EQUINE REIKI with Lara

# Preparation for your Reiki Session.

**Horses**

Please ensure your horse is in their safe and happy place. This can be stable, by the field, or on the yard. Have friends around for company, to help them relax and get the best out of their session. Bonus is that friends will also benefit from some reiki vibes. You will also pick up on the energy, so don't worry if you feel emotional, it is fairly common, just have a rest after the session and drink plenty of water.

Full tummies – this is so important. Some horses come in from a field and if they have restricted grazing and limited or no hay they are hungry and all they want to do is eat (understandably) If this is the case, please ensure they come in at least 45 minutes before the session starts, and give them a chance to eat a hay net, so they have a full tummy to start. I prefer them not to eat during a session, because it is more difficult to see their responses to the energy.  I can't stress this enough – your horse won't settle if he or she is hungry.

During the session –
I will ask you to hold your horse, but please don't interact too much with them, again this turns their focus away from me. I also ask you to keep me safe from teeth! In a session, sometimes old things from their past can come up and a horse that has never bitten before, can bite, so please be aware and watch their body language, this is rare but can happen.

Timing – try to book their session avoiding high traffic, busy times at the yard, or when horses are going in or out or being fed as it will unsettle them. I do try and work around your routine as much as possible. In smaller yards, this isn't so much of a problem.

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I also request you don't "tell them off" for biting, moving etc, they are allowed to express their emotions in the session, that is what it is for. I am good at reading them, so don't worry too much, just something to be aware of. If they are known to bite or kick, please warn me In advance.

After the session and for 24 hours please ensure plenty of movement if possible – turnout is best or a walk in hand if this is not possible. As the energy continues to flow after a session, please do not ride them for 24 hours. They are best left to rest and process.

Always have plenty of fresh water available and feed them after, as the session can make them hungry and thirsty.

**Dogs and Cats**
Book a time that won't interfere with walks or food, a good time is usually after morning or afternoon walks, when they would usually have  a snooze. Let them rest afterwards if they want to and ensure they have a snack available. They may drink more water, so keep an eye on their water bowl.

## Reiki Session Guide for Humans.

**Before Your Session**
To get the most from your Reiki experience:

- **Come with an open mind**
  You don't need prior experience—just a willingness to be open
- **Wear comfortable clothing**
  You'll remain fully clothed, so choose something loose and comfortable.
- **Arrive a few minutes early**
  This helps you settle in and transition calmly into your session.

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- **Stay hydrated**
  Drinking water before your session can support your overall experience.
- **Share anything important**
  Let your practitioner know about any physical concerns, injuries, or preferences

**During Your Session**
Reiki is a gentle, non-invasive treatment where you can simply rest.

- You'll typically lie down
- I will place my hands lightly on or just above your body
- There's nothing you need to do - just relax and allow the process

**What You May Feel**
Every experience is unique, but you may notice:

- Deep relaxation or a meditative state
- Warmth or heat where hands are placed
- Tingling or subtle energy sensations
- Emotional release or a sense of calm
- See vibrant colours
- Remember past events
- Visuals or drifting thoughts
- Or sometimes, very little during the session itself

**Remember everyone is different and every response is perfect for the recipient. Let go of any expectations!**

**After Your Session**
You may feel:

- Calm, balanced, and refreshed
- More emotionally clear and grounded
- Tired as your body continues to process the energy

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- Emotional if you have released some stuck energy/past trauma

It's recommended to:

- Drink plenty of water
- Take time to rest if needed
- Allow the benefits to unfold naturally over the following days

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**A Gentle Reminder**

Reiki experiences vary from person to person and session to session. There is no "right" way to feel - your body will take what it needs. I am merely the channel for the reiki energy to flow through, it is your own body that will do the healing it needs.

If you have any questions before your session, feel free to get in touch.