

# REFINE YOUR HORSEMANSHIP

Horses are fine tuned to read intent and energy. **Vicki Jayne Maris** uses Reiki to help riders improve their skills

Reiki is Japanese for universal life energy and was founded by Dr Mikao Usui. It is not a religion and is open to anyone of any belief system. It is natural healing using energy, gently balancing life energies and bringing health and wellbeing to the recipient. Energy is all around us, in all living things, and to achieve balance and harmony energy needs to flow. Reiki removes energy blockages. It raises the vibrational frequency of the body, enabling clearer communication between horse and human. Reiki can help restore balance and harmony physically, emotionally or spiritually, helping horse and human to experience a shared close magical connection.

Reiki creates deep relaxation and triggers the body's natural, self-healing abilities. It can help with injuries and chronic health problems, helps relieve pain, can assist with clearing toxins and reduce some of the side effects of medications. Reiki supports the immune system and increases vitality, providing additional energy required when recovering from illness. It can be used to complement and enhance

the care a patient receives from other health care professionals.

For behavioural issues such as nervousness or lack of confidence, Reiki brings relaxation, reducing stress, fear and anxiety. If your horse has emotional problems due to a traumatic situation such as abuse, neglect, or a riding accident, Reiki can help release and heal those emotions. It is great for both horses and people who are struggling emotionally and spiritually. It truly is a system of attaining and promoting wholeness of mind, body, spirit and soul.

Receiving Reiki is enjoyable and non-intrusive. For you, treatments can be given in the comfort of your own home, remaining clothed and relaxed. Your horse can be treated where he feels comfortable and safe; in his field, stable, yard or a barn. You can even share a Reiki treatment with your horse while in the saddle.

Each individual experiences Reiki differently. Some might sense heat, tingling, or see colours, whilst others can have an emotional response, indicating that shifts are taking place and harmony is being restored.

For Reiki to be effective



in the refinement of horsemanship the human must understand and apply intent and energy in their horsemanship. When this is fused with Reiki the experience is enriched. The application of Reiki to a ridden session with no understanding will not achieve maximum benefits.

## THE BENEFITS

The fusion of horsemanship and Reiki enables energy blocks of both horse and rider to start clearing and relaxing, allowing both bodies and minds to function more effectively. Communication becomes even clearer between horse and rider so lessons or schooling sessions are more effective.

Horsemanship is about

working in partnership to develop a connection that is soft. This softness should be seen on the outside and felt on the inside. Reiki helps increase this softness.

Some people start out in confusion, fear, stress and anxiety, calling me in as a last resort. I tutor people in the skills, knowledge and understanding to develop the connection and bond with their horse. This work is beautifully complimented by Reiki and students report it enriches their partnership and lasts beyond the session for both horse and rider

**Vicki Jayne Maris**

Inspirational Horsemanship tutor  
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## REIKI PRINCIPLES FOR EVERY DAY

- Just for today, I will not be angry
- Just for today, I will not worry
- Just for today, I will be grateful
- Just for today, I will do my work honestly
- Just for today, I will be kind to every living thing