

A black horse is captured in a full gallop across a grassy field. The background is a dramatic sunset sky with warm orange and yellow tones. Overlaid on the image are several white, dashed, concentric circles of varying sizes, representing chakra energy fields. The text 'Animal Healing: Chakras & Energy' is written in a white, serif font in the upper right quadrant. Below it, the text 'With Pamela Junck' is written in a smaller white font, followed by a small blue plus sign. A solid orange line curves across the bottom right corner of the image.

Animal Healing: Chakras & Energy

With Pamela Junck +

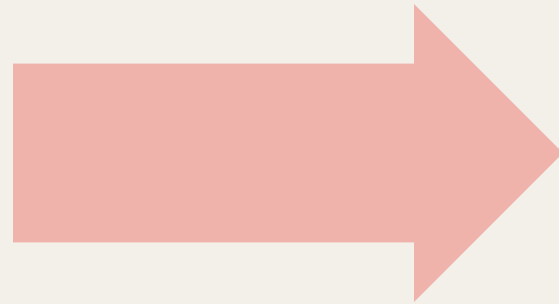
Pam Junck

Intro

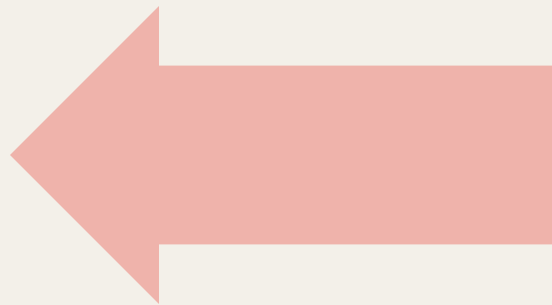
- + Hello to each one of you, thank you for being here.
- + I am honored and excited to speak about energy Centers called Chakras. This is a deep and healing work for all creation.
- + I am a Master Reiki Teacher, Color and Sound, Chakra Balancing, Quantum Touch practitioner, as well as a retired veterinary technician. I am also trained in Energy Dowsing and Animal Healing.
- + It has been a lifelong dedication of mine in honoring our incredible Earth Home.
- + I have created business's focused on living gently, intentionally and sustainably with our Great Mother Earth.
- + I'm also a devoted mother and grandmother of a generational family of lifelong horse lovers. I believe horses are to be honored and respected for their unconditional teachings and generous hearts.
- + They can lead us into stunning self-growth.

Energy

An unseen and non-physical vital life force that makes all living things alive.



It flows through the body and is directly connected to the quality of health.



Mission & Purpose

Learn about energy centres/
Chakras for increased
understanding, healing,
communication with your
horse.

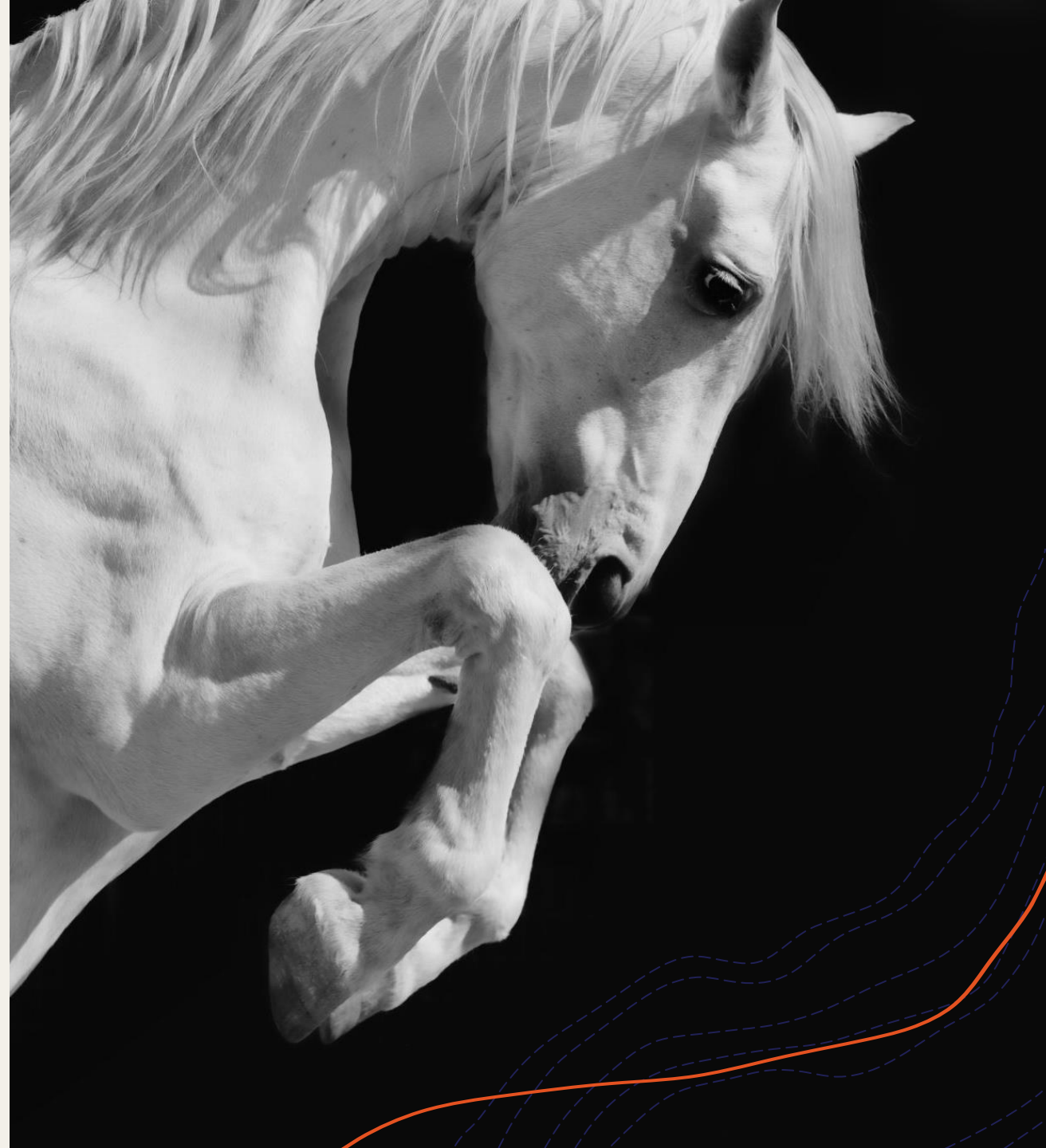
Chakras are present in all
living beings. Understand
about the flow of
energy throughout your
horse's body.

Empower you to transfer
healing energy to your
horse.

Intuition: reminders to
follow your inner guidance.

HONOUR YOURSELF that
you followed your own
guidance to be here today.

Create motivation and
confidence to implement
what you have learned.





Animal Healing

The **essence** of giving healing energy is **love**.

This love comes from your **own heart** as well as from whatever is the source of your **own spiritual beliefs**.

You **direct** this **energy** through your hands *with **intention*** to the area you want to heal. **Thoughts are energy**

Animals naturally **understand** and are **in tune** without judgment and are very accepting

It's a wonderful **bonding** experience and in times of **stress** can be very helpful to both of you!

Benefits for You and Your Horse

Reduce	Reduce Stress
Recover	Recover from Trauma (IE Rescue horses)
Resolve	Resolve Behavioural Issues
Assist	Assist with Lethargy and Depression
Improve	Improve Balance and Wellbeing
Increase	Increase Flexibility (Fascia: Leah will discuss more)
Strengthen	Strengthen Relationship with your Horse

Horses have no pre-conceived notion or ego

They readily tune in to the intention and work of the practitioner

During a Session

- May drop head
- Close eyes
- Yawn
- Lick and Chew
- Droopy bottom lip

- Signifying relaxation into energy, accepting of the flow.
- After treatment and rest period; often an increase in energy and wellbeing



Energy Healing for the Horse

Always remember to **confer with a veterinarian** for all injuries and ailments. Energy Healing and other complementary therapies will aid in the healing process and should not be substituted for veterinary attention.

Energy: A Brief Overview

The knowledge that an **unseen energy** flows through all living things, connected directly to quality of health, has been part of the **wisdom of many cultures** since ancient times.

The existence of this *life force energy* has been **verified** by recent scientific **experiments**, medical doctors are considering the role it plays in the functioning of the **immune system** and **healing process**

The **scientific principle** is that **everything** in the world is **energy** which is **vibrating** at different rates. **Blocks** to the flow of energy in the body can result from thought **patterns**, **emotions**, **stress**, **trauma** and **physical ailments**.

Most of the time the **body** will **compensate** for these blocks to the flow of energy in **subtle** ways we may not be aware of, which can escalate over time.

In times of stress, physical, emotional or mental health **challenges** begin to **appear**.

In the case of **horses**, much of the **stress** is due to external factors such as **diet**, **changes in surroundings and herds**, **training** and other human **interactions**.

Chakras: Wheels of Energy

There are **7 major energy centres, or chakras**, in the body (and hundreds of minor ones) which receive, assimilate and distribute energy.

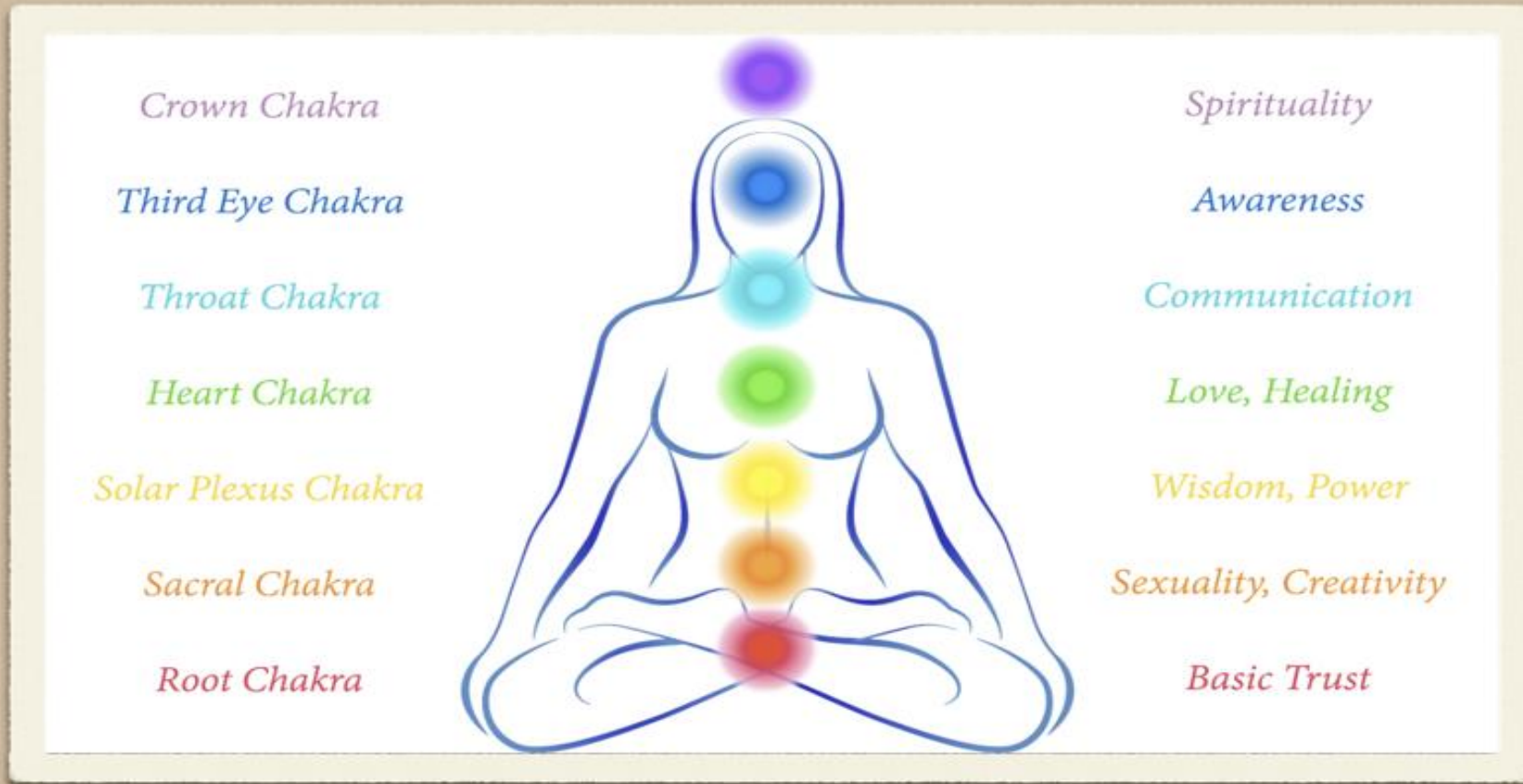
This energy or life force enters the body through **electromagnetic field**, known as the **aura**.

Each chakra has a **colour, quality and function**. As well as musical key notes, associated glands, essential oils, gemstones and affirmations that help balance and align the body.

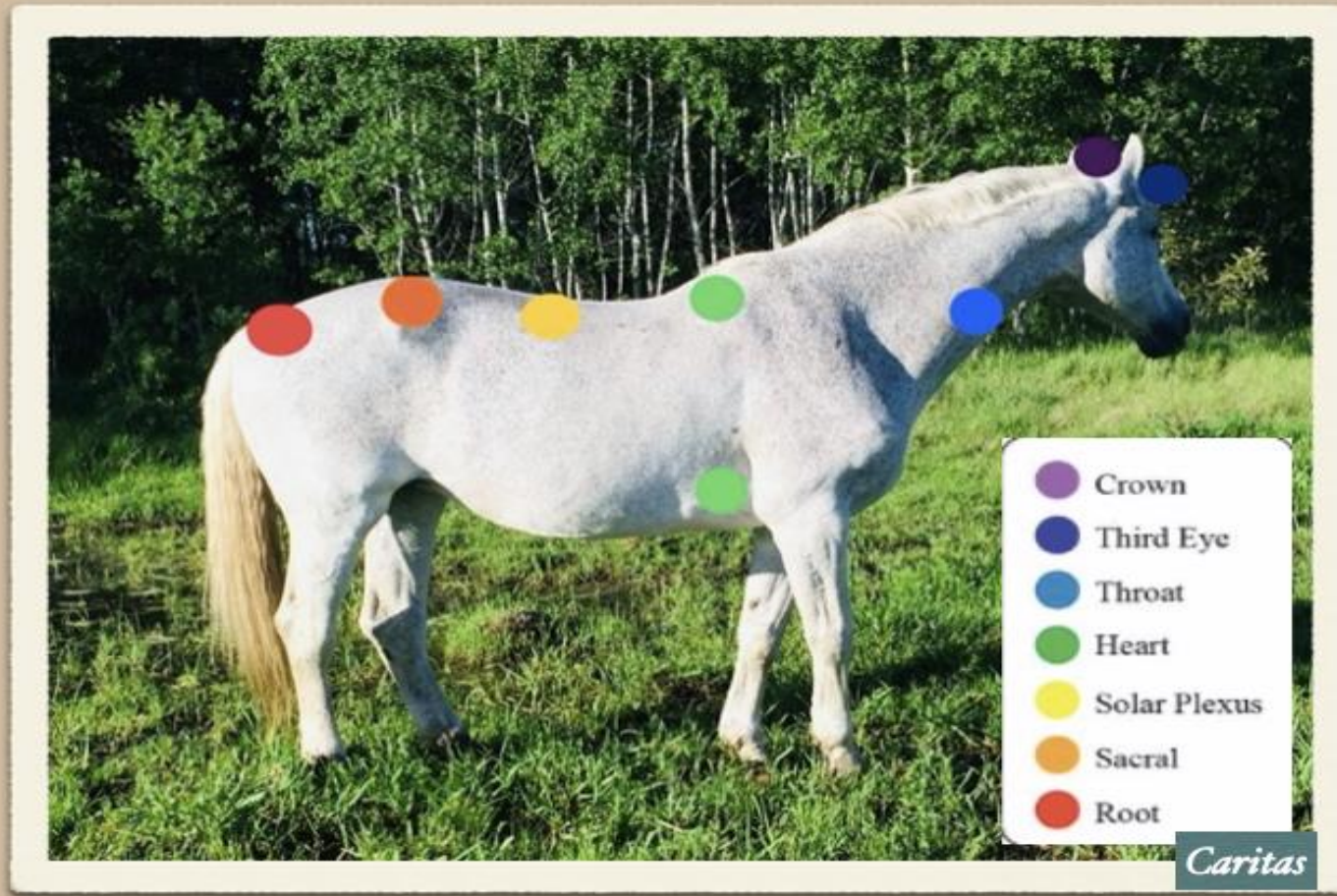
When chakras are **evenly balanced and in tune** with each other, our physical, mental and spiritual selves are working in harmony for **optimum health and wellbeing**.

I have listed a few of these in each description. *This is only a brief guide due to the depth of information and time requirements.*





Chakra Descriptions and Placements



Equine Chakras relative to Human

Horses have the **same seven chakras** in the same placements. However, as horses stand on all fours, theirs run **parallel** to the ground rather than perpendicular as in humans.

First/Root Chakra

- * The root of the **being**
- * Deepest **connections** with the **body, the environment,** and the **Earth**
- * Represents **basic trust** in the forms of **survival, stability, security, basic needs, home, family, grounding, vital life force, power**
- * Located at the **base of the spine** and encompasses the first three vertebrae, the bladder, and colon; the associated vibration is reflected in the colour **red**
- * Endocrine gland: **Adrenal cortex** (vital life hormones- cortisol: stressors, aldosterone: blood pressure)
- * Physical association: The **skeletal structure, teeth, large intestine, kidneys, blood**
- * Psychological function: Survival and self preservation
- * Challenge: Fear



Root Chakra

Key Note: C

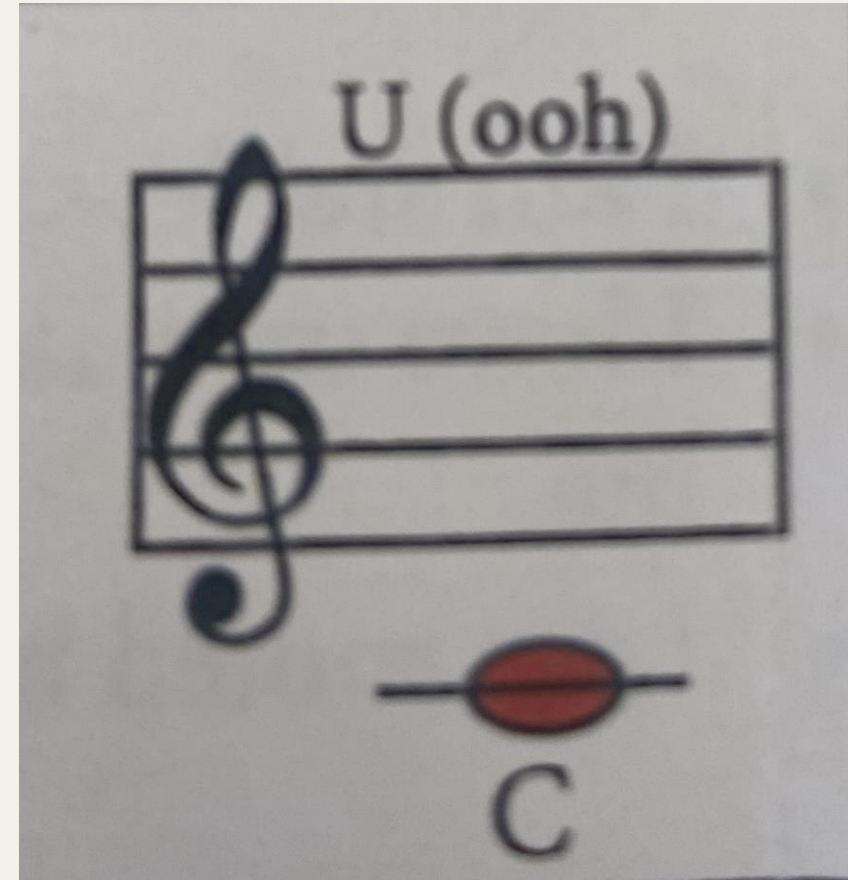
Gemstones: Red Jasper, Hematite

IE: for an anxious horse you could attach this stone to their halter or tie into the mane

Essential Oils: Ginger, Cedar, Clove

IE: for an anxious/unsettled horse; wear these oils and allow the horse to smell them; rub a few drops into the root chakra area

Affirmation: I am stable, safe and secure



Second/Sacral Chakra

- * The centre of **feeling, emotion, pleasure, sensuality, intimacy, creativity, relationships, connection**
- * Initiates ability to let go, move, feel transformation, to seek pleasure and enjoyment.
- * Located above the **pubic bone, below the navel**; the associated vibration is reflected in the colour **orange**
- * Endocrine gland: **Ovaries, testicles** (reproduction)
- * Physical association: **Womb, genitals, kidney, bladder**
- * Psychological function: Movement and connection
- * Challenge: Guilt



Sacral Chakra

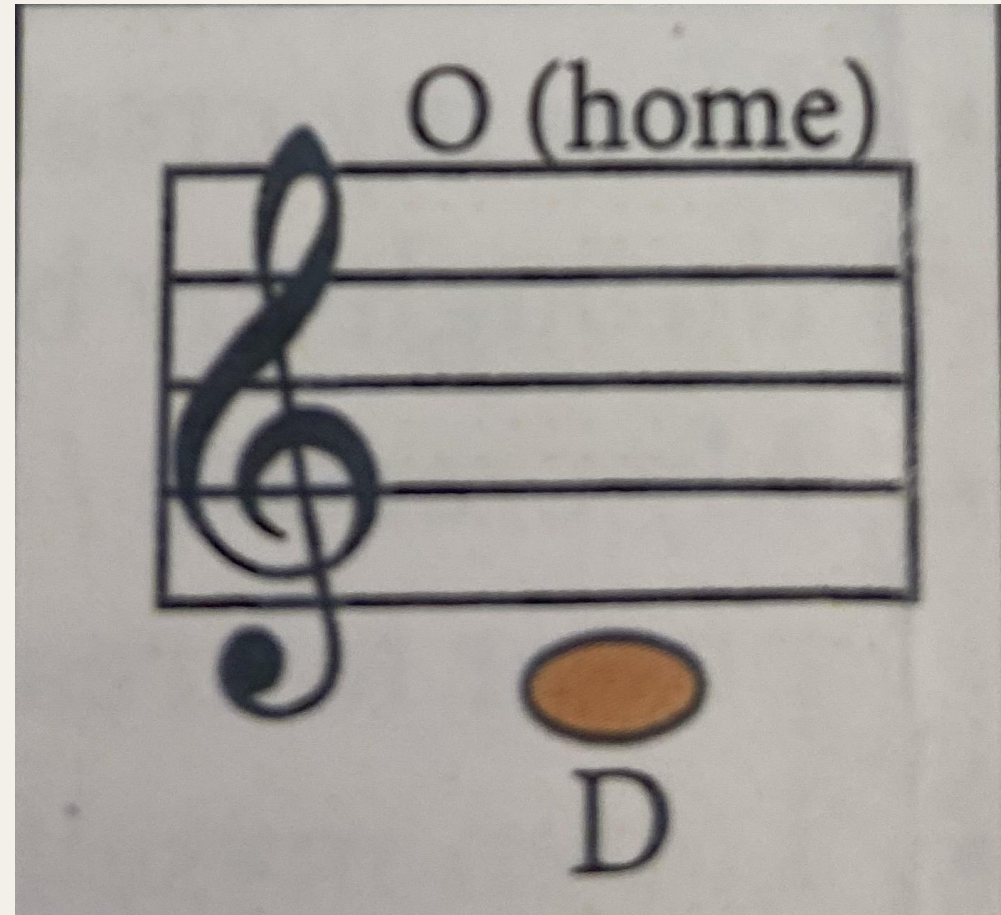
Key Note: D

Gemstones: Carnelian, Calcite

Essential Oils: Cinnamon, Neroli

Affirmation: I can create and transform

IE: If horse in a state of transition, change of relationship/herd/home; hold this intention for them, say it to them, write a note and attach it to their halter or stall door.



Third/Solar Plexus

- * The centre of **self-esteem, willpower, self-discipline, sense of self; source of personal power, perceptions of ones self** and the core of **personality, identity, ego**
- * Creates the transformation of inertia into action and movement. It allows challenges to be met and the moving forward in life.
- * Located in the area from **navel to breast bone**; the associated vibration is reflected in the colour **yellow**
- * Endocrine gland: **Adrenals, pancreas** (react to stressors, digestion, blood sugar)
- * Physical association: **Digestive system, liver, gall bladder**
- * Psychological function: Will
- * Challenge: Shame



Solar Plexus Chakra

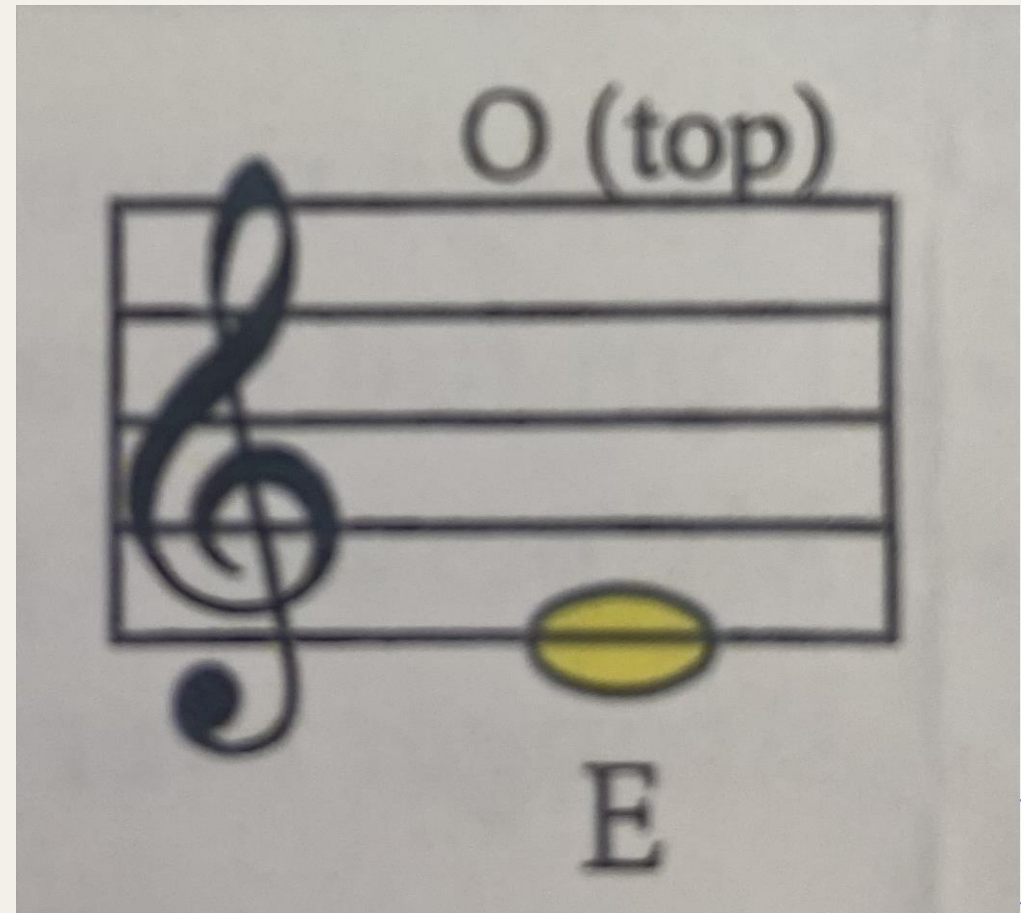
Key Note: E

Gemstones: Citrine, Tigers Eye

IE: for a horse that may be at the bottom of the herd and being pushed around, add this stone to their environment

Essential Oils: Lavender, Bergamont

Affirmation: I accept myself completely and growing stronger every day



Fourth/Heart Chakra

- * The centre of **deep bonds with other beings, sense of caring, compassion, feelings of self-love, altruism, generosity, kindness, respect, source of love, healing, connection**
- * It is **spiritual** and also **serves as a bridge** between our **body, mind, emotions, and spirit**. It is an integrating and unifying chakra, bringing to wholeness, as such, it is **the healing centre**
- * Located at the **heart centre** and is at the middle of the seven, uniting the lower chakras of matter with the upper chakras of spirit; the associated vibration is reflected in the colour **green**
- * Endocrine gland: **Thymus** (immune)
- * Physical association: **Heart, lungs, circulatory system, arms, hands**
- * Psychological function: Love
- * Challenge: Grief



Heart Chakra

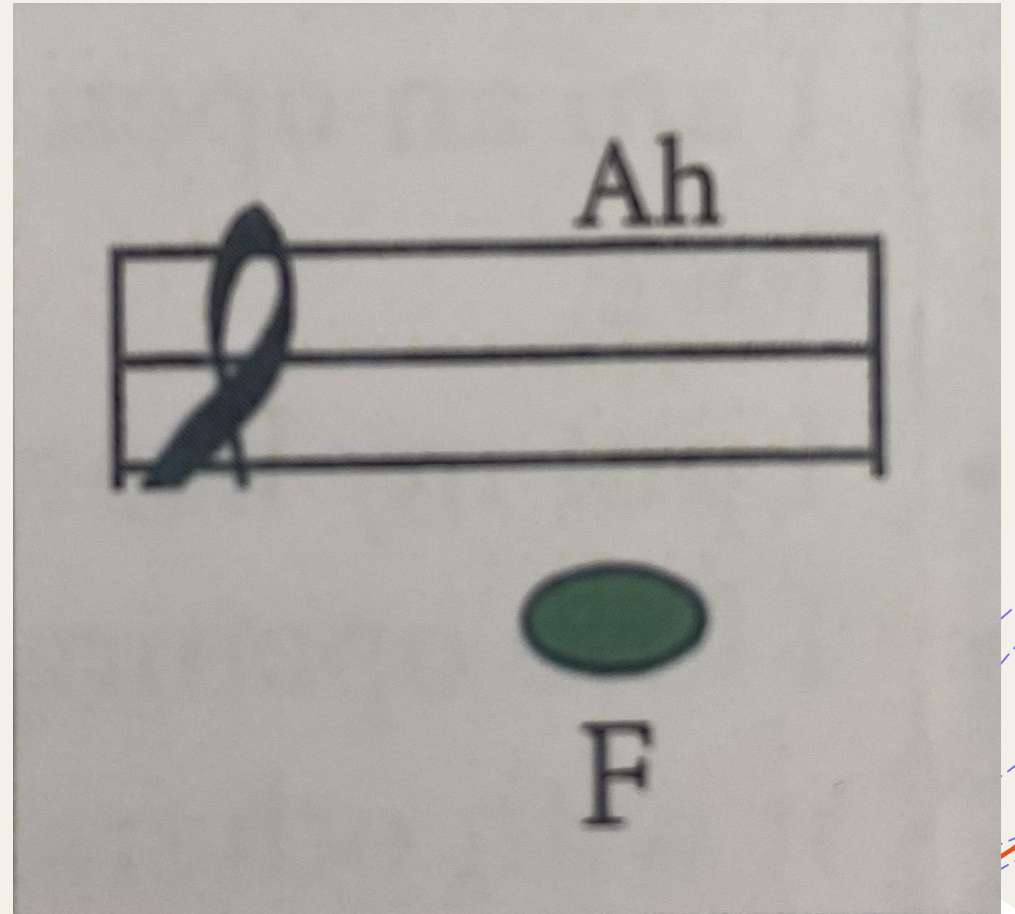
Key Note: F

Gemstones: Rose Quartz, Green
Apophyllite

Essential Oils: Rose Oil, Siberian Fir

Affirmation: I am an open channel for
unconditional/divine love and harmony

*IE: to help create a bond with a new or
distant horse, say with intention when
together*



Fifth/Throat Chakra

- * The centre of **communication, source of verbal expression, the ability to speak our highest truth both outwardly and inwardly, acceptance of originality, expression of authentic voice, the seeking of knowledge that is true**
- * Located in the area of the **throat** and includes the neck, thyroid, the parathyroid, jaw, mouth, and tongue; the associated vibration is reflected in the colour **blue**
- * Endocrine gland: **Thyroid and Parathyroid** (metabolism)
- * Physical association: **Throat, ears, mouth, shoulders, and neck**
- * Psychological function: Communication
- * Challenge: Lies



Throat Chakra

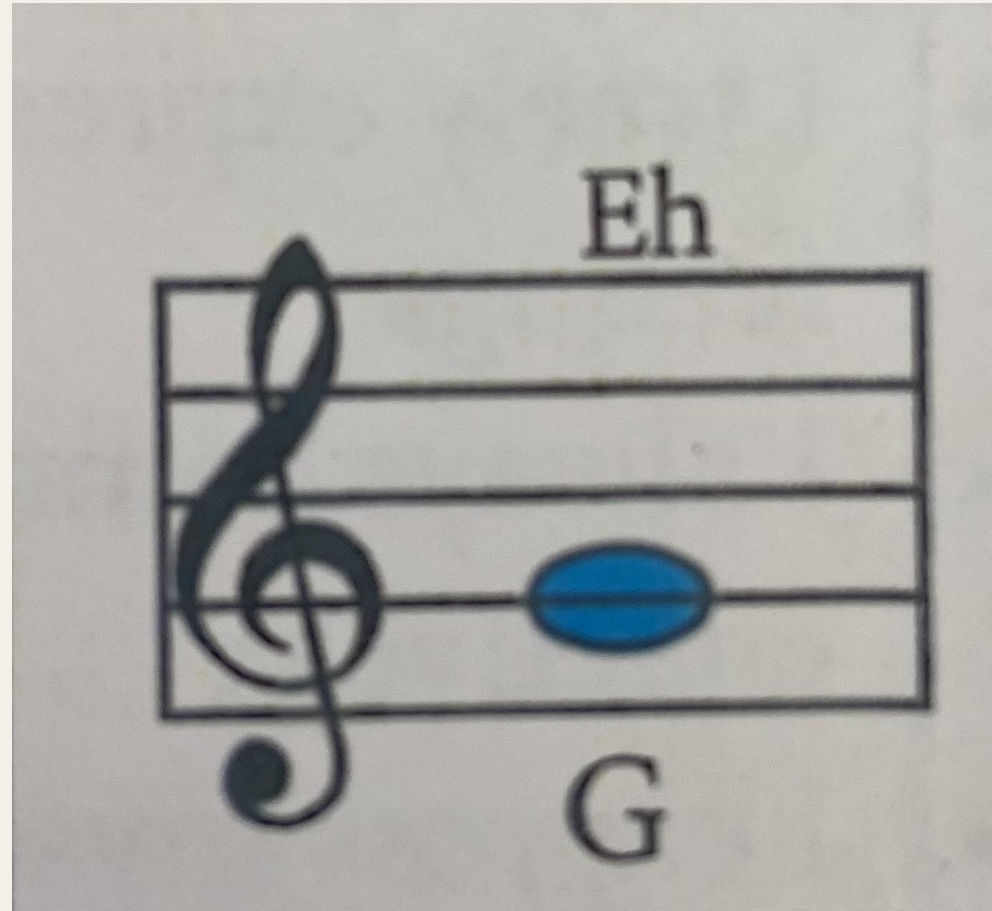
Key Note: G

Gemstones: Lapis Lazuli, Turquoise

Essential Oils: Lavender, Sage

Affirmation: I communicate clearly

IE: for a horse that is in shut down mode, hold this intention for them, say it when you think of them, when you are near them in order to enhance communication outwardly



Sixth/Third Eye

- * The centre of **intuition** and **awareness**, the **ability to “see” clearly**, to **access our inner guidance** and **deeper truths**, **experience clear thought** as well as gifts of **spiritual contemplation** and **self reflection**, the **seat of wisdom** and **of conscience**, **origin of sense of justice** and **ethics**
- * One **can not only see** what is going on **but also understand**
- * Located **between the eyebrows**; the associated vibration is reflected in the colour **indigo**
- * Endocrine gland: **Pituitary** (master)
- * Physical association: **Eyes, base of skull, brow, pineal gland**
- * Psychological function: Intuition, imagination
- * Challenge: Illusion



Sixth/Third Eye Continued

Pineal Gland

- * The principal cell of the pineal gland is the pineal parenchymal cell or pinocyte. This cell is a specialized neuron **related to retinal rods and cones** (<https://emedicine.medscape.com/article/1949083-overview#showall>)
- * In other words, the walls of the pineal gland are **made of rods and cones that are similar to those in the retina in our eyes**. This may explain why ancient civilizations and spiritual teachers associated the pineal gland with the third eye. Unlike our regular eyes, the pineal gland has the **ability to see both physically and intuitively** (<https://www.mindmotivations.com/articles/pineal-gland-how-activate-your-third-eye#:~:text=The%20interior%20walls%20of%20the%20pineal%20gland%20are,the%20ability%20to%20see%20both%20physically%20and%20intuitively.>)
- * *Canadian Indigenous cultures teach that the hole in their traditional **peace pipe represents**, among other teachings, the **pineal gland**, the lighting of which **connects us to the the Great Spirit Source Energy**. When lit up the pineal gland gives us **access to all of the universe**. The gifts from the lighting of the pineal gland come down the seven chakras and relate to the seven sacred indigenous teachings. This helps us understand that **we are all connected**. (from the peace pipe ceremony with Indigenous clan members at the Freedom Convoy 2022)*



Third Eye Chakra

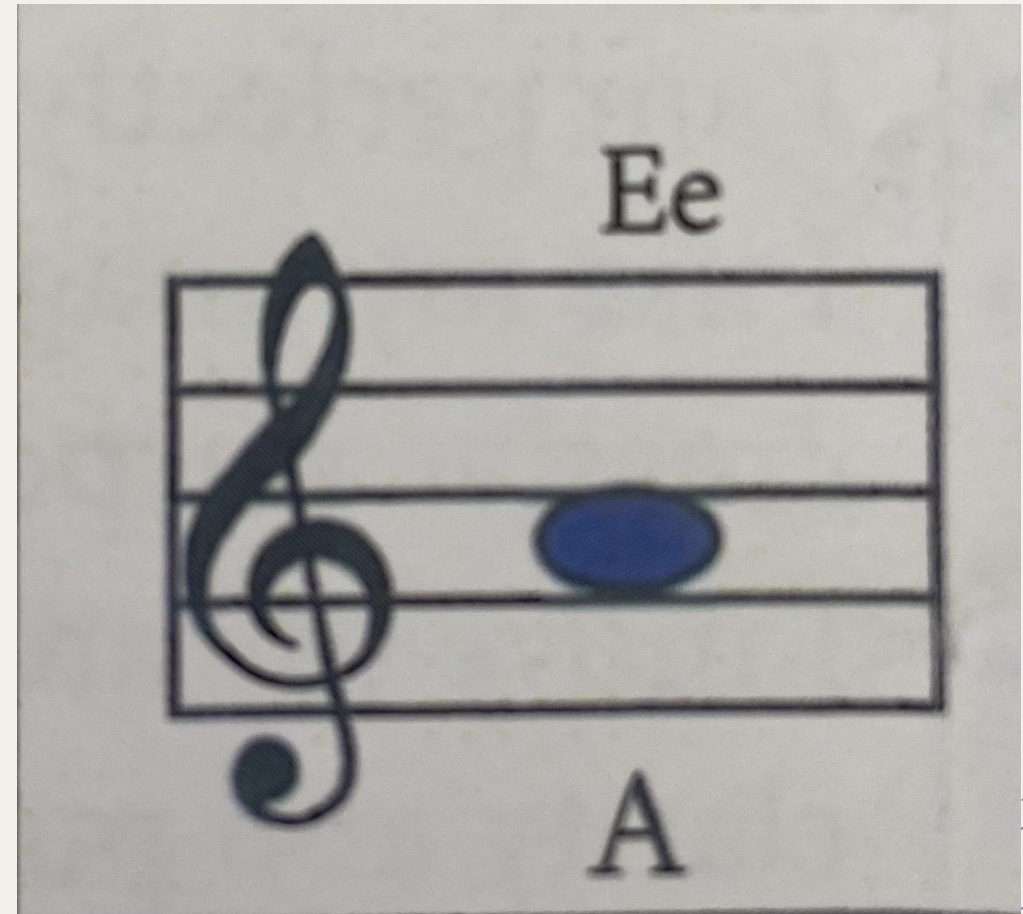
Key Note: A

Gemstones: Amethyst

IE: add this stone to the halter or forelock of your horse and carry one in your pocket with the intention to create a deeper intuitive connection

Essential Oils: Jasmine, Clary Sage

Affirmation: I move towards my vision with clarity and insight



Seventh/Crown Chakra

- * The centre of **enlightenment, spiritual connection to our higher selves, others,** and ultimately, to **Source, the meeting point between finite (the body and the ego) and infinite (the universe and soul), unity, selfless realization that everything is connected at a fundamental level**
- * Located at the **crown of the head;** the associated vibration is reflected in the colours **white or purple**
- * Endocrine gland: **Pineal** (melatonin/sleep)
- * Physical association: **Central nervous system, cerebral cortex**
- * Psychological function: Awareness, understanding
- * Challenge: Attachment



Crown Chakra

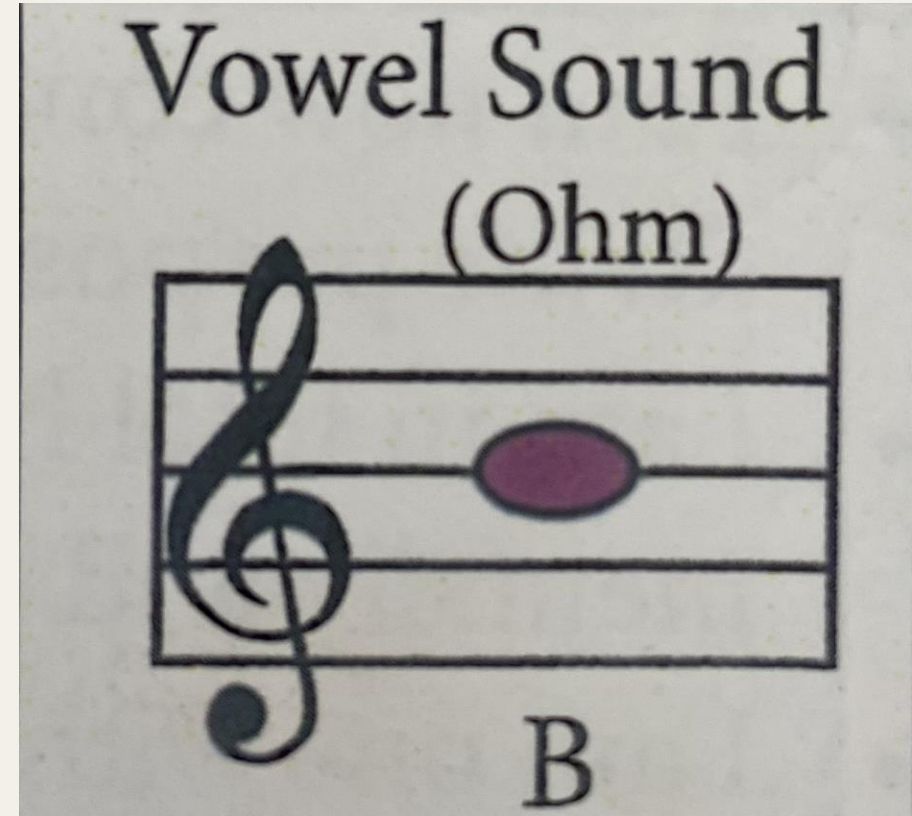
Key Note: B

Gemstones: Clear Quartz

Essential Oils: Frankincense, Arborvitae

IE: place on the crown of yourself and your horse, breathe deeply, and be open to a deeper connection on a higher level; this can assist with a horse that is also shut down

Affirmation: I am one with all creation, spiritually, physically, mentally





Short Meditation as a Grounding Practice before beginning Energy Work

- ❖ A simple and effective way to feel energy; rub your hands together quickly and stop. Feel the sensation in your hands. This is the feeling of energy, both heat and tingling can be felt.
- ❖ To begin you will gently close your eyes and inhale from deep in your belly up to the top of your chest to the count of 4. Bring in positive thoughts of love and relaxation. Exhale to the count of 4 surrendering all stress and anxiety. We will do this breath work 3 times. We will begin now, I will count you through the breaths.
- ❖ Now while keeping your eyes closed, get comfortable, place your feet on the floor; imagine and feel your favourite kind of tree. Plant your feet firmly into the ground. See and feel this trees beautiful branches reaching up to the sky bringing you love and peace. Become this tree. You feel your feet become roots as this loving energy runs down through your body and down through your feet rooting you into the deep nurturing quiet earth. Your roots run deep and wide connecting you to Mother Earth's timeless wisdom. Here you are safe, loved, nurtured and in total harmony with all that is. Take a few moments to be in this sacred space. Giving thanks and gratitude for this loving and nurturing time. Now take a big breath in and release it as you gently open your eyes and come back to the present, feeling rested and rejuvenated.

How To:

Keys to activate healing:

- 1) **Intention to Assist:** Enter a place within yourself where you simply wish to give, help, embrace, allowing healing to occur
 - 2) **Focus of Intention:** Send heart energy; flow with love and healing
 - 3) **Breath:** Follow your own deep breathing. This helps keep you in the moment, centered and grounded, while opening greater healing channels.
- ❖ Make sure the area is free of any obstacles that may cause loud noise or distraction for the horse and is safe for you both.
 - ❖ It is preferable that the horse is not hungry or eating at the time of a healing.
 - ❖ A quiet space is ideal, but this technique can be done anywhere as needed in any given situation.
 - ❖ Always approach the horse and ask permission to do energy healing with them.
 - ❖ Watch for acceptance by the twitching of ears or subtle submitting postures IE. slight shifting of weight or bowing of head, or sighing; trust your intuitive sense
 - ❖ If the horse shows signs of concern or nervousness wait and try again. Use slow confident movements and allow the horse to become accustomed to you. Speak in a low soothing tone with no fast or sudden movements - allowing the horse to adjust. Soon acceptance usually occurs and they relax deeply into the healing.
 - ❖ It is important to remember that the body intelligence of the horse will take the healing energy and do with it what is needed- which could be mental, emotional, and/or physical healing.

How To, Continued

- ❖ To **begin** a treatment and align/balance the chakras, **ground** yourself (use previous meditation and breathing), **position** your hands over each **chakra** starting with the Root or the Crown Chakra. You **will feel 'something'** like **tingling** or **heat** in your hands, sometimes **cold** or **stillness**. *Listen to your intuition.*
- ❖ **Hold** your hands with **intention** over each chakra to **send healing** into these energy centres. Follow your inner guidance.
- ❖ **Trust your own intuition and the communications from your horse:** *the horse may let you know where they want your healing hands.*
- ❖ **Sweep, Release, and Ground** through the horse's body which realigns the energy at the end of each session



Pendulum use for Energy Flow



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- ❖ A pendulum is a **tool** used to obtain information from beyond normal consciousness. It helps to tap into the **Higher Self** and enhances intuition.
- ❖ Pendulums have been used for centuries and one **common practice is water divining**, which is still used today.
- ❖ There is **no magic involved** and simply uses the natural process of **tuning into your intuition**.
- ❖ For many **intuition** has **diminished** since **childhood** due to negative programming. Many of us lose the ability to listen to our inner voice and tap into our own 'knowing'
- ❖ There are **techniques** to reconnect with the **Higher Self as well as tangible frequencies**, and using a pendulum is one of these.
- ❖ As you become more proficient or adept, **intuition becomes stronger** and you begin to *know*.

Pendulum Continued..

A Simple Guide In Using A Pendulum for Horses:

Remember to be grounded and send your roots deep into the Earth while bringing love and intention to this technique.

Once you feel grounded and balanced and totally connected to yourself give thanks for the gift of healing for you and your horse.

Position the pendulum over the horse's chakra beginning at either the Root or the Crown Chakra and work your way through each chakra. (whatever place your start will be fine and your intuition is helping you to proceed)

At each chakra point allow the pendulum to swing in a clockwise direction

If the pendulum swings in a back and forth motion or there is no movement then there is an energy imbalance in that chakra.

Direct more energy to the area until the pendulum circles freely and strongly. This may take only a few minutes or much longer.

You may be required to revisit this area and send healing to it until the chakra becomes balanced and aligned.



Information Adapted From these Resources:

*There will be a
downloadable PDF of this
presentation at
www.leahdyck.com*

www.equiworld.net/uk/horsecare/alternativetherapies

www.healing-in-harmony.com

www.wildhorsecamp.com

www.chakra-charts.com

Power vs Force by David R. Hawkins M.D PhD,

Reiki Manuals by William Lee Rand

Quantum Touch the Power To Heal by Richard Gordon

Onwards and Upwards Publishing Inc. Victoria, BC Canada

Hands of Light, Barbara Ann Brennan

[Pendulum Therapy: How to Use a Pendulum for Spiritual Healing & Balancing the Body Energy \(Chakra\) \(indiatimes.com\)](http://indiatimes.com)

The Crystal Bible by Judy Hall

Essential Oil products and descriptions are from DoTerra at: doterra.com, The Essential Life, Total Wellness Publishing.

Love Is In The Earth a Mineral Pictorial by Melody

Essentialoilvet.com

"When your intent is in
accordance with the
Universe, things start
happening."



Healing is real.
Everyone can do it.
Everyone's love has
impact and value.
Your love has
impact and value.
~Richard Gordon –
*Quantum-Touch The
Power To Heal*



Thank you again for sharing this time
with me.

May each and every one of you be
blessed with happiness,
love, health, and prosperity.

Open for Q&A!

Honour that you followed your own guidance to be here today

Distance Healing

Share Healing Stories

Create Motivation and Confidence to implement what you have learned

