



# The Handbook of Equine Reiki: Animal Reiki for Horses

*Sarah Berrisford*

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## **The Handbook of Equine Reiki: Animal Reiki for Horses** Sarah Berrisford

For those who are interested in using Reiki healing with horses, this book provides a comprehensive and detailed guide and is based on the popular training courses in Equine Reiki provided at the Epona Equine Reiki Centre in Lincolnshire, England. It is suitable for people who are new to Reiki, and also for those who have many years of experience of working with energy. The handbook describes a unique approach, detailing the use of body language, animal communication, treatment techniques geared towards the horse's needs, as well as specific hand positions to use, the use of symbols and the development of intuition. This approach is simple and intuitive, free from dogma and limiting beliefs, and will provide the reader with the confidence to begin using Reiki healing on these wonderful animals.

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