting a sick person with their Animal Totem is known to restore lost Strength/Wisdom/Energy to that person. Also, the Guidance of the Totem Animals is Legendary in their ability to dramatically reveal the mysteries behind life. Throughout history - Animals have Inspired mankind - via Martial Artists, Shamanic Practices, and even in Daily Interactions with Pets, the value of maintaining a Spiritual Connection with them has stood the test of time.

Our Purpose In Power Animal Workings is of Great Importance. When working with any Being, it is very important to know your purpose and desired outcome. This purpose can be to gain more wisdom on a matter, to facilitate healing, to call upon the natural qualities of an Animal Totem to be shared and experienced, or any other constructive and positive reason which you feel strongly in your own heart.

A Simple Connection Process: (non-Reiki)

Touch the Power Animal Artwork, state your intent, and invite the Animal Totem to be Present with you Now. Close your eyes, reach out with your intention and visualize the Live Power Animal in front of you, feel it's powers, as it approaches you.

Do your Work Together - Always in a respectful and Joy Filled Manner.

End the Session Sending your Love and Gratitude to This Power Animal - Feel this as Deeply as you possibly can, spend at least 3 minutes generating this Love-Energy for the Animal Spirit. End with a simple "Thank You" and hands in Prayer Position.

Sample Reiki 1 Connection Process:

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Place your Reiki Hands over Your Heart and Third Eye, Relax completely and Feel those two areas expand with the Reiki energy.

Place Your Reiki Hands in front of you, beaming out in front of you.

Reach out with your intention and Offer this Beaming Reiki to the Animal Spirit, invite it to be Present with you Now.

Feel This Animal Spirit's Powers, as it approaches you.

Do your Work Together - Always in a respectful and Joy Filled Manner.

End the Session Sending your Love and Gratitude to This Power Animal - Feel this as Deeply as you possibly can, spend at least 3 minutes generating this Love-Energy for the Animal Spirit. End with a simple "Thank You" and hands in Prayer Position.

- In Addition, you are invited to do Hand Positions in the Aura of this Power animal, or Directly on it's Spirit-Form, performing These Kind of Reiki Sessions can be Amazingly Experiences, and extremely interactive.

Reiki 2 Connection Process - Incorporate Your Reiki Symbols and Energies into this Connection and Empowerment Process.

Exercises To Do while in the connection

Sending Energy to The Power Animal for it's use in any way it would Like - Building Respect and a Working Relationship.

Request The Wisdom and Guidance of this Power Animal Regarding any matter on your Mind/Heart.

Request The Wisdom, Guidance, and Energy of this Power Animal to Merge with someone in need.

Connect with the Wisdom, Guidance, and Energy of this Power Animal to Merge with You - For Your Own Enhancement.

Invite The Animal Totem to "Walk With" you during a trying time.

Call upon the Power Animal for the Re-Integration of Primal Qualities for Self or Others.

Bundle The Energetic Qualities of One Power Animal With Another - To Enhance Their Commonalities and Deliver this for Yourself or Others.

Note: There are many ways of creating the connection with Power Animals - Upon beginning this connection, it is best to take your time and really enjoy the time together, getting to know one another. Once this base is established, an Animal Totem may reveal other ways in which you can connect with them - for example:

Snapping your fingers with the intent to connect

Listen to the Animal Spirit and know that this is a Real Friendship that is forming - at times, you may be asked for help, just as you sometimes ask for help from them.

Daily Life Exercises - Walking with the Power Animal, Spending The Day Carrying the Presence of The Animal Totem, Opening Yourself to be a Conduit for the Animal Spirit's Energy of Consciousness to Reach Through You and more Physically Manifest in the World, Imbue Water (or any other object) with the energy of A Power Animal, etc.

The Deer



- Deer Description of Powers and Perspectives, Thoughts and Feelings -

- === Family Importance
- === Slow Down and Feel The Beauty of Life All Around You!
- === Natural Love that Engulfs Who You Are – And Emits Constantly
- === Getting Back To Nature
- === Internal Peace and Flexibility
- === Gentle Intuition always Nudging the Best Path

- NOTES Section -

My Personal Notes With The Deer: Today is 7/6/06, it is Thursday. On my way to work, I see a deer pop out ahead of my car, She makes eye contact, and then I see her baby following her. Luckily I was the only car on the road this morning at 8:35am, making it glaringly apparent that her message was just for me. Once our Eye Contact was made, I told her to go back to the left side of the road (where the forest area is at), and she promptly did so, with baby following.

My Meditation brought me the Perspectives and Insights I Mentioned Above. Family being extremely important right now. And Patience being the best way to handle any upcoming changes or support that is needed regarding Family. Just last week I was asked by my uncle to spend more time with my Grandma, as he will be out of town and she is getting older. I have visited her twice this week, and have plans to see her again today. The Deer Totem strongly supports my time with my Grandma, telling me that this time is of great importance. Another insight of mine is that in the arena of Family, just last week a big change in my Mom has been noticed by my Brother, Sister, and I. In regards to this, I think it is a wonderful thing, but I always ask myself what I can do to make these changes easier and quicker and more lasting. And my Answer is simply getting back to nature, and to take it slow. It's obviously a process she is exploring herself, and maybe a hiking or biking trip with great natural scenery would do us both some good.

These are the lessons I have extracted from my encounter with the Deer This Morning, I may have missed a bigger message, but I remain open for any more signs. However, I do ask that they come in the form of visions, which do not endanger my Animal Friends.

Thanks!
Zach

Bonus Meditation Ideas and Exercises

Team Building Exercises and Meditations - Animal Totem Teams or Work As a Team with One Animal Totem on any project you desire.

Working for others - reintroduce their Animal Powers, with permission if it feels right, and test it psychically for improvements.

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Reiki circle ideas - Bringing Reiki Power animals into Your Reiki Circle

Overload Technique #1 - Start with getting to know one Power Animal - Then do this meditation of feeling it's presence in front of you, then all around you, and into next week (affecting you), and at the end of your life (affecting you), and throughout all-time in every moment it's Reaching out to you in a Power-Connection, allow yourself to have a sensory overload concerning this Power Animal's Energies, Wisdom, and Guidance.

Overload Technique #2 - Connect with one Animal Totem very deeply, then Another Power Animal, and Another, and Another, allowing yourself to Overload and dissolve into a completely new being - completely in tune with Animal-Spirit.

Fill Pages with the Details you Feel and Learn about each Animal Totem - A testing of your self in meditation, on your connection with The Animal Spirits and what is felt.

- Looking Toward The Future, and The Importance of This Practice -

I strongly feel that this practice and others like it are the next step necessary to Expand our Potentials for Healing, Connecting, and Integration. Reiki affords us so much potential - So Very Much!!! By using this Reiki Energy and These Abilities, we will Naturally become More than What we Think We Are. Abilities and Secrets will be revealed - The kinds which are found as Heart-Prints of the interconnection shared by All Of Life. In each moment of our Practice - we are given the opportunity to let go of our Limitations, and this process is the Adventure of a Lifetime!

About the Author

Zach Keyer has been a Reiki Master Teacher since 1997. He has volunteered Reiki in numerous ways, including Hospice Reiki volunteering, Ohio Aids Coalition Reiki Volunteering, and Cancer Center Reiki Volunteering. He has a book published called "Reiki Marketing" - now available on Amazon.com