

1. Reiki Session – Releasing the Spine

By Gemma, 15 year old Reiki Student

November 2009



Releasing the Thoracic & Lumbar Spine

Pip at the moment is not in a good state. She can hardly walk and the tension from her old hip injury is building up in her spine.

Cherie rang me early in the morning and said that she wasn't looking good and could I go over and have a look at her. I went over asap and saw her in the paddock. She was in a lot of pain – if I

touched her where the tension was she attempted to kick or bite me, as she was in so much pain.

I talked to her and explained that I was just there to help her and wasn't going to hurt her in any way. She took a few looks at me and then gently lowered her head and closed her eyes accepting what I was doing.

I think the thoracic and lumbar release was good for Pip as it helped heaps with releasing the tension along her spine. After this and energy balancing (which takes about 15 minutes) I left it at that and went back 2 days later.



Gemma

2 Days Later

She was looking a bit better; a bit looser and freer moving. She was able to walk a lot more than before, especially when she wanted a drink she was able to do so without being in so much pain.

I redid the spine releases and when the chiropractor came out a few days later he said

“Wow, very quick recovery – what drugs did you give her?”

We had to explain Reiki to him and he was extremely interested and surprised in how quickly it worked; he had never seen it before.

I think that Pip was very accepting for the help once I had just let her know what I was there for.

About Gemma



I spend most of my time either just in the paddock with Scottie my 10 year old Thoroughbred or riding.

I first discovered Reiki when I was in Horselands purchasing a few items. Looking on the notice board I found Valee More's pamphlet and after talking to Mum about it, we decided to go ahead with the correspondence course (now on-line course). At the beginning it was hard to understand a lot of things but the more I did it the more tuned in I became.

Benefits of Reiki for Gemma

Along with Reiki came many benefits. During appointments and shows I was able to use Reiki to wash away nerves, not just for the horse but also myself. It helped me to relax and just go with the flow. Friends have had horses which have been at the point of not being able to walk or even needing to be put down. After a couple of weeks including daily or weekly sessions the horses were back up and running with their mates in the paddock. Also family and friends benefit from sessions as well even if it is just a monthly session for their wellbeing.

Gemma started learning Reiki at 14 years and gives animal Reiki sessions in Hamilton.