



Reiki. Horses. Essential Oils.

REIKI FROM THE FARM™

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Equine Raindrop Therapy

(Adapted from Dr. Heather Mack's videos; Originally adapted from Gary Young's Raindrop Therapy for humans)

Can help correct defects in the spine, minimize back pain, and strengthen your horse's immune system.

Consult with your veterinarian before treating a horse on medication or with significant health issues. Try a raindrop treatment yourself before you give one to a horse.

Begin with Hidden Brook Farm's Strength and Courage or Young Living's Valor on the sacrum, withers, poll, sternum, and all four bulbs of the heels.

Then apply Oregano and Basil to the coronary bands of all 4 feet.

Take your time, inhale and exhale and encourage the horse to breathe.

Now place a mixing oil along the spine - such as sweet almond oil, jojoba, grape seed, olive, wheat germ, or coconut oil, or a combination and rub it in using a scissoring motion with the hands.

Now apply the following oils one at a time - or you can use Hidden Brook Farm's Liquid Chiropractor which contains all Raindrop treatment oils in one blend:

1. Thyme
2. Oregano
3. Cypress
4. Birch
5. Basil
6. Peppermint and
7. Marjoram

These are dropped like raindrops along the spine from 6" to 9" above, moving from the sacrum forward to the withers.

Finally, apply Muscle Relax or Aroma Siez to either side of the spine on the paraspinal muscles, so they can relax while the spine rearranges itself.

These oils go deep and release tension – which can be physical, chemical and emotional – around the vertebral bodies.

Follow up with a hot moist towel laid onto the horse's back. Place a dry towel or blanket over that to hold the heat in and absorb excess moisture.

If toxins come out of the spine, you'll see areas of raised hair that looks like hives. These raised areas may persist for two to three days

It is also important that the horse's back be kept out of direct sunlight for at least eight hours after the treatment, as some of the oils can cause hypersensitivity with sunlight.