



The Equine Touch

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Hi everyone,

This month's edition is out a little early due to taking ET on the road to NSW over the next couple of weeks. This issue features different facets of "the Equine Touch journey". It contains several snippets from a range of people: Level 1 & Level 2 students full of aspirations, to Level 4 ET & VHT student receiving relief from VHT sessions after injuries, a Practitioner & owner's story about *Harmony* as well as stories from instructors .

Keep in touch.

Janis, Ed

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# ANZET NEWS

The Equine Touch™ Australia & New Zealand Newsletter

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## Living the dream — an Equine Touch journey

A Japanese friend of mine, a sports person, once said that she loved it when something was "tsurai". From my Westerner point of view, understanding the word to mean "difficult" or "struggle", that seemed a strange thing to say. Then she explained what it meant for her was when she attained something that she really had to strive for it was all the more enjoyable or valuable. She valued the challenge & the sense of overcoming obstacles to achieve her goal because in that journey was personal growth.

Twelve hours drive from central Victoria to just south of Sydney was the first big step to begin the ET journey for me. No, the first step was deciding that it was NOT too far to go to learn from the Founders of this bodywork for horses, intriguingly called, The Equine Touch. I would find a way to get there!

Verging on overwhelm from the whole environment, the buzz of the Level 3s completing their written requirements the night we "newbies" arrived, the presence of all the Level 2s who also seemed to know so much and confronting the fact that the apparently simple move seemed to be, elusively for me, not so easy to coordinate at first, not PERFECT the first time! Oh, no! I survived myself - & Level 1. Even though at the time Level 1 was an enormous challenge for me I knew by Day 2 that I wanted to go on to Level 2, and maybe even further, to learn all I could to be able to help my horses.

Level 2! This time Jock came to Victoria. It was great consolidating Level 1 information and opening up MORE possibilities with the new Level 2 information while being stretched to begin to think and feel more. Next, Level 3 and the mind-expanding information of Ivana's comprehensive lectures and more of Jock's practical "magic". How fluid and assured he always seems!

Then, entertaining the idea that I could become a Practitioner and work on other people's horses too.... Now there's a challenging idea! Janis, just what is it that you really want to do? Help as many horses as possible with this wonderfully gentle & effective bodywork technique? As well as being a Practitioner you can help even MORE horses by *teaching* horse owners how to do this for their own horses, you know! Aahh! What if...?

What if I actually "went the whole hog" and applied for a position on the first time ever Instructor's Clinic (2007)? Being held ... WHERE??? Texas, USA!! OK... Here goes! Hooray! I've been selected to attend! One of only 28 worldwide!

Through the crucible of the Texas "pressure cooker" instructor training, home again, now faced with a new challenge of getting the word out there and enrolling students on courses ... just as the Equine Influenza outbreak shuts down all horse events on the East Coast! Talk about "Tsurai!" Arghh! The frustration of being "hobbled", at a standstill for 6 months, whilst brimming with all this wonderful information that, in the right hands, could help so many horses!

Eventually the hobbles were removed & so began the task of gradually growing the student numbers, plodding on, spreading the word, sowing the seeds of information about ET, with demonstrations at Pony Clubs, other groups of horse people and local shows. Over time those seeds began to shoot: in twos & threes, later in larger groups, the students have found their way to me to commence their own ET journeys.

Now the dream of taking Equine Touch "on the road" is being actualized & I am conducting courses beyond my home base, Bendigo, Victoria. From the Adelaide Hills to the west, Gippsland to the East, Tasmania to the south, several towns along the NSW border & places in between, endurance riders, western pleasure riders, trail riders, camp drafters, farmers, gardeners, police officers, office workers, body workers, horse trainers, teachers, vet nurses; from beauty therapist to roustabout my students have shared the dream of making the world a better place for horses with The Equine Touch. They make my day when they tell me of their successes with their horses—Oh, what a harvest!

And I dream of more. With each student who chooses to learn The Equine Touch with me I edge closer to another milestone, that of 100 ET students and then the possibility of becoming an International Instructor. In gratitude for helping to make another dream come true & to celebrate the occasion, my 100th student will receive a surprise gift! Who will it be?



Thank you to the horses and all of my wonderful students who have been part of that developing dream so far.

Janis Hobbs  
Dreamer

Equine Touch Instructor & Practitioner

## VHT for Family & Friends

Hi Janis

I recently spent some time with Jo Brock, who several weeks before my visit, had had a very nasty fall at an endurance ride. She was unable to even be touched for weeks because of extensive bruising. (I'm sure Jo could give you details). I performed VHT Family and Friends (with a few extras!) and this is the email she sent me regarding the healing process afterwards.

Trish Radke, Instructor

Hi Trish

Just thought you would be interested in some feedback from the bodywork last weekend. I was trashed that night - to be expected.

The next couple of days, I had tiny readjustment twinges all over the place, lasting only 10-20 minutes each but moving location. Particularly noticeable was adjustments in my hips and thighs and more on the right too. Within 12 hours my whole upper body felt completely released. I realised I had been holding myself rigid (guarding) with my shoulders tipped slightly up and forwards, thus reducing any neck movement too. After the bodywork, my whole stance changed as my shoulders were down and back and relaxed, my neck could move more freely and I had good upper body movement, being able to stretch to the side and down too. I also noticed how it affected the legs including those shins when I stood guarded, and this is why I was getting the very welcome readjustment twinges when I started standing correctly. My whole body is moving so much better and I have been comfortable and coping really well with full time work this week as the gentle movement of my work is ideal (no lifting or straining or bending to wash people, as it would have been if I had been on the wards).

The swelling of the lower haematoma around the coccyx has decreased markedly. There were some small calcifications developing in that area, particularly on the right hand side, and I had been rubbing ABC Gel in 2-3 times per week. Within 2 days these calcifications were gone too - whether or not that is a co-incidence will never be known, but they were not disappearing prior to the bodywork. The egg of the upper sacral haematoma is still there but slowly decreasing in size still. It is now no longer sore to massage the lower sacral area - I am just careful not to be too vigorous around the egg haematoma still as I don't want to open up the chance for any bleeding into it. There is still some tenderness deep in the sacral bone area - it has obviously been banged about in the fall and is also still healing, as if it were fractured.

I would really like another session in another 2-3 weeks if we can do the same thing as you pass on the way home. There are still plenty more areas to work on, but I really feel we have opened up the basics. Having been worked on in March at the clinic, it is really obvious how significant this injury has been to the whole body and how it locked everything up. It gives me the shivers to think of all the people who have suffered similar injuries, who just keep immobile, take painkillers and focus only on the injury site.

Thank you so much again, and I really had a lovely time when you called in. I so look forward to another few relaxing hours if we can do it.

Take care, love and hugs  
Jo Brocke, Level 4

Look for more news on  
VHT for Family & Friends  
next issue!

VHT—Vibromuscular Harmonisation Technique, Jock Ruddock's human bodywork from which he developed The Equine Touch.



Jock instructing VHT for Family & Friends in March, 2010, Bullengarook, Victoria, only the 3rd course of VHT for F&F taught til then.

### Feedback : VHT for Family & Friends at Bendigo 11 June, 2010 Instructor: Janis Hobbs

**Shai, Level 1 ET:** My neck feels better! The course was very good and I would recommend it to other ET students. Now I have more than the Level 1 ET human bodywork to offer when my boyfriend (a farrier) says "Work on my back, Shai!" I reckon he should do the 2 day course so he can do bodywork for me after a long day in the shearing shed! (Ed note: Shai works as a roustabout.)

**Kylie, ET Practitioner, Level 4 ET, VHT 1-6:** I agree with Jock when he says this course is the pick of the VHT moves. And, it's easy to give to family & friends without being stuck at the massage table all day.

**Ronel, Level 1 ET:** So disappointed I couldn't make it! Hold my spot for the next one, please!

**James, "the body":**

A bloke of few words—"Yeah, it's good".



Shai, concentrating on maintaining "the flow" of the routine, now performing the "inchworm" series, next is...?

**YOUR SAY:**

What is *YOUR* ET story?  
Email your story & photo to  
Janis by 15th of each month to  
equinetouch@hotmail.net.au

Hi Janis

I'm just dropping you a note to thank you very much for the Level 1 clinic you ran at Tooradin on the weekend.

Apart from the fact that my mental powers were utterly challenged by the end of the weekend, I have since had some time to digest the information (licking, chewing and sighing), which included reading and re-reading my manual numerous times as well as imprinting the various moves in my mind. I must say that I thoroughly enjoyed the challenge and look forward to attaining Level 2 sometime in the near future.

Equine Touch has opened up a whole new world with horses for me, which as mentioned above, I hope to take further. I imagine this to be a fabulous journey of learning for the horses sake, which is open to anyone who is interested in the well-being of their horse.

At your suggestion I got on to Jock & Ivana's ET website ([www.theequinetouch.com](http://www.theequinetouch.com)) and read a whole lot more.

I am very enthusiastic about ET, and can't wait to put into practice and hone what I have learnt.

Thank you so much for being a patient and informative instructor.

I hope to catch up soon.  
Kind regards

Frances, Level 1



Hi Janis! Oh WOW! WOW!!!! 😊 I've just come back from a morning at a friend's place doing ET on her two horses!!!! I don't know if you remember me talking about a horse that I had done a number of Level 1 sessions on previously, and I didn't think he would cope with the Advanced Body Balance (ABB). Well, I stand corrected! I did ABB one side then the other and whilst I wasn't as fluid as I could have been (stopping to check the next sequence of moves), it actually proved to be an okay pace as Sparky just processed to his heart's content whilst I read the next sequence of moves!!!! Once he moved away (going to do step 4 on the near side), and when he had finished processing he stepped back to me! I did forehead, pelvic and sacrum procedures (both with leg lowered) as well. I get such a buzz doing the pelvic move - the horse actually allowing me to put a freezing hand in that tender area astounds me every time!!!! I did muscle test (Kinesiology) for permission to do the pelvic and sacrum elevated, but didn't get permission....may be next time!!!! Sooo much yawning, chewing and licking after the session!!!! He is such a different horse since the first time I worked on him!!! I think Rusty (Jock's DVD) might have competition for the spot of ET addict!!!!

It was the first time for my friend's second horse, Kendell, to have any body work done on him, so I kept it to just a Level 1 Basic Body Balance (BBB). Whilst there were a few musculo-skeletal issues what was most interesting was Kendell's apparent inability to cope with what was happening to him muscle-wise and also the waiting during observation time. He actually looked quite grumpy and kept looking backward and putting his ear back to try and figure out what was happening in his muscles! I think because he is not long off the track (12 months) and he is only 4 years old, he only knows one pace (flat out) in everything associated with humans, so I think allowing him time to be a horse with humans standing close by, without food or riding intent, was hugely challenging for him! Apparently, he is like that riding, Anita said that when she wants him to go forward into a frame, he reads that as go flat out and when she uses reins to aid collection, he thinks that means stop. He was almost frantic in his chewing and licking at one stage! Most rewarding though was the changes after the butt shots. I noticed a change in his tail movements on the repeat, and when Anita went to put his rug on after the session, he actually elevated his tail out of the road, completely opposite to the usual clamp down. So much so, Anita turned around with a stunned look on her face and asked what had I done!!!!!!

I soooooo love this modality!!!!!! Thankyou sooo much for facilitating my learning and being able to share it with horses!!!! All hail Jock and Ivana for developing the modality!!!!!!

Ciao,

Susie Johnson, Level 2 😊

## YOUR SAY:

## Equine Touch &amp; Homeopathy

—Saving horses' lives—naturally!!

Laminitis in miniature horse

I would like to share one of my success stories with you, hoping to get the word out that there is a fast, safe, natural solution to horses suffering from laminitis (founder)!

One of my friends (Sue) phoned me in tears that she was going to have to put her loved miniature mare (*Harmony*) put down, as the vet had advised her to do so. The mare had chronic laminitis and had been on bute for months. She was in extreme pain and could not move around (even on the bute!).

I said to her I had a fast solution to help her mare recover – Equine Touch & Homeopathic remedies.... She hesitated, as most people do not believe you that this would work, but worth a try as the mare would only be put down. That day, Sue dropped *Harmony* over to my place for me to work on her. I have never seen a horse in so much pain! *Harmony* struggled to get off the float and looked miserable & her coat was dull & scruffy. She was way out of 'balance'! I immediately gave her Equine Touch (BBB), oh boy, she was in so much pain & discomfort, I got huge reactions from her... Being a miniature you usually do not find severe back pain! She was put in a stable with rubber floor & thick bedding, just fed grass hay and plain feed with added Vitamin C powder. Homeopathic remedies & Rescue remedy was also given to her.

The next day she was looking a lot better. I again worked on her & continued the Homeopathic remedies 3 times a day. By the 3<sup>rd</sup> day her coat had changed colour; it was now shining and smooth! Her eyes were bright and she looked a lot happier in herself. As she was now moving around well, I took her out for a walk. To my surprise she was pulling on the lead rope wanting to trot!! She had not trotted in months! So I let her trot around me; this was amazing! She was a new horse. She was put out in a large pen so she could get some exercise. She cantered and bucked her way around the pen – amazing! I rang Sue to let her know she was better. Sue was so happy & came to pick her up. Sue could not believe her eyes when she saw *Harmony*, it brought a happy tear to her eye. *Harmony's* life was saved - thanks to the Equine Touch & Homeopathy!

For more success stories visit my website [www.belindasnat.com](http://www.belindasnat.com) or phone me on 03 63956165 or 0437 607 419 for a consult.

Kind Regards, Belinda Atkinson – **Belinda's Natural Animal Therapies** (Animal Homeopath & Equine Touch Practitioner).

**Harmony's owner:**

*Thank you so much for the amazing results you achieved with Harmony, within a few days she changed from barely walking, suffering pain and a very unhappy pony to a pony who had the sparkle back in her eyes, shine in her coat and walking, trotting, cantering pain free without the horrible discomfort she suffered through laminitis. We would highly recommend others to seek Belinda's help with any problems your animals have and see what a difference she can make!*

**Sue - Westbury TAS.**

**NZ News**

I did my first ET demonstration a couple of weeks ago. Had a big Warmblood mare who had fallen down a hill a few years before and although attended by vets, chiropractors etc still suffered a very stiff neck and shoulders. While demonstrating the Basic Body Balance (BBB) and talking about what I was doing the results were stunning. Even I was impressed! She went from being a bit sad and placid to lots of reactions, to softening and relaxing, then after we finished she bounced out of the barn like a spring chicken and apparently has been a totally different horse ever since. Was rather a good subject to convince people ET does good. If our weather comes right (we prayed for rain now we pray it stops) I have quite a few keen contenders for ET clinics. It was such a cold wet day we had 20 people and 2 horses jammed into 3 bays of a hay-barn so the light wasn't that good for photos.

*Janice Clyma, Instructor & Practitioner*