

Reiki Ranch

EQUINE CONNECTING



"Before we can expect our horses to offer the best of themselves, we must first find the way to give the best of ourselves to them."



THE PURPOSE OF EQUINE REIKI

Reiki (pronounced Ray-Key) will reach all animals if they wish to accept it; horses respond especially well to its usage. The origin of reiki stems from the early 19th century when Dr Mikao Usui re-introduced the benefits of this holistic approach which enables the body to use its natural healing abilities using the Rei and Ki= Universal or present life force.

Reiki can benefit your horse's own self-healing process and may allow it to better cope with illness and stress related conditions. However, your horse does not need to be ill to enjoy the benefit of a Reiki hands-on session, it is also an effective means of helping your horse to deal with a variety of hectic or stressful lifestyles that sometimes occurs with owning a horse. Horses can sometimes struggle due to past or present injury and trauma to settling down and training or just "being" but also, they have their natural flight instinct. Sometimes owners or riders have difficulty with their own emotions because the horse is not connecting with them.

Reiki is a very simple, non-intrusive and extremely powerful process. There is no bodily pressure or manipulation, simply gentle hands-on, making it ideal for working with all conditions. As with people, your horse may feel a pleasant sensation of warmth or tingling in the vicinity of the area being worked on and as the healing energies come into balance, the horse may also feel a deep sense of relaxation and well-being.

Reiki will complement and may help increase the effectiveness of most kinds of treatment and medication. It is a completely safe, natural and holistic means of well-being for both you and your horse.

WHAT ARE THE BENEFITS?

There are many benefits on offering Reiki to your horse – here are just a few:

- It will help to improve your relationship with your horse through improving communication, connection and understanding between you
- It can be seen as holistic therapy for your horse which your horse will enjoy and look forward to with the reiki practitioner

- It can improve your horse's behaviour before you ride – setting you both up for an enjoyable time together
- It can help to improve your own riding and self-confidence as you are relaxed, at ease and in-balance Why choose Reiki for your horse? We all know that your horse 'picks up' on how you are feeling – good day or bad, stressed, worried or anxious – so it makes sense that you put in a little effort to be the best you can be, not only for yourself but for your horse as well. Watching your horse as he/she receives a reiki session can be so rewarding for you to witness and share the experience with together. He or she will appreciate that you are in a good place and your horse will be much more 'in tune' with you. The aim is for horse and owner/rider to become more in tune with each other and connected.

HOW LONG SHOULD THE REIKI SESSION BE?

Reiki is applied for as long as your horse allows. It might be that 20 minutes is as long as your horse will stand still or it could be longer particularly if there is an issue to be dealt with. For example, I have treated horses with arthritis and they have all been happy to stand there for as long as the Reiki continued to flow (for up to 1.5 hours with one horse).

HOW OFTEN SHOULD I GIVE REIKI TO MY HORSE?

To achieve best outcomes with your horse, it is best to discuss a 2-3 session plan then review your situation as no horse is the same and will respond differently. A horse needs time to cleanse after Reiki. You could also consider being "attuned" to level one reiki to allow you as the owner to give Reiki every time you visit or every time you groom your horse as this will keep them (and you) topped up with positive Reiki energy. Your horse will get used to having Reiki and should respond more quickly as he or she understands how it feels. The regularity of having Reiki sessions will also continue to improve your communication and overall partnership.





WHERE CAN REIKI HELP YOUR HORSE?

Reiki is ideal for horses because it is gentle and non-invasive. It doesn't cause stress, discomfort or pain and yet can produce powerful results.

Horses respond intuitively to Reiki and it helps healthy animals maintain their health at the same time as enhancing relaxation, providing a sense of peace and contentment. Reiki can help to relax and calm your horse and can help with different issues such as:

- Arthritis
- Colic
- Cribbing
- Loading problems
- Weaving
- Box walking
- Loss of appetite
- Physical injuries
- Reducing stress prior to competition or racing
- Relieving anxiety-example- prior to dental, farrier or vet visits
- Spooking
- Wind sucking
- Nervousness
- Improving your relationship with your horse
- Helping the natural healing process
- Improving the owner's riding experience

HOW WILL MY HORSE RESPOND TO REIKI?

Horses tend to like the Reiki healing energy and will relax quite quickly. The healing energy if given regularly (perhaps as part of the grooming routine) it will help them to maintain their health and allow them to be peaceful and calm. Your horse will also let you know when or if they want healing and will move away when they have had enough of the healing energies. It is always best to work with your horse and give Reiki where and when it is needed to build the relationship with your horse. Time afterwards will be needed to allow the natural cleansing process to occur (21 days) which (like humans) helps to balance your horses chakras.

CAN I RIDE MY HORSE IMMEDIATELY AFTER REIKI?

Like humans, it is always best to let your horse rest after Reiki as the physical body will be responding and rebalancing energies. Often horses are tired after Reiki so it is best to make sure they have water and food available and let them have time to take on board the positive energy and to rest.

HOW MANY SESSIONS WILL I NEED?

While a one-off Reiki session will do something beneficial for your horse, bringing a sense of calm and peacefulness and maybe producing some short-term physical benefits too, the best results come from having a course of sessions that could be up to 4-6 timeline sessions depending on your situation. It really does depend on the horse! Lisa will always provide aftercare advice as part of the horses Reiki-cleansing regime.

BEFORE CONSIDERING REIKI FOR YOUR HORSE

Before the first Reiki session you will need to gain veterinary approval that Reiki can be given to your horse. This is usually just a phone call to your Veterinary Practice and should be made by you prior to the first session. Lisa will always check with you and your vet prior to treatment!

NOTE: Reiki is not a substitute for veterinary treatment-If there are any symptoms of illness you should make contact with your vet as soon as you can. The Reiki session is not intended to replace or act as an alternative to conventional treatments provided by your vet.

You are required to advise your vet of your intention to use complementary therapy as a support system to be used alongside conventional treatments.

Reiki is safe and will work with other forms of complementary treatment. A Reiki practitioner will not diagnose or recommend any form of medical treatment.





LISA ORME: EQUINE REIKI PRACTITIONER

Lisa brings over 40 years of experience in directing and managing services within the care sector, specialising in individuals with complex needs. She holds an NVQ Level 5 in Management in Care, along with a current enhanced DBS check, first aid certification, and accredited training in communication.

A lifelong horse enthusiast, Lisa has owned and worked with horses for many years. She has a particular passion for starting young horses and building emotional connections with those struggling to settle or trust. Her approach is deeply intuitive, focusing on understanding and supporting the horse's emotional state.

Lisa has been practicing Reiki for over 20 years. She was certified in 2001 and 2002 in Reiki Levels 1, 2, 3 Advanced, and Master-Teacher degrees under the **USUI SHIKI RYOHO** system of natural healing.

LISA'S MODEL OF THOUGHT AND CORE PRINCIPLES:

Horse and Humanity is a journey of discovery—one that begins the moment a horse accepts a human on its back, forging a bond built on trust. Through our relationship with horses, we gain the opportunity to expand our self-awareness in profound and life-changing ways.

From empowerment to sociability, strength to loyalty, respect to self-esteem—this connection leads us to the deeper spirit of who we truly are.

Horses are social yet prey animals—deeply sensitive and highly aware. They are naturally curious about humans and open to connection, once trust has been established. Living fully in the present moment, their calm presence brings a deep sense of peace. They are honest, non-judgemental, and offer pure acceptance.

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Date of referral:..... Name of you & your horse:

Address of where horse is stabled/living:

Tel No: Email address:

Has your vet approved Reiki? YES/NO? (Delete) Name & Tele of vet:

Specific Issue you have let me know here:

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