Frequently Asked Questions

- What is Reiki
- Equine Reiki FAQs
- Human Reiki FAQs
- Teaching and Mentoring

What is Reiki?

Reiki originated in Japan where Mikao Usui developed a self-healing technique by tapping into the universe's life force energy. He developed a system and trained people how to self-heal and then to be able to help healing in others. This was the beginning of Reiki.

Everyone has access to this energy and during training you will be attuned to Reiki which involves a Reiki Master opening your chakras to be a channel for the energy to pass through to the recipient. The practitioner is merely a channel for the energy - which is present in all living things.

The Reiki energy itself is intelligent and goes to where it is needed most and always for the highest good of the recipient. It treats the cause of the problem and not just the presenting condition. So although we may be intending the energy to heal a certain condition it will go to where it is needed most.

EQUINE REIKI with Lara

Equine Reiki FAQs

What is Equine Reiki?
Like human Reiki, Equine Reiki is non-invasive and uses no pressure or manipulation. It can be given as either a hands-on or a hands-off treatment depending on the horse's own preference.
It heals the horses on many levels - physically, mentally, emotionally and spiritually. Most horses respond exceptionally well to Reiki - from competition horses, retired ponies, happy hacks and your fun riders!

It can help in many ways - both emotional and physical. Particularly as emotional distress and illness often manifest as physical symptoms.

Reiki is excellent for relaxing and calming your horse and is beneficial for:

- Easing anxiety and stress
- Nervousness and spookiness
- Separation issues
- Losing a loved companion
- Leaving behind past trauma
- Helping the natural healing process
- Preparing for their own passing
- Improving your riding experience and relationship with your horse

It can also help to provide relief and healing from physical conditions such as:

- Colic
- Arthritis
- Lameness
- Wind sucking
- Loss of appetite
- Laminitis and sweet itch
- Recovering from an injury or surgery
- It can also be used as a relaxing treatment for your horse, the same way you would get a massage for yourself.

EQUINE REIKI with Lara

Is Equine Reiki Safe?
Reiki cannot harm. Equine Reiki is suitable for all horses and works safely alongside veterinary medicine.

Before your session, I will email you a form asking about the health of your horse, the reason you've requested a session, and a reminder that you should seek your vet's permission.

I am qualified and insured to practice on both animals and humans.

What to Expect Before, During and After an Equine Reiki Session
Horses should be in a calm environment, preferably their stable or a small yard during a quiet part of the day. They should be fed prior to treatment - distracted or hungry horses are not as receptive to the treatment.

During the treatment, horses react differently to the energy. Most will go into a deep state of relaxation which is shown by them 'releasing' in various ways, such as yawning, licking and chewing, stretching, pawing the ground, and being dozy and sleepy. The rider usually stays close by for the treatment and can pick up on the healing energy - as can other horses and people close by. See my Facebook page which has some short videos showing during and after treatments. I encourage questions but often ask owners to keep talking to a minimum during the session to allow the energy to flow uninterrupted. If you have any questions before we start, I will, of course, be more than happy to answer them.

After the treatment they should be able to rest and have access to food and clean water. Ideally they should not be ridden for at least 24 hours. This ensures that the Reiki continues to flow even after the treatment finishes.

EQUINE REIKI with Lara

Human Reiki FAQs

What Can I Expect From a Reiki Session for Myself?
Reiki works to heal on all levels; mind, body, spirit and soul.

If you have been feeling angry, worried, tense, or any other emotion, Reiki can help bring you back into a more balanced state.

Sessions will take place somewhere undercover, sitting in a chair or you can lay on my mobile massage bed.
You will remain fully clothed.
Treatment can be hands on or hands off, depending on your own personal preference.

I will move around your body laying my hands (if permitted) on, or just above, various parts of you.
The process is quiet and peaceful.

It's best to do it at a quiet time of day, especially if you are having a session shared with your horse - I am more than happy to conduct treatments at your horse yard, even if your horse is not having a treatment.
The aim is for you to fully relax and enjoy it.
Focusing on your breathing helps you stay in the present moment.

You may feel sensations like cold, warm, tingling, pins and needles etc, or you may feel nothing at all. It is all absolutely fine. The Reiki energy will be assisting with any healing that your body, mind, spirit and soul need.

Afterwards you should rest and drink plenty of water, eat a healthy meal and avoid alcohol. Ideally you also should avoid alcohol for 24 hours before your treatment.
People can feel a range of emotions after treatment. Most report feelings of lightness, relaxation, openness, happiness, able to communicate more effectively, and most of all at peace with themselves.
Others can feel the release of hidden trauma, past hurts or emotions such as grief or anger. Reiki helps to bring out these emotions in order to help us heal. As you have to feel it to be able to release it, you may experience a "healing curve" which is where you

feel a bit down or headachey for a few days. However, this will pass quickly and you will then feel better for letting go of whatever it was that you no longer needed. As with the horses, often more than 1 session will be needed to be really effective.

Reiki treatments can make you feel more balanced in your mind and body, making you less prone to illness.
You will fill in a health questionnaire prior to treatment. If you have certain medical conditions, for example a broken bone, I may advise not to use Reiki, or to check with your GP prior to getting treatment. Always seek guidance from your medical care team for any medical condition prior to booking a Reiki treatment. It is always to be used in conjunction with medical advice, never instead of.

Am I expected to talk during the session?
Usually it is a quiet session to allow energy to flow, however it is okay to talk if needed, or to ask questions etc. I am led by the recipient.

How Much Does a Treatment Cost?
Prices start from £60 a session - see Services & Prices tab. One session may be enough, although depending on the issue, you or your horse may need additional sessions. You can book a single session or a short course of sessions.

What Regions Do You Cover?
I am based in Purton, Wiltshire and primarily, I have clients within this local area. However, I do also work across neighbouring counties including Gloucestershire, Berkshire, Oxfordshire, Somerset, Hampshire and Dorset. I am happy to travel up to an hour away for a small fee. Please contact me for a quote.

Teaching and Mentoring

Do you teach Reiki?
For the horse/pet owner or animal lover - I hold practical mentoring days for you to learn energy based healing
techniques. Come for a day where you will learn some skills for use on your own horses and smaller pets. No experience with horses necessary to benefit from this one day experience.

See my website for currents dates: www.equinereikiwithlara.co.uk .

PLUS:

- Join my facebook group for priority booking opportunities:
  Reiki with Lara (Facebook Group)
- Follow me on Facebook and Instagram:

  Facebook: https://www.facebook.com/EquineReikiWithLara
  Instagram: https://www.instagram.com/equinereikiwithlara/

Mentoring:

I also hold one to one mentoring sessions, if you prefer to have individual attention or you can pair up and I can offer coaching for just two of you. These can be specifically tailored for your individual needs.

For Reiki practitioners who would like to learn to use their reiki healing with animals, I hold mentoring days specifically for you too. All details and dates are on the Events diary page.

EQUINE REIKI with Lara

Both teachings and mentoring session days start with a gentle guided mediation in nature, followed by theory and plenty of time to work hands on with both horses and dogs. A goody bag and handouts are provided, with ongoing support.

No experience of horses is required for these days, but just a willingness to want to connect with these magnificent beings.

Any Other Questions?

If you have any other questions, please pop me a whatsapp message or email:

07980 081172
equinereikiwithlara@outlook.com