



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] A Reiki Visualisation For Nervous Riders

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## Liberate your Reiki!

The eZine for Open-minded Reiki people

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### A Reiki Visualisation For Nervous Riders A Reiki Article 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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