

THE VOYAGE OF DISCOVERY LIES NOT IN SEEKING NEW HORIZONS BUT IN SEEING WITH NEW EYES *Part 1*

BY JO SHAW, ENERGY HEALTH THERAPY QUANTUM CARE

I've been riding and caring for horses from the age of six and I was always aware of the unseen connection and communication between horse and human. In 1983 I qualified as a riding instructor and went on to train polo ponies in Windsor, run a riding school in Battersea, London, and thereafter onto qualifying as a Registered General Nurse, caring for people for 22 years.

After nursing, I became an Outreach Project Worker for a Substance Misuse Charity and within this time qualified in Reiki, Seichem, and Ear Acupuncture. Though I had some knowledge of alternative therapies, I never really understood or truly believed in their effectiveness, though they seemed to work for some people.

Ten more years went by caring for bereaved families and parents, culminating in medical retirement at the age of 52, following back injuries sustained within my career. After another eighteen months of constant pain and a potent cocktail of prescription drugs, having been a patient at various pain clinics throughout the years, I was told there was now little the medical establishment could do for me.

I was extremely sceptical about the concept of healing. Though I recognised people had experienced 'miraculous' healings, my school curriculum and subsequent nurse training did not teach about the energy and torus fields that course through and surround every living organism.

Whilst being fully submerged in my pain body, I remembered a



ABOVE & OPPOSITE PAGE: Jo using heart to heart healing, looking for signals from the horse, as she communicates through energy

conversation I had with a colleague about string theory. I found myself researching quantum mechanics. The day I read we were vortexes of energy at the quantum level was a defining moment in my life. I was ignited with a passion for more knowledge as I recognised I may be able to help myself and learn to move this energy within and around my body. I decided to take full responsibility for my health and get well.

I was at the beginning of my quest to find the 'secrets of the universe'

- energy, frequency and vibration to quote Nikola Tesla. From living in my own dark place of pain, I began walking towards the light. I was in absolute awe of the energy and power of healing we all have within us. Through meditation, expanding my consciousness, listening and talking to my body, redefining my concept of pain and healing myself through these practices, I reduced all the painkillers and other prescription drugs. If I could help myself, I knew I could help others, and subsequently gained a



Diploma in Bio Energy Healing and started my business Energy Health Therapy Quantum Care.

I continued to practise daily on animals, humans and horses. The energy flow in my hands commenced and increased. I gradually learnt to feel the different energies and increase the power using my heart energy. I became a Heartmath Facilitator to teach others how to harness this energy and improve their mental and physical health. My aim was to show people how they could help heal themselves too and not have to rely on my healing sessions. However, experiencing healing therapy allowed people to experience the energies moving through their body and feel the energy from my hands as this entrained with their own energy.

Quantum mechanics and the invention of a SQUID (quantum super recording device) has recorded the energy coming from energy therapists' hands during healing. The energy pulsations sweep back and forth between 0.3-30 hertz with most of the activity in the range of 7-8Hz. 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. (Ref 1)

We are taught the importance of maintaining our physical and mental wellbeing but we are often completely unaware of the necessity of maintaining energy health. I now know this energy must be cared for as much as the emotional, physical and mental health, because we have not been taught this in school and it has only been recognised scientifically with the advent of quantum physics and sensitive monitoring equipment.

In other countries the energy body is given much more preference and is seen as not just an integrative part of health but an essential component and precursor to the state of health of the physical body. The importance of energy was recognised many years ago and hospitals existed where energy care was given. However, these were closed down when the pharmaceutical companies took a grip and dominated medical care and science. This continues to affect where healing and other energy modalities fit into society and care.

The medical model at the biological level still does not incorporate quantum energy into its core though



chemistry and physics do. There is a reason why vibration and frequency of energy is only used in a very small part of health care. Kidney stones are vibrated at high frequency to dissolve and the question must be asked as to why this method is not more widely used in other disease processes. Healing, whatever the modality used, accesses energy and operates with frequencies to produce healing at every cellular level.

Within my healing sessions, I started to see differences in the animals' behaviours and noticed improvements in the horse's function. Humans reported positive change in their pain and discomfort – either improvement or complete relief from pain. As the months passed, the energy healing potency increased and I requested further assistance from the universe, requesting lights to see into the body to act as a guide for where specific healing was required. Soon after during healing a horse,

lights appeared on the horse's coat reflecting from my hand. When viewed on my video recording of the session, the lights were lilac and purple. These lights now aid me in areas requiring more specific healing as the colour gradually fades to a white light once completed.

I believe the defining common denominator is the heart. I believe we are particles of one consciousness and love is the key. Certainly, in my experience, the more I have been able to 'tap' into universal source (scalar) energy, embrace the power of my heart and generate energy through my body, the faster is my capacity to heal others. We all have the ability to heal with a minimal of tuition.

Certainly, working with horses allows me to have a clearer less cluttered picture of healing. Horses do not have the egoic mind. They react naturally with the energies and I use communication techniques to request their permission and to offer

reassurance. I use heart to heart communication and can give and receive images and sensations to and from the horse. I often feel when our hearts are connected and it is particularly powerful with the horses as my heart resonates with theirs and increases in energy.

Horses allow the energies to move freely through the body and exhibit common signs such as scratching, stretching, shaking and yawning. Humans if not in tune with their bodies, may inadvertently stop the flow of energy. It's not seen as 'cool' to scratch, shake and yawn!

I am passionate about helping young people recognise the gifts we all have and I teach young Pony Club riders how to see and feel energy. They can immediately feel their pony's energy fields and by natural intention and love, transform the pony's energy allowing the energies to flow with greater ease. They do not require to be taught a specific healing modality or practice for weeks and months. We all have a natural ability.

This is the same for the adult riders I teach, though of course there are many more belief systems, years of physical and emotional trauma of varying degrees, perhaps creating more physical blocks and suppression of the energy flow.

Within the training, I entrain people's hands and they too generate lights onto the horses. I have seen that the more in tune the person is with their heart, the pinker and stronger the colour. Of course, healing is 'alien' to many people and to see lights can create fear and uncertainty. There is still so much unknown about the nature of healing. 'A Tentative Mechanism for Healing' by Toni Bunnel PhD, brings together many research documents to give some very good explanations as to how healing may work, though there is little mention of heart energy within his document. The Heartmaths Institute research on the heart seems to correlate some of my findings within my own healing experiences.

Though there is plenty of research on healing humans there is little on horses so I am thrilled I was approached by a young lady called Fallon Griffiths who is commencing her dissertation on healing horses with the university of Greenwich, UK. We started this research in October 2019 and will be placing heart monitors on horses whilst monitoring their behaviours. We will use 10 horses, some are barefoot and I will report on our results in the near future.

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 that 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.

WHAT ARE THERAPY SESSIONS LIKE?

- 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 horse's 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 by 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 to release the 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 it 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 or even two times a week in severe cases. For instance, a pony with liver disease and poor prognosis from the vets is receiving twice weekly care.
- 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 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 by looking for any change in behaviour which 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/nostrials
- 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

In Part 2 Jo introduces us to two case studies and talks more about the energy communication and connection with your horse (Ed.)

FOR MORE INFORMATION INCLUDING MY VIDEOS, PHOTOS AND CLIENT REVIEWS:

Visit: www.energyhealth.org.uk
To see videos of Healing and Communication sessions go to [YouTube Jo Shaw healing](https://www.youtube.com/channel/UCJXcCooPOSjA)
Here is a link to one of the videos <https://youtu.be/JXcCooPOSjA>
Facebook: [@energyhealth](https://www.facebook.com/energyhealth)
Instagram: [jo.crossfire](https://www.instagram.com/jo.crossfire)



ABOVE & OPPOSITE PAGE: Healing lights emanating from Jo's hands when healing through energy is taking place with the horses