

## Silently Speaking

# Energy Healing and Interspecies Communication: The Dynamic Duo

## Part 2: Interspecies Communication

by Ellen Kohn

Once horses realize we can really “hear” their thoughts and “see” their pictures, they are quite thrilled to have an open “conversation”.

In Part 1, we discussed how energy healing can boost our horses' physical, emotional and mental conditions by balancing the subtle energy system that vibrates in their core being. Difficulties and changes in their lives may also be addressed by communicating with them on a soul to soul level, through interspecies communication. This second part explores how interspecies communication works and why it is so effective, especially when combined with energy healing.

### **We are all connected**

All of nature's creatures are connected to a higher power. Metaphysically speaking, our collective thoughts, feelings, and experiences are spiritually linked in this vast infinity of consciousness. Access to its resources is available to each of us. We are born with this consciousness, our intuition; the key is learning how to listen to it.

Interspecies communication is a powerful

healing tool that gently encourages horses to express and validate their feelings. Horses need, like we do, a safe channel through which they can share their thoughts, resolve conflicts and go forward. Furthermore, the information sharing that takes place between horse and human can be a heartwarming and transformational experience for both.

### **We can share thoughts and feelings**

Establishing trust is an essential first step for interspecies communication. I politely introduce myself as a compassionate, caring human, while assuring her that she can confide in me. This may be done by sending a message, of unconditional love and acceptance via the heart chakra or by visualization and conscious positive thoughts. These methods encourage horses to tell their stories. Once they realize we can really “hear” their thoughts and “see” their pictures, the horses are quite thrilled to have an open “conversation”.

The next step is asking the questions. I often begin with gentle and fun subjects such as favorite activities, food and friends, then move into more sensitive areas such as trauma, pain or loss. This allows the horse to share information at her own pace. If she does not wish to provide details of past experiences, I do not press. The third step in communicating is acknowledging her feelings, even deep anger or fear. Finally, helping the horse and human resolve the problems is the last step in our communicative process.

The exchange of words, images and feelings is profound. For example, when an owner asked me what happened when she fell from her horse and blacked out, her horse exclaimed, “I tripped and fell, and Irene hit her head.” The horse let out a HUGE sigh of relief that her owner finally knew the truth. Irene replied, “I knew he wouldn't buck me off.”

It is my opinion that the most powerful heal-



## From Starvation to Health

The loud whinny caught my attention during a dude ranch visit. I felt compelled to meet the horse that belonged to the voice, and learn more about him. He had a captivating personality, interacting with the other horses like a young colt.

Although Montana looked healthy, I later found out that he was underfed during the off season. When I saw Monty the following winter, I was horrified. The living skeleton in front of me could not be him!!! I quickly agreed to buy him, sparing his life. Instead of heading to the lo-

cal auction, he became the third horse in our small, backyard herd.

Monty's eyes revealed the terror of starvation and abuse. For one year, I communicated loving messages to him via my thoughts. I reassured him verbally and via heart-to-heart chakra connection. He demonstrated his eagerness to eat by slamming his feeder door closed. Butterscotches became his treat extraordinaire when he had to stand for the farrier. He learned to trust again, slowly and surely.

Verbal communication was not easy, but Monty sent pictures of being struck in the head with a wooden beam. A lip tattoo revealed an early racing background, for which he was unprepared emotionally and physically. That explained his fear of being saddled, for it represented a career he detested. He couldn't perform to standard, so he was unwanted and thrown away. These feelings were revealed to me many times as he gained weight and confidence.

Montana's energy treatments were like peeling layers of an on-

ion. Although I was able to open his chakras, a new experience or person might frighten him and cause his energy system to close down. Trauma release was very effective because he was able to let go of the past and move on. Rebalancing his chakras proved to be a helpful support to the love and communication I was sending on a regular basis. Eight years later, Monty is a healthy and happy fellow, full of enthusiasm and a wonderful sense of humor. He happily carries me on his back across many Colorado trails all year round.

~ Ellen Kohn

ing transpires when interspecies communication is combined with energy work. It's like talk therapy and a deep tissue massage all in one. The energy work will balance the horse from the inside out. Communicating with him will help him sort out and resolve his feelings.

### Horses know our feelings

In our challenging, active world, we experience shifts in our lives that our horses also feel. These sensitive creatures can easily take on our stress, in addition to their own personal issues. Any combination of life circumstances can unbalance and confuse our equine friends.

Given the unconditional love, friendship and gratitude our horses give to us, it is important that we figure out exactly what is going on. Only then can we remain an unbeatable, dynamic duo.

### Can you sense it?

Do you feel the chills when you predict an event or circumstance? Do you know when your horse is happy or sad? If either answer is yes, then you are ready to tap into your innermost voice and begin to connect with your blessed equine. This voice is present in all of us, and can be accessed by learning how to activate it.

Interspecies communication is facilitated by the intuitive senses that are innate in all of us. There are three forms of communication: seeing (clairvoyant), hearing (clairaudient) and feeling (clairsentient). We are able to work with this heightened awareness, commonly known as our "sixth" sense, the oneness we all share, through each of these channels.

### Finding the stillness

There are several ways to begin the communication process. Focused prayer, music and meditation are an ideal way to start because they ground and center us. Crystals, candles and herbal space cleaning can help prepare the meditative space. Requesting a divine connection with your personal spirit guides and angels is another way to set the space for the channeled information.

The goal of setting the space and grounding is to achieve stillness. Stillness enables the pictures, words and feelings to enter our consciousness like a quiet wind blowing through an open window. With intention to learn and dedicated practice, anyone can master the art.

### It's worth learning

While balancing chakras and assessing energy, I realized I could hear their thoughts and feel their feelings. Although this came as a surprise, it was not a coincidence; learning how to communicate with horses deepened my understanding of their issues and validated their fears and concerns. Knowing their horses have their own opinions helps owners find working solutions to enhance health and harmony in their partnership.

I read books by venerated communicators such as Amelia Kincade, Penelope Smith and Carol Gurney. My favorite is Amelia's book, "Straight from the Horse's Mouth". It is hilariously funny and entertaining while providing hands-on methods to get started. You can participate in a clinic, where you will learn the steps of quieting the mind, listening, and hearing the messages. Then you will begin to practice. This is a leap of

faith, but an important step to refining your communication skills. Practice on friends' pets to get a feel for how you are doing. Take your time to prepare, and be open and neutral to what comes to you. It is through practice that you will receive confirmation.

We can improve our horses' lives, and our own, by opening and enhancing our connections with them. Interspecies communication offers a gentle, natural way to do so, and may surprise you with its effectiveness. ☺

### About the author:

Ellen Kohn is a Reiki Master Teacher, Healing Touch for Animals® Certified Practitioner (HTACP), Certified Aromatherapist, Meridian Practitioner and Animal Communicator. Ellen also uses crystals, Bach Flower Essences, and gem essences in her healing practice. Ellen founded The Kohn Foundation ([www.TheKohnFoundation.org](http://www.TheKohnFoundation.org)) in The Bahamas to assist the children and animals of Grand Bahama. With three grown children, Ellen lives in Colorado with her husband and seven pets. Visit her on the web at: [www.EnlightenedAnimals.com](http://www.EnlightenedAnimals.com).



Ellen Kohn and Sky

