



5 Powerful Meditations to Help Heal Your Animals

Kathleen Prasad

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Harness the healing power of meditation to help your animals! The author's many years of experience as an animal Reiki meditation teacher provide the foundational teachings for 5 Powerful Meditations to Help Heal Your Animals. This booklet shares five transformational meditations that animal lovers can use to help shift situations, even the most stressful ones, into peaceful, compassionate and loving moments. Because our animals are so sensitive to our emotional states, it is essential to their well-being (not to mention our own) that we practice balance and peace through meditation. Through the peace, compassion and love that meditation brings, we will find true healing.

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