



**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

30th October 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

# Liberate Your Reiki!

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**It's Wednesday, so that means "Reiki Article Day" Mondays and Wednesdays: take 5 minutes to read a Reiki article**

Reiki articles for you to read on Mondays and Wednesdays. Each one will take about 5 minutes or so to read, and hopefully you will find something interesting, informative, helpful or thought-provoking, maybe even challenging.

So without further ado, here's....

**Today's Article "A Reiki Visualisation for Nervous Riders"**



Hiya,

### **The importance of visualisation**

"Visualisation is an important tool, not only in horse riding but also in everyday life", says Sarah Berrisford in her article "A Reiki Visualisation for Nervous Riders". She continues...

"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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So, that's all from me for today.

Take care,

Taggart ;)

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again as the person you used to be.

“These sessions have been truly life changing and I find I now have so much more energy to devote to work and creative projects. I can more easily embody the essence of my true self now and after years of struggling with anxiety, I cannot get over just how remarkable this actually is.”

- CM

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