

Of Interest



*Energy Healing and Interspecies Communication:
The Dynamic Duo*

Part 1: Energy Healing

by Ellen Kohn

Ellen with Babe, 39 years young. Energy work enables healing from the inside out, restoring the physical body to wholeness.

Our equine companions benefit from natural care and keeping that closely resembles their lives in the wild. Diet, exercise and open areas for grazing and movement are important factors for healthy bodies and minds. Providing a safe, loving atmosphere is equally vital to their health. Yet life still brings hardships, accidents, trauma and circumstances that can affect their wellbeing. As their caregivers, we can help them with holistic healing modalities, including natural energy healing and interspecies communication, which can promote healing from the inside out and restore them to wellness. Part 1 of this two-part article presents Energy Healing, and Part 2 will present Interspecies Communication.

Health: Beyond the Physical

Our horses readily and visibly reveal their level of health and well-

ness. Optimum health means their physical parts - skeletal, muscular, digestive, lymphatic and endocrine systems - are functioning properly, free from disease and illness. It also means that mentally and emotionally - behaviors, moods, herd interactions, play and work attitude, and level of awareness - they are functioning 'within range'. Horses' health can thus be measured by how well they respond to life, with its daily stressors and work requirements. Movement and function in turn affect health. The physical, emotional and mental realms work synergistically to support and maintain their health and happiness.

Intertwined with the body-mind connection is the energetic aspect of our horses' health. It exists on the sub-atomic level, beyond the



Ellen and Monty sharing a quiet moment. Energy may not be visible to us by conventional methods, but it is real, and can be sensed and interpreted using dowsing instruments, intuitive body scans and hands-on methods.

skeleton, organs, skin, and blood that form our bodies. It has its own anatomy and integrates the physical, emotional and mental spheres into wholeness. Energy may not be visible to us by conventional methods, but it is real, and can be sensed and interpreted us-

ing dowsing instruments, intuitive body scans and hands-on methods.

The Energetic Sphere

We are all made of energy, from the breath that reaches into every cell of our bodies to the non-visible connection to the earth, stars, and greater universe. The energetic anatomy of every living creature is similar. One of the main components of the energetic body is the chakra system. Chakras are spinning vortices of life-force energy that affect our health on the core level. They can receive and generate energy, and contain all of the innate wisdom the body needs to heal itself. (Note here: there is also an astral body, an etheric body and seven layers of the aura, which are outside the scope of this article, but they can receive healing as the chakras are balanced. Healers can see and balance them.)

Chakras

The 7 chakras - root, sacral, solar plexus, heart, throat, crown and brow (see Horse Chakras illustration) - have a connection to the endocrine glands and organs in the body. Energy flows naturally through the chakras, assisting the physical body in its normal functioning.

In good health, the chakras remain open, allowing energy to flow in and out of the physical body. When one or more chakras get blocked due to emotional or physical problems, this energy cannot flow freely through the body. That is when health may become compromised.

How does the energetic sphere get out of balance?

The chakras are quite sensitive; therefore a physical trauma or emotional upset may cause them to close. When this happens, the animal might experience physical or emotional symptoms that cor-

Toby, Smitten by Grief

Toby, a 15-year-old rescued Quarter Horse, was grief-stricken when Angel, his young, female stable mate, was euthanized after being diagnosed with degenerative joint disease and irreversible osteochondritis dissecans (OCD). Toby actually took on his owner's sadness as well, and became ill as a result. He stopped eating, was susceptible to emotional meltdowns and would tremble for hours for no known reason. His weight dropped quickly. His owner/guardian, Kim, thought she was going to lose him.

Kim took Toby to a veterinary specialist, who scoped his stomach and esophagus, and performed a belly tap. An ultrasound revealed no ulcers or other stomach problems. Absolutely no problems were found, and Toby was sent home with a clean bill of health.

But when his symptoms persisted, Kim contacted me. A thorough

energy assessment revealed all of Toby's chakras were closed, including his heart chakra, which told us a big part of the story. Toby was carrying a tremendous amount of grief, including Kim's. His emotional trauma was causing physical problems.

Energy work was performed (including Chakra Balance, Trauma Release and Hara Line Repair and anchor). It took four or five sessions to help Toby recover from the shock of Angel's death and the guilt and grief he felt. Toby was eating again and acting like his former self. He gained weight and the worried look on his brow was gone. He was enjoying his job as a trail companion and Kim no longer feared for his life. The trauma he carried was released, and he was free from the emotional burden of Angel's premature death.

Horse *Chakras*

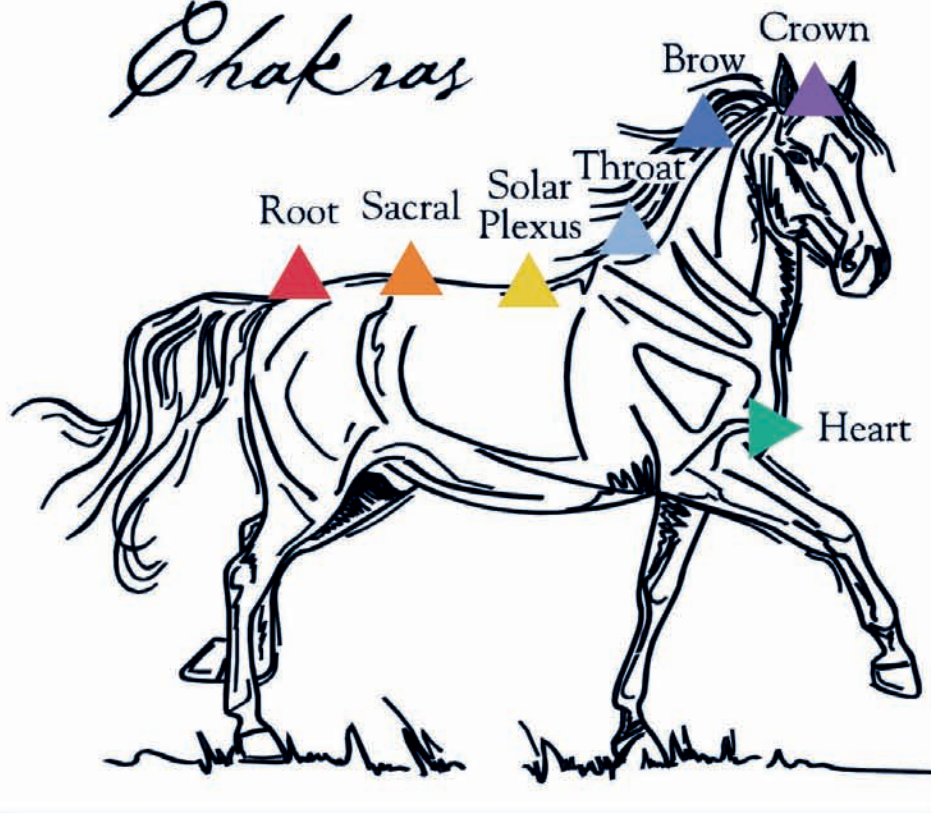


Illustration provided by Jenny Hancey, www.HanceyDesign.com

astounding work will heal, we are taught to remain neutral, free from the fears and attachments that often accompany our passion for healing. It is our job to set the intention for healing, assess energy imbalances, and choose techniques that offer energy balancing and healing.

Prior to energy work

Be sure to address the obvious, such as a painful saddle, sharp teeth, and other things that are beyond the scope of energy work, before consulting with an energy worker. Do some detective work to discover what might be ailing your companion. Check first to see if your horse is sick, feverish, or lame. If so, consult your veterinarian. If not, question whether you have changed her equipment, such as a new saddle or bridle. If no physical symptoms are present, check to see whether anything has changed in her diet, environment or care. How about you? Are you going through a life change or adjustment? Changes in one of your lives might be causing depression, lethargy or reduced enjoyment and performance. Even though there may be no physical evidence, life changes can create blockages in the energy body.

The energy healing session

The session begins with a review of the horse's health history and a chakra assessment to determine which chakras are blocked in the horse's body. The assessment is recorded, documenting the location of energy blockages. Following the assessment, selected techniques are used to open, clear, balance and harmonize the chakras. These techniques may include trauma release, chi balance, etheric heartbeat, tuning fork sound and/ or vibration, essential oils and energetic ultrasound. Each set of techniques is different according to the horse's individual needs.

Energy healing from a distance

Energy work may be performed in the horse's own environment, or remotely. Remote healings are just as effective because the "intention" to heal works just as well from afar. When the intention for healing is pure, universal energy will go where it is directed. It's quite an amazing process and it produces results!

A natural for horses

Energy work is a gentle, non-invasive way to support conventional medicine. There are no injections or drugs. Our horses instinctively trust the work because they can feel the natural and subtle shifts in their bodies. The horses' often demonstrate their reactions to the work by sighing and falling

respond to that chakra.

For example, stomach upsets may result from a closed solar plexus chakra and depression may result from a closed heart chakra. Surgery or anesthesia may cause all of the chakras to close down.

Can we help it get back to balance?

The good news is that energy healing techniques can reopen and unblock the body's chakras. Energy work addresses a broad spectrum of health issues - from emotional issues such as stress and depression to physical rehabilitation after surgery and performance. These techniques actually have physical effects such as oxygenating the blood and releasing endorphins, so they support the healing process.

How Energy Healing Can Influence Health

The use of energy healing has been termed "energy work", "vibrational medicine", "energy medicine", "hands-on-healing", "energetic healing", "healing arts", and more.

This field includes various kinds of energy work, including Reiki, Healing Touch, Therapeutic Touch, massage, and acupuncture. Energy work has been used for centuries to help bodies and minds return to wholeness. People who are trained in energy work are often termed 'energy healers', although they do not 'heal energy', in fact they do not 'heal', they simply facilitate healing - they help the recipients heal themselves.

Where does the energy come from?

The underlying principle among these methods is based on quantum physics: energy follows thought. Simply put, healing energy can be directed to your horse via intention. This energy, which flows from what is known as the Divine, or Source, or universe, can thus be used to influence our horses' physical, mental, emotional, and energetic health.

The energy worker is a vessel.

Healing arts practitioners are vessels for the Source or Divine energy that is channeled through us. As much as we sincerely hope that all the animals who receive this

Resources for Energy Healing

Energy medicine is a growing field of alternative healing. It is non-invasive, safe, and painless. Anyone can train in any or all of the modalities, and customize your personal blend according to what interests you. Although vibrational healing methods may not be scientifically measured in conventional ways, the results are remarkable. If hands-on healing, crystals, aromatherapy, Bach Flower essences or any other form of vibrational medicine interests you, there are numerous ways to get started.

A fun and easy introduction to energy medicine is to read books and take classes. The most comprehensive introduction to holistic healing is Dr. Richard Gerber's book, *Vibrational Medicine*. It covers many topics, including flower essences, healing with crystals, chakra energies, acupuncture, homeopathy and psychic healing. Should you find yourself mesmerized by any of the chapters, you are being guided to study that area in more depth.

Another way you can get in touch with your healing abilities is to take a class in Reiki, Healing Touch for Animals® (HTA), or Animal Communication. HTA weekend seminars are offered across the country. You can find classes in your area by checking the website: www.healingtouchforanimals.com. Many Reiki Master Practitioners offer classes, so it is easy to find them through local healing centers and advertisements. Community colleges may offer health programs that include classes in therapeutic touch or hands-on-healing, so check with your local resources.

Several of the most famous animal communicators travel the world and teach their skills. Carol Gurney and Amelia Kincade are two whose books are easy and fun to read, and these women also offer live programs every year. Anna Twinney (www.reachouttohorses.com) also offers clinics worldwide in natural horsemanship and animal communication.

asleep, which indicates their ease with the process and their knowingness about their own energy. Their human companions can readily observe their horse's relaxation and comfort followed by many tangible improvements in health issues.

Horse enthusiasts worldwide are learning about this ancient way of facilitating healing. Energy work offers a wonderful adjunct to conventional veterinary medicine. Whether used for energetic wellness "check-ups", or to prepare for surgery and recovery, energy work can strengthen the immune response to illness and disease, and remove the trauma that can cause disease and ill-health. It enables healing from the inside out, restoring the physical body

to wholeness. It is worth investigating this alternative therapy option for your horse's health. ♡

In part 2 of this series, we'll take a closer look at Interspecies Communication and how it goes hand in hand with Energy Work.

About the author:

Ellen Kohn is a Reiki Master Teacher, Healing Touch for Animals® Certified Practitioner (HTACP), Certified Aromatherapist, Meridian Practitioner and Animal Communicator. Ellen also uses crystals, Bach Flower Essences, and gem essences in her healing practice. Ellen founded The Kohn Foundation in The Bahamas to assist the children and animals of Grand Bahama. Ellen lives in Colorado with her husband and seven pets. Visit her on the web at: www.EnlightenedAnimals.com.



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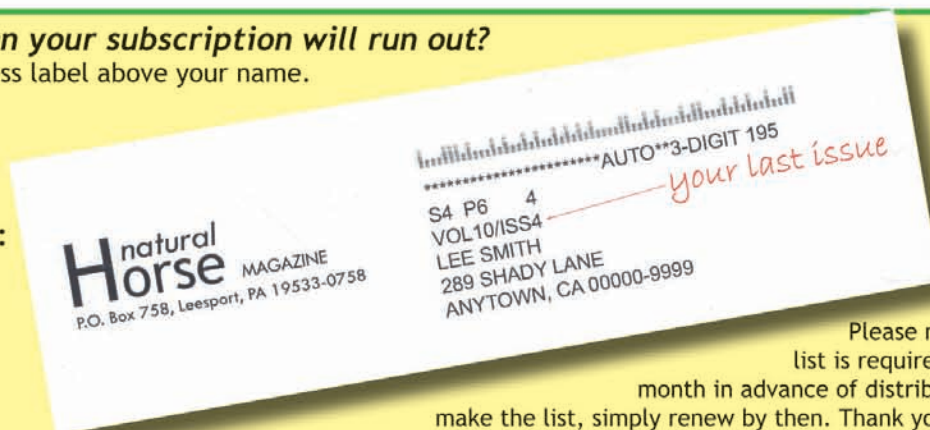
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