

Introduction	5
Reiki: What is it?	6
Learning Reiki	9
How can energy work improve your riding?	10
What can I do if I find visualisation hard?	11
An exercise to help with visualisation:	11
Energy; what is it? And how can I use it?	12
Improving the Rider-Horse relationship	13
Drawing Instructions HSZSN	15
Using HSZSN for a horse and rider	16
Using HSZSN for yourself whilst riding	17
Using HSZSN on the ground	18
Using HSZSN distantly	19
The Chakras	23
What is a Chakra?	23
Connecting the Horse and Riders Chakras	31
Exercise to improve the connection with your horse	34
Tacking up	41
Hacking	45
Scary objects	48
Scary places	50
Scary traffic	50
Meeting other horses	52
Not wanting to leave friends.....	53
Hard to stop	55
Lacking enthusiasm	56
Jumping	57
Off putting jumps.....	58
The Golden Trail	59
Physical Energy Boost	60
Knocking poles	61
Excitement.....	62
Dressage	63
Forgetting the test	66
Dressage arena nightmares.....	66
Staying in the arena	67
Relaxation, rhythm and impulsion.....	68

Movements.....	69
In the warm up	70
Affected by other horses	70
Doesn't want to leave the warm up area.....	71
Rider becoming stressed	71
Showing	74
Standing still	75
Calling out.....	76
Showing off.....	77
Further techniques	77
The Aura	82
Colours: what could they mean?	89
Riders	94
Improving Position	94
A visualisation technique to aid the position:	95
State of mind - rider	96
Nervous Riders: Riding with confidence	102
Relaxation Exercise	102
Creating a Trigger response	105
Visualisation Exercise.....	106
Breathing Exercise.....	108
Energizing your body.....	109
Teaching children	111
Follow The Yellow Brick Road.....	113
The Solar Plexus: Open or shut?	114
Lunging	115
Reiki in stables/ horseboxes and other spaces	116
Undesirable habits	119
In-hand work	121
Using sound within our riding	127
Using the kotodoma in horse riding	130
Further use of symbols	136
The Fire Dragon.....	136
The Mental Spiral.....	138
Manifestation techniques for horse riding.	139
Colour therapy	140
Equine Articles	145

Pride in Being145
Believe in yourself: have confidence.147
Mindfulness and Compassion148
Questions and Answer Section152
Further Reading.....159