



MY JOURNEY TO ANIMAL HEALING



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*Just for today I will be kind to
all living things....*

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I have always loved animals. When I was 5 years old I took a dead pigeon home because I wanted to heal the little bird.

I remember my favourite shows were all about animals. I loved the old Narnia series, because I thought that the lion was real and the animals could really talk. I was fascinated by lions from an early age. I actually had a lion teddy when I was little and would sit on it like it was Aslan in the films.

When I was 18, I moved to Budapest, started college and went to the zoo close by with a friend. It was a cold winter so most of the animals were in small glass cages inside. I remember putting my hand



up to the glass and the male lion gave me a high five. It was such an amazing intimate moment which has stayed with me ever since.

When I became a Reiki Practitioner and then a Reiki Master I learnt about how Reiki can help animals as well as humans. Interestingly, I noticed more animals started to approach me and come closer to me when I was at a park or out and about.

Three years ago, I was approached to take part in an animal healing project using Reiki. At first, I was scared to get involved as I had never practised Reiki on animals before, but the results were mind-blowing. It completely changed the way I looked at and respected animals. This experience became a life-changing milestone for me and I will always be thankful to the project manager for this opportunity.

During the program, we went to various animal shelters, and I gave Reiki to the shelter animals, one by one. At first, it was a lot of barking especially from the traumatised ones, but when I "switched the healing on," that is when things went silent and the animals started to relax. It was

incredible to see how open they were to the energy. Animals have no ego, they don't overthink, they just accept Reiki. When I work with humans the first 10 -15 minutes are usually spent calming the client's mind and opening them up to the healing process, but with animals, they just get it straight away!

I quickly realised how well they can benefit from energy healing on an emotional level.

When I treat humans with Reiki, most of the time I receive pictures and messages relating to my client's well-being. This can be an answer to a question a client is seeking, a helpful health suggestion, or more information about a destructive pattern that the client is carrying over from the past - which can block them from moving on with their life. I always ask the client before the session if I should "switch on" my clairvoyance and clairaudience skills as not everybody is interested in finding out more and that's fine. I was amazed that the same thing happened when treating animals - I could see pictures and messages to guide my sessions to the animal's needs.

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One little chap in the first shelter I visited for example, was so aggressive nobody could get close to him, he barked and barked. But when he received the Reiki energy, he started to calm down and then something extraordinary happened. I was able to see what happened to him before he got into the centre. He was slapped and tortured by humans from an early age. He was very traumatised from experiences where his mom had been beaten in front of him. I can't blame him for hating humans. But through Reiki, I was able to help him on an emotional level and comfort him at the shelter.

As I worked with more animals, I realised I was able to connect with them on a deeper level and communicate with them. This communication is a direct two-way exchange of information, where I can connect with the thoughts, feelings and opinions of an animal. They can relay messages through me about what they need and this can help strengthen the relationship between the owner and their pets.



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I have worked with beloved family pets who have shown me the pure unconditional love that they hold for their owners. I have worked with end of life animals and helped both the pet and owner work through the emotions of this time. It has been very rewarding. It is so recharging. I truly enjoy it.

It's funny when people ask how a usual day of mine goes... I might reply "I had a communication and healing session with a Labrador today, then an initial consultation with someone suffering from panic attacks." The next day I might have a cat client, followed by a marketing consultation, and a trauma client. I love that I can combine my therapy tools. One day I would love to work with lions - that is a big dream of mine.

AUTHOR BIO

Gabriella Davidovics, MSc, HPD, DSFH, CNHC(Reg), AfSFH(Reg), NBfMP(Reg), NCH(Reg), helps her clients reach the balance & confidence they've always craved by combining the methods of modern psychotherapy, clinical hypnotherapy, solution-focused approach, mindfulness, and energy healing techniques. She has a passion for animals and provides Animal Reiki & Communication.

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