

Equine Sports Therapy

REIKI - A Complimentary Approach to Equine Therapy

By Kristen Giglio



Kristen Giglio is a Certified Equine Therapist and Animal Health Veterinary Technician. She owns/operates Advanced Connections Equine Therapy and offers such services as massage therapy, magnotherapy, trigger point therapy, applied kinesiology, saddle fitting and acupuncture. Contact Kristen at (250) 370-9951, or visit www.acetherapy.ca. Veterinarian recommended. Available seven days a week.

Have you ever heard of Reiki? Many people have not and, if they have, they are unsure of the concept. Reiki (pronounced *Ray-Key*) originated in Japan in the nineteenth century and is a system of healing. Reiki means “universal and spiritually-guided life-force”. This belief is combined in a system or way of working for a natural healing process to regain physical harmony and wholeness throughout the body. Reiki therapy supports the concepts of both conventional and complimentary medicine. The main purpose and goal of this therapy is to receive energy as a channel. The energy that is channeled is regarded as “life-energy”. This is directed between the energy

source and receiver which, in our case, would be a horse. Reiki enhances energy movement and flow throughout the entire body. In return, this energy movement allows for many beneficial effects to weak areas. The basic purpose of energy channels is to bring about deep relaxation, al-

leviate pain, help move energy blockages, detoxify the body's system, accelerate physical healing, balance the energy system to provide and replenish energy and increase vibration frequency of the body. In Reiki, the body is treated as a whole rather than focusing on a specific symptom





or problem. It helps promote relaxation and aids in the relief of discomfort and pain by transferring energy from the therapist to the horse. This process works by using “intuition and intention”. Meaning your body’s ability to know and assist in the healing process, no matter what weaknesses are present within the body. Reiki allows for healing at any level - both physical and emotional. Reiki is practiced by placing hands in a sequence of positions over the body; initially starting at the head and working very slowly towards the hind-end. Reiki is beneficial for both acute and chronic injuries and ailments. Reiki enables both contact and non-contact work depending on the weakness or injury present. This means that, for open wounds and acute pain, the area can be treated with no contact, but can still allow for energy transfer. However, with deeper and long-term imbalances, contact Reiki can be used to promote deeper and greater healing. There are 3 major work areas in Reiki: The head, Chest/abdominal area and The back. The head sequence works with eyes, sinuses, pituitary glands and aids in problems such as eye abnormalities/weaknesses, overall cranial discomfort, co-ordination/balance problems and can help to promote relaxation. The chest and abdominal area

affect the stomach and digestive organs, immune system, heart, lungs and aids in GI disease. Treatment of this particular area allows for the removal of toxins, which will greatly assist in the overall healing process. The main area of treatment is the back. It helps to influence the intestines, lungs, heart and assists in neck and shoulder muscle tension. Reiki uses specialized channels called “**CHAKRAS**”. The Chakras help to convert inactive energy to be used throughout the body. This energy is necessary for life and is distributed amongst our cells, tissues and organs. There are 6 major Chakra groups: **Base Chakra** - located at the base of the spine and is responsible for the body’s vitality, life-force and survival; **Naval/Sacral Plexus Chakra** - works on the lower abdominal area and its main responsibility is digestion, physical force and vitality; **Solar Plexus Chakra** - below the chest. Its main function is the digestive process and metabolism in the body’s muscular system; **Heart Chakra** - located in the center of the chest and is responsible for energizing the blood and body for blood circulation; **Brow Chakra** - located between the eyes and is responsible for vitalizing the lower brain, central nervous system and helps with vision; **Crown Chakra** - located on the cranial/top portion of the head. It is responsible for the vitality of the upper brain and central nervous system. Reiki is most beneficial in treating horses with acute injuries where hands-on contact is very uncomfortable for the horse. Reiki allows treatment of these painful, acute areas without pressure, but can also be instrumental in the healing process of deeper body ailments that are inaccessible with massage. In coordination with massage, Reiki greatly aids in overall treatments and the healing processes of our horse’s bodies. 