

# Energy Healing

## *The Missing Link*

Lisa Burney

The energy in the arena is calm and focused. People next to horses, breathing deeply, their hands tracing invisible patterns in the air, like they are practicing tai chi. The horses stand quietly, eyes dreamy, as each group of clinic students rotate through, practicing their new no-touch energy healing skills. An occasional excited whisper fills the air - something about being able to feel their horse's energy field! Licking and chewing from the horses give feedback to the participants that, even though they are not physically touching their horse, something is definitely going on here. And the horses like it.

Heart to Heart Healing, regularly offers Energy Healing classes throughout Oregon and Washington. The class introduces the rider to a new paradigm of healing: how to use the natural subtle energy flowing from your hands to balance, harmonize and transform the body's energy fields. This balanced energy field supports and accelerates physical healing for you and your horse.

This paradigm shift comes from the realization that there is more to us than meets the eye. That in addition to our physical body, there is an entire system of "invisible" energetic anatomy which, with a little training, we can learn to sense with our hands, evaluate and restore to a balanced state. This small fact has huge implications on our health, healing, athletic enhancement and overall wellness. When we understand that the condition of our physical body is directly related to the health of our energy fields, our entire approach to healing changes.

"Illness occurs when the body's systems are toxic and out-of-balance. One must treat the body as a whole, rather than a series of parts." - Hippocrates.

### **The Principle**

Pranic Healing is based on the fundamental principle that the body is a self-repairing living entity that possesses the innate ability to heal itself. The healing process is accelerated by increasing the life force or vital energy to the affected part of the physical body. This is the fuel the body uses for healing. Pranic Healing works on physical ailments such as tendon and ligament issues, broken bones, hock problems, and immune system strengthening, as well as psychological issues such as depression, grief, stress and phobias.

One horse that I had the pleasure of working on, Fitzgerald, had a rapid recovery from a surgical procedure:

*"Fitzgerald, my 31 year old appaloosa hunter/jumper (retired), had to have his eye surgically removed at the vet school due to complications from uveitis and a corneal ulcer. When he came home, he just stood with his head in the corner of the stall, and had stopped eating and drinking. He had passed a minimal amount of dry manure overnight. He seemed depressed. I was concerned about potential issues with colic.*

*Having had some good experiences of pain relief from Pranic Healing myself, I asked Liza to work on him. About half an hour after she finished, he brightened up, was much perkier and showed interest in what was going on around him. Then he scarfed down his beet pulp mush, ate his dinner senior feed with gusto and drank a few gallons of water.*

*The next morning his manure was normal and he was eating and drinking normally. He actually whinnied at me to hurry up and feed him. MUCH better. His eye area healed more quickly than expected, with no complications. He seemed to be completely pain free in about 3 days, and was back to being his normal naughty self. I feel that Pranic Healing helped avoid colic, and really accelerated his recovery."*

*Donna C.*

### **The Experience**

There is nothing like experiencing Pranic Healing first-hand in your own body. At the Hillsboro clinic, to demonstrate the effectiveness of the Pranic Healing technique, I selected a volunteer out of the audience. "Becky" had ridden her horse bareback the day before and her legs were pretty sore - pain and discomfort at 6 out of 10. After a few minutes of applying Pranic Healing - while making absolutely no physical contact, only energetic contact - the volunteer announces with a big smile that her pain is completely gone.

I explained that, while we traditionally view symptoms as the "problem" to be suppressed, in this form of healing, the symptom is not the "enemy." The symptom is simply a messenger of an underlying energetic imbalance. When we use this drug-free technique to correct and restore the proper energetic balance, the "messenger" is no longer necessary and the symptom goes away. In this example, pain was just an indication of energy that was not flowing properly. When the energy was balanced, the pain went away.

Physical ailments first appear as disruptions in the energy body, the basis of using energy healing for wellness maintenance and lameness prevention. For example, by the time a horse goes lame, that imbalance has already

been present in the energy field for some time. The good news is that this information can be detected before it manifests in the physical body. I have observed trainers doing lameness exams on horses in which the rider's right brain "feels" that something is off, but the left brain just can't figure out where. After a visual and physical inspection, the trainer also was unable to pinpoint the issue, but after an energetic evaluation, the source of the pain was plain as day. This is because the imbalance was still mostly in the energy body. The advantage of an energetic evaluation is that this imbalance can be corrected very early, before it actually transfers into the physical body and becomes a full-blown symptom.

### The Education

Back at the arena, the demo horses are so relaxed that they are falling asleep, which is a common reaction when a horse receives Pranic Healing. Their immediate reaction to the treatment demonstrates that anyone can learn how to do Pranic Healing, even beginners with no background in the healing arts. You don't need any "special skills," just the ability to follow simple instructions.

*"My Saddlebred mare, Rose, had stepped on a spike that went right into the center of her hoof at least one inch. I immediately started to soak Rose's hoof 3 times a day and wrapping it to make sure it was kept as clean as possible, about a week later while I was cleaning her foot, something popped out of the hole, I didn't like the looks of it, since it was tubular looking, I pushed it back into the hole and had the vet out the next day. He looked at it and started to clean it as if it was like an abscess and out popped tubular material; the vet looked at it closer and told me that it looked like her tendon. He continued to tell me it wasn't a good thing at all, and that her leg would swell and go all the way up her leg and in the mean time the other leg would be taking her full weight and would do the same. The leg would be all infected and that also would be carried all over.*

*He suggested I euthanize her. I told him that wasn't an option. A few days later I received an email for an introductory class on Pranic healing and I thought to myself, why not go and see what it is all about and try using it on my mare. I went with an open mind and during the class the healer suggested different exercises for the class to do and I was amazed at the things I could feel. I did talk with Liza Burney and told her about my mare. I went home and started working on Rose. It really worked, Rose got better and she is now sound and used in my lesson program."*

*Margo Hepner-Hart*

Now if a person could do this with just a 2-hour introductory class, imagine what they would learn to do in a full weekend intensive class. The Level I Pranic Healing class introduces people to the structure and function of our energy anatomy, techniques for self-healing and

healing for others, as well as learning how to identify the energetic pattern of disease before it manifests in the physical body. That is the foundation for wellness care and athletic enhancement.

Without a doubt, for the sport horse enthusiast, the optimum scenario is to have the energy balanced and flowing smoothly in both horse and rider. Balanced energy supports a strong physical body, a strong immune system and rapid recovery after workouts; as well as mental focus and increased ability to pay attention, emotional balance and calmness. And best of all, you can learn how to do this for yourself! Riders of all disciplines are adding this tool to their toolkit – optimizing their energy before, during and after each event – for both horse and rider!

*Liza Burney, of Heart to Heart Healing, has been studying subtle energy since 1999. She is a Certified Pranic Healing Instructor. For more information, please see her website, [www.heart-to-heart-healing.com](http://www.heart-to-heart-healing.com).*

Equine energy anatomy and demonstration of energy healing technique called 'local sweeping' to remove the blocked energy.



Photo by Sue Fay of Drifty, demonstrating the energy healing technique called 'energizing'



Tia being totally relaxed after the clinic..