The gift of healing
by Theresa Odendaal

Margrit Coates is the world’s leading animal healer
In recent times, we have seen an increasing return to more natural healing practices. This seems to be especially prevalent among horse owners, as horses appear to be particularly receptive to these natural ways. SA Horseman spoke to Margrit Coates, author of among others, Healing for Horses, in which she explains how to use hands-on healing energy for horses.

As a child, living in Yorkshire, Margrit would feel heat and experience a tingling in her hands when she touched sick animals or people. She realised that this was an unusual “gift”, but kept it to herself for fear of ridicule. It was not until much later in her life that Margrit decided to develop her spiritual side. She spent three years as a probationary healer with an organisation in Chatham, Kent. This put her on the path of becoming a healer, but it took some years until she decided to go into practice full-time, dedicating herself to healing sick, injured and suffering animals.

Today, Margrit is the world’s leading animal healer based in the UK. She often assists veterinary surgeons. Margrit is hoping to visit South Africa in 2009, to lecture on healing and run a workshop. She is a registered healer in the UK and lectures part-time in animal healing at Southampton University.

Q: Margrit, How would you describe this kind of healing to the uninitiated?

A: Everything comprises of energy – that’s a scientific fact. Healers connect the universal energy field to the horse through their hands. The horse takes what he or she needs, on whatever level is possible.

Q: How does this kind of healing work?

A: When there is illness or injury, or the horse is emotionally unhappy, then the energies flowing through the body, at cellular level, become unbalanced. Healing aims to rebalance the cells so that the body can repair itself. Horses also respond very well to healing from an emotional point of view, and it can bring them great peace. Healing is used to help with pain relief too, alongside veterinary medication. Healing has been scientifically shown to help speed the repair of wounds.

Q: Exactly how does one go about doing this form of healing?

A: There are places where you can put your hands directly onto, or just above, an animal’s body, and which allows healing energy to flow. Concentrate on and visualise the healing energy flowing from the source through you and into the animal. The healer must be calm, relaxed and focused on wanting to help. Healing energy follows thoughts, so if the healer is distracted, then the energy connection will be weak. Healing works on the physical/mental/emotional and spiritual levels of the animal, the only treatment that can reach these levels simultaneously.

Distant healing can be very successful. Energy radiates from living beings, and there is no point at which it stops. We can tune into this energy to help animals that we are not actually with. I use a photograph to help me focus. Then I send loving healing thoughts to the animal in need.

My books and DVD include full details and charts for anyone who would like to try healing with animals, or understand more about it. Healing is safe for all conditions, and ages, even the newborn. It must not, however, be used as a substitute for veterinary care.

Q: You mentioned distant healing. Does this mean that you can send healing to a horse in South Africa from the UK?

A: Yes, that is correct. In fact, I have helped horses all around the world in this way.

Q: Is it religion-based and will it work even if the horse’s owner does not “believe”?

A: No it is not religion-based. The owner does not have to have a faith. The horse naturally understands about universal energy and therefore readily accepts healing.
Q: Can this type of healing have spectacular results – like a very lame horse suddenly going sound, or a very sick horse suddenly recovering?

A: It can and does have spectacular results, but we have to be realistic. Healing will not reverse the ageing process, or instantly repair damaged tissue, or repair a broken joint. Healing can be the catalyst to a sick horse recovering – provided that the lifestyle of the horse is good. Unhappy horses are slow to recover from illness and injury, just like unhappy people.

Q: Can anyone learn to do it, even if they are not clairvoyant?

A: Anyone can access healing energy, provided that they have the right frame of mind. The focus and intention of the healer is key. The healer must feel empathy and love and want to help.

Q: If I am trying to help my own horse in this way, how do I know if it is working?

A: Watch the horse’s expression. Look at the body before and after, and see what looks different. Changes may progress over a few days. Often more than one session is needed.

Q: Could you give us any examples of cases you have dealt with?

A: Yes, a case study of distant healing: The stallion Nabucco developed a serious hock condition and was on box rest for three months. He was then castrated on veterinary advice. After a few days he developed a bad infection and was given intravenous antibiotics.

The horse’s energy levels were low and he was depressed after all the procedures he had had to endure over the months. I sent healing messages and communicated to the horse that I was there if he needed me. The next morning I sensed him calling me for help. That evening the owner called me.

That morning Nabucco had indeed been found lying down in a very bad state and the vet said it was touch and go. Around an hour after I tuned in, Nabucco suddenly rallied, and by the evening he was a different horse. He had turned the corner and made a full recovery.

A case study of contact healing: A vet asked me to visit a horse with her. The horse had suddenly started to bolt with the owner and also to bite his body. Skin scrapings showed no medical problem and his saddle and back were checked. Thankfully the vet did not label the horse as being “a problem horse”, knowing that they are always communicating something.

After a few minutes of laying my hands onto the horse's body, I developed severe abdominal cramps. I thought at first that I had a problem of my own. Then the vet doubled over, quickly followed by the owner. I took my hands off the horse and the pain stopped in all three of us. I put my hands back on and pain started for us again.

The vet took blood samples and sent them off for analysis. The tests showed an intestinal problem linked to digestion. The horse was bolting and biting his body due to attacks of cramping pain. The vet was very pleased indeed with my help, as she could now treat him.

Q: Margrit, if you could give one message to horse owners everywhere, what would that be?

A: Love your horse unconditionally – he or she has feelings and emotions. Treat your horse as you would want to be treated if you were a horse.

Margrit’s new book, Connecting with Horses: Life lessons we can learn from horses, will be published in March 2008. SA Horsemanship will run a review of the book. For further information about Margrit Coates and about healing, you can visit her website www.thehorsehealer.com