

Abby

By Julianne Dow



The Catskill Animal Sanctuary is a rescue haven for abused and neglected farm animals located in Saugerties, New York. There are horses, cows, goats, rams, sheep, pigs, geese, ducks, turkeys, chickens, and rabbits in residence, being treated and cared for with the hopes that they will find nurturing forever homes. Julianne Dow is a Jin Shin Jyutsu practitioner who shares the art with the animals on the farm, helping in their treatment.

Abby is a white horse that was rescued by the Catskill Animal Sanctuary and brought to the farm for caring and rehabilitation. Her hoofs were never filed as a young horse, which led to serious leg projects. One morning at the sanctuary, I started treating Abby with a 3/15 quickie on both sides, which is for general well-being, back, hips, and legs. I also gave her an 11/25 quickie on both sides, which is for elbows, wrist, hoof, skeletal balance, and rejuvenation. I have learned from my work with animals that they will show you what they need if you watch and listen.

As I was finishing these quickie flows on Abby, she reached her mouth around to scratch an area on her back. I then put my hand there to scratch the place for her. She began to relax and moan. I then moved my hands to feel her scapula (angel wings) from top to bottom, slowly combing and holding each area that represents each depth, just how Jin Shin Jyutsu instructors Sarah Harper and Anita Willoughby showed me (6th and 3rd on the top part of the scapula, 5th and 2nd in the middle, 4th and 1st on the bottom). As I was doing this, Abby stretched her neck forward and sideways, reaching out in all directions. She began to rock forward and backward. For a minute I thought she was going to topple over as she picked up on her rhythmic swaying. Usually horses rock slowly side to side during Jin Shin Jyutsu sessions, not forward and backward.... This was a unique experience! When she finally became still, I finished by holding her 5/16s up to her 8s on both rear legs while also holding her 15 to help with leg discomfort. I ended as I always do, squatting at her forelegs and holding her 26 and foreleg bone accumulations. This is when she rubs her muzzle in my hair every time. Abby gave me the gift of following her lead to give her what she needed. ☺