



# 7 Signs Your Horse is Holding Stress

And How Equine Reiki Can Help Regulate Stress and Restore Calm, Trust, and Connection.

Equine Reiki & Intuitive Animal Communication  
By Willow

# Why Horses Absorb Human Energy



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Horses are incredibly sensitive animals.

In the wild, their survival depended on reading subtle shifts in the herd's emotional and physical state. Because of this, horses naturally respond to energy, body language, and emotional cues in their environment.

Many horse owners notice moments where their horse suddenly feels tense, distracted, or reactive — even when nothing physical appears wrong.

You may have experienced things like:

- unexplained tension under saddle
- sudden spookiness or resistance
- anxiety during travel or vet visits
- emotional distance or shutdown

Often, veterinary care and training adjustments reveal nothing physically wrong.

That's because sometimes the root cause isn't physical.

It's energetic.

Horses can absorb emotional stress from their environment and the humans they trust most.

When stress builds up, a horse's nervous system can remain stuck in a state of tension or alertness, making it harder for them to relax, focus, or feel safe.

# About Willow

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Willow is an Equine Reiki practitioner and intuitive animal communicator based in Alberta. She works with horses and their humans to release stress, restore emotional balance, and support a calmer, more connected partnership. Horses are incredibly sensitive animals, and they often carry tension from their environment, their work, or the emotions around them. Through gentle energy healing, Willow helps horses relax, process stress, and return to a more balanced state. Many horse owners notice their horses becoming calmer, more responsive, and easier to connect with after sessions. Sessions are available in person across Alberta and remotely through distance Reiki, allowing horses to receive support wherever they are.



*Many horses show clear signs of relaxation during sessions—lowering their head, softening their eyes, licking, chewing, and yawning as they release tension.*

# Sign #1

## Your Horse Feels Tense Even When Nothing Is Physically Wrong

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One of the most common questions horse owners ask is:

**“Why is my horse suddenly tense under saddle?”**

You may notice:

- tightness through the back
- resistance to bending
- shortened stride
- head tossing
- difficulty relaxing during rides

When physical causes are ruled out, this tension may come from **emotional or energetic stress stored in the body.**

Horses carry stress just like humans do.

Energy work like Reiki gently helps release this tension and allows the nervous system to settle.

# Sign #2

## Sudden Behavioral Changes

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Sometimes a normally calm horse suddenly becomes:

- spooky
- reactive
- difficult to catch
- unwilling under saddle
- easily overwhelmed

Behavior changes are often **a form of communication.**

Your horse may be responding to:

- environmental stress
- emotional shifts in their rider
- changes in routine
- unresolved energetic tension

Many intuitive horse owners begin asking a deeper question:

**“What is my horse trying to tell me?”**

Reiki sessions help uncover and release these deeper emotional patterns

# Sign #3

## Anxiety During Travel, Shows, or Vet Visits

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Travel stress is extremely common for horses.

You might notice:

- pawing in the trailer
- sweating
- nervous pacing
- refusal to load
- agitation in new environments

These reactions often happen when a horse's **nervous system becomes overwhelmed.**

Energy healing helps regulate the nervous system, allowing horses to process stress in a calmer way.

Many riders report their horses becoming noticeably **more relaxed and grounded after sessions.**

# Sign #4

## Your Horse Mirrors Your Emotions

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One of the most fascinating parts of working with horses is the **human-horse energy connection**.

Many riders notice:

- when they feel anxious, their horse becomes anxious
- when they feel tense, their horse stiffens
- when they relax, their horse softens

This happens because horses are deeply attuned to the emotional energy of the herd — and you are part of that herd.

Reiki sessions often support **both horse and rider**, restoring balance to the partnership.

When the rider becomes calm and grounded, the horse naturally follows.

# Sign #5

## Your Horse Seems Emotionally “Shut Down”

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Not all stress shows up as nervous energy.

Some horses respond by becoming:

- quiet
- withdrawn
- disengaged
- less responsive

This can happen after:

- past trauma
- overtraining
- long periods of stress

Energy healing can gently release emotional blocks and restore a sense of safety and relaxation.

Many horses visibly soften during Reiki sessions — lowering their head, sighing, or licking and chewing.

These are signs the nervous system is beginning to relax.

# Sign #6

## Your Horse Has Trouble Settling or Relaxing

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Some horses stay in a constant state of alertness.

You might notice:

- difficulty standing quietly
- constant movement or fidgeting
- tension even in calm environments
- trouble focusing during rides

This often means the **nervous system is stuck in stress mode.**

Energy healing like Reiki helps regulate the nervous system so the horse can return to a calm, balanced state.



# Sign #7

## You Intuitively Feel Something Is “Off”

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Many experienced horse owners describe a feeling they can't explain:

“Something just doesn't feel right.”

Even when your horse looks healthy, you might sense:

- subtle emotional tension
- disconnect during rides
- unusual reactions to familiar situations

Your intuition matters.

The bond between horse and human is powerful, and often your instincts are the first signal that your horse needs support.

Reiki works with this connection to restore balance between both horse and rider.

### Quick Check in:

How many of these signs does your horse show?

- 1-2 signs
- 3-4 signs
- 5+ signs

**If your horse shows 3 or more signs, stored stress or emotional tension may be affecting their nervous system.**

Equine Reiki helps release that tension and restore calm balance.

# What Is Equine Reiki?

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Equine Reiki is a gentle energy healing practice that helps regulate the horse's nervous system and restore emotional balance.

Reiki works to:

- release stored emotional stress
- support the body's natural healing process
- encourage relaxation and calm
- strengthen the bond between horse and rider

Sessions can be done **in person or remotely**, because energy is not limited by distance.

Many horses respond deeply to Reiki because it is non-invasive, calming, and natural.

It works alongside veterinary care, chiropractic work, and training to support the horse's whole wellbeing.

## A Simple Grounding Exercise for Riders

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Before riding, try this simple practice.

1. Stand beside your horse
2. Take three slow, deep breaths
3. Place one hand gently on your horse's shoulder
4. Imagine your breath softening both your body and your horse's body

Horses are incredibly responsive to calm, grounded energy.

Even small moments of awareness can shift the entire ride.

# When Your Horse Feels Better, Everything Changes

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When emotional stress is released, horse owners often notice:

- calmer rides
- improved focus
- better responsiveness
- deeper trust between horse and rider

Energy healing simply helps your horse return to the natural calm state they are meant to live in.

## **Support Your Horse's Emotional Wellbeing**

If your horse is showing signs of stress, tension, or emotional imbalance, Equine Reiki can help them relax, reset, and return to a calm, balanced state.

-  In-person sessions in Southern Alberta
-  Distance Reiki sessions available anywhere

**Learn more or book a session**

[alittletouchfromheaven.com](http://alittletouchfromheaven.com)