

## **Animal Healing: Anyone can do it, even me**

*As the healer cleared her mind and raised her hands, the horse lowered his head, relaxed his ears and closed his eyes. Within seconds, he began to enter a meditative state. Once he was truly relaxed, the healer's hands began to move as if of their own accord. The gelding twitched, stretched and sighed in response. In those first few moments, any miniscule trace of doubt or scepticism I had had completely disappeared.*

Sounds like a story, doesn't it? And yet it really did happen that easily. There are many people out there who do not believe in the effectiveness of animal healing. Even I, who had considered myself open-minded about these things, was pleasantly surprised by just how successful that first treatment I observed was. It wasn't that I had expected it to fail; it was just that I hadn't expected to actually *see the effects*. Mere moments before the treatment began; the horse in question had been alert and seemingly aware of everything going on around him. As soon as his owner communicated with him (silently) that a treatment was about to start, he retired to the corner of his box and dropped his head. The healing started from there and lasted about fifteen minutes. All the while, what was going on in his body was explained to me, and it was clear that what was being done as a result was helping in some way – something was definitely being relieved.

That treatment ended with a circling of the healer's hands. Then she turned to me and said, "Right, you can have a go". *Um, pardon?* I thought. *That was nothing short of a miracle! I can't do that!*

But I was wrong. Another misconception about healing is that only those rare, gifted people can do it, but as I proved to myself, anyone can. As long as said person has an open mind and a genuine desire to help, it will work to some degree. In that first (slightly shaky) session I learned to ground myself and to attune myself with the animal, which brought a strange electrical buzz to my arms. *Weird*, I thought, *but obviously something's going on here*. I didn't pick anything up that time; my brain was too busy getting in the way, as they often do, saying *find something!* That was the first and last time that thought crossed my mind, because subsequent healings worked with, strange as it initially seemed, an *absence* of thought or expectations. If there's a problem that the animal wants help with, it presents itself. It is hard to describe, but for me it is a certainty, a gut feeling, rather than a string of words. It has been argued that healing works through a placebo effect, but even if that is true, where's the harm in that? As far as I've seen (or *felt*), animal healing helps.

Since then, I have witnessed and taken part in several other treatments. Each one happened differently and each one has opened my awareness and ability that little bit more. To me, healing is an ongoing process, a development for both the animal involved and the healer. It has also helped me in other situations – when working with horses, I have a tendency to gradually grow more flustered when things don't go the way they 'should', so being able to ground myself and use energy with them has been great and has really been successful. I'm sure that other frustrating situations can be solved or made easier by being grounded and accessing that positive frame of mind too – this experience has not only been an eye-opener in terms of the world of healing, but also a revelation in regards to the way I think and even move. If that alone is all I have to thank animal healing for, then I am incredibly grateful. My one piece of advice for anyone wishing to give it a go is try it – it won't do you any harm, but I'm sure it will do you good.

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