

## Quantum Touch® for Your Horse©

Alison Zeidler, QTP/I, RCRT, CEMT, June 2012

Quantum Touch® is a form of energy healing that I offer to horses, their owners and to other animals. It uses the intelligence of the body, universal life force energy, and some very simple breathing and body awareness techniques with amazing results to “run the energy”. Anyone can learn it, including children.

Energy healing, at its core, and regardless of what it is called, is all about helping the body heal itself. If the body can heal, it will; it’s as simple as that. Energy healing uses life force energy to influence the physical, emotional, mental and/or spiritual aspect of a person or animal, assisting with illness, disease, injury, pain, trauma, end-of-life care, immune strengthening, and much more. Quantum Touch works on a molecular level and can get to the root cause of disease.

The concept of energy healing raises a question for me, which is: what is healing? There are layers of healing, just as there are layers to the body, mind and spirit. Every cell in the body is designed to do a myriad of functions, all working together to allow it to move, breathe, digest, etc. The body knows how to heal itself, given the right supports.

There are an increasing number of people looking for alternative, non-invasive ways to help themselves and their animals. There is also a growing body of research on energy healing – viable and dramatic effects on bacteria, yeasts and other single-celled organisms, as well as on DNA – has been produced in the laboratory.



Quantum Touch is, however, only one method of energy healing. There are hundreds out there; some well-known therapies include Touch for Health, Reiki, Healing Touch or Craniosacral Therapy. Lesser known therapies may include EFT, Jin Shin Jyutsu, Huna, LaHoChi, Polarity Therapy, Matrix Energetics, Chios Energy Healing, Yuen Method, Reconnective Healing, Assemblage Point Realignment, Pranic Healing or Johrei.

Some of these therapies are fairly quick and easy to learn while some are very complicated, take many months of study, and can be very expensive. Some are easy to perform, and some have very specific requirements or need tools. They are all based on similar concepts, but there may be some therapies that are more effective than others for individual people or animals, or on specific health concerns. I like the concept of keeping things simple.

Some people claim that energy healing doesn’t work, or that it is simply mind over matter, or a placebo effect. Yet it does work – I have seen it work in my practice on horses and other animals. Horses don’t know what a placebo is, nor do they care. They simply feel the energy, and their body uses it as best as it can to heal.

Yet we all understand the concept of energy – walk into a room where people are joyous and laughing; compare that to walking into a room where people have been arguing. Most of us can feel the differences in the energy between those two rooms. We all know someone who we feel great to be around, and we know someone who exhausts us to be around. Energy is real.

In my Quantum Touch training, we were told of a woman who had chronic sinus problems, and was worked on for a fairly short period of time. Although her sinus problems didn’t change, her vision drastically improved overnight. Sometimes the results can be unexpected.

Do I believe that energy healing can fix everything? No, no more than I believe that medicine can fix everything. Have you ever been told by a doctor “we can’t do any more for you, just live with it”? If my horse is in pain, of course I will reach for the pain medications, but I will also start running the energy and using all the other tools I have at my disposal to help ease her pain.

One of the horses I treated had been in the early stages of colic for about 10 hours, and after a fifteen minute session, all of his symptoms disappeared and he started drinking and eating again. I have used it on a dog that was so skittish she wouldn’t allow me to be in the same room with her, but only until the end of our first session.

Horses are so cool to work with – I like to sit with my horse and offer Quantum Touch to her – she soaks it up and goes into a state of deep relaxation, and we get to hang out. It’s a great way to deepen our bond and the healing side effects are great!



Energy healing is another tool we can offer our horses to increase their comfort, their performance, help them to heal and recover from illnesses or injury, and to enhance the bond we have with them.

Quantum Touch®, or any other form of alternative therapy, is not a substitute for veterinary/medical care, but it is an excellent complimentary therapy.

Alison operates Elemental Holistic Therapies in Whitehorse. She is a Registered Canadian Reflexology Therapist, certified Equine Massage Therapist, certified Quantum-Touch® Energy Healing Instructor, and Touch for Health® Instructor, offering a variety of services for body/mind healing to people and their companion animals.

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