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Spotlight On The Equine Touch

Body and Breath Make the Move



By Jock Ruddock

Morehi Ueshiba, the founder of Aikido, whose technique our Equine Touch move is based upon, maintained that without the breath flow extending into the hands, there could be no flow of Ki, and no harmony with your opponent. When working on a horse, we want Ki to flow to have harmony. Although it may seem odd to consider the horse that you intend to work on as an opponent, it is necessary to remember that there is an automatic defense or resistance system which must be overcome by any invasion into the personal domain of another. No matter how gentle or well intended that invasion may be, all equine bodywork initially creates stress, even hands off addresses such as Reiki.

When you take a deep breath and hold it, you are locked, your body is tense, and when you place your hands on the horse, the horse feels this tension - and reacts by tensing in return. Newton's 3rd Law, 'Any application of pressure to any living organism will automatically build up an equal and opposite reaction to it.' He is prey, you are predator. Think, before you take a mouthful of food, do you breathe in or do you breathe out? As a former professional wrestler, I was aware that before I attacked, I filled my lungs with air. When on the defense, I would always notice when my opponent had filled his lungs, and I would automatically reciprocate by trying to amass my internal power to counter his, or feel intimidated. The attacker breathes consciously; the defender emotionally.

If a chiropractor takes a deep breath and then says 'relax', what do you do? Relax? Not likely. You go into an equal and opposite mode, tense up, and get ready to resist. The client who is instructed to breathe deeply and exhale fully is often more susceptible to a pain free skeletal manipulation than one who is trying to cooperate and relax, while being terrified emotionally at the same time. If the chiropractor takes a deep breath immediately prior to the impulse, the client's automatic defense system will kick in immediately with resistance.

So here we are with a horse, the most spiritual and sensitive animal on the planet, and we are wanting him to RELAX and allow us to come inside and help him release tension and stress, without adding more tension and stress. Do we breathe in or do we breathe out?

We do both, each at its appropriate time. The ideal or perfect ET move is done in four stages: 1) the hands are gently placed on the horse on our full exhalation; 2) the skin is drawn back with our breath intake; 3) the pressure creating the cellular awareness is then applied at full inhalation, and held; 4) the glide or impulse is performed at the end of the exhale using 'an aikido body flow' to empower the glide itself. The horse should noticeably relax as the practitioner exhales.

Without the body and the breath, there is no Equine Touch move, and no harmony with the horse as a whole. 🙏🙏

About the author:

Jock Ruddock pioneered The Equine Touch, and with his veterinarian wife, Ivana

Ruddock, has turned the Equine Touch into a discipline that is now recognized and applauded by all who see or use it, including veterinarians throughout Europe. The Equine Touch, a rebalancing, retraining, and some would say healing modality for the horse, is the first non-diagnostic, non-invasive, energy and connective soft-tissue discipline in the world to be awarded national accreditation status in the United Kingdom. Visit www.theequinetouch.com.