

MONGOLIAN STEPPE MASSAGE – HISTORY

Karen Fullbrook

It is hoped this journey into the equine massage from the Steppe plains of Russia and Mongolia will bring you as much satisfaction as it has presented researching and learning the processes, which drives this wonderful healing medium.

Hailing from the harsh lands of Mongolia, this massage was born of the love of the horse and the horse's vital part in the survival of the Mongolian people.

A little history may be called for here:

The ancient Trade Routes throughout the world used the waterways for shipping goods and the camel, horse, ox, ass, mule and donkey to trade within the landmasses. The horse, particularly, became a prized possession at this time on our history. The packhorse soon became a warhorse; as man decided that what he could not trade for he would fight for. These battles are laid down in our history; the speed, turn of foot and loyalty of these animals could mean the difference between the life and death of their riders. The Arabian peoples are probably the most fabled for their love of the horse. With many tales of the mares actually sleeping in the tents with their masters but many other nations across the world relied on their animals for their existence.

It is interesting that man has shared this planet with the horses forever. Each evolving, one with the other; it is as if equus is helping and guiding man's evolution. Where would we be without equus?

Less well known or popularised is the relationship between the equine and horsemen of Russia, the Mongols, the Huns and the famous Cossacks of Hungary. Horses were their life. Horses, transported goods, carried them, fought wars with them, even feed them. Never long parted from their horses they developed and instinctive feel of the animal's requirements; their pains and aches; their condition and nutrition. Out of this developed a method of grooming their horses and ponies with their hands, which has developed over many decades into a whole healing massage with some wonderful intricate details in places.

This healing with touch is especially effective on equines as their whole herd life is based on instincts of flight, fit or touch. One often sees a horse or pony just gently touching a herd member or an owner, either for security or affection.

The use of plants, herbs, tinctures and essential oils for the horses became commonplace at this time; topically and internally. Used for healing at all levels; this is another medium which can be melded into the care of your horse in the future with expert guidance and training.

So, from this very brief overview of the importance of the historic relationship of man and horse comes this massage modality from the Steppes of Russia and Mongolia where great horseman moulded this massage into an art.

FOR THOSE INTERESTED IN HORSE MASSAGE
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HORSE MASSAGE

Karen Fullbrook – Profile

Karen Fullbrook was born and raised on a farm in Southern England, and was taught by family, farmers and grooms to utilise nature's pharmacy as she grew.

Little use was made of her skills during the '70s and '80s but, in the early '90s Karen's journey into holistic therapies sprang up again in earnest with her Arabian mare that no-one seemed to be able to help. This took her upon a journey of discovery, which continues today as one modality links into another. Karen owns 5 Arabian horses and one Arabian/Welsh cross. Until the summer of 2001 she used to compete on the Endurance Riding circuit to Gold Series Level (now called Advanced in the new Society).



Having formally studied Human Anatomy, Physiology and Massage, Indian Head Massage, Human Aromatherapy, Animal Aromatics, Reiki, Karuna, and Equine Shiatsu. Karen has been liaising with veterinarians since 1996, working mainly with horses.

Karen works with "energy" therapies in various ways appropriate to each animal or human. Guided at times by instinct and by responses to kinesiology or history. Each client is an individual sentient being, needing individual care and recovery modalities.

Holistic mediums can incorporate therapies from Self-selected Aromatics and herbs, Massage, Reiki, Shiatsu, diet or work changes and standard medical or veterinary care.

Karen's studies have taught her as much about herself as it has given her a gift of aiding the recovery of people and animals. Karen still practices her skills but is concentrating on teaching some of these modalities; particularly the "hands on" therapies as this are the mortar with which to build a wonderful bond between man and the animal kingdom.

It is her wish that, in time, man, as a species will respect animals as sentient beings, with emotions, feelings and opinions. Sentient beings that feel pain and can understand more about what we humans think and feel than we give them credit for. As man begins to understand this fact and starts to honour the wonderful creatures of this earth then maybe, man will begin to honour himself and his kind.

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