

WORD PORTRAIT

Jane Simmons

Reiki Master Richard Casey: Energy "Tune Ups" for Horses & People



Richard Casey in 2005.

Photo by Elizabeth J. O'Keefe

When giving a horse or an individual a health "tune-up," he uses no medical instruments, only his hands to activate the ancient healing energy technique of Reiki.

"Non-invasive energy healing and fine-tuning for animals and people is becoming more and more appreciated," Richard Casey said of his Reiki energy practice, which he has been doing for nearly a quarter of a century.

Martha Murdock Stables sponsored Reiki sessions by this St. Louis, Mo., Reiki Master at its Versailles, Ky., barn to work with some of its horses, and also made Reiki sessions available to horses of others.

Martha Murdock told me: "One of the reasons I am having Reiki work done on my animals is this type of treatment is a non-surgical method of healing that does not use drugs. I was so happy Richard consented to travel here to begin this work with my horses. I plan on having him return this August."

She pointed out that "while any practitioner" can work with Reiki, "it is a Reiki Master who does it as a vocation, not an avocation, and a Master keeps in touch energetically with the animals he/she treats."

Fifty-five-year-old Richard Casey is one of only several hundred traditional Reiki Masters who was attuned by the Lineage Bearer and Grand Master Phyllis Lei Furumoto. To share Reiki in this Usui Shiki Ryoho System of Natural Healing, he travels throughout the United States, Canada, and Europe. He began his Life Coaching work with people when he became a fully certified Reiki Master in 1987. Now, he includes animals, specializing in horses. To learn more, you can go to www.CaseyCoaching.com and click on Reiki:

Alternative Equestrian Therapies.

Reiki "is the energy of Life itself. The word Rei means universal life and Ki means energy. When put together, the meaning changes to 'breath of Spirit.' All substance that has form has in common the electromagnetic energy that holds the form in place." This universal unifying energetic is also known as Chi.

"Horses, and smaller animals as well, respond quickly to Reiki work," he said in our March interview.

"Animals at birth have their alignment from Mother Nature but through the years, this attunement or at-one-ment can be altered by illness, difficult/traumatic experiences, or the loss of a loved owner," he said.

"Horses experiencing pain, trauma, or are receiving high doses of medication are those that will readily show the results of Reiki energy work because it brings about a balance to the endorphin activity associated with these conditions. Reiki is an electromagnetic energy that works through the neuro-pathway system to bring about alignment on the mental, emotional, physical, and soul levels," explained Reiki Master Casey.

"Reiki does not circumvent the healing process, it accelerates it," he emphasized. "Similar healing work is being done in Canada by a growing number of professional Reiki practitioners doing equestrian work," Richard noted.

"Horses receive Reiki treatments without judgment and thus readily take in the harmonizing universal energy," Richard said. "The application time of hands-on Reiki is always determined by the horse. Typically, it will range from 30-60 minutes. I start at the head, move through the torso, and end at the rear."

The horses Richard treated "have made great strides since those two days in early December 2010 when he was at my stables," Martha told me in March.

Of one horse, she said: "Richard asked me about my future plans for him. I said I was considering putting him in harness competition. Richard told me 'Never Enuff would love that.' And he was right. Never Enuff is the best harness horse that I have trained to date."

Never Enuff, "a National Champion National Show Horse out of Undulata's Enough Said by Supreme Heir, was bred by Edward R. "Hoppy" Bennett," Martha pointed out.

Richard said he "knew what Never Enuff was thinking and feeling."

He explained: "As soon as I begin to transfer the Reiki energy through my hands, this starts the 'conversation.' I hear the horse's story. I get a verbal conversation with the horse, telling me what is going on in its body and with the people in its life."

Of his ability to communicate with the horses and other animals, Richard told me:

"Though not all Reiki practitioners experience this type of communication with the animal or human being treated, it has always been my experience. Only since the 1990s have people been open to anyone 'talking' to animals. In the '50s and the '60s, there was Dr. Doolittle, and that was about it. Now film makers have full-length movies of animals and people talking to each other. A truly big leap forward to the overall acceptance of people and animals 'communicating' was *The Horse Whisperer* movie. Buck Brannaman is a remarkable guy. And, I found Martha also to have a connection with her horses at a deep emotional heart level. Martha Murdock 'gets' the essence of an animal," Richard said.



Larry Gardinier watches as Gunsmith, a Saddlebred he trains, receives a Reiki energy treatment from Reiki Master Richard Casey in Versailles, Ky.

Photo courtesy of Martha Murdock Stables

A Saddlebred that Richard treated was Gunsmith, trained by Larry Gardinier.

Richard told me that "as soon as the Reiki session started, Gunsmith said he didn't like the stall and the window being shut, and he didn't like the horse moved into the next stall, finding the new horse distracting."

Larry confirmed, Richard said, "that yes he had just shut the stall's window. He also confirmed that Gunsmith hangs his head out the window all the time. I recommended to Larry that the horse be given more time outside."

This horse, Richard said, "had places on its body with hair that was sticky, like it was dirty. This is a sign that a horse is stressed and its energy blocked. The same is true of dogs and cats. However, as the Reiki energy moved through the animal, the horse's coat

transformed from clumped hair to shiny and laying down. The next day, Gunsmith was no longer sluggish and was performing very powerfully."

Larry told me he thought the Reiki concept "is interesting and a different approach in communicating. I found the session fascinating by some of the reactions of Gunsmith. I think there is really something to Mr. Casey's methods."

Martha told me "another horse Richard worked with was Senenmut, an Egyptian Arabian stallion that had been very difficult to show in hand, and even to lead."

Richard said that when he "arrived at Senenmut's stall, he was acting very wild. The closer I got to him to start the Reiki, the more he started kicking and I was at least four feet away. I felt he needed to go outside. Martha took him to the round pen. He ran like crazy. I started sending Reiki to the stallion as he moved around the pen. Then, he began coming over and putting his nose in my hands."

Senenmut, Richard told Martha, "wants to be under saddle but you had better hang on because he is going to go." Martha said: "Richard's words gave me the encouragement to try and begin the under-saddle training. I was riding him by Christmas Day — just three weeks later."

Martha continued: "Senenmut was wanting to run, run, run, so about early February, I called in an experienced track exercise rider and colt person. Senenmut is galloping outside now and is extremely fast. The goal is to ride Endurance with him. However, he might just end up on the race-track. Since the Reiki treatments, he enjoys the work, and is a much happier horse."

Elizabeth Woodall had Richard do Reiki on her horse, "Afire Burning Love, a National Champion National Show Horse out of Saddlebred broodmare Hall of Fame Sultan's Seamaid, the dam of World's Champion Undulata's Perfect Gift.

"I was surprised at some of the information Mr. Casey gave me," Ms. Woodall told me. "It was as though he was an animal communicator."

He "told me much about my mare's personality that he couldn't have known before his visit. He told me even more about my personality that my horse knew about me," she confided, adding she had "only bought the mare a few weeks before" the Reiki session. "What Richard told me about myself and my mare was right on target," Elizabeth said.

"I wanted the Reiki session to have an opportunity to get better acquainted with my horse and bond better with her. Afterward, I was more confident that I bought a horse right for me."



Martha Murdock with her Thoroughbred mare Train Robbery. Martha, revealing her quiet humor, said: "Frankly, I've enjoyed riding this horse that has been ridden by so many Hall of Fame jockeys ... and earned more money than I have."

Photo courtesy of Martha Murdock Stables

Richard said "Ms. Woodall came into a place of self confidence at being around Afire Burning Love following the Reiki work. Her connection with her new horse was profoundly different almost immediately."

How much more helpful it is for the horse, Richard said, "to have the person most connected to it be present for the Reiki treatments, be it the owner, the trainer, or the horse's key groom. It works best when somebody knows the animal's behavior and special needs as then that person can take what comes from the horse to give confirmation to the information coming out of the Reiki session."

Ms. Woodall said "several years ago, I had a Reiki treatment on my stiff knee. I wanted to learn to do a bit of Reiki myself in Mr. Casey's session since that was part of the offer." As part of his practice, Richard also teaches Reiki.

Another horse owner, who took advantage of Richard's doing Reiki sessions at Martha's, was Jennifer Tosch who brought her purebred Arabian mare Angylia. "I had been reading about Reiki" and "had a friend who spoke very highly of a treatment session she had had on herself."

Jennifer told me: "I was thrilled to join my horse in the Reiki treatment. I was actually in the stall with my mare." At first, "I was not sure what to expect but I was very open-minded. It was more than I expected. I believe that Reiki should be a staple in any show/pleasure barn. It's amazing the things

you will learn about your horse and yourself."

Richard told Jennifer that "Angylia 'was treated like a princess from wherever she had just come from' and that 'she was well taken care of' there. This was great news to me as she had been in Iowa at a trainer's for the past year. I loved the trainer's place but always wondered if it was a good fit for Angylia."

While in with Angylia, "Richard tuned into my energy so I also got Reiki too."

He "told me that I needed to trust myself. Angylia trusts me to ride, show, care for her, etc., but that something is holding me back from trusting in myself. Richard saw that I was not being in my own power. It was amazing how spot-on he was," Jennifer shared with me.

"I have had some self esteem issues over the years stemming from experiences with my father. He and I are very close and love sharing our horse experiences together but I've always felt like I will never live up to his expectations — that I am not talented enough to follow through and do right by our horses. She is a young horse and I am getting back in the saddle after being out for many years," she continued.

"I was in awe when Richard keyed right into things, not knowing a bit of my history, and no one else has been aware of the depth of my feelings on the situation," said Jennifer.

Richard "revealed another bit of information from my mare: 'Angylia loves kids. She is going to do something big with youth, if allowed.' This is something," Jennifer said, "our trainer Jennifer Schmitt has told us in the past, saying my mare would excel in the show ring with a youth rider. It's amazing what all Richard told me."

Since the Reiki treatment, Jennifer said "that my mare and I did the experience together made it a learning experience for us both."

Olivia Stone brought her new Arabian mare Angel Two for a Reiki treatment also. Jennifer said "we arrived together at Martha's with our horses, driving a little over an hour to get to Versailles," a suburb of Lexington.

"At first, Angel was not open to Reiki, but it was amazing to see her change over the next hour. I was able to be in the stall with both of our horses because Olivia personally missed the Reiki session because she kept her year-old daughter Norah occupied looking at the other horses at Martha's stables."

Angel, Richard said, "was telling me that it was her time to shine; it was all about her now." Jennifer explained that "this mare had been in a field for years with her mother that was the one used for lessons and trail rides, leaving Angel behind. So what Richard was saying rang true," Jennifer pointed out, "because Angel has always been cast in her mother's shadow."

Another horse Richard worked with was Train Robbery, a Thoroughbred mare.

Martha told me, "before Richard met her, I had been riding her for a few weeks just to see if she would enjoy it. After her retirement and moving into my stables. I wasn't sure she really understood what was happening to her."

During her Reiki session in December 2010 "this horse came right up to me," Reiki Master Richard Casey reported, "and said she wanted to breed and have babies, and to work."

Not too long after Richard left, Martha said, "a package from the American Warmblood Society was delivered that had the great news that Train Robbery had been named the mature mare of the year 2010, earning another gold medal, in addition to the one she previously earned for highest score. I am hoping for a foal that looks like her."

Martha, "a professional horse trainer for over 35 years," has "been a certified Judge for 30 years" at shows in America, Canada, and Australia. To learn more about Martha, go to www.marthamurdockstables.com.

Richard pointed out that some owners "have chiropractic treatments done on their horses. With Reiki, I have seen an organic shift occur in a horse's body where you sometimes can hear a 'pop' when the back returns into place just from the release of tension in the muscles."

When there "is no heat in an area, generally there is no problem. Heat is most often an indication of some level of imbalance being held physically, emotionally, and/or energetically in that area of the animal's body. I find this also to be true when treating people with Reiki. The goal then is to get life energy into the affected area to bring about alignment and balance to greater wholeness," Richard said.

Richard "created a form, like a three-fold brochure, showing where energy is drawing most heavily, and writes notes about the information picked up during a session. This way, an owner and/or trainer have a map of what happened, along with suggestions for work with a vet, aroma therapy, etc.," Richard told me.

Essential oils and chiropractic adjustments, Richard said, "also can help supplement Reiki work. On this Kentucky trip, the use of essential oils came up a lot. These can be used to increase awareness. They can be given in feed or applied directly to the skin, for instance, for sore muscles. Frankincense sprayed over a horse's head can be helpful. Peppermint in water for stomach problems can be of help."

"Discomfort in an area of the body of an animal or a person," Richard continued, "also

tells a story in a metaphysical way of what's going on with that body. My knowledge and experience of metaphysics is part of what I bring to the table."

Richard also brings to the table his own equestrian days as a youngster that were filled with riding horses on his grandfather's farm in Gerald, Mo.

"I began riding at age eight just for pleasure. Then, I trained in dressage for about six years until I was 16 years old. Penny Bryant was my instructor. She was killed in a horse-related incident at age 30, nearly 40 years ago. After my father passed, my four horses were sold. With this loss, and the unhappy memory, I was not around horses for years," Richard told me.

With his Reiki training, Richard "could see while attending rodeos the stress issues with the animals. The horses were really stressed. While living in New Mexico during the 1990s, I worked with friends' horses addressing specific illnesses or behavioral problems. Horses are such sensitive creatures, operating on the energetic connection with the environment around them," he said.

"Native American culture assigns the attribute of power to a horse. A horse responds immediately to where a human is within his/her own power. They also can help people come into their power, as we see with disabled individuals who work with or ride horses," Richard pointed out.

When 6'1" Richard "began riding again and helping to groom the horse at the J-Squared Riding Academy in the St. Louis suburb of Fenton, the trainer Julie Wahbey noticed the horse's vitality seemed to be increasing and it was performing better. Once, its slight lameness disappeared after my energy work, I came to realize that helping horses with Reiki treatment could be another direction for my practice in addition to working with people."

Richard "took Massage Therapy Training at the New Mexico Academy of Healing Arts." Earlier, "I studied with Norma Jean Young of Seattle, Wash., for my Reiki 1st Degree and 2nd Degree." He then went on to attain his certification as Master with Grand Master Phyllis Lei Furumoto.

Richard Casey, who "was born on August 27, 1955 in Richmond Heights, Mo., is the son of August Herman Casey, Jr. and Patsy Ann Taylor" who "also had two daughters." He "attended local St. Louis schools, and then did undergraduate work in Secondary Education at Southeast Missouri State University" in Cape Girardeau. He was awarded his "Masters in Business Administration by Washington University in 1984" in St. Louis.

After college, "I worked in corporate management for 15 years from 1975-1989 doing internal investigations for TWA, TRW, and

Southwestern Bell Telephone. During these years, I married, became a father, and ultimately divorced. I was doing my Reiki work the last couple of years while with Bell. Then, I decided I wanted to grow my Reiki practice and teach full time."

Richard turned philosophical: "In the increasingly stronger commercialism" within the animal industries, "I see dogs, cats, horses, and other animals being viewed too often as merely a 'product,' as people more and more disassociate from seeing these living creatures as fellow God entities on Mother Earth. Enjoying them in a way that is pleasurable for them and us is now only a part of these industries wherein too many people are looking to just the bottom line of profit, or practicing terrible abuse. Much better that these animals are appreciated for what they offer mankind in their beauty and energy."

Richard said "the use of Reiki on animals by their owners, trainers, and handlers, as well as a Reiki Master, can heal the original collaborative relationship back to balance, as understood and practiced for centuries by so-called primitive cultures around the world, and by our own Native American culture."

Richard said "ideally, Reiki sessions take place in a stables for a week or so to allow daily follow up, which gives a more permanent result. This is what is scheduled this August 8-14 at Martha's stables in Kentucky. In a week-long clinic, there is one day to discuss the healing art, another day for owners and trainers to experience Reiki themselves, and then individual time for them to perform actual attunement work themselves on their animals."

For more information on participating or for booking a session for the August 8-14, 2011 Reiki event, contact Martha Murdock Stables at Granite Hill, 305 Pisgah Pike, Versailles, KY 40383 or by phone: 502-220-0054. To contact Richard Casey, 1910 Withnell Avenue, St. Louis, MO 63118 or by phone: 314-458-8323, or email: RCasey@CaseyCoaching.com.

You may contact Jane through her book's website: www.SimmonsBook.com and learn about America's early horse industry history in her 328-page book —Arthur Simmons: American Icon Of The Horse World — that is fact-packed with information on the horses, people, and events that impacted his life and hers, as the daughter of this internationally known horseman. Jane's book, which makes a great gift with its 700+ captioned photos, can be purchased for \$35 with a credit card through PayPal on the website; it retails for \$49.95. Watch the free short slide show on the website. While there, read Jane's bio by clicking on "About" the author. Jane is on Facebook.