

FOR HORSES & THEIR RIDERS WITH HORSE HEAL™ (PART 2)

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**A LIFE WITH RISKS
MEANS... FEELING
THE WIND COURSING
THROUGH YOUR
HAIR WHILE RIDING
BAREBACK ON A
HORSE AT 11 YEARS
OF AGE...WITHOUT
PARENTAL CONSENT!
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BIG RED, MARE, NEW JERSEY, USA:

When I was 11, one of my fond memories as a child was with a large red mare, unsurprisingly named Big Red, who stayed in a field behind where I lived. She was 8. Being that young I thought, "Well, I am older, so I can ride her." Unfortunately, the

owner did not agree at all. Every day after school I would go to see Big Red, feed her green grass I pulled from the area, always chatting to her. She knew my "sound" for her and would always come to me.

One day her owner finally gave in and allowed me to come ride her. He asked if my parents knew, I said "YES", but I lied. My parents would never let me on this horse. In fact, I was told early on to stay away from her. Ah well, both my parents worked so I decided to ride.

When the owner tossed me over the mare's back, I felt like I had the world in my hands while I gripped her mane. The owner patted her a bit from behind and she moved into the field. We were off quickly. I had no idea what to do! Good thing she did. I will never forget that afternoon with the sun low in the sky, hair flying in the wind, my face close to her neck, our colouring matched. Heaven!

ZUES, THE STALLION:

Zues, Stallion, Ferosia Stables, Cairo, Egypt

It was much warmer where Zues is kept than where No Limits' box is. The contrast is obvious. I noted this fact. Mr. Assem offered this information about his stallion; "Zues has a left hind issue which he was being treated for. He was very docile for a stallion. No character on display. Mostly, the hind area was the concern'. This time I felt no need to take the stallion out of the box to see or understand him. I went directly into the box with the groom asking the owner to remain out of sight.

Zues was not impressed by my arrival to his box, in fact, he basically ignored me. Once I put my hand on his neck he rose up to full height but did not flinch.

Unlike No Limits, there was no crowd

to watch me work this time. With her everyone was waiting for her to kick me, bite me, rear up or kick her box walls. With Zues, no excitement was expected at all. This was the case as well. Although warm feelings were stirring in me, it did not occur to me until much later why. My memories of Big Red came flowing in after several sessions with Zues whose colouring was similar to Big Red.

When I felt the chest and neck of the stallion it seemed pretty direct. All points along the meridians of the horse opened easily under slight pressure. Moving towards the belly there was slight movement from Zues. Still he was basically not involved in what I was doing for him.

Towards the flank area, he decided to get a look at what I was doing. This was the first time he was involved. What I noticed immediately was the heat coming from this area. He was too hot here. Using Chinese Meridian pointing and Reiki, I worked this area slowly as to not create more heat, but to release what I considered too much heat. Zues settled back; he was peaceful, not like he was before. His photograph shows the hazy look horses get when they are serene, photograph left. I continued to work Accu-Pressure Point Reiki down his leg.

On his right side, I started the same procedure as on his left side. Neck, chest, front legs to hooves, belly, back, croup, all opening easily until I arrived at the flank or hind area. Here I felt a block not unlike his left side. Zues was no help at this point; he was completely at ease and possibly asleep! When I brought my hands under the area of block his skin bulged and showed quite obviously where I should move next, photograph right. He was involved. Without hesitation I went to the area and started opening the points in a circular pattern. A few minutes later, the block was released.

When I spoke of the heat to Mr. Assam and his vet, they nodded to

me. Apparently they were giving Zues Iodine shots for the injured area. What does iodine produce? Heat. I asked if they would hold off on the shots and instead cool the area. Zues did not need the heat. He needed to cool to heal. Muscle injuries often are worked with a hot/cold formula depending on the length of time since the injury occurred but in this case the heat was stopping the complete healing. His being ridden gave him enough heat and the coolness after would give him the recovery he needed now. They said they would try it.

The vet was amused but not impressed but I liked him because we are so different in techniques and he was open-minded to hear what I was saying at least. It's a start.

When I came back to Zues he was doing much better. I did not feel any blocks and spent a little time on his flanks as I had before. This is normal. His rides were better and his general attitude seemed to change to Mr. Assam. "He has grown a character", said Assam "I'm relating to Zues more". He was happy and Zues jumped extremely well after. Everyone, including the old hard-to-please groom, was happy with the results.

RIDER, FARIDA EL KATTAN:

Female, Ferosia Stables, Cairo, Egypt

Farida came to meet with me about her fears relating to her equestrian life in general. Her main issue was thinking she would always be "thrown" from her mounts. She had quite a few stories on the subject and felt this would only continue.

First, I met with Farida's mother, a very interesting woman with very distinct thoughts and ideas on equestrian life. I found her knowledgeable and ready to help her daughter succeed. The open

mindfulness between them, along with Mr. Assam's enthusiasm towards my work, allowed me the privilege to work with such a wonderful young lady.

The most important agenda for any rider is their relationship with their mount. Not a relationship where you whip the horse into submission, but the one where the horse would give you all it has for you to just come and be within breathing space of it. Fear is not essential to training a horse and a nightmare to use for training a rider. Farida's fears were well set when we met.

She came to the S.E.E.D. Clinic for her first of 10 sessions. Through various techniques we used on this first visit, Farida started to change. We built trust immediately. This is crucial for energetic workings. Using the words that had stopped her from succeeding would turn her performance around, but not all at once.

Her first show after 4 sessions had her thrown again. Embarrassed and angry, she was not willing to ever ride again! We walked and talked. We went over her feelings and old unnecessary fear habits. Her next jump would be the next day. I promised her she would not fail because she now showed the last needed change, bravery. Fearlessness, determination, drive and bravery gave her what she needed. The next day she did not get thrown.

Farida has changed as a rider. She is enthusiastic, creative, determined, forthright, kind and has a relationship with her horses other riders might learn from. This combination spells 'winner'. This is her new year. I am looking forward to watching her grow. 🌱

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