

Lessons from Horses

By Kathleen Prasad



Right:
Offering
Reiki in
a barn

Next page:
Young horses
receive Reiki

I had the great pleasure of travelling from my native California to the beautiful UK in September, to teach several Reiki classes at Remus Memorial Horse Sanctuary in Essex. Remus is located on 40 beautiful pastoral acres and is home to about 200 farm animals: horses, cows, goats, sheep and donkeys (as well as the resident cats and dogs). The specialty at Remus is in caring for older animals, and in fact, the world's oldest horse, Shayne, 52, spends his days very happily grazing there.

As an animal Reiki teacher, I find that often, although we come into a class thinking we are going to help the animals, inevitably, the animals find a way to help us, simply by connecting and sharing who they are. The classes at Remus brought many lessons from the horses, which several course participants have delighted in sharing.

Let go

When we can let go and just 'be' Reiki with the animals, we can go deeper into the healing space of oneness and connection. When our ego diminishes, so do the differences between species, so any preconceptions about how the horse's Reiki treatment 'should' be can drop away. It is in this space that all healing possibilities exist, and what a joy it is to watch the animals come forward to receive Reiki and take charge of their own healing processes. Sometimes an animal comes forward physically to connect during a treatment, and sometimes there is a deeper heart opening and sharing and new trust with the practitioner that can be felt by both human and animal on the emotional level. In Caroline's story below, she clearly experiences both observational and emotional levels of healing.

"During Kathleen's visit, one of the exercises was to stand in the biggest field, which supports around 15 of the Remus horses. We all found a space to practise a meditation that Kathleen had taught us earlier. We stood for about 30 minutes, far longer than I would normally have stayed if I had gone out there on my own. Standing in my stillness, with

no expectation of the horses and just 'being Reiki' was very powerful. It felt almost as if I had become one with the herd. There was no time, only just a very peaceful sense of 'being'. Within this tranquillity, I observed horses advancing for Reiki who had never been interested before. At that very moment, I felt very tearful as I understood there were so many animals I had missed over the years, as I had not been patient enough to wait and hold the space to let them come forward. Standing still, simply holding a space of Reiki and inviting animals into that space, takes practice and patience. It seems that just when you think nothing is going on, suddenly all of the magic happens. This was a huge lesson for me, which has changed my Reiki practice completely."

– Caroline Thomas



Healing goes two ways

Reiki is a wonderful way to deepen interspecies communication and understanding. Connecting and healing in the Reiki space is about remembering that we are all one, no matter whether we are human or horse. Sometimes the animal is healed, sometimes the person. In the story below, a horse decides to communicate very strongly to a student about an area she needed to heal.

"Oh, what a beautiful experience I had whilst attending a course at Remus Memorial Horse Sanctuary. I shall hold this message in my heart as a precious gift given to me from a beautiful mare called Sally. Unknown to me, Sally did not usually join in Reiki. I was standing in the pasture, offering Reiki to any horses that might want some healing. Sally walked firmly up to me, placed her forehead on my chest, and began rubbing. The rub turned to a nudge, then a push, making me step backward. I felt like a child being chastised by its mother, yet I could only feel love from her, her soft kind eyes looking at me at every step backward. Around and around she pushed me. After several moments, and after she had moved gently away, giving me my space again, I realised Sally was giving me a message: "Don't be afraid to stand your ground." She decided that I was the one who



needed some healing that day. And as I look over my life, I realise she is correct in her assessment. I thank Sally for bringing this gift to me – it has truly helped me move forward in my life.” – Gloria Thomas

Horses lead their treatment

Horses are very wise about their healing needs, and they know Reiki can help them. When we can be still, listen, and simply offer Reiki, the horse has the opportunity to show us exactly how they would like to receive treatments.

“As I stood in the horse pasture at Remus, we offered some group energy healing to the horses in the same paddock and a little brown pony came up to me. He stood beside me, close to me so that I could place my hands on him. I gently placed one hand on the base of his neck, the other on his left wither and we stood quietly together for a few minutes. He then moved forwards and stopped so that his rump was next to me. I gently placed my hands on top of his rump for a few minutes. When he had taken what he needed he moved on. It was a lovely calm experience to have met this pony and for him to come and show me exactly how he wanted Reiki.” – Sally Nares

My trip to teach in England was a life-changing experience! Remus is an amazing place where animals are truly honored. The sanctuary is completely dependent on public donations for the care of their wonderful animal residents. Please visit www.remussanctuary.org to find out how you can help them in their mission.

Kathleen Prasad is the author of several books about Animal Reiki, and co-founder of The Shelter Animal Reiki Association (SARA). For more about Kathleen visit: www.animalreikisource.com. □