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# MONTHLY MUSINGS

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## An Interview with Leigh Hawkes

### ANIMAL REIKI ADVANCED PRACTITIONER

*Hey Leigh! Could you briefly introduce yourself & your Reiki business?*

I started Love All Beings Reiki 1 year ago at the Sydney Vegan Market, creating a healing space / market stall for humans & their animals, I offer reiki & animal reiki, card readings & also consultations from my private healing space at home in Tamarama. Love All Beings Reiki has evolved with the community, together we have created a loving energy that people are drawn to at the markets. This has lead to many compassionate conversations about energy and reiki healing.

*Why did your first sign-up for Reiki level one training?*

I met Sarah Bruce (future Reiki Master) at a spiritual practice workshop & we simply connected. I was definitely spirit seeking at that time & after a reiki session with Sarah I felt inspired to learn more about the system of reiki & how it could support my quest.

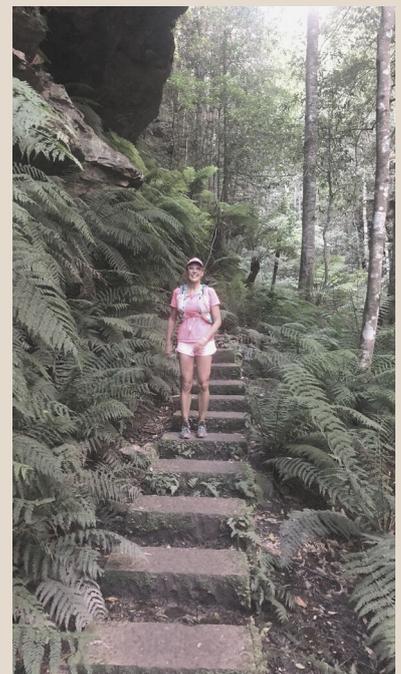
*How could you describe the journey you have been on from Reiki one to level III in animal reiki?*

Reiki one unlocked my awareness and I started to see the world differently and in result connected deeply with nature. Reiki Two deepened my understanding of this and from then I started to practice meditations daily. When I felt challenged in life I used the reiki precepts to overcome these challenges as reiki gave me a sense of calm & clarity. I was further roused to learn more about practicing with animals after beautiful experiences with my cats- They love when I meditate & share a reiki space with them! **Continues page 2**

*October 2019*

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### FEATURE ARTICLE ONE



On this search I discovered Kathleen Prasad and was lucky to learn Animal Reiki III with her at a horse & animal sanctuary. Kathleen has created a method to use reiki with animals. Through this method the animals choose to accept the reiki energy rather than using a hands on method for which they may not wish, During my training I had the most beautiful experience there when a little shetland came over to me to accept reiki. He softly rested his head on my shoulder where we shared an earth energy meditation together.

*In only 3 words, what does Reiki mean to you today?* Practice inner peace

*Do you have one profound experience with Reiki over the years you would like to share?*

So many! But i'd say my lost kitty story. When my feral foster cat went missing for a month I went through a rollercoaster of emotions but reiki supported me to find peace & hope. One morning I sent out a reiki bridge to her, allowing her to return when she was ready. Incredibly she walked right in through our door that afternoon. On her first night back home she was sleeping under the sofa so I sat next to her & started a meditation where I visualized a healing light surrounding her for 45 mins. Exactly when I put my hands in Gassho to thank reiki energy for flowing & to finish the practice, she meowed 4 times. I went to bed shortly after & she came to cuddle me, purring all night long as I stroked her. Previously she had never even let me touch her! Reiki created a bond of trust & heart to heart connection.

Also this year I was running across the Australian desert in an extremely tough ultra marathon. I used my hands to send reiki into my poor legs & feet which were sore & swollen after running for hours each day. Every morning I woke up & my legs were ready to run again. When I was running I connected to the earth & felt the most beautiful earth energy rising from beneath me & energising my whole body. I was completely alone out there in the desert but I never felt alone for I was surrounded by supportive energy.

*If you could give anyone who is considering stepping into Reiki any words of personal wisdom, what would it be?*

To practice daily. To meditate with the precepts & if you have animals in your life, offer reiki to them. It is so rewarding for all to connect energetically & compassionately.

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trust & heart to heart  
connection"*

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*To connect with Leigh Hawkes  
follow her on Instagram  
@loveallbeings\_reiki*

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ARTICLE WRITTEN BY  
REIKI MASTER SARAH  
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