

## UNIVERSAL ENERGY



“There is something about the outside of a horse that is good for the inside of a [wo]man.” —Winston Churchill

He softened under the energy worker's hands, then started to yawn and relax. I was stunned. This is a horse with so many trust issues that some consider him dangerous. But he's moved me so deeply that I've returned to my equine roots after two decades.

Life's concentric circles play a part in this story. Some years ago my husband, Rick Giase, and friends Kevin and Pam Scofield introduced me to horse whisperer Max Cookman. They all hung out together in Arizona in the '70s. Max retired in my hometown and we would talk horses for hours. About five years ago, we stopped by Max's arena and there was a handsome gelding tied to the fence—Cooper. Max told me how the horse had been abused. As I went to pet him, Cooper jerked back, broke the rope, and took off. “He's gorgeous,” I sighed.

In autumn 2008, Max let me start riding Cooper and I basked in the experience. Max was wise in his ways because by spring 2009 it was time for Cooper and me to go it alone. Max died unexpectedly in his driveway in April. Cooper was tied not far away.

Meeting Cooper coincided with my introduction to energy work and Carol Komitor of Healing Touch for Animals. As soon I could bring Cooper to Denver I scheduled a session. I watched as he let Carol approach him. She placed her hands on his root chakra and started helping him repair his energetic connection to the Universe. She worked from throat to heart to crown chakra; he responded, yawning about a dozen times in the 90-minute session.

She talked; he listened. She assured him he has a forever home with me and there was nothing he could have done to save Max. It was Max's time. She said it was very difficult for him to stand tied, unable to help.

After about an hour, Cooper grew restless, but Carol brought out the essential oils. Amazed, I watched him deeply inhale the essential oil valor—for stability—then curl his lip to process the scent. Instead of backing off, he stepped forward and was curious to next draw in the palo santo for grounding and healing.

I'm a skeptic, the hazard of being a journalist—but I know what I saw on the broad, expressive canvas that is Cooper. He was centered and engaged.

Carol, of course, wasn't surprised. “It's the energetic perspective. It's intent. I'm a conduit. The energy comes through the compassionate heart and through my hands. The animals know heart energy so well because that's where they work from,” she says. “When they experience that from us—being present from heart—they let us in deeper.”

Carol's still coaching us, our essential oils are on order, and—yes—Cooper is still a challenge. But we're learning a lot about loyalty and potential.



Rick Giase Photography

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