

Breton Equine Services

Barn Talk- Nov 2024



Oh Where Do I Start?

These past few months have been challenging, to say the least. I had to say goodbye to two incredible horses, Jasper and Murphy, within such a short time. Losing these beautiful souls reminded me that our relationships with our animals go far beyond riding; they're about connection, the nourishment of the soul, and the wonderful exchange of energy. Some of my most cherished moments aren't in the saddle but simply being with my horses, feeling that love, that connection—those moments where, for a split second, we become one. Losing Jasper and Murphy has made me reflect deeply on this and reminded me to cherish those connections.

I recently shared my thoughts on the vet industry, and the response was overwhelming; I realized I'm not alone in my experiences. This is a topic that deserves attention, and it's not something we should quietly accept.

On a brighter note, I completed my Australian Bush Flower Essence Animal course! This course opened my eyes to the importance of addressing not only the physical aspects of healing but also the emotional and energetic layers that come with it. Every physical trauma has a vibrational impact, and unaddressed, this can lead to lasting issues. I'll soon be sharing one of my case studies on social media—surprisingly, it's not about horses, but it amazed me, and I think it will intrigue you too!

Looking ahead, I'm planning a Massage Your Dog workshop before December, with some exciting workshops for horses on energy work and massage in the pipeline. On a personal level, I've also been through a season of growth—never easy, but I'm grateful to be here, still learning and growing!

Until next time, stay safe and give your animals all the love. ❤️

Breton Equine Team xoxoxo



Australian Bush Flower Essence - Update I am Qualified!

Australian Bush Flower Essences work on a gentle, vibrational level to support emotional and physical harmony. These natural essences can help with issues such as anxiety, stress, and behavioral challenges, bringing a sense of calm and focus. I may recommend them in cases where your horse shows signs of emotional imbalance or as a way to support relaxation and well-being alongside physical treatments. The essences complement other therapies beautifully and can be a valuable part of a holistic approach to your horse's health.

There are 70 single essences we can combine to customize your prescription , along with some set combinations.

We can treat things like:

- *Anxiety before a show - both horse and rider
- * Lack of learning - a horse that is not getting training
- * New edition - treating the whole family
- * Hormonal issues

There are two ways of getting a session and a personalized prescription which can be 1 - 5 of the single 70 essences that as a practitioner we will make to your needs. If you book a treatment I may add these essences to the outcome. Otherwise we can do a videoconference to ask some questions and do a personal blend. Your first bottle is included in your cost and will be sent to you via mail. If you would like to book an all round session (massage, Acupuncture, red light and ABFE) or just an Australian Bush Flower Essence Conference call please fill out out request for booking:

<https://www.bretonequineservices.com/>



"Connecting with a horse's energy is like touching the rhythm of the earth itself—gentle, grounding, and profoundly healing."



Can treatments be used as a preventative measure?

Absolutely! Regular treatments can help maintain your horse's overall health, flexibility, and comfort, even if there are no current issues. Preventative care supports muscle tone, joint health, and balanced energy, which helps to reduce the risk of injury, stiffness, or stress over time. Many clients find that routine sessions improve their horse's performance, recovery after exercise, and general well-being, making it an excellent addition to any equine care routine.

At its core, energy healing is based on a simple yet profound idea—that everything is made up of energy. Our bodies, our animals, and even the spaces around us are all composed of subtle energy fields. When we tune into these energies, we can experience extraordinary results, especially with our horses.

What is Energy Healing?

Energy healing is a broad term that includes a variety of techniques (such as Reiki, Acupuncture, and Flower Essences) aimed at balancing the body's energy. Each being has an energetic field, and sometimes this field can become imbalanced due to stress, trauma, illness, or environmental factors. Energy healing works by restoring this balance, helping both body and mind return to a state of harmony. With horses, who are naturally sensitive and tuned in to the energies around them, the effects can be profound.

The Power of Energy Transference

One of the most powerful aspects of energy healing is transferral. By working on an animal's energy field, energy can be guided or re-channeled to areas that need support. This transferral of energy can happen through light touch or even from a distance, making it a versatile tool for various situations.

During a session, many horses will show signs of relaxation and comfort, such as yawning, licking, chewing, or even shifting their weight as the energy flow begins to balance. These are subtle but telling signs of a horse releasing tension, embracing the energy, and letting healing begin.

Why Horses and Animals Benefit So Deeply

Horses are particularly receptive to energy work. As prey animals, they are naturally attuned to the emotions and energies in their environment, which makes them incredibly responsive to energetic shifts. This sensitivity means that when we offer healing energy, horses often pick up on it immediately, sometimes even seeking it out. For horses, energy healing can:

Relieve Stress and Anxiety: Energy healing has a calming effect that helps horses relax, releasing stress and anxiety they may be holding onto.

Support Recovery: For horses healing from an injury or illness, energy healing can complement conventional treatments, helping the body's own healing mechanisms to work more effectively.

Address Emotional Trauma: Many horses have histories that can leave emotional scars. Energy healing is non-invasive and can help soothe these deeper, emotional layers, allowing horses to feel safe, understood, and nurtured.

Enhance Overall Well-Being: By balancing their energy, we support horses in achieving an optimal state of physical, mental, and emotional health.

Seeing Energy Healing in Action

If you're curious to see energy healing in action with your own horse, keep an eye out for the "release" signals we mentioned earlier: yawning, chewing, blinking, or even a deep sigh. These reactions are a horse's natural response to energy realignment, showing that they're letting go of what no longer serves them and embracing new, healing energy.

Whether you're new to energy healing or have seen its effects firsthand, the possibilities are inspiring. Our horses deserve every tool we have to keep them feeling their best, and energy healing is one that reaches into the unseen layers, providing them with comfort, balance, and healing in a unique way. Remember, when we work with our horses on an energetic level, we're connecting with them on a deeper, almost magical level—one that honors their incredible nature and helps them flourish.



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