

How Reiki can work alongside convention

REIKI is a non-invasive energy treatment that can work alongside conventional medicines to provide benefits including reduced nervousness and stress, increased suppleness and flexibility, greater manageability and improved performance levels.

After six years working with people, Reiki master teacher and practitioner Carmen O'Connor started treating horses a year ago, with surprising results.

Carmen said: "When I first practised on horses it was the most breathtaking Reiki experience I had ever had.

"It is remarkable process and different to working with people in that horses have no conscious resistance, it is very pure communication."

Her treatments work on the principle that if a horse's natural energy is blocked or out of balance in any way, problems can follow.

These can range from stress, anxiety, lack of or excess energy, pain or behavioural problems.

By working with Reiki, positive energy flows into the horse so that any imbalance or negative energy

can be dissipated, and balance can be encouraged and restored.

Carmen said: "I would say that the key benefits are often based around behavioural issues, however, the treatment can bring balance on mental, physical, emotional and spiritual levels.

"For example after injury it can accelerate healing and reduce pain, it can also mean that a horse becomes better at schooling as he is more focused and attentive."

Reiki treatments can also have knock on benefits for the horse's handler and other people and animals in the yard.

Anyone who has worked in a busy stable will know the impact that one badly behaved horse can have, so if the treatments result in a more manageable horse, everybody feels the effect.

However, the amount and timing of the treatment can vary widely as it is an extremely individual process.

Carmen added: "Generally four to six treatments can give a real boost, but the benefits can be seen after as little as one or two.

"You never really know until you

begin, how a horse is going to respond.

"I also always make sure I have the horse's vet's approval before I treat a horse.

"This is important to me because reiki is in no way a replacement for standard treatment.

"I would always rather work alongside a vet, if they are needed, to ensure every aspect of the horse's health is being taken care of."

Carmen currently spends one day a week treating horses and the rest of the time with her human clients.

However, demand for her equine services is increasing and she is planning to give more time over to this side of the practice in the future.

She added: "Reiki has become more widely acknowledged as a therapy over the last few years and more people now know about the benefits.

"It is really about working on a whole new level with the horse.

"Physically, they are well looked after by the vets and farriers that treat them, but Reiki caters for the



Carmen and horse

integral part of them that gets missed.

"This is why differences in their behaviour can be noticed so quickly, the treatment taps into a side of them that is often neglected."

More information is available on Carmen's website, www.reikiandhorses.com.