



Animal Reiki Energy and Plant Communication

BY MARIE-EVE SENECHAL

AT HOME, I have a picture of myself at age two, bent over one of my grandmother's plants, aligned before the living room bay window, as if bowing to her. My delicate little hands hovered over her, as if waiting for special permission to touch her gently. My eyes were intense, as if I was in intuitive communication with her.

As far as I can remember, I have always been fond of plants. I never go into a gardening store alone for fear of being tempted to adopt all the plants! Maybe it is because I grew up close to great gardener mentors. Both my grandmothers were very experienced gardeners, with plants both inside and outside their houses. I inherited the love of roses from one and the love of kitchen gardens from the other. My love of trees may have originated in the long walks in the family forest, first owned by my grandfather and passed down to the family after his transition. During his life, he won many provincial prizes for his tremendous work and care of the trees on the land.

I have always been able to communicate with plants. It is so natural in me I never believed it was a special ability. I have always been able to perceive their presence, and I know they perceive us the same way. They can "see" us.

In a garden, I am like Alice in Wonderland. The plants all have their own ways to express themselves, their specific energies, their music that I easily "hear." In short, each has a unique personality. If I come to your place one day, rest assured, I will acknowledge your plants as much as I acknowledge you!

My gift is so strong that I can discern a plant's needs at our very first connection. As an example, some years ago, the instructor in a class I had joined had set tables with pots full of annuals wrapped with coloured paper. The setting was fabulous; however, the plants, watered in the morning, were slowly but surely drowning, and I could sense their telepathic pleas for help the very moment I entered the classroom.



Two-year-old plant communicator, Marie-Eve.

The more time passed, the mushier the stems looked, reinforcing the intuitive, insistent begging I had been perceiving since the beginning of the day. I had to do something. Without asking the teacher's permission, but explaining what I had to do, I unwrapped every single pot and gave the plants Reiki for several minutes. The entire class, the students, and the teacher watched me work, completely stunned at the improvement in the flowers' vitality they were witnessing.

Another day, running errands in a grocery store, I perceived a distress signal from a plant that I translated as "Please take me with you; I am dying here!" Surprised by it and not even being close to the plant section, I approached and found the plant, which was in distress. That spider plant was in fact looking wilted and yellowish. I adopted the plant and walked home with my hands around the pot, giving her an emergency Reiki session to save her. Since that day, she has been blooming every year and has produced so many babies!

My love for animals has not been less important, only restricted by terrible allergies. When Animal Reiki I & II and Master training appeared on the ICRT training schedule, joining the class was not in my plans because of

those allergies. Thus, whenever I had a request for animal Reiki, I referred my students to other teachers I knew.

In August this year, I had just finished a three-weekend teaching round, and on the last weekend, I once again referred a student to another colleague for animal Reiki training. The following morning, for reasons unknown to me, I started wondering why I hadn't explored the possibility of taking an animal Reiki class before. What if, in fact, I could even teach it! I immediately emailed my Canadian fellow, Pam Allan-Leblanc, to figure it out. One reply on Messenger and a phone call later, I found myself enrolled in her *ICRT Animal Reiki I & II* and *Animal Reiki Master* online classes, only a week after the last class I taught!

Even though I was most welcome, I wasn't sure what I would do in those classes because I had a strong preconception that an animal Reiki class only taught how to give Reiki to animals. I felt uncomfortable, fearing that I would be the free electron of the group or, maybe, the most misfit student in it. I expected to learn how to give Reiki to animals both in person and at a distance, and that all the meditations and the experiences would apply mostly to animals as well. But the nudge to take the classes was too strong to ignore, so I kept an open mind despite my little apprehensions.

I never expected to find so many references to plants in this class. What was the Tree of Life, an archetype in many of the world's mythologies, religious, and philosophical traditions connecting all forms of creation, doing in an animal Reiki class?¹ At the Master level, we received the Tree of Life Animal Reiki symbol to practice beforehand, and from the first Invocation through the last day of the Master class, I would meet and connect with the Tree of Life, find relaxation, and receive great teachings leaning against its trunk. This tree and other plants, along with the fairies, became my guides during the five days of my training.

During the classes, I gained greater clarity in my intuition about the similarities between the trees, plants, and humans. Have you ever noticed how the human vascular



Emergency Reiki saved the spider plant.

system echoes the roots? The bronchi, lobes, and bronchioles in the lungs are literally, to me, upside-down little trees. We are "trees" from within as much as without, grounded to the earth from our physical aspect. We are what Plato described as an inverted tree; our roots are the antennas that connect us to the spiritual aspect of ourselves.²

Although they don't have eyes, noses, or ears like humans or animals, they communicate no less. Plants are fascinating to me for their many abilities to communicate, between themselves and also with their environment.³ Peter Wolleben, a German forester, and author of *The Hidden Life of Trees: What They Feel, How They Communicate, Discoveries from a Secret World*, has argued for plant sentience and wrote in his book that roots are part of a well-developed and complex system in which

trees share as much information and nutrients if need be in difficult times. Plants, as well as animals and humans, thrive better in groups rather than planted alone.⁴

During the classes, my connection to trees and plants, and to their teaching strengthened. They are a majestic channel of the presence of God that the heart can perceive. By just *being*, they teach us stillness and peace; it is just there, emanating from their stillness—*emanare*, Latin: to flow out—and that the only time that really exists is eternity. Eckhart Tolle writes, "[Not just in an] absence of noise and content. Stillness is intelligence itself. The underlying consciousness out of which every form is born."⁵ This is their life force energy coming from a higher consciousness. They are emanating love.

I think that was the primary message from the Tree of Life to me. Being a plant communicator is beyond deciphering what the plant needs; it is foremost perceiving the stillness in the plant and recognizing it within. Although some of us might have forgotten how to do it, we can all connect to the same stillness.

I'll share the steps of an exercise I've practiced for many years. This is a meditation you can do anytime, but it is helpful when you feel imbalanced, fearful, are grieving or

mourning, or any other time you feel drawn to use it. You'll feel centred again, peaceful and energized.

The Hugging Tree Meditation

- Choose a tree in the forest, a park, or even the one in your yard.
- Put one hand on the trunk, close your eyes and take a few deep breaths. Connect with the tree's energy.
- Activate any Reiki symbols you'd like.
- Put your arms around the tree. Sometimes I face the tree, ensuring my third eye is in direct contact with the trunk. If you do this, keep in mind that the energy could travel faster.
- Give Reiki to the tree for about five minutes, or however long you feel is right.
- Breathe with the tree and perceive the energy you receive in return.
- Continue to stay connected for as long as needed.
- When you feel ready, breathe deeply a few times, open your eyes, gradually return to the present moment, and express gratitude to the tree.
- Feel your rejuvenated energy and your renewed calmness.

I completed the *Animal Reiki I & II* and *Animal Reiki Master* classes with pride in my ability as a plant communicator, a skill I've always had but never labelled, and with a stronger intuitive sense in my communication with my plants. I was always a free electron in the class, not in being apart, but in the affirmation of my independence and freedom unified with the whole of the earth within me. When I teach my first Animal Reiki class, I'll have my own experiences to share, starting with this funny one that happened to me the day after the last day of training.

That morning, I sat motionless in my living room, thinking to myself that I was as motionless as my plants seemed to be and that I was probably the fourth plant in the room. The comparison stopped there; I obviously know their stillness is full of energy. Then, maybe in a way of reinforcing my thought, I counted my plants, ending with me. "1...2...3...4... Right, I am the fourth plant in the living room!" At the same instant, I perceived the strongest intrusive thought coming from my left; as a kind of "Ahem...and what about me?" When I turned my head, I saw the succulent on the table next to me. I had missed her in my calculations. I was, in fact, the *fifth* plant in the room! I burst out laughing, thinking: "Have I just been corrected by one of my plants?" ■



Marie-Eve is a Holy Fire® III World Peace Karuna Reiki® Master, an ICRT Animal Reiki Master Teacher, who holds a master's degree in philosophy. She has practiced Reiki for over 30 years and is the founder of Wascana Reiki Reflexology and Wellness in Saskatchewan, Canada. You may reach her by email at wascanareiki@sasktel.net, through her website at www.wascanareiki.com, and by phone at (306) 789-9243.

Endnotes

- ¹ Colleen Benelli et al., *ICRT Animal Reiki Training I & II Manual*, (Southfield, MI: Vision Publications, July 2022), 8.
- ² Plato, *Timaeus*: 90a7-b2, http://www.melammu-project.eu/database/gen_html/a0000764.html.
- ³ Suzanne Simard, "How Trees Talk to Each Other," TED Summit, June 2016, https://www.ted.com/talks/suzanne_simard_how_trees_talk_to_each_other.
- ⁴ Peter Wohlleben, Jane Billingham et al., *The Hidden Life of Trees: What They Feel, How They Communicate—Discoveries from a Secret World*, (Graystone Books, 2016).
- ⁵ Eckhart Tolle, *Stillness Speaks*, (New World Library, 2003), 9.