

REIKI HEALING FOR HORSES

by Katharine Lark Chrisley

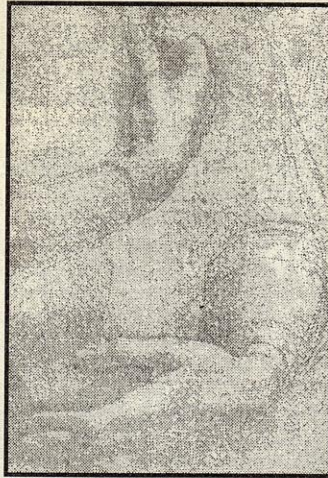
Health and balance are the natural conditions sought by our horses innately, on an instinctual level, and sought by us for them on a fully conscious, active plane.

Our concern with proper feeding, exercise and care are how we work to maintain their well-being on chemical and mechanical levels. We also recognize the energetic levels of health and healing that are expressed in more subtle ways yet can be the most crucial elements to bringing about sustained health and balance.

What is Reiki?

The energetic pathways of life and health are well known by many cultures and all have very ancient roots. REIKI ("life force energy" in Japanese) is quite old, originating in Tibetan Buddhism and having been re-awakened in the 1800's in Japan. Reiki is a way of tapping into this universal energy field so that a practitioner becomes a conduit through which the healing and balancing can flow directly to the horse. The practitioner's hands are placed upon the body of the human/animal/plant/planet in various positions and the energy flows where it is needed.

Reiki energy has its own integrity and can never cause harm. Its purity protects the practitioner from attachment to any symptoms and it actually brings balance to the person through whom it flows. Energy level healing can be just as vital and



important as mechanical and chemical therapies. Consider how the energetic interaction can effect the mental and emotional well-being of a creature and the potential for expansive healing becomes obvious. If you question the strength or reality of energy fields, just look to your microwave oven for manifestation of a blatant energy field and to the crystal in your wrist watch for an example of a subtle field. Reiki energy manifests across the whole spectrum according to the needs of the recipient.

Reiki can be used on the horse repeti-

tively throughout the day and night. It is complimentary to any other therapies. Horses generally enjoy it and show obvious, open improvements.

The connection to Reiki flow in the practitioner is awakened by an attunement. Simple, pure and unpretentious, the Reiki I attunement brings the ability to do Reiki upon one's self and others by direct contact. The Reiki II attunement brings the ability to send the energy across distances. The Reiki III attunement makes the Reiki Master who is able to pass the attunements and teach others. Reiki brings with it, also, principles for living a balanced life of compassion.

Bringing Reiki treatments to your horse can be accomplished by finding a Reiki practitioner to do the "hands on" or to send the energy to him, or both; or, you can get an attunement and begin placing your own hands on your horses body while you both feel the profound energy flow.

Reiki is Now Accessible to Everyone

Once secret and exclusive, Reiki has now become accessible to everyone with just a bit of exploration to find a practitioner or a Master. Reiki is forever *shared* as any great manifestation of compassion should be, but the secret-ness has worn away in a world now starving for positive, loving nourishment on all possible levels. And

continued on page 19


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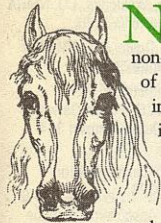
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CLUB PROFILE

Editor's Note: Each month, NMHT will feature a different club or association in this column. If you would like for us to feature your club or association, please contact the NMHT at 888-8977, fax 888-8967, or mail information to 2521 Madison NE, Albuquerque, NM 87110. We will also consider publishing photos in this column.



North Albuquerque Acres Horse Association is a non-profit group comprised of horse owners and interested persons living in North Albuquerque Acres and the surrounding area. It was organized in 1995 to bring together people in the area with horse related interests.

The group has an annual membership of approximately 50 households and represents approximately 175 horses. Their newsletter, *NAA Hoofprints*, spotlights local horsepeople, announces association functions, and runs classified ads for members.

The organization has sponsored learning seminars including veterinarians, farriers, and other professions working in the equine industry. They annually sponsor a ride and pot-luck dinner (including games and raffles) for National Trails Day, a Christmas carolling party involving the Girls Ranch and several Civitan Clubs, and a flea market which serves as a fundraiser.

Developing a Neighborhood Park for Equestrian Activity

Members of the association meet together to ride the trails in the area, socialize, and provide support to one another. Also, the association is currently working with Bernalillo County Parks and Recreation, and AMAFCA to establish a neighborhood park for equestrian activity. It will incorporate multiuse arenas, trails, playground, and picnic type area for social gatherings. The concept is innovative and will be a major asset to the neighborhood.

Families or individuals outside the area wishing to join in the activities or to receive a newsletter, may contact current officers: Israel Martinez, president, at 856-6153 or Mary Daughtrey, vice president, at 865-9433. NMHT

THE HEALTHY HORSE

continued from page 15

loss in a horse is the pinch test. When a section of skin on the neck or shoulder is pinched, the skin recoil will be immediate in normally hydrated horses. Dehydration will delay skin recoil. Another practical test is the "effective temperature" test, used to help determine the environmental conditions most likely to result in heat related illness in an exercising horse. This test combines ambient temperature with relative humidity.

"When the sum of the ambient temperature in degrees Fahrenheit and the relative humidity is around 150, the rider should use caution in exercising the horse so heat build-up doesn't become critical," Freeman said. Most riding activities involving long or intense exercise should be postponed when figures approach 180.

Remember to Cool-Down

Finally, it is important not to overlook cool-down periods following exercise

bouts, even when environmental temperatures are well within normal parameters, Freeman said.

"Large amounts of heat build up in a horse during work," he said. "This heat must be released from the horse's body through respiration and sweat. Heat loss through sweat requires convection and evaporation."

Freeman said the commonly used practice of walking a hot horse guards against placing it in an area void of air flow. "Air flow is vitally important for convection of heat off the horse's body," Freeman said. The length of cool-down procedures will depend on the amount of work, the environmental conditions and the individual horse. Freeman said horse owners who use these simple procedures and who know the signs of heat stress in horses can help prevent heat stroke in their animals. NMHT

Article provided by Oklahoma State University

REIKI FOR YOUR HORSE

continued from page 11

what could be an easier "tool kit" for healing to carry around than one's own hands?

Reiki has been documented to arrest profuse bleeding, ease pain, stimulate all healing processes in rapid fashion and calm the spirit. When doing a Reiki session upon a horse, wear shoes with a natural sole, stay on your feet, do not cross your legs or arms, be certain the horse is tied safely or held by an experienced person, place your hands on him without pushing and move on to another position whenever he moves away or when you feel the energy complete a cycle. Since the hands heat up when doing Reiki, it can surprise the horse, so start out slowly and reassure him.

I have personally found Reiki a literal life-saver and would never hesitate to use it in almost any situation.

The exceptions would be broken bones that have not been lined up yet, wounds with debris inside, etc. - circumstances where rapid healing is not desired at that moment. The realm of the "unseen" can be more potent and profound than that sensed by the limitations of physical experience and expectations. Expand. Let the Reiki flow. NMHT

Katharine Lark Chrisley is the director of a Buddhist Center in Organ, New Mexico, where she teaches Dressage and compassionate horsemanship, Reiki, use of Flower Essences, Crystals, Herbs and Meditation. She has written for Equine magazines since the late 1970's, from Western Horseman to Dressage & CT. She is the creator of the Life-Wave Integration system of balancing people and animals on multiple levels.

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