

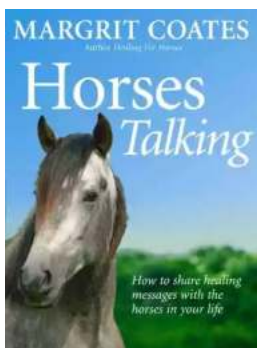
# Unveiling the Secrets: How To Share Healing Messages With The Horses In Your Life

Have you ever experienced a deep bond with a horse, where words seem unnecessary? The connection between humans and horses is truly remarkable. These majestic creatures have the ability to sense our emotions and respond to our unspoken words. With their gentle nature, horses can provide healing and comfort for the soul.

Whether you own a horse or simply enjoy spending time with them, sharing healing messages can enhance your relationship and create a profound connection. In this article, we will explore various techniques to effectively communicate with horses on a deeper level, allowing a flow of healing energy between you and these magnificent animals.

## Understanding Equine Communication

Before diving into the techniques, it's crucial to understand how horses communicate. Unlike humans, horses rely on body language and subtle cues to convey their thoughts and emotions. They have an innate ability to interpret non-verbal signals and react accordingly.



## Horses Talking: How to share healing messages with the horses in your life by Margrit Coates(Kindle Edition)

★★★★☆ 4.8 out of 5  
Language : English  
File size : 850 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 176 pages



Equine communication involves observing the horse's body posture, facial expressions, and movements. A relaxed horse with soft eyes and a lowered head signifies calmness and contentment. On the other hand, a tense horse with wide eyes and elevated tail indicates fear or anxiety.

Once you grasp the basics of equine communication, you can move forward to establish a deeper connection with horses. Here are some powerful techniques to share healing messages:

## **Meditation and Mindfulness**

One way to connect with horses on a spiritual level is through meditation and mindfulness. Find a peaceful spot near the horses, where you can sit comfortably. Close your eyes and focus on your breath, becoming aware of each inhale and exhale.

As you relax, visualize a calming energy surrounding you and extending towards the horses. Imagine a golden light emanating from your heart and enveloping the entire area. This visualization allows the horses to sense your peaceful intentions and opens up a channel for healing messages to flow.

## **Reiki Healing**

Reiki, a Japanese technique for stress reduction and relaxation, can be incredibly beneficial in sharing healing messages with horses. This hands-on energy healing method involves laying your hands gently on the horse's body, allowing the universal life force energy to flow through you.

As you connect with the horse through Reiki, focus on channeling positive intentions and healing energy. Imagine warm, loving energy flowing from your palms to the horse's body, facilitating a sense of calmness and peace. You may notice the horse responding to this healing energy by relaxing its muscles or releasing tension.

## **Animal Communication**

Another fascinating way to share healing messages with horses is through animal communication. This telepathic form of communication enables you to understand the horse's thoughts, emotions, and needs on a deeper level.

Start by finding a quiet space where you can relax and establish a strong mindset. Close your eyes and focus on the horse you wish to communicate with. Clear your mind of any distractions and send out your intention to connect with the horse's energy.

When the connection is established, you may receive images, sensations, or emotions from the horse. It's essential to trust your intuition and not dismiss any messages that come through. Practice regularly to strengthen this connection and deepen your understanding of the horse's needs.

## **Equine-Assisted Therapy**

Equine-assisted therapy is a powerful method that utilizes the healing power of horses to promote emotional growth and personal development. It involves incorporating horses into therapy sessions, allowing individuals to interact with them and build a therapeutic bond.

Through equine-assisted therapy, individuals can share healing messages with horses by engaging in activities such as grooming, leading, or simply spending

time in their presence. This interaction creates an environment of trust and support, enabling emotional healing and personal growth to take place.

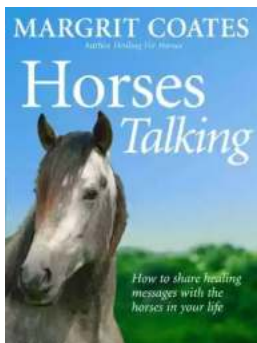
## The Power of Intention

Regardless of the technique you choose, one factor remains constant – the power of intention. Your intentions play a significant role in sharing healing messages with horses. Approach each interaction with love, compassion, and genuine care for the horse's well-being.

Communicating with horses on a deep level requires patience and practice. Allow yourself to be in the present moment when you are with them, and observe how they respond to your energy and intentions. Trust the process and embrace the beautiful connection that unfolds.

The ability to share healing messages with the horses in your life is a remarkable gift. By understanding their communication cues and utilizing various techniques such as meditation, Reiki, animal communication, and equine-assisted therapy, you can create a profound connection that promotes healing and well-being.

Remember, the power of intention is vital in establishing this connection. Approach each interaction with love, respect, and an open heart. As you navigate this journey, allow the horses to teach you valuable lessons about empathy, communication, and the healing power within.



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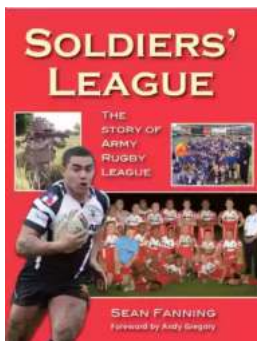
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Following the success of 'Healing for Horses', in this book, Margrit Coates explains how readers can learn to interact with equines on a deep level. She gives practical advice on how to tune into your horse and understand what he or she is trying to communicate to you about wellbeing. You will discover how to sense what your horse is feeling and when it is healthy or suffering. You will also learn how to exchange healing messages, soul to soul, with your horse in order to improve their health and yours, and to strengthen the bond between you.

Included are many fascinating case histories of horses and those who care for them, showing how they have mutually benefited by learning to open channels of communication. Intended for every horse owner, rider and handler - and the many thousands of people around the world who work with horses including vets, complementary therapists, grooms, stable hands, trainers, instructors and breeders. This book is for anyone who loves horses.



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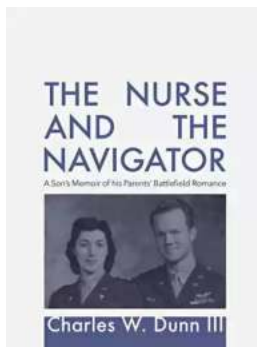
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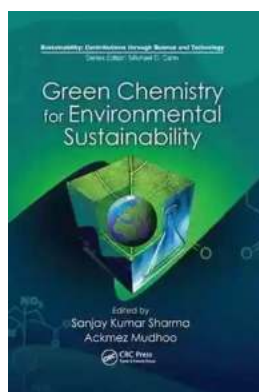
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