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HAPPY 10th BIRTHDAY, EQUINE TOUCH!
Interview with JOCK RUDDOCK

Tina's Turnaround: How Reiki Calmed a Temperamental Horse

By Nancy O'Donohue

My introduction to Tina was seeing her come tearing out of the barn after aiming a kick at her trainer, then racing around the grounds determined not to be caught. At the time I was out in the pasture giving Reiki to Tina's 21-year-old mother, a gentle horse with arthritic knees. Seeing more manpower was needed to corral Tina, I joined the effort.

Once Tina was back in her stall, I asked who that wild horse was and learned that she, a six-year-old Quarter horse, had a reputation for being temperamental; in fact, no one was willing to ride her. Last year she experienced difficulty giving birth, which led to her rejecting her colt; but in spite of Tina's rejection, the colt, Lincoln, had been placing well at competitions shown at halter. There was another show coming up the first week in November which required the mother to be evaluated along with the colt; her owner, John, had great concern over how it would go, given Tina's temperament and attitude toward Lincoln! I offered to give Reiki to Tina in preparation for the show, and she proved to be an excellent subject.

I returned a few days after the escape incident and found Tina grazing in the pasture with some other horses. As I approached the fence, four horses, including Tina, walked up to me. I offered Reiki to Tina by first asking her permission: I told her I wanted



Nancy giving Tina a Reiki session. Tina's ears are flicked back indicating she is listening to what's going on in her body - a sign of attention and acceptance.

to give her healing energy and that it was her choice as to receiving it. While horses aren't fluent in our language, every horse owner knows that, on some level, they seem to understand what we say to them, or at least the intention behind it. Tina stood on the other side of the fence for 10 minutes as I offered the energy. It only took a few minutes for her to start yawning, licking, and chewing, all classic signs of relaxation,

processing, or acceptance. She also sniffed my hand in exploration, checking out the energy coming from them. As I offered her Reiki, I was talking to her very quietly, using words such as "peace, calm, tranquility, serenity". Then I made a mistake. Things were going so well, I softly visualized her being ridden and said, "wouldn't it be nice to let a two-legged on you and ride you? You could canter and trot; it's fun to have a hu-



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man friend.” Before I completed the sentence she turned around and walked to the far side of the pasture and I learned a lesson on the importance of staying passive and not making suggestions the animal may not be ready for! I kept offering her Reiki across the pasture and before long Tina came back to me and I worked on her for another 10 minutes, stopping when she walked away again. In spite of my mistake, I felt we got a good start and an understanding with one another.

When I arrived for her next session, she again came right to me. Another horse also came to me but Tina pushed him away! Tina stayed with me for 10 minutes, yawning, chewing and smelling my hands, then wandered ten feet away to stand with three other horses. I continued offering Reiki as Tina yawned and chewed then fell asleep. In fact, all four horses fell asleep! The fact is that, even when offering Reiki to one specific animal, any animals in the vicinity can receive it too, if they choose to. After another 20 minutes Tina went out into the pasture with the other horses so I ended the session.

Over the next few weeks, I worked on Tina two to three times a week. The big show was coming up the first weekend in November and I made it a point to give her a session the morning of their departure. When I arrived, Tina was in her stall and walked right up to me and smelled my hands. For most of the session, she stood near me, occasionally smelling my hands and sighing, and sometimes eating. After 30 minutes, I bid her farewell and spent the weekend anxious to know how it was going at the show.

On Monday I called her owner, John, and he told me that on Saturday Tina walked right into her trailer as if she’d done it hundreds of times; there were none of the usual arguments! She was “good as gold” the entire weekend and willingly did everything asked of her; she even let John use clippers on her for the first time. John told people at the show about the Reiki sessions I’d been giving her and said, “I can’t believe the difference in this horse!” Her colt, Lincoln, won first premier, so it was a successful weekend all around.

I was thrilled, yet not surprised at the wonderful results Reiki brought to Tina. Horses are sensitive and emotional creatures that can hold onto feelings of anger, grief and shock, which therefore impacts their behavior. Because Reiki relieves stress and anxiety, it’s perfect for facilitating a horse to release those emotions, no matter how long they’ve been carrying them.

Tina continues to enjoy her sessions and comes to greet me when she sees me approach. I’ll continue working with her to maintain her good disposition and, hopefully, she can be ridden before long. Not that I would ever mention it to her! 

About the author:

Nancy O’Donohue is a Reiki Level III Master/Teacher who treats humans, pets and horses in southwestern Michigan. She studied Reiki for animals with Kathleen Prasad, author of *Animal Reiki*. Under the pseudonym Molly Larkin, Nancy is the co-author of the international best seller, *The Wind Is My Mother*. You can visit her website at www.LakeshoreHealing.com.

Do It Yourself!

Go Solar! ... with a Solar Electric Fence Charger



A solar powered electric fence charger

Use the sun to power your electric fences! Solar chargers have been around for years, but have gotten sleeker, more reliable, more weather-resistant, and better at holding a charge - even through cloudy days. They make good environmental sense and save \$.

All you need is the following, usually available at your local feed or horse supply store:

- Solar fence charger
- T-post
- Connecting wire (charger to fence - can be fence tape or wire)
- Copper or galvanized steel
- Grounding rod, 6-8 feet long (depending on depth of soil moisture)

Tools:


- T-post driver, maul, or sledge hammer
- Screwdriver
- Pliers/wire cutters
- Solar charger directions
- Wire clamps (to attach wires to fence tape and to grounding rod)
- Lightning arrester (see charger directions/recommendations)

To install:

- Drive/pound in T-post and mount charger (or mount on south-facing wall).
- Drive/pound in grounding rod.
- Once the charger battery is fully charged, and AFTER disconnecting any other electric power source from the fence, the solar fence charger can be connected to the fence per the charger’s directions.
- Turn charger on and check fence with a fence voltage tester to be sure fence is carrying a charge all the way around.

Important:

- Place charger in an area with maximum direct sun rays, facing south.

- Allow recommended time (usually about 2 days in full sun) for battery to charge before turning charger on.
- Sink the grounding rod deep enough for your area to contact moist soil.
- Keep charger, connecting wires, and grounding rod out of reach of horses.
- Do not allow solar powered fencing to come in contact with any other powered fences - it will ruin the solar charger (and likely the plugged-in charger as well).
- Keep snow and other sun-light-blocking matter from covering solar panel. 



Many solar chargers have a handy ready-made slot for mounting on a T-post.