

Reiki – for horses?

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Animal & Body Workz



Reiki means: “universal life force” which is a Japanese modality for healing, using touch and non-touch techniques. It is a Natural holistic approach to healing; touching the layers of the body, in all people or animals. Energy work encourages the body to draw upon its natural healing abilities by opening up the flow of energy, clearing emotional and physical blockages and encouraging detoxification of oneself. Setting and stabilizing the foundation of balance within

the physical, emotional, mental and spiritual bodies.

If a horse has emotional or physical issues due to a traumatic situation of abuse or neglect, Reiki can help release those emotions and physical pain. If a horse has behavioural issues such as nervousness, Reiki can help the horse relax and reduce their stress and anxiety. Reiki can be used as a tool to engage horses own powers of healing their mind and body.

