



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Reiki Visualisation for Nervous Riders

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# Liberate your Reiki!

July 9th 2018

The eZine for Open-minded Reiki people



**Reiki Visualisation for Nervous Riders** A Reiki blog by Sarah Berrisford



# The importance of visualisation

Visualisation is an important tool, not only in horse riding but also in everyday life. Many people visualise circumstances that they don't actually want to happen. Unfortunately when we visualise something that we do not desire we are more likely to make it happen. This is especially important when it comes to horse riding.

Horses often pick up on the pictures that we are portraying, so we do need to be careful what we are asking them to do, even when we're not aware of it!

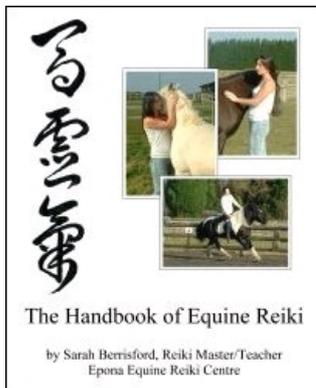
Firstly, if you find yourself visualising a situation which you do not want to happen, think of erasing that picture or video in your mind and gradually replacing it with the situation and outcome you wish for.

When we work with visualisation for nervous riders it is best to start the technique whilst in a quiet place. Don't put yourself in the scary situation and then try it out. First we need to train our minds to think positively.

For this exercise I will use a horse spooking, which makes the rider nervous, as an example.

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## The Handbook of Equine Reiki By Sarah Berrisford



This comprehensive handbook was written by Sarah Berrisford, founder of The Epona Equine Reiki Centre in Lincolnshire. Sarah has poured into this book her lifelong experience of working with horses, and her vast experience of using Reiki to heal equines.

In this comprehensive and easy-to-read guide, you will read about:

- Safety issues and approaching the horse
- Body language and manoeuvring
- Treating from a distance
- The use of intent and intuition
- Reiki before, during and after riding
- How horses respond to Reiki
- The use of Reiki symbols
- Distant healing
- Working on horse owners

This professionally-printed Reiki manual has 100 A4 pages, a glossy soft cover and we will send it to anywhere in the world!

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