

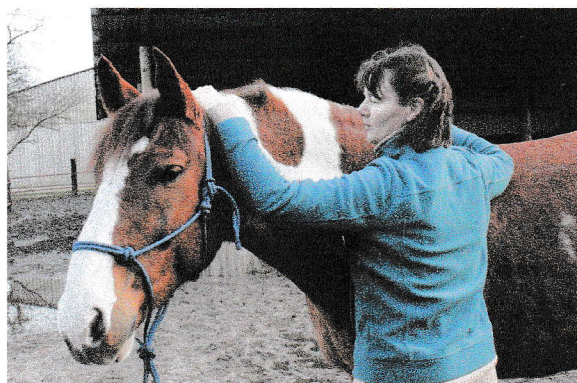
Horses!

By Anna Hayes, OB Practitioner

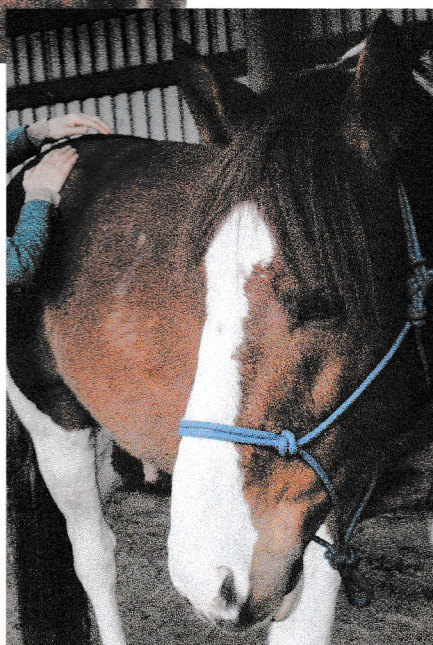
I had a very interesting experience yesterday! With a horse that I'd treated 2 weeks ago, then pelvis, sacrum, IS joint and back. But he still wasn't moving smoothly. Yesterday I was drawn to the upper vertebrae, particularly the atlas-head connection, and the lower jaw. Let my fingers do the walking and also landed on the cranium, zygomatic bone. Then we had a pause. Thought at first we'd done enough, but as we were standing there the horse began to chew and kept

firmed in my head that OB is our friend, that It simply is how it is, and I was sure somehow a solution would come! The horse interestingly wasn't at all stressed, which helped me a lot to keep calm! I then laid both hands on the upper part of the neck, thought of the nuchal ligament (thank you Shaney) and the two vertebrae underneath, then shifted into a sandwich position over C3. The horse laid his

jaw slightly against my shoulder, we worked isometric-ish together for a couple of seconds and then there was peace in the whole system. Essi, the horse, stood quietly bright eyed and bushy tailed!! And moved beautifully afterwards! Wow! That was quite an



nudging me, kept lowering his head and began rotating his head a little in different directions, a bit like a phase 5 neck work. With his head lowered I thought of the hyoid bone (thank you Terri for this hint in the summer!) Went in under his jaw and followed his movements, which then became much more intense, his head almost on the floor. Then came the thought 3rd vertebrae. When I looked at his neck above the 2nd and 3rd vertebrae it was sort of clunking in and out of position. Then I began to think, oh sh....! But thought again of Terri and her advice that time by Jutta, 'ground yourself Anna!' So I did, consciously con-



experience! (Note: response! The owner of Essi has just written that he's moving beautifully without any problems and that her riding teacher is impressed. Even though We know something good has happened, it's still nice when others recognise that too!)

One can see in all of these photos that the horse is not being held. They learn really quickly that IT feels good, and stand quite happily letting you work. Sometimes there comes a point where they turn away a bit, take a break and then come back, and when It's enough, they just walk off. No pressure, no manipulation, no power game. The "sport" horses though, I work with whilst they're tied up. They can be a bit trickier than the normal riding horse and tend to be more nervous. However, here too, the OB can really quickly get to the inner core, and the horses usually quickly relax and enjoy the experience. The very first horse that I treated in one of our local dressage stables, was a beautiful big black dressage horse. She had a reputation of being evil, biting and kicking without warning. A friend of mine, a horse physiotherapist, suggested that I try working with her energetically, and basically said, "if you can treat this one, you can treat them all!" I began with phase 6 Aura work, everything felt ok, so I approached her with phase 5. I was drawn straight away to her heart, and having just read

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Ian Stevenson's book "Riding with the heart", I continued with one hand on her heart and the other on the saddle area, and did a balance using Terri's "balloon" feeling. This great big black "dangerous" animal, just leant right up against me, she so wanted to be understood. Almost everywhere I touched her, there came a trauma reaction, where my hand "shook" the stored-up energy away. I worked with her back, her pelvis, her ilio-sacral joint and her neck vertebrae, all with no problem, no signs of biting or of kicking. That was last year as I started working with the horses, and was a very very clear indication for me, of the enormous potential that OB has. The horses are beautiful to work with, they are so authentic, so clear, so clean, not all junked up in their heads with all sorts of convoluted thoughts. You offer them OB and they just take IT, accept IT, integrate IT and walk away. So much ease, so beautiful! I love this work!!

Have since been checking up on the 3d program some of the possible

connections here. What became clear was the link between the hyoid and its muscles and the 3rd vertebrae via the 3rd cervical nerve as well as the muscle connection via the sternohyoid and the omohyoid. These muscles in the horse are biiiiig and long, being attached to the sternum way down under the horse and to the scapula. An influence on the pelvis-sacrum will obviously have an effect on the back and thorax as well as on the shoulder area, which can then have an effect on the neck vertebrae and hyoid bone. We know all this! It was just such a fantastic way of experiencing the 'wholeness' of a body, and how every little piece is dependent on all the other bits and pieces and how wonderful it feels when it has found its proper place. I was working in a free stall with 20 horses. 2 other riders were standing there brushing their horses and a couple of other people were standing watching. Very quickly there was an incredible quiet and peace, amongst all the other horses and amongst the peo-

ple, they said to me afterwards. When we came back in after walking the horse around, it was like walking into a warm cozy blanket of energy. Both of the riders had also decided not to ride but to just do something nice with their horses. It was as if all the other horses were in resonance with us, quiet and supportive, which gave Essi the free space to find his own way in his body without fear of fight or flight. Amazing! Ortho-Bionomy really is our friend! I am so very thankful.

I had a friend with me the other day at the horses. She is a vet and has her phase 4 courses already, and we have the first phase 5 course in our practice with Uli next weekend. She has a super touch and was interested in working with the horses. We were working in the dressage stable where I go every week and had a little riding school pony to practice on. I started practicing with the pony in September so she knew what it was all about and was responding so quickly that Sabine was having problems practicing! However, when she worked with the atlas - she just made contact - the pony felt this was exactly right, and went into a beautiful phase 5 with her. It was so lovely to see!

We were working in a stall next to one of the enormous dressage horses that I have been working with. Well, he got well jealous of this little pip-squeak of a riding pony getting all the attention next to him and docked in energetically with us. When that didn't work to get the attention he wanted he banged on the stable wall with his foreleg, as if to say 'Heh, I'm here too you know!' I left Sabine doing her thing with the pony and went into the stable with him. He lifted his poorly leg to show me, we did a beautiful isometric first rib together, his lower neck vertebrae and then he was happy, turned to his hay and munched contentedly! OB.....our friend!

