



by Nancy Lynn O'Donohue

When the vet says, "there's nothing more we can do," many horseowners turn to alternative modalities, including Spiritual Healing

SPIRITUAL HEALING

Animals are so emotionally and spiritually open—they respond very well to Spiritual Healing. Veterinarians in the United Kingdom frequently refer their animal patients to healers; in the United States, only 1% of veterinarians include any form of holistic therapy in their practice.

The tide seems to be changing, however. Just as people pursuing complementary therapies made the medical establishment take note, these same people are starting to pursue holistic therapies for their beloved animals.

Spiritual Healing is an energy therapy modality that has been producing remarkable results in people and animals in Britain since the 1950s. Practitioners are taught and guided by England's National Federation of Spiritual Healers (NFSH). In 2003, two NFSH trainers moved to California to open a U.S. affiliate:

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Lexi, a 22-year-old QH, had been having trouble breathing for some time. She could inhale properly, but not get all the air out, leaving her racked by heaving and coughing. Having tried every conventional remedy, the vet said there was nothing more he could do and recommended putting her down because she was clearly in great discomfort. Spiritual Healing changed that. Read about "Lexi's Last Chance" at www.holistichorse.com

NFSH - Healing in America, to teach interested students (www.healinginamerica.com).

In Britain it's not unusual to find Spiritual Healers working alongside doctors in hospitals, hospices and veterinary practices. Since 1991, Britain's Department of Health has made healing part of the National Health Service, under the provision that the patient's doctor remains in charge of the patient. University College Hospital in London, one of the country's oldest and most highly regarded teaching hospitals, recently added two Spiritual Healers as full time staff.

Renowned British animal healer Margrit Coates, author of *Healing for Horses* and *Hands-on Healing for Pets*, is one of several members of the NFSH using Spiritual Healing on horses, with great success.

A guiding principle of the NFSH is that each one of us has the ability to develop our healing gifts and NFSH courses are designed to help foster those abilities. In truth, a Spiritual Healing practitioner does not heal a client, be it horse or human. Just as new skin grows over a cut and broken bones mend, animal and human bodies have the ability to heal themselves.

The practitioner acts as a conduit for healing energy to flow to a client and facilitate a return to physical, emotional, mental and spiritual balance. Energy channels in the patient are opened to allow the body to deal properly and naturally with both stress and the build-up of toxins.

It is also not necessary to know the exact cause of a condition for healing to work. Every horse owner knows that horses are very sensitive animals who experience emotions just as humans do. Emotional issues are often at the root cause of illness, and energy balancing can help to clear those stuck emotions, thereby facilitating a return to health. Behavioral issues can also be alleviated after healing sessions, as the stress causing the behavioral issues is relieved.

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