



## Equine Energy Healing

**The voyage of discovery lies not in seeking new horizons but in seeing with new eyes**

*Everything is energy!* Everyone, every animal, insect and object are made of vibrating vortexes of energy and emits electromagnetic vibrational frequencies at varying degrees. The table and chair vibrate -we just can't see it with the naked eye. The amazing advances in quantum science has shown all the cells in our body are made up of swirling vortexes of energy.

As **Nikola Tesla** stated '*If you want to find the secrets of the universe, look at energy, frequency and vibration*'

The frequencies radiating from energy healer's hands during healing have been able to be recorded by the invention of a SQUID (super quantum recording device). The energy pulsations sweep back and forth *between 0.3-30 hertz*. This frequency range is the same as researchers have found are effective for 'jump starting' healing in a variety of soft and hard tissues, even in patients unhealed for as long as 40 years.

These specific frequencies stimulate the growth of *nerves, bones, skin, capillaries, and ligaments* and energy therapy using this full range of therapeutic frequencies, can stimulate healing in any part of the body.

### The energy healing

- Facilitates and strengthens the horse's immune system
- Strengthens the metabolic and central nervous systems
- Reduces stress and tension Improving overall performance including bending and moving

**Stress** causes disease - the hormones produced when the horse experiences stress and fear, reduce the vibrational frequency within the cells. When the energy frequencies are reduced, the energy within the cells cannot move freely and this ultimately causes tension, pain, discomfort and disease.

These hormones produced during stress, interfere with the production of Immunoglobulin A, essential for the immune system to perform at optimal levels. Scientists found when a cell has a reduction in its voltage, this alters the pH of the cell and affects the efficiency of how well the proteins work within the DNA. These proteins are 'turned on or off' by the signal the cell membrane receives.

*Three factors influence this signal*

1. Physical Trauma
2. Toxins
3. 'Behaviour' as in emotional trauma/anxiety/fear

**As an Energy Health Therapist**, I am experienced and skilled in assessing the health of the energy fields. My energy operates at a high vibrational level to connect with the horse's energy through *entrainment*.

Entrainment is a term used in physics when the energy at the lower frequency is 'pulled' up to align with the higher frequency. Humans report feeling a 'pulling', or a feeling of 'tingling – like an electrical eel moving in the body, warmth, coolness and a sense of pressure being lifted, as the energy frequency rises and starts moving through the cells.

The strength of the vibration I feel in my hands acts as a guide. The stronger the tingling and vibration in my hand, the greater the compression and compacted energy in that area. I can then merit the areas using a guide of between 0-10. The higher the number I use, the greater the issue.



This allows me to record my findings and thus note if these areas show improvement either during the session or in subsequent sessions. In every case so far, the therapy appears to reduce the tension and improve the horse's health and well-being as reported via owner's feedback.

### Therapy sessions

- I always communicate with the horse at the start of the session, using Heart to Heart connection. Each horse is individual, and each session will be different, lasting on average 60 minutes. However, some horses may only manage 20 minutes, others may require up to 90 minutes, with regular breaks.
- A horse must be able to move around during therapy and ideally not eating! The therapy is given at the horse's pace and I carefully watch the horse's reactions, especially facial expression and movement. The body language is extremely important to watch and will indicate the horses' wishes i.e. placing the rump near me usually indicates this is an area where tension has accumulated. Moving away may indicate the horse needs a break or is restless due to the energy moving through the body.
- As my energy entrains with the horse's, they may feel tingling and/or movement like 'air moving within the body' or a 'pulling'. They may feel slight discomfort but usually the horse recognises the therapy is helping and settles and relaxes.
- If the horse is finding the therapy too uncomfortable – the horse may be particularly sensitive or have significant compressed energy- I place my hands on their body. This reduces the magnetic pull of the energy entrainment and minimises the sensations of moving energy.
- If the horse is indicating he does not want healing at any point during the therapy- constantly moving away/biting/kicking and showing other signs of distress or unease. I stop and evaluate. The horse may need a break or be unable to endure further treatment.
- The horse must be rested for the remainder of the day – release of tension that has been held for some time and the horse 'letting go', after 'holding on' many years can cause tiredness and the horse needs to recuperate. The rest allows the body's immune system to optimise and thus more healing takes place. The horse must be kept well hydrated to assist in cell function and energy flow.
- The horse may require one or several sessions and is completely dependent on the individual horse, issues and response to treatment. I ask owners to allow at least 2-3 days to pass before they try to assess if they can see a difference. Healing takes place during the therapy but will continue for several days afterwards.
- I usually recommend 14-28 days between treatments but in acute cases, therapy may be given more regularly over a week or two.
- The therapy is useful for every horse. All horses, like humans, carry some tension, usually with discomfort. It is better to help your horse cope with the stresses and strains that are placed on the them by reducing this tension before the accumulation causes pain and disease. Our horses carry on until they can't. It is imperative you watch for signs the horse is becoming uncomfortable – any change in behaviour is often an indicator of pain and discomfort.



## Signs of Energy movement and Tension release

The horse exhibits signs of energy movement and release of tension through various responses including

- Trembling/quivering of lips/nostrils
- Fidgeting/itching body (usually a prelude to releasing)
- Twitching/quivering coat
- Altered breathing/sighing
- Softening of eye and facial expression
- Dropping head and neck
- Tightening/contracting neck
- Releasing the sheath
- Passing wind/faeces/urine
- Clenching and unclenching of jaw/facial muscles
- Licking/chewing/ moving tongue
- Shaking head and/or body
- Snorting/sneezing/blowing out
- Yawning repeatedly – often extreme extension and rotation of jaw
- Rolling back second eye

## For more information including my Videos, Photos and Client Reviews

Website is [www.energyhealth.org.uk](http://www.energyhealth.org.uk)

Videos of Healing and Communication sessions go to YouTube Jo Shaw healing

Here is a link to one of the videos <https://youtu.be/JXClooPOSjA>

Facebook page is energy health @joenergyhealth

Instagram is jo.crossfire