EQUINE REIKI with Lara

Further Information

Human:

Reiki is incredibly powerful in assisting the recipient into a more relaxed state.
Everyone can benefit from Reiki, however, if you suffer from any of the example issues listed below (and there will be more) you could certainly benefit from some Reiki sessions:

- Anxiety
- Stress
- PTSD
- Aggression and Trauma
- Physical Discomfort/Ailments
- Grief
- Depression
- Chronic Pain
- Arthritis
- Age-Related Issues
- Physical Recovery
- Lethargy

Reiki works brilliantly alongside Western or Chinese medicine.

Reiki for Elderly / Palliative Care

Upon request, I am also able to visit your loved one in their home/accommodation for a session to offer comfort and healing at any stage of life, including palliative care.
Reiki healing can offer great relief from physical discomfort, help let go of fear and help the transition process.

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Small Animal Reiki:

I treat all small animals, from cats and dogs, to rabbits.
Reiki is non-invasive and uses no pressure or manipulation. It is a holistic therapy treating the cause of the problem and not just the presenting condition.
Reiki can be extremely helpful for rescue animals, giving them space to let go of their past trauma.

I believe Reiki healing should be available to all, so if you have a rescue animal, or rescue centre, please get in touch, as I will offer a discount if necessary for your rescue pet to have a session.

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Equine:

Most horses respond exceptionally well to Reiki - from competition horses, retired ponies, happy hacks and your fun riders! Like humans, animals often respond naturally in their own way.
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
- Letting go of 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

Equine Reiki is non-invasive and uses no pressure or manipulation. It is a holistic therapy treating the cause of the problem and not just the presenting condition.
It heals the horses on many levels - physically, mentally, emotionally and spiritually. It is suitable for all equines and works safely alongside veterinary medicine and Western or Chinese medicine.
Joint horse and rider Reiki sessions are also available - please contact me to arrange this.