

HORSES & THEIR EMOTIONS

Horses have emotions just like humans. They can be happy, sad, depressed, joyful, excited, scared, anxious etc. Just like humans, horses can also have emotions become trapped, which can create imbalances and problems.

Luckily, horses are straightforward to work with. While horses do feel emotions, they don't hold grudges as humans do. While they might appear to not to like someone or something, it's actually just a response to a previous encounter. Whatever happened, if they didn't understand it, they would then respond with fight, flight or freeze. This memory and emotion get stored to keep them "safe" in future encounters.

Using essential oils can help them release these trapped emotions to then create new memories and feelings regarding certain situations. By releasing trapped emotions, it can then help extreme emotions that they felt they had to use: anger, fear, depression, anxiety etc to protect themselves in some way.

When you start using oils with your horse, always let them smell the oil first. This is important for two reasons.

1. They have a very sensitive sense of smell and might hate it, and applying the oil could cause them to distrust you by forcing them to wear/smell it.
2. The sense of smell directly links to the limbic center of the brain, which is the emotional computer. Simply smelling essential oils and activating the limbic system can give amazing results to improve a mindset or emotion.

After completing the Feelings Kit Protocol, it's important to give your horse time and space to continue processing. Think of yourself after an emotional ordeal - you need time alone to think.

While you can repeat the protocol a few times a week, it can be beneficial to continue using valor on the other days. If you sense your horse needs a week or two between sessions then listen to your intuition!

If you are unfamiliar with essential oil safety, head over to my Facebook group to access a free class that goes over all the basics!

Note: All oils suggested are Young Living brand, this is the one brand I know and trust. If you do not have a free account, let me know and we can hook you up!



Back Into Horses After Babies



THE FEELING KIT PROTOCOL FOR HORSES

Step ONE - applies to every oil

1. Let the horse breath in the oil - if no strong aversion (pinning ears, dramatic startle etc) move to step 2.
 - a. If there is a strong aversion I would either move on to the next oil or if my intuition thought they really needed it I would apply it to the tail base (root) only.

Valor or Valor II

1. Step ONE
2. Apply to the poll (crown) and behind the ears, down the neck vertebra, sternum shoulders and withers.
3. Place around heel bulbs and/or frog

Harmony

1. Step ONE
2. Place a few drops in the center of the chest, along with the girth on the left side (over the heart) and along the spine starting from the tail base moving towards the poll using 6-10 drops.

Forgiveness

1. Step ONE
2. Apply on the navel and forehead.
3. A great choice for horses needing to move past trauma or experiences.

Release

1. Step ONE
2. Apply along the right side above the liver (racial) and on the muzzle (muzzle only if they like it)
3. Horses who pin their ears often love this oil

Present Time

1. Step ONE
2. Apply to the chest and other heart chakras
3. Rub 1-2 drops inside the upper lip, if possible (only if they like it don't fight over this) Good for horses who are avoiding the moment

Inner Child

1. Place a few drops on your hand and let them smell - they often try and lick and that's great!
2. Apply remaining oil on the forehead and heart, focus on calm energy a few moments while gently rubbing it in.

White Angelica

1. Step one
2. Put a few drops in your hands and gently pet the horse's body from forehead to tail.

As per Essential Oils Animal Desk Reference pg 260



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Crown - The Connection to their spirit

Signs of imbalance: inside themselves, disconnected, depressed

Effects: headaches, right eye, exhaustion, depression

Oils: *lavender, frankincense, lemon, sandalwood, awaken*

Third Eye - Intuition, feelings of themselves, their mind

Signs of imbalance: hard to focus, unsure, nervous

Effects: Vision, left eye, balance, ears, nose, nervous system..

Oils: *peppermint, inner child, lemongrass, clary sage*

Throat - Communication, expressing their truth, self-expression

Signs of imbalance: Overly vocal, Shut down, doesn't want to listen to the handler. Effects the throat, swollen lymph nodes, vocal cords

Oils: *purification, lavender, oregano, release*

Heart - relationships with herd and humans.

Signs of imbalance: sadness, grief, possessiveness, jealousy, avoiding other horses. Effects: Heart, lungs, circulatory system

Oils: *peppermint, copaiba, gratitude, ylang ylang, melaleuca*

Solar Plexus - their belief in themselves, inner power

Signs of imbalance: aggressive, distant, depressed, lack of ambition

Effects: Digestions, ulcers, nervous system

Oils: *digize, lemon, purification, thieves, fennel, ginger*

Sacral - Sexuality, emotions

Signs of imbalance - feeling the loss of home/herd, loneliness, too emotional or over-sensitive. Effects reproductive systems

Oils: *lemon, panaway, r.c., cypress, orange, valor*

Root - primal survival instinct like food and shelter, grounding

Signs of imbalance - excess or lack of weight, flighty, scared.

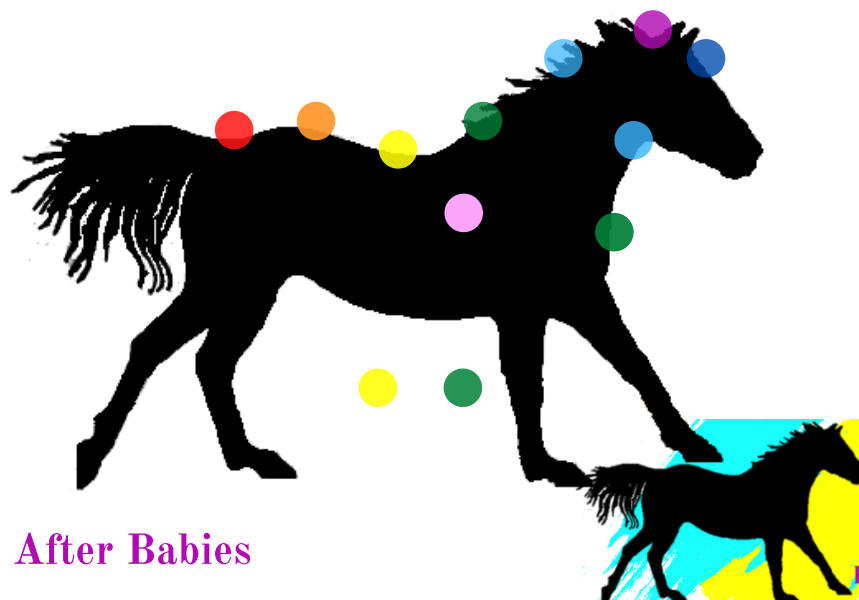
Effects: Sciatica, kidneys, colon, spine

Oils: *lavender, patchouli, stress away, vetiver, myrrh, valor*

Brachial - the main hub of all major chakras; where all healing and connection starts between animal and human.

Signs of imbalance: avoids connection or touch (except due to pain)

Oils: *northern lights black spruce, valor, release (listen to your intuition!)*



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FIND YOUR FREEDOM



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