

# SABINE SCHNABEL

· Klang für Pferde ·

## A Little Bird \*



photo: Elmer Dante / Pixabay

**This is the story** about Gazelle, who cannot sleep and talks about it with Zebra at the waterhole, told in the tradition of African storytelling.

Gazelle wonders if she is sleepless because she's living in constant fear of Crocodile. Zebra knows the feeling, but has his own problems, those of nightmares and flashbacks from being chased by Lion.

Both Gazelle and Zebra are very tired. Although neither Lion nor Crocodile have been seen in this valley for months, they are living in constant anticipation, jumping at small noises and yelling at their offspring for little reason.

In this valley there is a small bird that picks the teeth of Crocodile when he sleeps with his mouth open in the sun. *"Imagine..."*, said Gazelle to Zebra, *"Imagine, if a bird like that could come and pick our worries out of our heads and bodies as we speak..."*

The little bird heard them and landed on the head of Zebra. *"How can I be of help?"* it asked.

*"We are both so very tired and we don't know why, because there is no danger at this moment like there was a while back,"* answered Zebra.

\* by Gunilla Hamne and Ulf Sandström

The little bird flew high up in the air, so high that it could see the calm of the water, the green of the grass, and the energy of life in Zebra... and this energy was like small rivers of pure life flowing from the hooves to the head to the heart and around... but some of these rivers did not seem to flow properly, as if they were dried up or blocked.

That night, as Zebra looked into the stars, the little bird started tapping with its beak, firmly but gently, to awaken the rivers of life under the eyes of Zebra...at the side of the head... over the lips, under the lips... the little bird was like a drummer drumming for life to come back.

At one point Zebra took two really deep breaths and suddenly felt like a burden was lifted, like getting air after being closed into a cave, like finding light after darkness...

*"What did you do little bird?"* Zebra asked. But the little bird had flown away... Zebra tried to explain to Gazelle what happened, but to Gazelle it sounds like a fairytale, how silly it seemed...

That night when Gazelle tried to sleep, Zebra took the very tip of the hoof and tapped ever so gently but firmly on the same healing points around the eyes, lips, chest and hooves of Gazelle, and the reaction was different... Gazelle went from irritated, to crying, to shivering, to sleep... with a smile that only the sun could compete with... And as the little bird knows and the river of life can tell, healing is possible and can be passed on...

---

**This story is taken from the book by Gunilla Hamne & Ulf Sandström: Trauma Tapping Technique: A Tool for PTSD, Stress Relief and Emotional Trauma Recovery. Revised and Updated Edition, 2021.**

For further information on this technique, please visit [www.peacefulheart.se](http://www.peacefulheart.se).

**Tapping for horses:**

Sabine Schnabel - HEALING SOUNDS for horses and equestrians  
phone +49 30 22 41 22 88 - cell phone +49 179 189 08 09  
mail@sabine-schnabel.de - [www.sabine-schnabel.de](http://www.sabine-schnabel.de)