

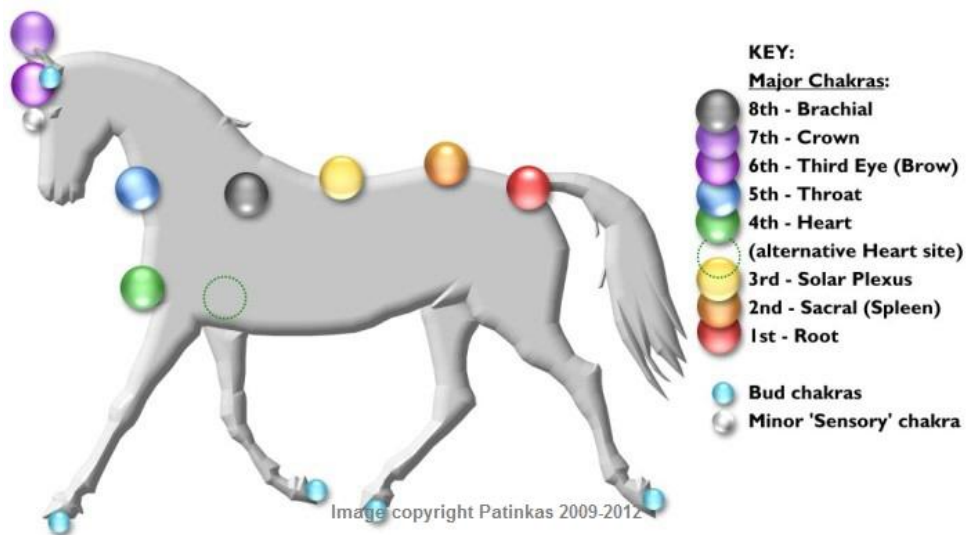
## *Equine (Animal) Chakras*

All species, including the horse, have a chakra system. This system is a complex network of spinning, energy vortices (often called ‘petals’ in Eastern traditions) which run throughout the entire body. Universal energy (Prana, Chi, Ki) flows in and out of the chakras, along the meridian system, into the aura and then finally into the physical body. The energy flows two ways; inward and out. Therefore, every thought, act and emotion affects the chakras and is mirrored in the aura. Likewise, external stimuli, both positive and negative, have an effect on the chakras and leave their mark in the aura (including physical injuries). This is the same for animals and humans alike.

Another example of a chakra system is the car’s engine. Like a car’s engine, the subtle energy body (made up of chakras, linked to meridians and contained in the aura) called the Chakra functions similarly to the engine. When the car starts to perform less effectively or even breaks down, it’s the engine which needs repairing or re-tuning and not the car’s external frame or body. It’s the same with the subtle energy body. When we re-charge/realign the chakras - get them spinning in harmony and at the correct rate – you get the physical body running smoothly once again.

Horses, and animals, have 8 Major chakras, 21 Minor chakras and 6 Bud chakras. Alongside the seven **Major chakras** that animals share with humans (Crown, Third Eye, Throat, Heart, Solar Plexus, Sacral and Root), there is another Major chakra which is unique to animals. It is called the Brachial or Key chakra. This chakra was discovered by the world’s foremost, internationally renowned, animal healer, Margrit Coates. This chakra is located between the shoulders, below the neck and above the scapula. Rider Horsemanship’s work with horses includes this chakra as it relates to the horse’s soul. The soul of the horse is found within this area and is the center for horse-human connection, bonding and healing. Most horses are reluctant to give of themselves and it shows up in their inability to come in and stand next to you, leaning slightly in and sharing space and heart-felt energy from this area. The round pen, and lunging, exercises that Rider Horsemanship has developed, help facilitate this level of connection, openness and desire for relationship that can be shared between horse and human.

The following illustration and chart will offer more information on the equine chakra system and how it relates to, as well as, affects our equines emotional, mental and physical state-of-being.



## The 8 Equine Chakras:

Chakra	Location	Function/ Purpose	Signs of Imbalance	Body Areas Governed	Gemstones
<b>Brachial</b> (primary 'Major' chakra – healing should start at this chakra)	Between shoulders (on a horse, just below where shoulder meets neck)	Links all other Major chakras, centre for animal-human bonding, place to start healing	Reluctance to be touched (other than for obvious medical reasons: arthritis, inflamed skin, etc), reluctance/refusal to 'connect'	Chest, neck, forelimbs, head	Black Tourmaline (if animal is reluctant to connect), Herkimer Diamond, piece of <a href="#">programmed Clear Quartz</a> (click on link for programming info)
<b>Crown</b>	Top of head, between the ears (at the 'poll' on a horse)	Connects to spirit	Depression, withdrawn	Brain, pituitary gland, skin, spine, central and autonomic nervous system, cranio-sacral system	Clear Quartz, Azestulite, Tanzanite, Diamond
<b>Third Eye (Brow)</b>	Centre of forehead, just above the eyes	Acceptance of self	Headaches, bad eyes, distant/distracted	Head in general, pineal gland, natural body rhythms, higher mental self	Lapis Lazuli, Fluorite Amethyst, Charoite
<b>Throat</b>	Physical throat (on long-necked animals, over vocal chords)	Communication	Uncommunicative or excessively noisy, doesn't listen to commands (training requests)	Throat, mouth, teeth, jaws (albeit often caused from Root-based fear, animals which chew excessively can often benefit from having energy balanced here)	Blue Quartz, Blue Lace Agate, Blue Topaz

<b>Heart</b>	Breast/front of chest to behind forelegs (above brisket to breast on a horse)	Herd hierarchy (relationships)	Sad (recent emotional grief/separation/loss?), overly possessive, unwilling to interact with other animals, jealous, nervous around other animals for no known reason	Heart, lungs, immune system, thymus gland	Rose Quartz, Emerald, Pink Tourmaline, Jade
<b>Solar Plexus</b>	Middle of the back	Personal power/sense of self (often depleted in domesticated animals)	Dejected, withdrawn, aggressive, dominating, no enthusiasm	Digestive tract, stomach, liver	Citrine, Tiger Eye, Amber, Topaz
<b>Sacral (Spleen)</b>	Lower lumbar area, between tail and middle of back (rump or middle of croup on a horse)	Sexuality, emotion (emotional loss of animal partner, home, offspring, etc, can often be stored here). Good place to work on when animal in shock whilst waiting for, or en route to vet	Over emotional: excessive whining for no obvious reason (exclude medical reasons first), boundary issues: i.e. for a dog/horse: difficulty establishing difference between work (training) time and play (off lead/ lead rope) time	Kidneys, adrenal glands, reproductive system, lymphatic system	Carnelian, Coral, Orange Calcite
<b>Root</b>	Where tail meets body (hindquarters)	Survival, grounding, (this chakra can be especially developed in animals lower down the prey system or food chain, i.e. animals preyed upon by others)	Excessively fearful/strong flight reaction, greedy, sluggish, underweight, restless	Intestines, gut, hips, hind legs, muscular skeletal system as a whole	Hematite, Garnet, Red Jasper, Unakite