



## Dear EBT Practitioner/Student

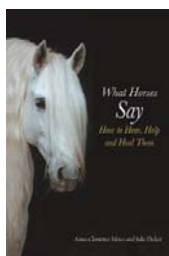
At last we seem to be coming out of a wet and windy winter. With lighter mornings and evenings, keeping horses becomes a little easier and we can look forward to long summer rides on warm lazy days (ok, forget the flies and rock hard ground for just a moment!).

### Book review

I recently read a lovely book which I would recommend to all of you who have ever wondered about animal communication, in particular with horses. It is called *What horses say, how to hear, help and heal them* by Anna Clemence Mews and Julie Dicker. This is a delightful read about a gifted lady, who sadly died at a young age. This in itself raises questions for me, when you read how many thousands of horses and owners she was able to help and heal.

According to the information Julie was able to gain from the horses she met, they have many opinions, for example about the name we give them, what they need - various herbs, feeds, and even shoes! The overriding principles (no pun intended) was that if you have an open heart FULL of unconditional love, then an animal will recognise this and often will allow you to interact with them on a deeper level. They can pick up our 'frequency' and read us far more accurately than we may have considered possible, not just our body language.

So, next time you are asked to go and treat a horse (or any other animal), fill your heart to the brim with love and compassion for the animal. You may be surprised to experience a real sense of relief coming from his or her soul. It's the most wonderful feeling – and, indeed, an honour.



## Emotional Freedom Technique (EFT)

Many of you may already have heard of EFT, or perhaps use it along side your Bowen work. But have you considered using it on horses? I read a story on the internet about a lady who had a horse who was an unhappy loader - would go in a trailer, but then immediately needed to leave, and was nervous with men around (we know the feeling, eh, girls!). The horse was greatly helped by EFT. This encouraged me to try it with a horse I know.

The main issue for this talented dressage horse was that he lacked confidence at bigger competitions and responded by kicking out at other horses that came close in the warm-up area. If he lost concentration for a second, he would panic and want to run – fast. Using the horse's owner as a connection, she had one hand on her horse and then copied and repeated my tapping and affirmations. We tapped on a number of issues, including the feeling of being overwhelmed at a big competition. I also dowsed for Bach Flower Remedies (BFR) and those for anxiety and lack of confidence (over concern) came up for him.

With just five days to go before a big championship competition, I had every hope that the EFT and BFR would provide the mental and emotional support this lovely horse needed. I also did some Bowen on his neck and shoulders, although he made it clear that he didn't need any Bowen on his hind quarters and the dowsing rods agreed!

By chance, his competition was in the late afternoon on a EBT workshop day at Hartpury, so a few of us went up to the new indoor arena to watch my client strut his stuff. My heart was in my throat as Ted entered the arena – he has such presence. I kept sending out a message of 'stay calm' to him and held my breath while he came down the centre line for his Elementary test.



# The European School of Equine Bowen Therapy



On just two occasions, Ted tensed for a second and then regained control of himself, as his rider reassured him that she didn't require him to go up a gear just at that moment. He gave a superb test, resulting in a score of 70% and a second place overall. I wasn't the only one who felt delighted for this stunning but sensitive horse, who had so clearly tried his best for his owner and delivered a lovely and, for him, calm performance.



## Spring grass

We all know that any changes to hard feed for horses must be done slowly, spread out over several days in small amounts until the desired amount is reached. Too much too quickly may result in colic or laminitis. The same is true of new spring grass. Lush green pasture and the amount of time on it should be carefully monitored to avoid over eating. According to an American web site [www.thehorse.com](http://www.thehorse.com), horses should be provided with all the hay they want to eat for a week prior to the start of complete pasture turnout. The time spent on pasture should be increased by an hour each day to four to five hours. It is important to remember that each horse is different – some need more time to adjust to dietary changes than others. So, monitor the horse's eating habits and health status closely during this time.

## Dates for your diary

As many of you know, I'm very keen for all equine therapists to be familiar with all things hoof-like, and as gentle education is a part of our work as Equine Bowen Therapists, I encourage all of you to look out for, and attend, lecture days whenever you get the opportunity. One such occasion is the UKNHCP Conference 2008.

Thursday 17th July at Bristol University Equine Studies Centre at Longford, with Dr Robert Bowker, Professor at Michigan State University Veterinary Medical Centre.

Among other topics, Dr Bowker has researched navicular syndrome and the programme looks very informative.

This day is a very reasonable £50 per person before 31st May, £75 for late bookings. I think this is going to be very popular and the barefoot fans will be there, no doubt, so I wouldn't leave it too long if you would like a place. See you there! Details from [info@uknhcp.org](mailto:info@uknhcp.org)

Mark Rashid will be on tour in the UK in July. For details contact [amanda@amandabarton.com](mailto:amanda@amandabarton.com) or tel 01590 622392.

## Books for sale

I have a limited number of books imported from the USA. Please ring 01242 251465 to order.

Beating Muscle Injuries For Horses by Jack Meague: £17 + £2 p&p

Principles of Conformation Analysis Volume I - III by Dr Deb Bennett: £20 for the set + £2 p&p

And finally...

Look out for an Equine Biomechanics Day coming later in the year!

*Beth*



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