

◆ Energy work with Horses ◆

◆ MASTERCLASS ◆



Welcome!

Great that you are interested in working with energy!
This is a great starting point for your journey as a healer for horses.
Take your time to read all the course material and
have fun practicing with your horse (or someone else's horse).

After this Masterclass you can start feeling energy in horses (and
also people), connect energetically and intuitively sense where the
complaints are and learn how to cleanse places!

This Masterclass is in the form of an eBook with assignments. It
usually works best if you print out this eBook so that you can take
notes!

If you purchase an online course or training, you will get access to
our beautiful online learning environment. Here we also work with
videos and sound ornaments, for example.

If you have any questions or do not fully understand something,
please contact us via: holistichorseacademy@gmail.com



Lesson 1

Do's and don'ts & the benefits of a healing

Before you start with energy work, information is needed that ensures that you can safely start working with your horse, for example. For that reason, we start with the do's and don'ts and then we go into the benefits in detail!

Safety

Always make sure you are at a safe distance from your horse when you start a treatment. Even if you know your horse well, this can be a new experience for him, and horses can sometimes react differently than you expect. In general, horses enjoy the treatment and are quickly open to it, but there are exceptions. Some horses can find working with their energy scary and express this by scraping their hooves, swishing their tail, or wanting to walk away or turn. Therefore, it is important not to stand too close to your horse. Once your horse is used to the treatment, you can trust your intuition more and do what feels most comfortable for you and your horse.

1. Respect your horse's space:

Do not force an energy treatment if your horse indicates that it is not open to it or shows discomfort. Respect your horse's boundaries and needs and maintain a safe distance during the treatment.

2. Choose the right moment:

Avoid giving an energy treatment during restless moments such as feeding time or when putting your horse in or out. Choose a calm and peaceful moment for the treatment.

3. Don't treat on a bad day:

If you or your horse are not feeling well or are restless, it is better not to give an energy treatment. Let your own energy be in balance and respect your horse's need not to be treated if it is not open to it.

4. Forced treatment:

Do not force your horse to undergo an energy treatment if it clearly indicates that it is not open to it or shows discomfort. Respect the boundaries and needs of your horse and give it space to decide for itself.

5. Being impatient:

Be patient and respect the pace of your horse during the energy treatment. Do not force quick results and give yourself and your horse time to let the energy flow and do its work.

6. Projecting too many of your own emotions:

Try to let go of your own emotions and expectations during the treatment and focus on sending pure healing energy to your horse. Prevent your own emotions or thoughts from influencing the energy treatment.

7. Starting unprepared:

Do not start the energy treatment without first preparing yourself mentally, emotionally and energetically. Take the time to tune in to the energy of your horse and create a clear intention for the treatment.

8. Excessive perfectionism:

Avoid striving for perfection during the energetic treatment. Let go and trust the healing power of the energy that flows through you. Be gentle with yourself and your horse and appreciate the intention and love that you put into the treatment.

By paying attention to these "don'ts" and being aware of your own attitude and intentions during the energetic treatment, you can create a respectful and effective exchange of energy with your horse. Stay open, loving and connected with your horse as you work together on healing and balance.



The Do's



Now that we have discussed the most important don'ts, it is time to switch to the do's! It is important to understand that behind every don't there is a corresponding do. That is why we sometimes take the don'ts with us, so that we can make clear what you should do.

Familiarity and connection:

If you and your horse have a strong bond of trust and are well attuned to each other, you can stand close to your horse during the healing or even lean against your horse. This can promote a deeper connection and an intense exchange of energy between the two of you.

Choose the right location:

In addition to choosing a quiet moment, it is also important to select a nice place for the healing. Consider whether the stable, the riding arena, the pasture or another location offers the most suitable environment for you to work together on healing and balance.

Healing through connection:

When you are having a bad day yourself, it can be healing to be close to your horse and open yourself up to the energy that your horse radiates. Let your horse do the work and let yourself be guided by the healing power that emanates from your horse, even if healing was not initially intended.

Work from intuition:

A key "do" is to work from your intuition when giving an energetic treatment. Listen to your inner guidance and feel what is best for you and your horse. Your intuition will always guide you in the right direction and help to achieve a deeper connection and effective healing

Breathing and Grounding:

Before beginning an energetic treatment, take time to breathe deeply and ground yourself. By breathing consciously and connecting to the earth, you create a stable foundation for the energy work and strengthen the connection with your horse.



Visualization and Intention:

Use visualization and intention during the energetic treatment. Visualize a radiant light enveloping both of you and send healing energy to your horse with a clear intention. By visualizing and setting intentions in a focused way, you strengthen the power of the energy work and create a focused focus.

Gratitude and Reflection:

After the energetic treatment, take time to feel gratitude for the experience and connection you have shared with your horse.

Reflect on the healing energy that has been exchanged and the loving interaction that has taken place. By showing gratitude and reflecting, you strengthen the bond between you and your horse and appreciate the healing power of



Advantages

By applying these additional "do's" and paying attention to the connectedness, location, self-healing aspects and intuitive guidance, you can create a deep and loving experience when working with energetic energy with your horse.

Stay open, trusting and in tune with your horse's energy for a valuable and healing interaction.

Now that you know what to do and what not to do, we would like to discuss the many benefits of energy work for your horse. Although the list of benefits is almost endless, we would like to mention a few important ones:

1. More peace and relaxation:

Working with energetic energy can help both you and your horse experience more peace and relaxation. The healing energy can help to reduce stress and create a sense of calm and serenity

2. More mental balance:

Energetic work with your horse can contribute to mental balance and clarity. It can help to organize thoughts, regulate emotions and create a sense of inner harmony.

3. More energy:

Exchanging energetic energy with your horse can have an invigorating effect and contribute to an increase in energy levels. This can stimulate both physical and mental vitality.

4. Process traumas better:

Energetic healing can provide support in processing traumas, both for you and your horse. The healing energy can heal emotional wounds and create space for healing and recovery.

5. Support for injuries:

Working with energetic energy can help support and accelerate the healing process of injuries in your horse. The healing energy can stimulate the body's natural healing powers and promote recovery.

6. Less stress:

Exchanging healing energy with your horse can reduce stress levels. The relaxing and calming effects of energy work can help to release stress and tension.

7. Processing emotional blocks:

Energetic healing can help to release emotional blocks and release stuck emotions. It can create a healing space where emotional growth and transformation become possible.

8. Improved immunity:

By working regularly with energetic energy, the immunity of both you and your horse can improve. The healing energy can strengthen the immune system and promote overall health and well-being.

9. Enhanced bond and connection:

Energetic work can strengthen the bond and connection between you and your horse. Sharing healing energy creates a deeper and more intimate relationship, based on mutual trust and understanding.

10. Promoting self-awareness:

Working with energetic energy can contribute to an increased self-awareness, both for you and your horse. By being aware of the energetic exchange, you can get more in touch with your own feelings, needs and intuition.

11. Stimulation of healing on all levels:

Energetic healing works on physical, mental, emotional and spiritual levels. It can help to stimulate healing and balance on all levels of the being, creating an overall sense of well-being and harmony.

12. Supporting Behavior Change:

Working with energetic energy can support positive behavioral changes in your horse. It can help to reduce unwanted behavior and promote desired behavior by creating inner balance and harmony.

13. Deepening Spiritual Awareness:

Energy work can help to deepen spiritual awareness, both in you and your horse. It opens the door to a deeper understanding of the spiritual connection between all living beings and the universal energy that surrounds us.

By utilizing these benefits of working with energetic energy, you can create a deep and healing connection with your horse. Stay open, loving, and in harmony with your horse's energy for a valuable and healing interaction.

So, now you've made a big step in the preliminary work and knowledge needed for healing horses. We'll now continue with lesson 2 where you'll really get to work in practice!

Lesson 1



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Lesson 2

Feel energy and play along

You now have a nice foreknowledge of what is useful to do during a treatment and what you should do differently or sometimes not at all. Now the real work is going to begin!!

For some, feeling energies is as normal as breathing, but for others, feeling "something" is a bit more difficult. We are now going to give you some tips on how you can easily learn to feel energy and also differences in energy! Don't worry if you don't succeed right away! That is very normal, just keep practicing and playing with the energy, practice makes perfect!

Feeling energetic flows

1. Preparation:

- Find a quiet and comfortable space where you can practice undisturbed. Ensure that you are relaxed and open to exploring energetic flows.
- Sit or stand in a comfortable position with your back straight and your hands relaxed on your lap or by your sides.
- Close your eyes and take a few deep breaths to center yourself.

2. Visualization of the Flow:

- Imagine that you are connected to the universe and that a stream of healing energy flows from above through you.
- Visualize this energy flow coming from the universe through your crown chakra, down through your arms, and out through your hands.
- Focus on visualizing this stream of energy and try to create a vivid mental image as you concentrate on it.

3. Feeling the Flow:

- Slowly raise your hands and feel the energy flowing through your arms as you face your palms upward.
- Move your hands back and forth slowly as if you are sensing the flow of energy passing through your hands. Pay attention to the sensations you experience.
- Notice if the energy flow brings warmth, cold, tingling, pressure, or a gentle breeze. Try to feel and experience the energy as it flows through your hands.

4. Connection with Universal Energy:

- Stay open to connecting with universal energy and feel how this flow fills your body and hands. Observe how this energy nourishes, heals, and balances you.
- Focus on the subtle sensations of the flow and try to connect with the power and healing properties of this energy.

5. Closing:

- After sensing the flow of energetic energy, take a few moments to process your experience and note any insights you have gained.
- Slowly open your eyes and return to the present moment, with a sense of connection and awareness of the universal energy flowing through you.

Regular practice of sensing the flow of energetic energy can enhance your sensitivity to subtle energies and strengthen your connection to universal energy. Be patient, curious, and open to the subtle flows of energy as you perform this exercise.

Feeling energy balls

1. Preparation:

- Find a quiet and comfortable space where you can practice undisturbed.
- Ensure that you are relaxed and focused for this exercise.
- Sit in a comfortable position with your back straight and your hands relaxed on your lap. Close your eyes and take a few deep breaths to center yourself.

2. Creating Energy Balls:

- Slowly bring your hands together and feel the energy in your palms. Visualize an imaginary ball of energy forming between your hands.
- Imagine this energy ball as bright and vivid, filled with healing and harmonious energy. Focus on forming and feeling this ball between your hands.

3. Exploring the Energy Ball:

- Gently move your hands back and forth as if you are molding and shaping the energy ball. Pay attention to the sensations you feel while doing this.
- Notice if the energy ball has warmth, cold, tingling, pressure, or a soft resistance. Try to sense the texture, temperature, and density of the energy as you move your hands.

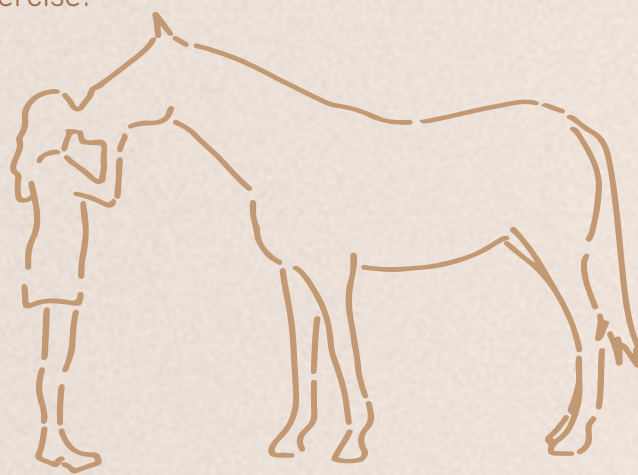
4. Increasing and Decreasing the Energy Ball:

- Experiment with increasing and decreasing the size of the energy ball by bringing your hands closer together or moving them further apart.
- Observe how the energy changes as the ball changes size. Notice if you perceive different sensations when the ball becomes larger or smaller.

5. Reflection and Integration:

- Take time to reflect on your experience with feeling the energy ball. Write down any sensations, observations, and insights you gained during the exercise.
- Stay open to what the energy ball has revealed to you and integrate this experience into your awareness of energetic energy and working with subtle energies.

Regular practice with feeling energy balls can further develop your sensitivity to energy and enhance your skills in energy work. Remain patient, curious, and open to the subtle energies as you perform this exercise.



Feeling energetic aura

1. Preparation:

- Find a quiet and comfortable space where you won't be disturbed. Make sure you are relaxed and open to exploring your energetic aura.
- Sit or stand in a comfortable position with your back straight and your feet firmly on the ground. Close your eyes and take a few deep breaths to center yourself.

2. Visualization:

- Imagine that you are surrounded by an imaginary ball of light representing your aura. This aura is an energy field that surrounds your physical body and reflects your emotional, mental, and spiritual well-being.
- Visualize the colors and intensity of this aura and try to form a vivid image of it while you focus on it.

3. Exploration with Your Hands:

- Slowly bring your hands up and gently move them around your body as if you are exploring the contours of your aura. Start at your head and work your way down towards your feet.
- Keep your hands a few centimeters away from your body and move them gently back and forth as if you are sensing the energy around you.
- Pay attention to any sensations you feel as you move your hands. These might include warmth, cold, tingling, pressure, or a gentle resistance.

4. Observation and Interpretation:

- Take time to feel how your aura feels and note any changes or sensations you notice during the exploration.
- Focus on areas where you feel any imbalance, tension, or weaknesses. These may be indications of areas that need extra attention or where blockages may need to be addressed.
- Try to feel the energy in your aura and interpret what these sensations mean to you on an emotional, mental, or spiritual level.

5. Conclusion:

- After exploring your aura, take a few moments to process your experience and jot down any insights you have gained.
- Slowly open your eyes and return to the present moment, with a sense of connection and awareness of your energetic field.

By regularly practicing the observation and exploration of your aura, you can enhance your sensitivity to energy and gain better insight into your own energetic health. Remain patient, curious, and open to the nuances of the energetic world as you perform this exercise.

And now practice!

If you have a bit of the `feeling` in your hands, then practice with your horse! Stroke your hands from front to back over the horse. Do this once with and once without touching the horse in a long movement. Let go of all your thoughts and let all the feeling flow in.

What did you feel? Could you immediately feel differences in energies? And what did you find more pleasant with or without touch?

If you found it difficult the first time, that's not a problem at all, keep doing this regularly, you will really get better at it!

Then we will now continue with lesson 3. Here you can really use your skills to find an imbalance in energy and heal that imbalance with your energy!



Lesson 2



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Lesson 2



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Lesson 3

Detecting and treating blockages

You have now learned how to feel energy and are now going to learn to actually do something with it! You can always do this technique that you are going to learn wherever and whenever you want. For example, before riding/training/playing or before a competition. This way you have a good picture of the state of your horse's energy in advance and you can also heal blockages immediately!

Detecting blockages

You can detect a blockage by calmly moving your hands over the horse from front to back (with your hands on or just above the horse, do what works best for you). Now calmly look for a stagnation of energy. If you feel an energy difference that does not feel as pleasant as the rest of the energies that you feel in your horse's body, there is a place that you could treat.

You can feel energy differences as:

Heat:

When working with energetic energy, you can feel heat in your hands. This can manifest as a pleasant warmth that radiates from your palms, which can indicate an increased energy flow and a reaction to the healing energy that you send out.

Cold:

Experiencing cold in your hands during an energetic treatment can also occur. This can indicate a cooling or calming energy that is present, or the discharge of any negative energies from your horse's body.

Vibrations:

Vibrations in your hands while working with energetic energy can appear as a nice, slightly trembling feeling. This can indicate the movement and vibration of energy flowing through your hands, and the interaction between you and your horse's energy.

Tingling:

Tingling in your hands can appear as small prickling sensations or vibrations, which often occur when working with subtle energetic energy. This can be a sign of the presence and flow of energy in your horse's body.

Flow or movement:

You may experience a feeling of flow or movement in your hands, as if the energy is flowing or moving through your hands.

Heaviness or lightness:

The energy can manifest as a feeling of heaviness or lightness in your hands, depending on the quality of the energy you perceive.

Tingling or tingling:

You may feel tingling, tingling or tingling in your hands when working with energetic energy, which can indicate the presence and movement of energy.

Pressure or pulsation:

Sometimes you may experience a feeling of pressure or pulsation in your hands, as if the energy is concentrated in certain places or is moving in waves.

Relaxation or tension:

The energy can manifest as a feeling of relaxation or tension in your hands, depending on the nature of the energy and the body's response to it.

By paying attention to these different sensations and recognizing them while working with energetic energy, you can develop more awareness of the energetic processes and the reactions of the body and the energy you are treating.

Other sensations:

In addition to warmth, cold, vibrations and tingling, other sensations can also occur in your hands during an energetic treatment. Pay attention to any pressure, movement, heaviness, lightness or other sensations that may indicate the interaction between your energy and that of your horse.



By paying attention to these different sensations and interpreting them while working with energetic energy, you can develop a deeper understanding of the energetic processes and the reactions of your body and the energy you are treating.

When you reach such a point, you can leave your hands there longer or just above them, do whatever you like. Now send beautiful energy from within you to that place. Send beautiful colors, beautiful feelings, beautiful images, clarity. Set your own intention to heal this part. Stay in the place until you feel that it is finished or until the horse indicates that it has had enough by moving or pushing you away, for example.

Always pay close attention to the horse's behavior, it will also indicate where spots are or when it is enough.

Now go over the horse again with your hands from front to back. What do you feel now? Is the energy different? Does it feel (more) in harmony with the rest of the energy?

You have now given your horse an energy treatment!! You can be proud of yourself! And do you know.. that when you give others a healing, you also give it to yourself! So win win!

If you are now completely enthusiastic and want to learn more about this, take a look at our courses and training. You can develop yourself from a basic healer to a professional master healer for both people and horses!

We are now continuing with lesson 4. We are going to give some nice tips that you can do daily together with your horse!



Lesson 4

Energy work for every day

Well, you've come quite a long way in terms of energy work for horses! You've just learned a technique to examine your horse for energy blockages and how to heal these blockages. There are more fun energy works you can do with your horse daily.

Energy work for every day

Cleaning your horse's stable with energy:

whether your horse has a permanent stable or a walk-in stable does not matter, you can also cleanse it of negative energies with your own energy. You do this by standing in the middle of the stable with your palms facing outwards and set your intention to clean the stable with your energy. Imagine a large energy ball around yourself and make it so big that you can fill the entire stable with it and push away all energies that do not belong there. You will automatically feel when it is ready. This is also super useful to do when a horse gets a new stable or for horses that are afraid or restless in the stable.

Brushing your horse's energy clean:

You can also set your intention to brush away all the energy that no longer serves while brushing!

Brush with long strokes from front to back and visualize that all the energy that does not serve flies away and dissolves in the air, super useful this technique, so you and your horse have brushed and immediately energetically cleaned!

Gemstones and intuition:

Do you happen to have 2 or more gemstones? Then take them to your horse. Hold the gemstones in your hand and let the horse choose 1 (Make sure he doesn't bite it!!). What color is the gemstone? Can you look up which emotion that color corresponds to? Does the choice suit the horse and/or you?

Energetically clean horse equipment:

You can also energetically clean all your horse equipment! Every time after use or when you are going to grease your leather, state your intention that all negative energies will go away and dissolve in the air. That way, all your equipment will be fresh again for the next use!

1. Energetic Relaxation Exercise for Your Horse:

- Stand next to your horse and breathe in and out calmly to center yourself.
- Gently place your hands on a spot on your horse's body where you feel tension or unrest.
- Direct a wave of soothing, relaxing energy to this area through your hands and intention.
- Visualize how the tension and stress in this area gradually dissolve, making way for a sense of deep relaxation and calm.
- Take the time to perform this relaxation exercise on multiple spots on your horse's body and feel how the relaxation energy spreads.

2. Energetic Grounding Exercise for Yourself and Your Horse:

- Stand next to your horse and visualize roots growing from your feet into the earth, connecting with the strength and stability of the ground.
- Extend this visualization to your horse and imagine that both of you are firmly anchored in the earth, with a strong energetic connection to nature.
- Feel the calm and stability that this grounding exercise brings for both you and your horse.

3. Energetic Intention for the Day with Your Horse:

- Begin each day with a moment of silence and connection with your horse.
- Set a positive intention for the day, such as harmony, love, health, or joy. Send this intention to your horse through loving thoughts and energy.
- Feel the power of this positive intention and visualize how it fills the day for both you and your horse with good energy and opportunities.

4. Energetic Breathing Synchronization with Your Horse:

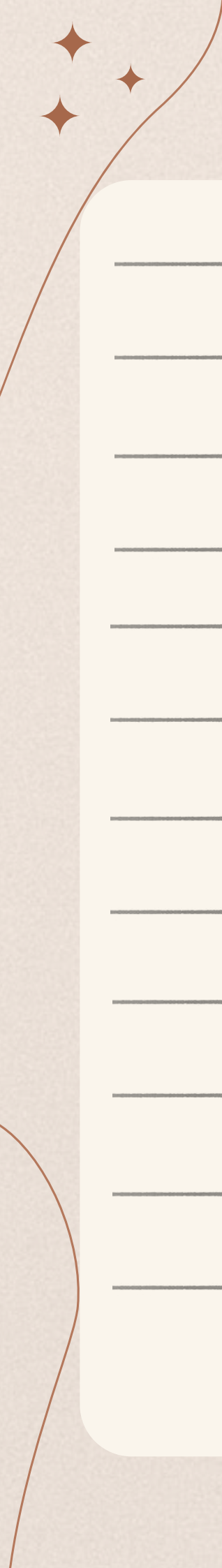
- Stand next to your horse and focus on your breathing. Breathe slowly and deeply in and out.
- Imagine your breaths flowing in harmony, with both of you following each other's energy and rhythm.
- Feel the connection and unity created through this breathing synchronization and enjoy the moment of shared calm and connection with your horse.

These new daily energy practices can help deepen the energetic bond between you and your horse and strengthen your relationship on a deeper level. Enjoy these moments of connection and loving energy exchange with your horse.

These enjoyable daily energy exercises are fun to do and also very valuable. Both you and your horse will benefit! Your intuition will grow, you will become more familiar with energy work, you will feel happier and more vital, and your horse will feel happier and more vital! And best of all... the bond between you and your horse becomes magical, reaching a whole new level!

To conclude this course, we have prepared a special meditation for you and your horse!

Lesson 4



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Lesson 5

A meditation especially for you and your horse

Here are 5 tips to help with Lesson 5: A Meditation specifically for you and your horse, with tips before, during, and after the meditation:

Before the meditation:

1. Create a calm environment: Ensure you have a quiet and safe space where you and your horse can meditate without disturbances. Remove any distractions and create a calm atmosphere.
2. Set a positive intention: Before starting, take a moment to set a positive intention for the meditation. Think about what you want to achieve, such as connection, relaxation, or healing for both you and your horse.

During the meditation:

1. Breathing and visualization: Focus on your breathing and allow it to become calm and deep. Visualize a radiant light surrounding both of you, bringing a sense of peace and harmony.
2. Feeling connected: Imagine an energetic connection between you and your horse that binds you on a deeper level. Feel the love and energy flowing between you.

After the meditation:

1. Gratitude and reflection: After the meditation, take time to reflect on the experience and the connection you felt with your horse. Feel gratitude for this special time together.

By following these tips and being mindful of your intentions and energy during the meditation, you can experience a deeper connection and harmony with your horse. Enjoy this special meditative experience and the loving bond you share.

You're now fully prepared! And you can now give your horse a healing! We'd love to hear about your experiences, perhaps with a nice photo of you and your horse! We'd also like to know what you thought of the masterclass! Send us an email, and you'll also receive your certificate via email!



Before we continue, we would like to ask you to take a moment to reflect on the new things you have learned from us. To reflect on all the things you can do now! To reflect on the fact that you will never lose this and that you can carry this with you forever! You are the one who will give the world that little bit extra from now on to make it even more beautiful, and help to heal our beloved horses who need it.

We would like to thank you for that!

Meditation

So and now the visualization meditation that we have specially devised for you and your horse! Go through the meditation a few times so that you can do it yourself without a sheet of paper! In our training courses you can also listen to our meditations, so you can put them on when you need them.

Now consciously take this moment. A moment completely one with your horse, completely in the here and now. No right or wrong. Connect your energy in an unbreakable bond!

Go to a place where it is quiet and your horse feels comfortable and familiar. A place where you will not be disturbed.

Stand close to or against your horse and if you like, put your hands on your horse, so you can let your energy flow together.

Step 1: Align Energy

- Synchronize Breathing: Begin to consciously synchronize your breathing with your horse's. Breathe in and out gently to the rhythm of his breathing, so that your energies begin to align.
- Visualize an energetic connection: Imagine a soft, luminous flow of energy flowing from your heart to your horse's heart. Allow this connection to become strong and clear, so that you can both feel this exchange of energy.



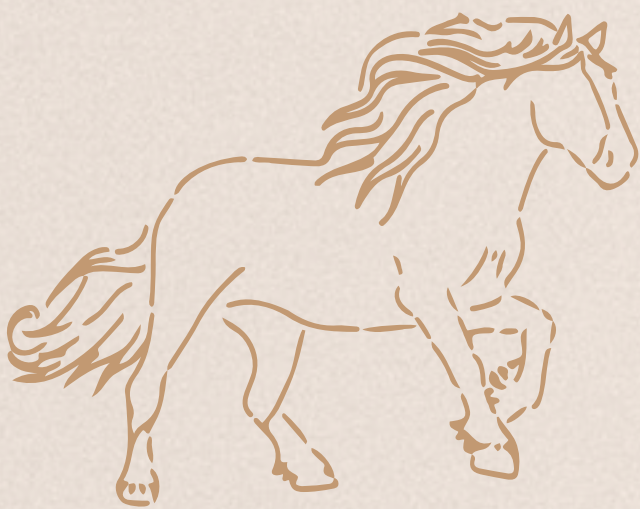


Step 2: Descend Deeper

- **Sit or Stand:** If you feel comfortable, sit next to your horse, or simply stand. Close your eyes and focus on your breathing and the energetic connection between you and your horse.
- **Visualize Peace and Calm:** Visualize a calming, peaceful energy that you send from the earth through your body to your horse. See this energy envelop your horse and further calm him.
- **Be Open to What Comes:** Stay in this state of meditation for as long as it feels right for you and your horse. Be open to any emotions, images, or feelings that arise, without judgment. Let the energy flow freely and be present in the moment.

Step 3: Close

- **Thank Your Horse:** Silently thank your horse for sharing this experience with you. Let the energetic connection slowly fade, but keep the feeling of connection in your heart.
- **Grounding:** Slowly come back to the here and now by focusing your attention back on the ground beneath your feet and the physical space around you. Take a few deep breaths in and out to close the meditation.



Lesson 5

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Congratulations!

Congratulations on taking your first steps as a horse healer!

With this course you have started laying the foundation for becoming a holistic equine therapist. If you really want to go deeper and really want to take a step further, then definitely check out our holistic therapist courses at www.holistichorse-academy.com

Extended year of training!

Our comprehensive year-long training program for holistic therapists is exactly what you're looking for! You can choose to specialize in working with horses, or you can go all-in and enroll in the combined program, which trains you as a holistic therapist for both people and horses. What makes this combination especially valuable is that you can treat both horses and their owners!

Our holistic training programs are a beautiful journey of healing and self-discovery, where you also undergo a transformation to bring out the best in yourself as a therapist. You'll learn to connect with the energies of nature, horses, and your own inner wisdom.

If you want to learn more about our programs, visit our website at www.holistichorse-academy.com or send an email to holistichorseacademy@gmail.com

Do you have other questions or would you like to discuss with us to find out if this program is a good fit for you? Feel free to get in touch. We're here to help!

All the best,

Noortje and Sophia

