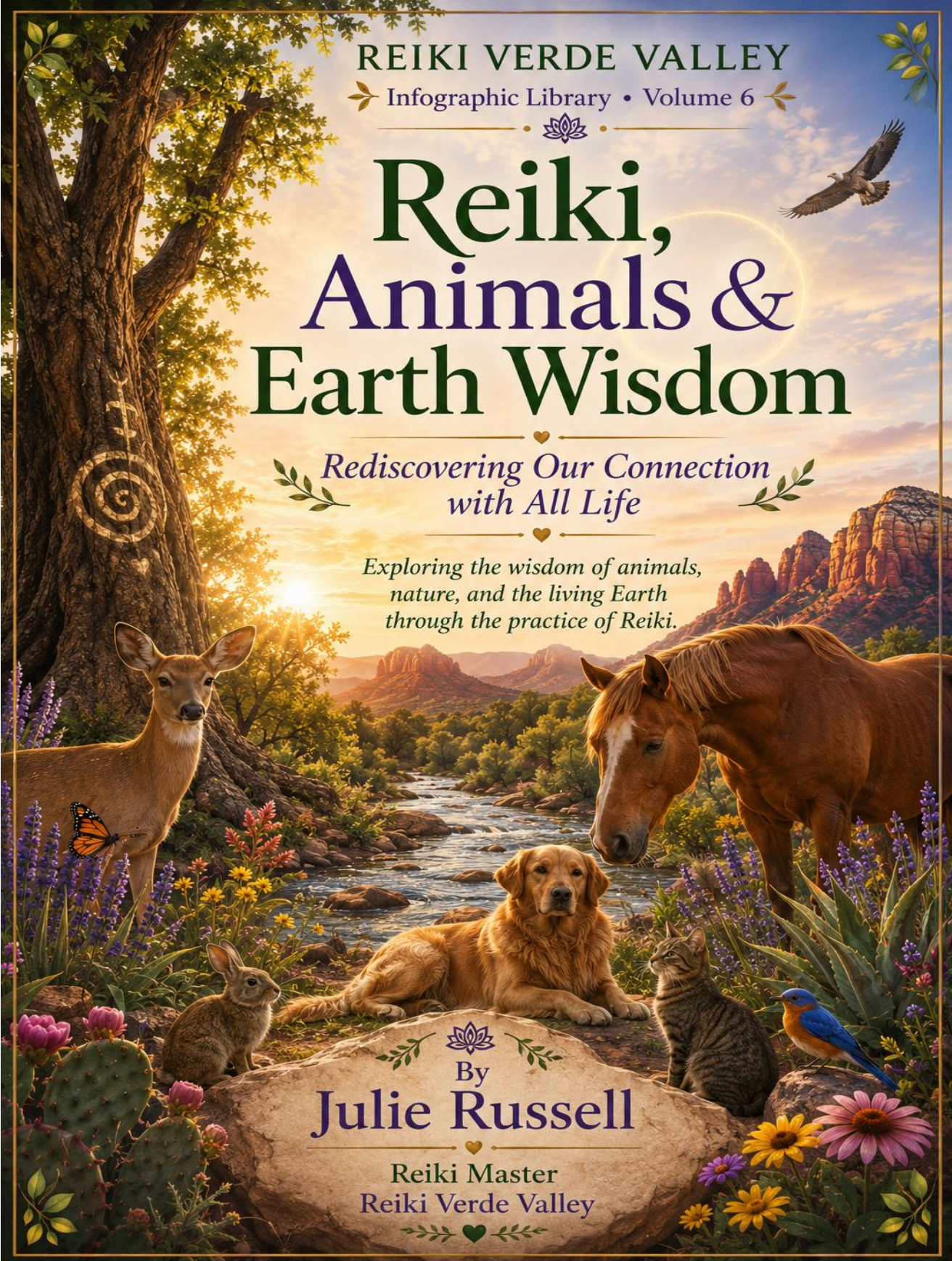




REIKI VERDE VALLEY

— Infographic Library • Volume 6 —



Reiki, Animals & Earth Wisdom

— *Rediscovering Our Connection
with All Life* —

— *Exploring the wisdom of animals,
nature, and the living Earth
through the practice of Reiki.* —



By

Julie Russell

— Reiki Master
Reiki Verde Valley —



REIKI VERDE VALLEY

Infographic Library • Volume 6



Welcome



Many people come to Animal Reiki
because they love animals.

Yet something unexpected
often happens.

As we learn to be present with animals,
our connection with the natural world
begins to deepen.

This collection is an invitation to
explore that connection and the
wisdom that animals, nature, and
the Earth may have to share.

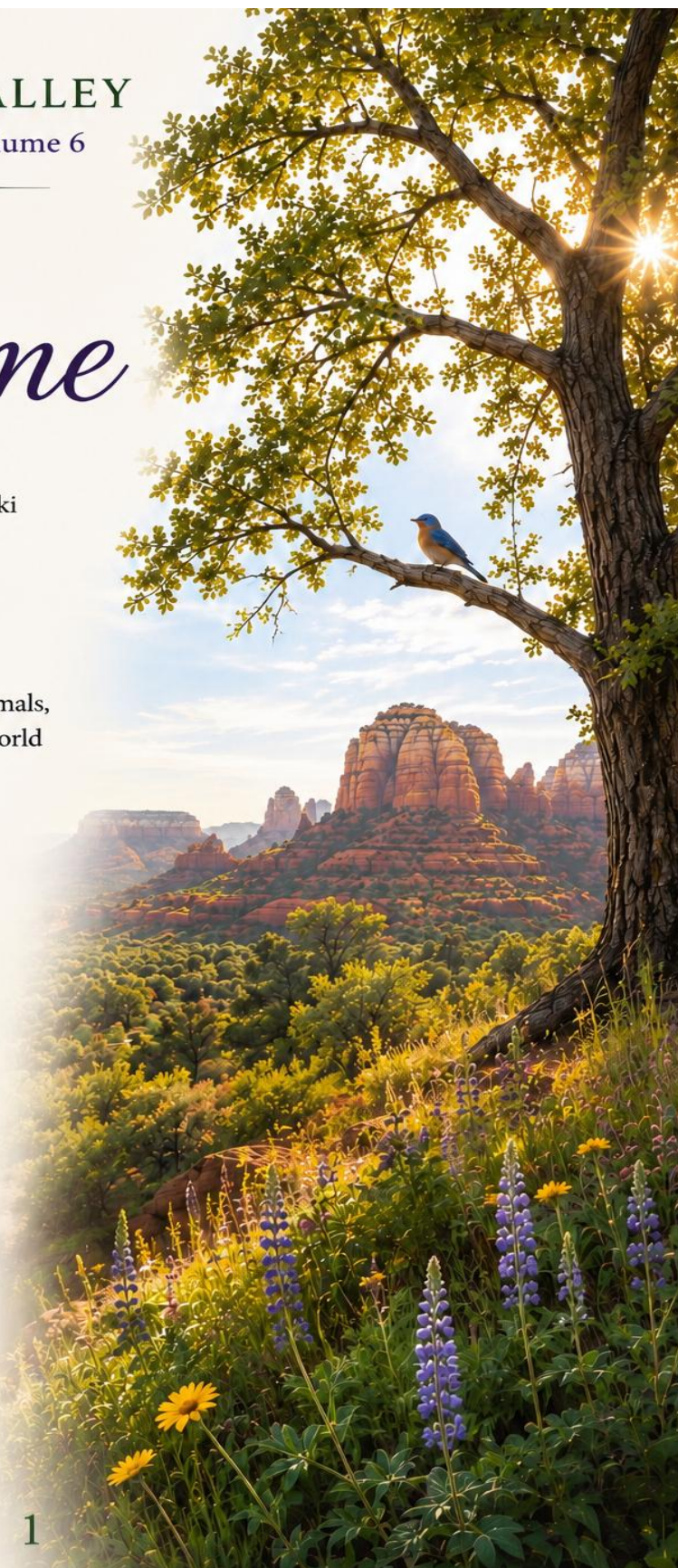
May these pages inspire you to
slow down, listen deeply, and
remember that you are part of
the great web of life.

With gratitude,



Julie Russell

Reiki Master
Reiki Verde Valley



REIKI VERDE VALLEY

Infographic Library • Volume 6



How to Use This Guide



This collection is an invitation to slow down,
observe, and reconnect with the natural world.

You do not need to rush through these pages.

Take your time. Spend time outdoors.

Notice what draws your attention.

Listen with your eyes, ears, heart, and intuition.

Allow Reiki to deepen your connection
with animals, nature, and the Earth.

As You Explore



Observe



Listen



Reflect



Connect

Remember



Nature is not separate from us.
We are part of it.



REIKI VERDE VALLEY

Infographic Library • Volume 6



The Reiki Way of Being



Animal Reiki teaches us that healing is not
always about doing.

Often, it begins with being.

Being present.

Being compassionate.

Being patient.

Being willing to listen.

Animals and nature invite us to slow down
and enter the present moment.

The more we practice presence, the more deeply
we experience our connection with all life.

At a Glance



Presence



Compassion



Patience



Listening



Connection

Remember



Sometimes the greatest gift we can offer is our presence.



REIKI VERDE VALLEY

Infographic Library • Volume 6



Learning from Animals



Animals live in harmony with the flow of life.

They remind us to trust our instincts,
honor our needs, and be true to who we are.

Each animal carries unique wisdom.

Some teach us courage. Others teach us gentleness.
All of them show us the power of presence and love.

When we observe animals with an open heart,
we can receive guidance, healing, and inspiration.
They are our teachers, companions, and mirrors.

We are all connected.

At a Glance



Trust

Listen to your
inner knowing.



Be True

Honor who
you are.



Show Love

Lead with
kindness.



Take Your Time

There is wisdom
in slowing down.



Be Present

Fully live
this moment.

Remember



Animals speak a language of the heart.
Open your heart, and you will understand.



REIKI VERDE VALLEY

Infographic Library • Volume 6



Reiki and Listening to Nature



Turn your Reiki on.

Sit quietly outdoors.

Listen without trying to figure anything out.

Notice the sounds, sensations, feelings,
and impressions that arise.

Allow Reiki to deepen your awareness.



When we activate Reiki and become still,
our awareness begins to expand.

The sounds of nature become clearer.

Our intuition becomes stronger.

We may notice feelings, impressions, guidance,
or a deeper sense of connection.



Reiki does not force communication.

It helps us become quiet enough to listen.

At a Glance



Activate Reiki

Turn your Reiki on
and be present.



Listen

Listen with all
your senses.



Receive

Be open to what
you notice.



Connect

Feel your connection
with nature.



Trust

Trust your intuition
and the process.

Remember



Reiki helps us become quiet enough to listen.

When we listen, nature speaks.

When nature speaks, our hearts remember.

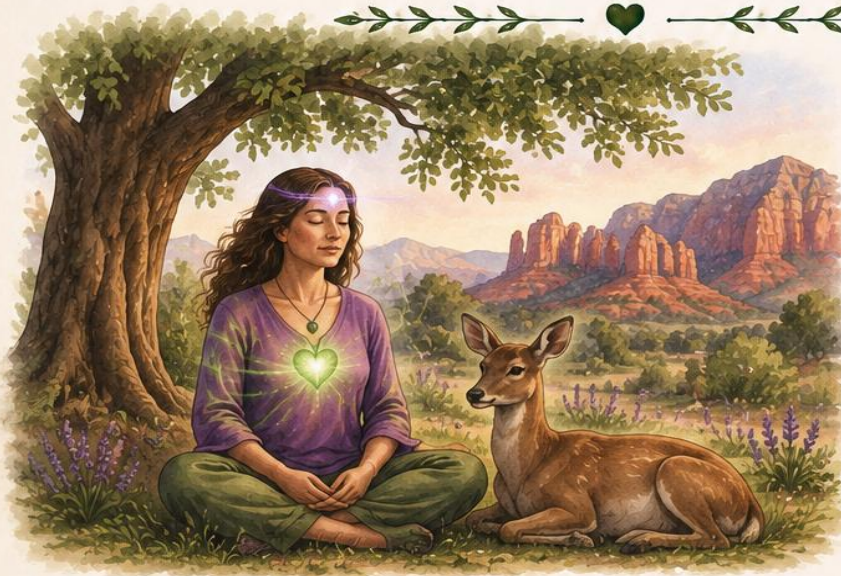


REIKI VERDE VALLEY

Infographic Library • Volume 6



Intuition and Inner Knowing



Animal Reiki helps us remember a wisdom that already lives within us.



Animals do not overthink. They trust their instincts.



When we spend time in Animal Reiki practice, we often discover that our own intuition begins to grow stronger.

Practice

- ♥ Activate your **Animal Reiki** energy.
- ♥ Sit quietly with an animal or in nature.
- ♥ Let go of expectations.
- ♥ Notice what you feel, sense, or know.
- ♥ Trust the first gentle impression.
- ♥ Allow Reiki to guide the experience.
- ♥ Be open to receiving.

At a Glance



Trust

Learn to trust your inner wisdom.



Awareness

Notice subtle thoughts, feelings, and impressions.



Listening

Create space to hear your inner voice.



Guidance

Allow Reiki to support your connection.



Confidence

Intuition grows stronger through practice.

Remember

Your intuition does not need to be forced. Like a quiet whisper, it becomes easier to hear when we slow down, become present, and listen with an open heart.



REIKI VERDE VALLEY

Infographic Library • Volume 6

Reiki and the Trees



Trees are ancient beings filled with wisdom and life force.
They root deep into the Earth and reach toward the light.
They are wonderful Reiki partners.

- ♥ Activate Reiki and sit or stand beside a tree.
- ♥ Place your hands on the trunk, or simply be near.
- ♥ Notice how the tree makes you feel.

Many people experience a sense of grounding,
peace, strength, clarity, and connection.
Allow Reiki to deepen the bond between you and the tree.

Listen. Receive. Be present.
The tree has much to share.



Grounding
Feel rooted
and supported.



Stability
Trees teach us
inner strength.



Patience
Grow at your
own natural pace.



Presence
Be fully here,
fully alive.



Connection
Remember our
oneness with all life.

At a Glance

Remember

Trees teach us how to be rooted and open at the same time.
They remind us to stay strong and keep reaching for the light.
Reiki helps us connect to their wisdom and energy.

REIKI VERDE VALLEY

Infographic Library • Volume 6

Reiki and the Stones



Stones hold the memory and wisdom of the Earth.
They can help us feel steady, supported, and present.

- ♥ Activate your **Animal Reiki** energy.
- ♥ Use the **Tree of Life** symbol.
- ♥ Sit with a stone, red rock, or crystal.
- ♥ Place your hands on it.
- ♥ Notice its texture, weight, and energy.
- ♥ Allow Reiki to deepen your connection.
- ♥ Notice what you receive.

At a Glance



Stability
Stones help us
feel steady and
secure.



Grounding
They connect us
deeply with
the Earth.



Support
Stones remind us
we are held and
supported.



Presence
They invite us to
slow down and
be present.



Connection
They help us
connect with the
Earth's wisdom.

Remember

Stones remind us to slow down,
become still, and connect with
the wisdom of the Earth.

REIKI VERDE VALLEY

Infographic Library • Volume 6

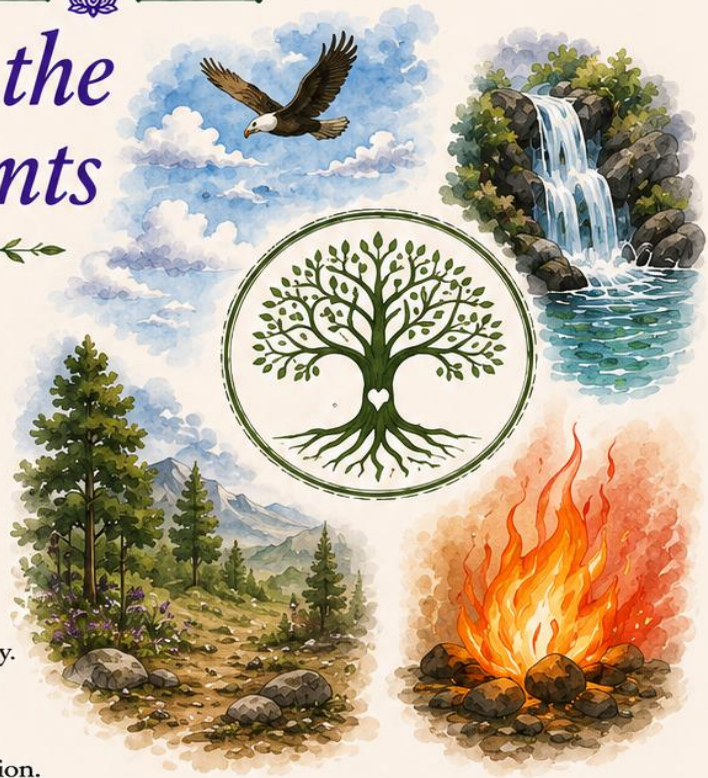
Reiki and the Four Elements

Everything in nature is made of the four elements.

When we connect with them using Animal Reiki, we remember our place in the great web of life.

Each element has its own energy to teach and support us.

- ♥ Activate your **Animal Reiki** energy.
- ♥ Use the **Tree of Life** symbol.
- ♥ Connect with each element.
- ♥ Allow Reiki to deepen the connection.
- ♥ Notice what you receive.



At a Glance

EARTH <i>Grounding</i>	WATER <i>Flow</i>	AIR <i>Expansion</i>	FIRE <i>Transformation</i>
Earth gives us stability, support, and the strength to stand in who we are.	Water teaches us flow, cleansing, emotion, and the power of adaptation.	Air helps us expand, release what no longer serves, and see with clarity.	Fire brings transformation, inspiration, and the courage to create new beginnings.



Remember

The four elements are always with us.
With *Animal Reiki*, we can connect with them consciously and let their wisdom guide, heal, and inspire us.

REIKI VERDE VALLEY

Infographic Library • Volume 6

The Web of Life

Everything in nature is connected.

Animals, plants, stones, water, trees, and people are all part of one living web.

Animal Reiki helps us remember that we are not separate from nature.

We belong to it.



Practice

- ♥ Activate your **Animal Reiki** energy.
- ♥ Use the **Tree of Life** symbol.
- ♥ Notice the life around you.
- ♥ Sense the connections between all living things.
- ♥ Allow Reiki to deepen your awareness.
- ♥ Rest in the experience of unity.

At a Glance



Connection
Everything is connected.



Belonging
You are part of nature.



Interdependence
All life supports all life.



Compassion
What affects one affects the whole.



Unity
Beneath our differences, we are one.

Remember

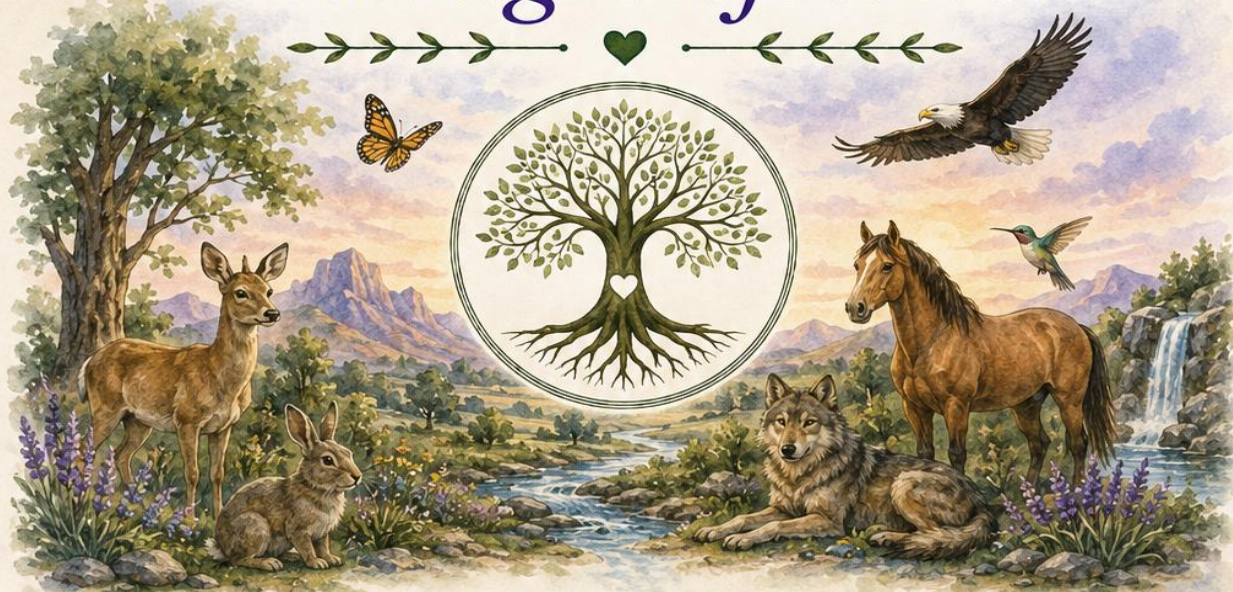
The web of life is always present. Animal Reiki helps us experience the truth that we are connected to each other, the Earth, and all living beings. When we remember this connection, healing naturally follows.



REIKI VERDE VALLEY

Infographic Library • Volume 6

Closing Reflection



When I first learned Animal Reiki,
I thought I was learning a way to connect more deeply with animals.

*What I did not expect was how deeply
it would connect me with all of life.*

Over time, Animal Reiki helped me slow down, listen,
and remember that we are not separate from nature.

We are part of it.

My hope is that this beautiful lineage helps you
discover your own unique relationship
with animals, nature, and the living Earth.

Turn your Reiki on.

Step outside.

Listen.

The Earth has much to share.

With gratitude,

Julie Russell

Reiki Master
Reiki Verde Valley

Continue Your Journey

PART OF THE REIKI VERDE VALLEY
INFOGRAPHIC LIBRARY™
VOLUME 6 – ANIMAL REIKI & EARTH WISDOM

Thank you for spending time with this collection.
My hope is that these pages inspire you to continue
exploring your relationship with Animal Reiki,
animals, nature, and the living Earth.



May your Reiki journey continue to unfold
with curiosity, compassion, presence, and wonder.

REIKI VERDE VALLEY INFOGRAPHIC LIBRARY™

-  Volume 1 – 7 Chakra Infographic Collection
-  Volume 2 – Auric Field Infographic Collection
-  Volume 3 – Reiki Ideals Collection
-  Volume 4 – Reiki Self-Care Collection
-  Volume 5 – Opening the Doorways to Your Potential
-  Volume 6 – Animal Reiki & Earth Wisdom



Julie Russell

Reiki Master
Reiki Verde Valley
Cottonwood, Arizona
ReikiVerdeValley.com

COPYRIGHT & USAGE

© 2026 Reiki Verde Valley. All Rights Reserved.

This publication is part of the Reiki Verde Valley Infographic Library™
and was created by Julie Russell.

This collection is intended for personal educational use only.
No part of this publication may be reproduced, copied, scanned,
distributed, sold, taught, stored electronically,
or transmitted in any form without written permission from the author.

