

Equine Reiki

Reiki - The Usui System of natural Healing.

Reiki (pronounced "Ray-Key") is a Japanese word meaning "Universal life energy". Rei meaning universal, present everywhere; and Ki - the non physical force which gives life to all living things. Reiki quite deliberately has no creed, dogma or religion attached to it so that it is open for the benefit of all. It is, however, Buddhist in its outlook, valuing animals and the environment as a whole along with people.

The Reiki practitioner is essentially a channel for the Reiki energy, which the recipient draws to themselves through the hands of the practitioner. This makes it very efficient because even if the recipient does not know the full extent of healing that is needed on a conscious level, they will certainly know in the sub-conscious. This particularly applies to horses as they are far more in tune with themselves and their environment than people. Energy is drawn to the area requiring healing in exactly the right quantity and at exactly the right frequency. The body then heals itself. Energy blocks are released and natural balance is restored. Reiki is a very powerful therapy, outwardly very subtle in its application but inwardly very profound. It works on the deepest levels of consciousness where ill-health (dis-ease) has its roots.

A Brief History

Reiki is an ancient form of healing believed to have spread through Tibet, China and India. One hundred and twenty years ago Dr. Mikao Usui discovered the secret of the healing believed to have been practiced by both the Buddha and Christ. He was an enlightened man. At that time in Japan it was the custom that any trade or skill was a family secret that was only passed within the family in order to maintain its value. Dr. Usui decided that Reiki should be spread to as many people as possible so that its benefits would be available to all. He proceeded to attune all who asked. Attunement is the method by which the Reiki channel is opened up, a quicker way than by practising for many years- but just as effective. Reiki has spread around the world but it is only very recently that we in the West have been privy to Dr. Usui's true life story.

Scientific Proof!

Physicists now have the equipment which is sensitive enough to record the subtle energies of our bodies. The scientific principle is that everything in the world is energy which is vibrating at different rates. This largely confirms what the mystics have been saying for thousands of years. It is put into scientific language but if a comparison is made between the term "Human Energy Field" and the description of what an Aura is the only conclusion is that they are one in the same. Research workers at Stanford University have measured and verified that the Reiki energy enters through the head and exits through the palms of the hands. Kirlian photography confirms what NASA Physicists term as "The Human Energy Field" and the increase in the emanations from the practitioner's hands during treatment. Horses also have an energy field along with all living things.

More About Energy

When we are well and indeed when horses are well, energy flows through us like a electric current. Terms such as "feeling wired", "charged up" and "out of energy" are very apt. Energy blocks and congestion can occur for a number of reasons. Emotional trauma, illness, injury and stress are just some of the causes. Left untreated they leave some areas seriously depleted in energy and others overworked. Each is detrimental to long-term health.

Most of the time we deal with energy blocks and sub-clinical illness very well. The body is brilliant at compensating for weaknesses and adapting to subtle changes. Problems only manifest themselves when we come under pressure. In the case of horses, much of this is external. e.g. diet, exposure to infection, environmental changes and training; or most likely a combination of them all. Where Reiki really holds its own is in dealing with psychological/behavioural problems because it does not simply train the horse not to exhibit unacceptable behaviour patterns it resolves the energy block causing the behaviour pattern in the first place. A large proportion of the communication from the horse to handler is on a non-verbal level. We are very good at picking up a lot of what they tell us but very often it is misconstrued as stubbornness, laziness or excitability.

Reiki is not a faith healing. In fact it is better just to have an open mind. Fortunately horses are not burdened with a belief system and therefore do not block treatment with an ego. They make ideal subjects and very readily tune into the intent of the practitioner.

[Alison Hastie MGCP. MAR. PCR. TATH. is a fully qualified specialist in Equine Reiki. Click here for more](#)This article is kindly provided by Alison Hastie MGCP. MAR. PCR. TATH. Alison will be happy to provide further information - [click here](#)