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# Hands-On Energy Therapy for Horses and Riders

*Clare Wilde*

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**Hands-On Energy Therapy for Horses and Riders** Clare Wilde
Energy therapy, more commonly known as Reiki, is rapidly growing in popularity as people discover how this ancient form of healing revitalizes the mind, body, and soul of both humans and animals. One of the greatest appeals of energy therapy is that it can be used by anyone. A gentle, non-invasive form of healing, it treats the whole individual-not just the symptoms of a condition. Clare Wilde has practiced energy therapy for years, and her success with humans led her to apply the therapy to horses. She found that it helped to resolve equine behavioral problems such as spooking, tension, and aggression, and that it aided the healing of physical conditions like injuries, muscle strains, back problems, and metabolic disturbances. Assuming no previous knowledge or experience, Wilde clearly explains the history of Reiki, the process of learning to use energy, treatment guidelines, and the dynamics and practical applications of healing horse and rider.

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