

GIVING BACK
TO THE EQUINE
WITH
REIKI



NARHA National Conference
Denver, Colorado
November 6, 2010

PRESENTER: WHO IS SHE?



Linda Crabtree...

Traditional Usui Reiki Master/Teacher.

Introduced to Reiki at a NARHA Region One Conference in Maine in 1999.

Been passionate about Reiki and practicing it ever since.

Started Reiki business, Circle of Peace, in 2007.

Offers Reiki to all animals, all people.

Teaches Reiki to people of all ages.

Volunteers Reiki for equines at Lucky Horse Equine Rescue.

Volunteers Reiki for seniors at Bolton Senior Center.

Provides Reiki for cats and dogs affiliated with Animal Integrative Health Center (holistic).

NARHA Advanced Certified Riding Instructor.

Vaulting Instructor.

Massachusetts Licensed Riding Instructor.

Horse lover.

Dog lover.

Cat lover.

Chicken lover.

Goat lover.

Wildlife lover.

You get the picture.

Woman.

Osage Indian.

Mom.

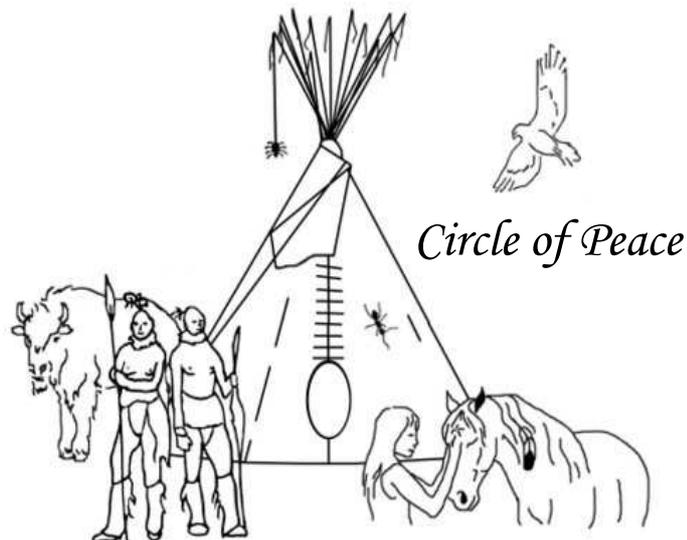
Partner.

Friend.

Daughter.

Sister.

Aunt.



www.circleofpeace.com

linda@circleofpeace.com

Bolton, MA

978.618.4336

WHAT IS REIKI?



(Pronounced Ray – Key)

靈
氣

A GIFT OF LOVE.

Love for others and yourself.

INTENT.

Intent to help a living being for their highest good; to feel better.

COMPASSION.

Compassion for your equines and other animal companions, friends, family, yourself, acquaintances, strangers.

TWO JAPANESE WORDS.

“Rei” means a higher power; “ki” is life force energy ~ Spiritually guided life force energy.

ENERGY.

This life force energy is all around us and radiates from all living things.

You can't see it, but you can feel it.

It is the life force of humans and other living beings.

It's what keeps the body alive and affects physical, emotional, mental and spiritual wellbeing.

Energy, (ki), also radiates from Mother Earth, the sun, the moon, and the stars.

This universal life force energy is also known as Reiki energy.

AN ANCIENT, TIBETAN HANDS-ON METHOD OF NATURAL HEALING.

A safe and non-invasive method that encourages healing and wellbeing.

It is a system of attaining and promoting wholeness of mind, body, and spirit.

Reiki can be used alone or in conjunction with other types of healing or medical practices.

EMPOWERMENT.

Reiki practitioners can give Reiki to themselves and others to feel better.

A SPIRITUAL PRACTICE.

Reiki does not conflict with religious beliefs.

People of any religion or worldview can use it.

HOW DOES REIKI WORK?



SIMPLY.

During a Reiki treatment...

The Reiki practitioner lays hands on or directly above the equine's body. The Reiki energy flows through the Reiki practitioner to the equine's body. The Reiki practitioner is the connection between the energy in the universe and the equine.



The Attunement

To be able to be the conduit of this wonderful energy, the Reiki practitioner receives an attunement. The attunement is passed from a Reiki Master to the individual and opens and clears any blockages to allow the Reiki energy to enter and flow through the practitioner's body to the recipient.

靈
氣

HOW DOES REIKI HELP THE EQUINE?



IN THE EAAT FIELD, MANY SITUATIONS ARE PRESENTED TO THE EQUINE THAT CAN BE CHALLENGING ON THE EMOTIONAL, MENTAL AND PHYSICAL LEVELS, SUCH AS:

- Imbalanced students.
- Excitable students.
- Nervous students.
- Multiple students.
- Various leaders with different leading styles.
- Team of people surrounding horse during lesson.
- Acclimation to a constantly changing environment: new games, toys, and objects, new students, volunteers and instructors.
- Asked to stand quietly for several moments during a difficult mount and dismount, playing a game, assisting the student.

REIKI SUPPORTS THE HORSE'S BODY'S NATURAL ABILITY TO HEAL ITSELF ON THE PHYSICAL, MENTAL, AND EMOTIONAL LEVELS IN THE FOLLOWING WAYS:



LOVE.

Reiki is another way to demonstrate your love for the equines in your equine assisted activity therapy programs. Giving Reiki deepens the connection and communication with the human through touch, one of the equine's natural ways of communicating.

This stronger connection can benefit the instructor and equine in lessons.

RELAXATION.

Reiki allows the equine to "be", allowing muscles to relax and increasing the body's natural ability to heal itself. Relaxation increases circulation and sends more oxygen and nutrients into the body.

HOW DOES REIKI HELP THE EQUINE, CONT'D?



RELIEF OF STRESS AND ANXIETY.

Reiki promotes confidence and calm, reducing tension and worry.

If stress and anxiety is not released in the body naturally,
it can present itself in the physical body in the way of illness.

Reiki energy clears negativity.

Emotional issues can heal.

Physical disease can begin to heal.

PAIN REDUCTION.

Reiki helps to clear any blockages in the body,
aiding in reduction of pain and speeding up the healing process.



Reiki works in conjunction with other medical
treatments to reduce side effects and promote
recovery.

PEACE OF MIND AND BODY.

Reiki brings calm and quiet to the equine and to you.



WHY WOULD I WANT TO BECOME A REIKI PRACTITIONER?



- ~ To give back to the hard-working equines in your equine assisted activity therapy programs.
 - ~ To deepen the equine/human connection.
 - ~ To give the equine and you the opportunity to "be" together.
 - ~ To empower yourself to help yourself and others.
- ~ To feel the love and compassion that Reiki brings to you and others.
 - ~ To be able to better handle a crisis situation.
- ~ Each time you give Reiki, it raises the vibration of our universe.
 - ~ Our animals, people, planet and all living things need love.
 - ~ You can give Reiki anytime, anyplace, and to any living thing.
 - ~ Reiki can never do harm and no one can make a mistake.
 - ~ The ability to give Reiki lasts a lifetime.



HOW DO I BECOME A REIKI PRACTITIONER?



- ~ Become certified in First Degree Reiki by a Reiki Master. This will give you the ability to give Reiki directly to equines and other animals, friends, family, and yourself.
- ~ Several different types of Reiki are available. I practice and teach the traditional Usui Reiki. Take a look on the websites that I've provided for you in the Resources section and see which type of Reiki rings true for you and fits your lifestyle, your desires and needs.
- ~ Choose a Reiki Master to be your mentor; to guide you on your path to becoming a Reiki practitioner. Determine your reasons for wanting to become a Reiki practitioner and share them with the Reiki Master. Connect with a Reiki Master that you feel comfortable with; go with your gut.
- ~ Suggested questions to ask:
 - ❖ How long have you been a Reiki practitioner, and when did you receive your Reiki Master certification?
 - ❖ Do you do Reiki on yourself? How often?
Note: A Reiki Master who is committed to Reiki and the practice will use it in their everyday life.
 - ❖ Do you work on others with Reiki? Animals? Teach Reiki? Both?
 - ❖ Do you teach traditional or non-traditional Reiki?
Note: The Traditional system of Reiki includes three (3) levels of Reiki certification, and four (4) symbols. The Reiki Master should have a clear understanding of Reiki systems. If teaching non-traditional methods, the Reiki Master should specify during class which techniques are the modified forms.
 - ❖ What is covered in the course? The course should include an explanation of how Reiki works and how it can be used, the history of Reiki, a description of the different levels of Reiki and the attunements given, a demonstration of hand positions for self-treatment and treating others, hands-on practice, discussion, and certification. Some teachers also offer student manuals.
 - ❖ How many students will be in the class? Large classes limit one-on-one instruction.
 - ❖ Can I call you with questions after I receive my certification?
 - ❖ What do you charge? Prices vary greatly depending on the Reiki Master, the number of hours of instruction, and whether the class is offered independently or through an organization or hospital. It's more important to find a Reiki Master that you respect than one who charges a few dollars less.
- ~ Once you are certified, practice your new empowering skill on your equines, yourself, your family and friends. Remember, you can't "mess up" when giving the Reiki energy; Reiki does only good things.



REIKI RESOURCES



Websites

International Association of Reiki Professionals ~ Find a Reiki practitioner or teacher. This organization has a global reach; supports professional practice. www.iarp.org

International Center for Reiki Training ~ Includes information on Reiki, Reiki teaching materials, free online newsletter. www.reiki.org

The Reiki Alliance ~ An international organization for Reiki Masters; committed to the practice and teaching of the Usui System of Reiki Healing. Find a Reiki practitioner or teacher. www.reikialliance.com

Reiki Healers and Teachers Society ~ A network of quality-assured international Reiki practitioners and teachers; provides insurance training benefits, information on Reiki for Reiki practitioners, Reiki teachers, and the public. www.reikihealersandteachers.net

Animal Reiki Source ~ All about animals and Reiki; stories, training opportunities, stories. www.animalreikisource.com

Animal Healing Institute ~ Website of author of [Animal Reiki: Using Energy to Heal the Animals in Your Life](#). Information on Reiki and flower essences for animals, and animal communication. www.animalhealinginstitute.com/

Circle of Peace ~ Linda Crabtree, Reiki Practitioner/Master's website about Reiki for all people and all animals. www.circleofpeace.com

All Energies Therapies Web ~ Ongoing Research into the Origins, History & Evolution of Reiki, Reiki Music and Books. www.aetw.org

The Reiki Association ~ List of Reiki Masters in the UK. Provides Reiki information for members and non-members. Provides a lineage tracing service for practitioners. www.reikiassociation.org.uk

UK Reiki Federation ~ An independent federation of individuals who have been attuned to Reiki, with the objective of forming a national umbrella organization for education, training and guidance in the public practice of Reiki. www.reikifed.co.uk

REIKI RESOURCES, CONT'D



Books

[Animal Reiki: Using Energy to Heal the Animals in Your Life](#) by Elizabeth Fulton, Kathleen Prasad

[Hands-On Energy Therapy for Horses and Riders](#) by Clare Wilde

[Animal Reiki: How to Use Energy to Heal the Animals in Your Life](#) by Elizabeth Fulton, Kathleen Prasad

[Essential Reiki: A Complete Guide to an Ancient Healing Art](#) by Diane Stein

[Reiki For Dummies](#) by Nina L. Paul

[A Master's Path](#) by Penelope Jewell