



Photo courtesy of Rose O'Connor

Andrea Pomarico, right, of Four Winds Wholeness Sanctuary and Grace Hudgens offer the Love Lessons to a willing Indy.

Learning the Language of Love

Part Two

BY ROSE O'CONNOR

IN THE FIRST INSTALLMENT of this article, published in the Summer 2015 issue, we looked at Reiki through a horse's eyes. We were guided to see through that lens by Anna Twinney, a consummate horsewoman and an Usui and Karuna Holy Fire Reiki® Master. In the first part of our Reiki for Horses class, we learned about asking the horse's permission, using the sway test, checking the chakras and the bladder sweep. We started listening to our horses. Later in the day, we moved on to offer the Love Lessons.

Love Lessons

The Love Lessons are a signature piece of Anna's work with horses that involves asking a horse to open his heart. Anna explains that the Love Lessons can change a horse's behavior entirely; that it can literally change lives. It is a very powerful way of connecting using Reiki energy. Generally, Love Lessons are offered when a horse is at liberty (in the pasture able to move about of his own accord). This is where we meet the horses on their own terms. They truly can decide for themselves as they have the freedom to walk (or sometimes run) away from the Reiki energy if they wish to. Safety is always a priority when working with horses mingling in a field together. Just because we are carrying God's energy to them doesn't make us immune. We are instructed to keep our eyes and ears open at all times. We must truly become a horse in the sense that whatever is happening around us may affect the movement of the horse. If one horse becomes fearful of something, it can pass through the crowd. If one horse engages in confrontation with another, we need to take care not to get caught in the middle.

As some of us watched from outside the fence, the first group of four students went into one of the pastures where about a dozen horses were eating their hay. The approach is much the same, yet the stage is set differently. The students strengthen their light with Reiki and hold out their hands on the approach, waiting, asking, to see if one of the horses might come towards them. Introductions are made, and the dance begins. A few students begin to connect, offering Reiki to different horses. This is very intuitive work that requires the student to use all the information available that leads to the whisper: the visual piece, the energetic piece and the body language of the horse. As they begin to connect, the students watch and listen for the Reiki registers (signs that the horse is accepting Reiki). One horse begins to deliberately give Reiki back to her student, a woman named Tina.

As Tina begins to offer her horse Reiki at his throat chakra, the horse puts his muzzle at Tina's throat, giving her Reiki right back! Then the same follows for the heart, each giving Reiki to the other's heart. While we continued to watch, spellbound, this equine Reiki healer finishes by placing her nose on Tina's feet, grounding her. Anna keeps up a commentary so that we understand what we are seeing.

Another horse decides he wants Reiki on his hindquarters. He shows this by turning his back end and moving right into the student's hands. Anna explains that horses love Reiki on their hindquarters, and will lean into the person's hands, sometimes for the purpose of grounding. As we move into the other paddock with more of the students, several find that they are able to offer the Love Lessons. The Love Lessons are offered by placing one hand on the heart chakra behind the withers (the ridge between the shoulder blades), while the other hand slides slowly around to the middle of the horse's chest, covering the two heart points simultaneously (see photo, p. 23). The students have been instructed to move like "oil through water" with that second hand, the one that slides from the brachial chakra (which runs along the shoulder towards the heart) around to the front of the heart. Anna explains that this is a very deep connection; that you are literally asking the horse to open his heart. Not every horse will do this, and they are very particular about the person they choose.

Everyone brings Reiki energy through with a particular vibration unique to them and horses are very choosy about the energy they wish to receive. One student got a 'no' from five different horses that she approached for the Love Lessons, and she pondered the lesson that her own heart might be in need of healing. Also, as we channel Reiki's pure energy, we are often aware that we are receiving it right back from the horse to us! This feeling of unconditional love when a horse gives you Reiki cannot be described; it must be experienced. As I watched from the gate, all sorts of conversations between horse and human were taking place.

During this unique day of taking Reiki to horses, I learned a great deal about myself. I spent twenty-three years with horses on a daily basis, prior to changing careers and eventually becoming a Reiki teacher. I realized at this clinic that my relationship with horses changed because of Reiki, and I attribute a lot of it to my Holy Fire training. To a certain degree, all of my previous work with horses contained a certain element of fear, partly due to my

training, which leaned toward dominance-based leadership, rather than on the trust-based leadership we were learning in this class.

This dominance-based leadership is founded on the principle of disciplining the horse to respond to you the way you want things to be, and if the horse does not respond correctly or steps outside of his 'boundaries,' he/she gets corrected, sometimes with a slap or use of a crop.¹ I always found that this method left me fearful, because I knew instinctively that the horse's energy was not to be contained in this way, yet I hadn't ever been taught the language of love. I suspected there was a better way and sometimes found it on my own, but with Reiki as my guide and Anna helping us to read the horse, I found a whole new world. I could now be with horses, while moving within that loving Divine presence, and enjoy them so much more. It seemed quite natural to me, as though a part of me had always known it. I realized that Reiki, especially the Holy Fire, had allowed me to let go of fears that I'd previously associated with horses. I discovered that those fears had nothing to do with the horse, but were my own; the source of my fear was about not fully opening my heart to the magic of life. Horses mirror our every emotion, and all those years they had been mirroring mine. I always thought I was afraid of their strength, but instead I was afraid of my own. With the help of Reiki, Anna and the horses, I discovered that I could bring pure love to these animals, and they would love me back in equal measure. The horses are clearly not the only ones who are transformed with the Love Lessons.

The Full Reiki Session

The third part of our class involved giving a full Reiki session. The session included the following steps:

1. Taking turns with your partner walking the horse out to look for any signs of lameness, bruises, bumps, how the horse strides, etc. This will give you a means of analysis when you are finished. We can watch them walk again when we are finished and see if Reiki has made a difference.
2. Asking permission from the horses. Would they like to receive Reiki healing today?
3. Body Scan. This is quite similar to *Byosen* scanning on a person. We can follow the steps for *Byosen* scanning and treat the aura while noting areas of concern.
4. Checking the Chakras. Here we use the pendulum as we did previously to check the chakras, as explained in Part One of this article.²
5. Hand Positions. The hand position locations on a horse differ somewhat from those on a person.³



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6. Sway Test. Checking in with the sway test to see if the horse is finished or wants more Reiki.⁴ Communication is absolutely key to the entire process.
7. Re-checking the chakras before closing with the bladder sweep.
8. Bladder Sweep. When the horse has indicated that he or she is finished, the bladder sweep may be done three times.⁵
9. Thank your horse for participating with you and Reiki.

Anna also adds other elements, such as bringing in essential oils or Dynamite release spray⁶ to assist with the treatment.

This was my favorite part of the class. My partner Lyndsey and I worked with a gelding named Mick. Mick walked with a decidedly shorter stride on his right hind leg than his left and when I bent down to examine the leg lightly with my hand, he reacted quite strongly, telling me to get off in no uncertain terms. It was easy to see he'd been injured there as his left fetlock (similar to a human's ankle; just above the hoof) was bigger and thicker than his right. He was very reactive to the Reiki right from the start. He gave us a yes to Reiki when we used the sway test, but made it quite clear that he was absolutely going to be the one to choreograph this session. I was excited to work with him as his language was so clear.

We checked his chakras, most of which were spinning counterclockwise. Lyndsey began with a scan, and he swished his tail and moved around, putting his ears back as she got closer to his hind end. When I scanned him, however, he began to relax, showing us some of the Reiki registers.⁷ He softened his eyes, licked and chewed and let out a sigh. His skin softened and his head lowered a little. I felt him accepting Reiki through means of the scan and continued slowly for some moments.

We then moved on to offering him some hand positions. Lyndsey offered Mick Reiki first, and found that he wanted the Love Lessons on his heart, which surprised us both, considering his initial reactions. She continued until he was finished in that area. Mick did not want either Lyndsey or me anywhere near his

Left: When Reiki is in the paddock, horses will line up to share in the energy.

Right: Anna Twinney demonstrates offering the Love Lessons. No objections here.



hindquarters or his legs. The energy was quite strong for him, and he didn't want us near his pain points. When it was my turn for hand positions, Mick twitched his body and moved away from my hands when I put them directly on him, but let me know that he did like the work in the aura as I'd done previously with the scanning. I allowed him to move and show me where he wanted Reiki, as I stayed in his aura.

Mick's responses were quick and sharp, and he was a perfect example of "if you don't hear the whisper, you are going to get the yell." Lyndsey and I worked with him for about forty-five minutes from start to finish, and there was no doubt when Mick was finished. He became fidgety, wanted to walk, began to swish his tail and show impatience. I did the bladder sweep but stayed in his aura, and we took him back to his paddock without rechecking his chakras. It cannot be stressed enough that this treatment is entirely up to the horse; we must leave our own agendas at the door. Mick taught Lyndsey and me that we needed to allow him to show us exactly how, where and for how long he wished to receive Reiki that day. Mick did walk a bit more freely at the end of his treatment and seemed happier than when we'd begun. We humbly hoped that Reiki had made a difference for him.

Offering Reiki to horses helps you to develop a deeper faith in Reiki itself. There are times, especially as we are still learning, that we won't read the horse's language correctly or know if Reiki has done him/her any good, unlike our human counterparts who speak to us in our language. And so we give our faith over to Reiki, setting an intention as always for the greatest good and allowing it to flow freely from us, with no expectations, with only pure faith.

The class with Anna taught us and touched us on many levels. At the end of the day, many of the students shared heartfelt and moving experiences. This article is but a sketch—just some guidelines to get you started. Anna's work of bringing Reiki to horses is profound and enlightening. There is so much more to learn.

When I first decided I would take Reiki to horses, my intention was to combine a lifelong knowledge of horses with my passion for Reiki. I thought it would be a natural pairing, and yet I was to learn that I had no idea what I was doing. Attending Anna's class twice, once this year and once last year, showed me that the real teacher is the horse and the learning is endless and fascinating. Their language is there for us to learn. Our job is in discovering, in feeling and intuiting, in attentiveness and listen-

ing. I believe that all Reiki practitioners should engage in this kind of communication, as it allows us to become better listeners, which will in turn strengthen our connection with Reiki.

We have the opportunity before us to learn so much about Reiki from our horses. They keep us honest and true to ourselves. Horses are our domesticated friends, partners in competition and trail companions. In special classes, they help those with physical or mental challenges as well as those who are recovering from mental and emotional issues of all kinds. Giving back to the horses with Reiki is the least we can do for them; it is one way of giving them a voice in this world. They are not only our true friends and companions; they are the best kind of teachers. They teach us the language of love. 



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- 1 Callie King, "CRK Training." Retrieved June 29, www.crktrainingblog.com/horse-training/are-dominance-and-leadership-important-in-horse-training/.
- 2 Rose O'Connor, "Learning the Language of Love, Part One," *Reiki News Magazine*, Summer 2015, 20–21.
- 3 For more complete information on hand positions and much more, order Anna's DVD, *Reiki Energy Healing for Horses*, www.reachoutto-horses.com/dvd.html.
- 4 "Learning the Language of Love," 20.
- 5 "Learning the Language of Love," 22.
- 6 Anna Twinney, "Reach Out to Horses." Retrieved April 15, 2015, www.reachouttohorses.com/dynamite.html.
- 7 "Learning the Language of Love," 22.