

# EQUINE ENERGY



# AN ATTRACTIVE ALTERNATIVE — DEBBIE DAVIES



*Gentle manipulation  
is the Quantum  
Energetics approach.*

**W**ith hands delicate as butterfly wings, a gentle smile and soft British accent, horsewoman Debbie Davies affects horses and humans alike. She creates an easy environment for them to relax, open up and share their difficulties.

Debbie's gifts have evolved through a career as a 3-day eventer, dressage competitor, show judge, student of quantum energetics, osteopathic studies and an inherent ability to "get" what people and horses are trying to tell her, whether it be overt statements or disguised with angst and physical disease.

Debbie calls the Ozark Mountain region of southern Missouri home. This is where she retreats for her own healing after endless trips around the country assisting horse owners with evaluations of their animals. Her expertise in deciphering and unraveling the intricate physical and emotional condition of our horses has gained her immense respect and a following around the country.

I have had the pleasure of observing her interact with a number of horses. On those occasions, I watched as horses who were clearly holding physical issues intertwined with protective behaviors allowed her to get in sync, evaluate and help them let down and realign through a natural opening of energy pathways. Debbie uses a lot of Latin terminology for body parts and functions, giving a running commentary of what she observes as she evaluates. Most of that goes right over my head, but what is crystal clear to me is that she is familiar and comfortable with all aspects of the horse's processes from nerve bundles to brain functions and everything in between.

"Cruiser" was one such horse. A 17-year old Quarter horse gelding, he had been exhibiting signs of navicular disease, was weak in the hind end and had no range of motion in his legs. The horse was clearly kind and patient, but so locked up physically he almost shuffled around. Debbie explained that though there was no way of knowing precisely, his condition was likely due to traumatic experiences in his life, incorrect training methods and a long-term lack of appropriate treatment for the resulting problems. The exact causes were not really what mattered. What mattered was his condition today and how to help him.

She worked for an hour, following a specific order of assessment for each area of his body. Debbie gently asked the energy pathways of the horse to open with light touches, she then softly addressed the areas of concern and then initiated stretches for the horse which encouraged his body to realign. You could see the horse struggling to follow her direction, then clearly showing relief as his knotted up body began to relax. His eye changed and softened and the dull, distant expression of chronic pain began to leave.

Debbie is a Quantum Energetics practitioner, which gives her a qualified background for alternative approaches. Quantum Energetics is a highly organized system of healing. A unique language of "codes" for the body combined with kinesiology, which is the study of anatomy, physiology and mechanics.

*Continued on next page*

**STORY BY  
MARSHA  
WYATT**

**PHOTOS BY  
TERRI  
BITTING**



*Cruiser allows Debbie to feel for misalignment in his head and jaw.*

**I OBSERVED HER WORK WITH ANOTHER MARE, "SADIE," WHO WAS THE VICTIM OF SEVERAL SERIOUS INJURIES DURING HER LIFE. MOST WERE DUE TO UNFORTUNATE ACCIDENTS; AT LEAST ONE WAS INTENTIONAL AND MALICIOUS. AS A RESULT, "SADIE" HAD NERVE DAMAGE IN HER HEAD, A MISALIGNED PELVIS CAUSING TOE DRAGGING, A RELUCTANCE TO BE TOUCHED ANYWHERE AND A DEFENSIVE ATTITUDE THAT COULD LEAD TO BITING AND KICKING...**

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Debbie is also in her last year of the Vluggen School of Equine Osteopathy and Education. The object of osteopathy is to assess the issues of the body and help direct it towards self-corrective re-harmonizing. Always working from the understanding that a body is fully self-healing given the correct conditions, it is as natural an approach to well-being as can be found. She is committed to teaching owners how to enhance their horses overall health taking into consideration their biomechanics.

I observed her work with another mare, "Sadie," who was the victim of several serious injuries during her life. Most of these injuries were due to very unfortunate accidents; at least one was intentional and malicious. As a result, "Sadie" had nerve damage in her head, a misaligned pelvis causing toe dragging, a reluctance to be touched anywhere and a defensive attitude that could lead to biting and kicking. She had allowed two people into her world; the rest of humankind was suspect. Luckily, this mare belongs to a friend of mine who is determined to rehabilitate her and Debbie was the next step in that process.

It took two sessions, but Debbie's calming approach finally convinced the mare to allow the gentle changes to begin. In the course of one afternoon "Sadie's" pelvic restrictions were removed, her gait changed, her attitude improved and a dent was made in her belief that most people were harmful. Huge sighs, coupled with licking and chewing indicated her acceptance of the treatment and I was impressed. I know this mare very personally as I am one of her trusted humans, so I recognized the changes as profound.

Debbie is also a certified instructor for Peggy Cummings Connected Riding. Connected Riding is a horsemanship approach for ease and elegance in riding. This methodology improves the horses' posture so that he can better carry your weight, as well as teaching rider posture that helps the horse move more naturally and fluidly. Debbie uses her understanding of the rider horse interactions to assist her with evaluating and assessing the issues related to movement under saddle. In short, there is little that goes on between horse and human that Debbie doesn't have a keen insight about.

She offers a variety of approaches to better understanding these unique creatures through workshops and training opportunities. She guides a "Herd Watch" experience, which entails taking people out into the wilderness to follow herds of wild horses for as long as a week. It is a journey of self-discovery as well as an unparalleled access to wild horse behaviors. Her business, called Equine Self Expression, provides seminars

such as "The Nervous System and Performance" which covers the connection between the horses' nervous system, performance, behavior, form and function. "The Twelve Steps According to Equus" brings the 12 Steps of AA into an application with horses. The seminar goal is to keep the mind, body and spirit of the individual in balance through the equine interactive experience. These and other programs are honed to bring harmony to the human/equine relationship.

Back at the round pen, a Fox trotter gelding named "JR" was presented for evaluation. He was stiff under saddle, dragged his back feet and seemed a little sway back – highly unusual for a seven-year-old. Debbie found restriction of motion in the pelvis and imbalances that would ultimately throw the "chain and pulley" systems of the horse's musculature out of alignment, additionally causing the horse to hollow his back and to pull his head and neck upward into an unnatural position. It was fascinating to hear her explain how the horse body mechanics are all tied together – one area misaligned would ultimately affect all the others.

"JR" also had a problem with reflection, which is the inability to exert an equal or greater opposite response when Debbie picked up a leg and asked



*Cruiser allows Debbie to feel for misalignment in his head and jaw.*

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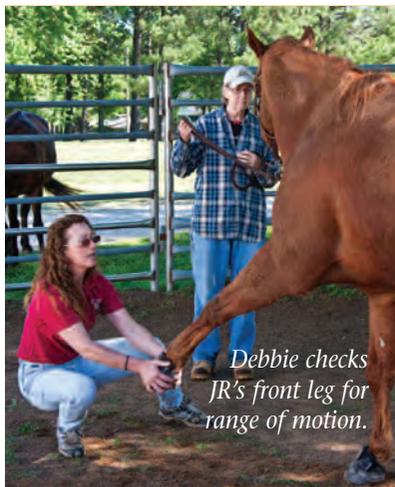
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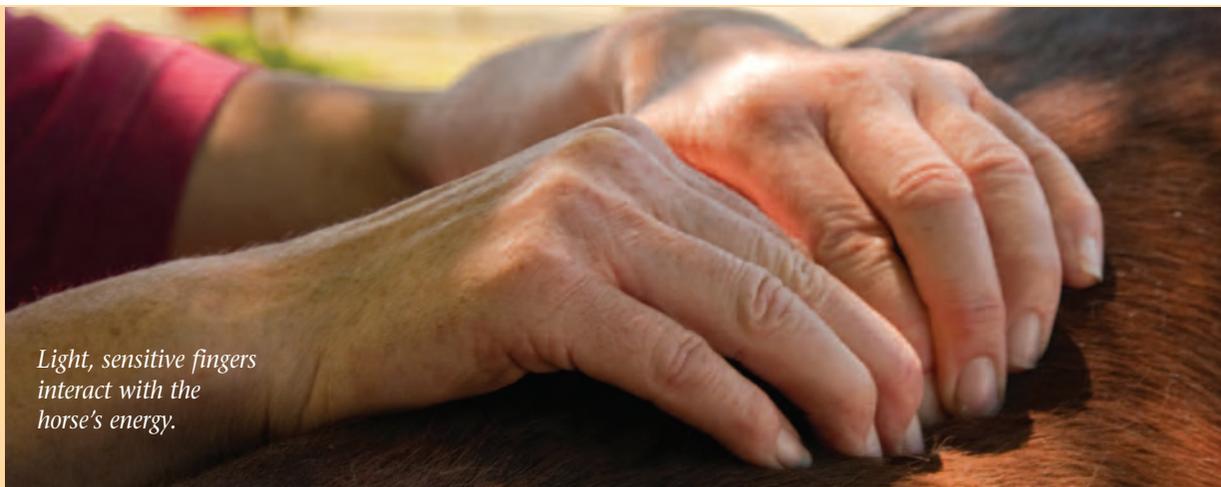
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*Debbie checks JR's front leg for range of motion.*



*Light, sensitive fingers interact with the horse's energy.*

him to pull it back. It was another indication that his muscle strength was compromised. Debbie's evaluation revealed that the horse's sternum was restricted and several of his ribs were painful. She addressed these problems along with his pelvic area and the horse began moving completely different. His stride lengthened, his top line changed dramatically (raised several inches) and his head lowered. As the owner's walked him briskly after his adjustments, he continued to improve by the minute. The long, swinging stride of a gaited horse returned and his head hardly rose above his withers. Amazed comments from the auditors corroborated what we all were seeing. I go regularly for bodywork so I understand exactly how the horse feels when the constant pain and discomfort is relieved. It was a "feel good" moment for all involved.

I am a student of the horse and am continually looking for people and situations that can improve and raise my awareness and abilities. Debbie Davies is with-

out a doubt a gem among the horsemen I have had the privilege of working along side.

For more information on Debbie Davies call 417-274- 2808 or email [Equestrianeducation@JUNO.COM](mailto:Equestrianeducation@JUNO.COM). U

**ABOUT THE AUTHOR:** Marsha Wyatt is a lifelong horsewoman whose horsemanship has evolved dramatically during the last 10 years. Natural horsemanship paired with alternative equine medicine is now her focus. She currently offers lessons and training in Fayetteville, Ark. and is particularly interested in helping women with fear and confidence issues associated with horses. She can be contacted at [ddtranch@yahoo.com](mailto:ddtranch@yahoo.com) or 918-774-4828.

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