

Equine Reiki Healing by Brad Surette, BA, RMT

It's no secret that lately all I think about and talk about is equines. You know it's bad when my massage therapy clients come for their treatments and ask about my horses by name.

My introduction to horses came from my partner, Merv. He owns two chestnut mares. Both horses are Appaloosas who exhibit unpredictable behaviour at times. Well, I guess any horse always has that potential but these two horses were purchased as broodmares and neither one was adequately halter broke at the time of their purchase.



Izzy is sixteen years old, high strung, a weaver, and known to throw a tantrum when she doesn't get her way. When Izzy gets upset she often rears, bucks, screams, and goes as far as ripping the rain gutter off the barn to express her anger. She's an Aries which I think explains a lot - being one myself.

CeCe is thirteen years old and spent part of her life on a PMU farm where pregnant horses have a urine bag attached to

them to collect their urine. This urine is made into Premarin, the drug that many women take during menopause.



Having been confined to a small straight stall on the PMU farm CeCe still refuses to lie down in her much larger box stall. It actually causes her great anxiety and she even chooses to stand while sleeping. CeCe is also very head-shy and spooks easily.

So, considering the first time I was introduced to horses was less than one year ago I guess it was a good thing to start with these troubled friends. Not having a background in equine behaviour I communicated with them the only way I knew how. I started by offering them Reiki. Reiki was my first introduction to holistic healing long before I had discovered the fine art of massage therapy.

The first time I performed Reiki on Izzy in her stall she turned to face me, looked right into my eyes, opened her heart chakra completely and started to release stagnant energy she had been holding. It was quite a humbling experience to say the

least.

CeCe was a slow start but eventually grew to trust me and "ask" for Reiki by coming to me instead of me going to her. That was a huge step! CeCe no longer requires the Reiki to be approached. She actually comes to the stall door now and requests that her cheeks be rubbed. Not bad for a head-shy horse. However, I am still the only person she will let do this. As you can imagine I get pretty overwhelmed with emotion as this trust and bond continues to grow.

Shortly after performing about five or less Reiki sessions on Izzy another true realization and deep appreciation for Reiki had hit me in a way I hadn't experienced working with people. One day a neighbour's horse had been harassing Izzy until finally she had enough and tried to strike him through a page wire fence. Needless to say her leg got caught and she started to panic. My partner arrived first on the scene and called for me to come quickly. I don't think I was prepared for what I was about to see. While Merv was trying to untangle the mess of the fence Izzy panicked and began struggling to free herself but only made matters more complicated. After noticing the cuts and the bleeding on her leg we imagined the worst and prepared for more. Merv asked me to do Reiki on Izzy thinking it may calm her down. I

was very surprised because I didn't think he was a real believer in the power of Reiki. Well, I did it anyway and as soon as I placed my hands on her heart chakra she turned to look into my eyes. Then she sighed very deeply and believe it or not she stood perfectly still while Merv separated the wire fence and lifted her leg from the tangled mess. Even after Izzy's leg was free she patiently continued to stand there accepting Reiki until she was told to move along.

With Reiki, the horses and I established what I consider an incredible rapport. Talking softly, grooming, feeding, cleaning the stalls, and paying attention to their body language taught me more than I imagined and sparked my interest to work more with horses. My love for these horses continued to grow and hasn't stopped.

In August 2009, I decided to take the plunge and purchased my very own horse when she was just three months old.



...continued on page 4

...Equine Reiki Healing continued from page 3

Colby is a beautiful Bay Appaloosa with a unique snowflake blanket and one white sock who also loves her very own Reiki treatments.

Animals are naturally receptive to Reiki energy and tend to gravitate towards it more readily than most humans.

Not once has a horse ever asked me "Does Reiki really work?" I think this is because they rely more on what they feel than what they can explain.

Reiki can treat pain, anxiety and

behavioral problems but it can also help maintain and promote physical, emotional, spiritual health and well-being.

So, if you've been wondering what Reiki can do for you then consider this information straight from the horse's mouth. - Brad Surette, BA, RMT

In October 2010 Brad will travel to Antigonish to study and become a Certified Equine Massage Therapist. The program is being offered by Sidonia McIntyre of Equine Rehab.

