



Photo by Robert Burney

Pranic Healing

By Liza Burney

A no-touch system of energy healing

Many people seem to think that energy healing is some mystical process practiced by people with supernatural abilities and that this practice is inaccessible to the ordinary person. That's what I used to think, and boy was I wrong.

Pranic Healing is simply based on the process of transference of energy. Transferring old energy out and fresh energy in. The fact of the matter is that we are transferring energy all the time, whether we realize it or not. Like the time my horse and I were waiting for our trailer ride to arrive and my mind started wandering, thinking about a number of times when he hadn't loaded so well. I actually started to feel a little knot in my stomach. Then my otherwise calm horse began acting agitated. My stress had just transferred to my horse. So I had to focus and clean up my energetic act, which I did, and he calmed down again.

All within the space of five minutes. That's the beauty of Pranic Healing. Simple tools we can use in our ordinary life.

Pranic Healing is a no-touch system of energy healing that offers simple, step-by-step protocols to address physical issues of every system of the body. It is based on the same principles as acupuncture, but without needles. The first principle is that we have both a physical body and an energy body and that they are connected. When the energy body is balanced, the physical body manifests vibrant health. But when there is an imbalance in the energy body, this imbalance manifests physically as a "symptom." In this practice, the symptom is not "the enemy" that needs to be suppressed. The symptom is actually a messenger of an underlying energetic imbalance. The trick is to know where to look and then know what to do. Then the symptom tends to clear on its own.

The first step in the process is to learn how to sense

the energy. We do this using our hands, in a practice called "scanning." We activate the energy anatomy of the palm and use this to feel the energy fields. You can do this too. Just sit with your hands palm up. Smile. Breathe deeply in and out, visualizing the air coming in and leaving through your palms. Next, place your hands in front of you, palms facing each other, about 12" apart. Continuing to breathe deeply, move your hands closer together and then further apart, very slowly. You may notice some sensation in your hands or your arms, like tingling, heat, pressure, or something else. That is you experiencing the energy!

One simple exercise is to scan your horse's spine for energy blockages. Starting at the poll, with a flat hand an inch or two off the body, very slowly slide your hand down the neck (not touching) all the way to the tail. Along the way, you will notice places where the energy feels smooth and light and other areas where the energy feels thick or stuck. You are not imagining

this!! These thick areas are energy blockages and it would benefit your horse to have them cleared. These blockages might correspond to tight muscles, areas of hair discoloration or specific areas of subluxation.

This was the situation with one horse I worked with, whose symptoms were a very stiff gait in the hind. He had been getting standard veterinary care, chiropractic, acupuncture, heavy metal detox and various supplements, all to no avail. Upon examination, I noticed two things about his energy. First, the energy centers (chakras) from his head to his throat were all normal, but the chakras from his heart to his tail, including the minor chakras of his legs, were all out of balance and getting worse the further back they went. Also, two meridians that travel down his legs were out of balance.

Initially, this horse was very animated and enjoyed interacting with me in a friendly way. As I scanned his

energy, I located the specific area below the withers at the base of the neck that was the primary issue. Once I started the clearing process, this horse shifted and became very internalized and quiet. You could see him withdraw into himself. His eyes went blank, his head dropped. I continued clearing. After a while, he began re-surfacing and displayed lots of appropriate releasing on the physical level. Yawning, shaking, releasing gas, that sort of thing.

Often the horses enjoy some gentle movement around the arena after the session. The fabulous news was that when this horse walked off, his gait was fluid! No trace of the stiffness that he had 45 minutes before. When I checked in with the owner months later, he was still doing great!

The second principle is that once you find an energetic imbalance, you have the ability to re-balance it. This article introduces a simplified version of Pranic Healing you can use on your own horse is to clear the blockages you find in the spine. This same process also works to clear blockages in the legs, particularly around the joints. Here's what you do. With the understanding that each of us has an energy field around our hands, take one hand, flat palm with fingers together and at the place you located the stuck energy, use your hand in a sweeping motion. You can visualize a large white energy mitt around your hand.

Always move your hand from head to tail, and from centerline out. This process almost looks like "air-petting," but what is really happening is that your energy hand is loosening and gathering up the stuck energy from your horse's spine.

After about five sweeps, you have a good handful of old energy, and it's time to transfer it away. But you don't want to just throw it on the ground. So make sure you have a plastic tub (about a liter) with salt water (about a handful of salt). The salt water is the energy garbage can. Just toss it in there. As you repeat this sweeping process, you may notice the thickness of the energy blockage smoothing out. Just continue doing this sweeping until the energy feels clear. Then move on to the next spot. If your horse starts yawning, you will know that he's feeling the energy shift as well. After you are done, flush the salt water down the toilet.

Pranic Healing to Address Choke

This simplified Pranic Healing technique has many applications. In addition to clearing the spine and the legs before and after exercise, another area I frequently use this in is cases of choke. One of the contributing factors of choke, in my experience, is that the energy anatomy of the neck is out of balance, which impacts the function of the esophagus. In this situation, simply perform the local sweeping technique mid-way down the neck to address the



Photo by Anne Pflug

throat energy center and the entire length of the neck on the left side (at the front) to address the esophagus. Local sweeping on the throat can also be done in a preventative way, for a horse you know to be of high risk of repeat incident. The goal is to keep the energy feeling smooth and clear.

The best application of Pranic Healing is as an adjunct to your standard veterinary care. Beyond the simplified Pranic Healing technique described here, there is the 7-step protocol process that more comprehensively addresses complicated and chronic conditions and can be used to accelerate self-healing after an injury or illness.

The beauty of Pranic Healing is that it is protocol-based and anyone can use it.

The reason anyone can use it is because there is a step-by-step process for every condition, which takes the guesswork out of the equation. From joint support and back care, to respiratory and digestive conditions, Pranic Healing has a protocol for that!

Learn more at www.PranicHealingforHorses.com.



Liza Burney, founder of Heart to Heart Healing, LLC, is a certified Pranic Healing Instructor and experienced Energy Healer with a unique and broad range of expertise which she uses to help horse owners support and enhance their horse's self-healing capacity.



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