Chapters and link ups.

**The energies of the Wood Horse are associated with both the heart and the eyes.**

How to use this book

Read as a whole with my story then exercises then go to FAQs or straight to exercises and MP3s from computer with download code from inside back cover etc. A £5 donation to Brooke Hospital for Animals

**Introduction:**

A personal journey and wisdom along the way.

Horses humans and lessons (briefly described)

A book in two parts.

One personal journey and two a how to section. FAQs and some interesting points of view.

**Prologue**

Born again.

**Chapter One**

Wanting to be like a horse, the first sacrifice – ballet/horses

First pony, second pony, horses along the way. Spider his gift to me unrecognised but now honoured. Fear and no fear.

**People teach what they most need to learn themselves**

**Chapter Two**

Competition – who are you really trying to impress? Other people? Your horse? Or yourself?

**Chapter Three**

The long break from horses, the return and training

Classical dressage and horses who taught me

**Chapter Four**

Meeting my first horse

Fun and games again

**Chapter Five**

Losing it all again

**Chapter Six**

That bucking pony and the story so far

**PART TWO**

Having read the first part of this book you’re now in a good place to try out some of the exercises that I’ve formulated to help you connect with your horse. First, however, there are some vital questions to ask yourself before you step into your yard or even out of your car.

Let’s be honest

How does your horse rate you? Horse mature or horse manure?

Where to start.

Creating a connection on the ground.

How to approach your horse

Where to touch and offer friendship. Which parts of the horse are used for nurturing and which for putting in place in the herd.

\*Realising that dominant people, just like dominant horses, must fight for their position while lead horses and natural human leaders do not have to. This is the key!

Action versus reaction. The infectious quality of a peaceful energy

What mood is your horse in today?

How much does she want to be with you?

Where am I today? How do I come across to my equine friend? If she was a human what sort of company could I offer today? Would I be a drag or an inspiration? Would I want this sort of company from anyone else? Now there’s a question. - Horses aren’t there to unload onto.

The horse as an agony aunt doesn’t work!

Cartoon: human on a couch and horse in the chair with hooves together, like the psychiatrist’s fingers together pose, head on one side listening. As a bubble coming out of the humans head on the way to the stable. Good card? To go with book?

Riding from the heart and what it actually means. Heart connection and heart coherence. That’s when everything falls into place and if you have coherence you’re automatically in the right position to do anything. Lying on the floor and putting your leg round your neck won’t create this. Many books and modalities to help with physical awareness but just learning to ‘be’ is far more to the point for a lot of people.

Why the heart and how horses use their heart fields to communicate.

Pictures as the language of the hear. Picture your communication and learn to read your horse’s energy.

How competition ruins this.

Bonding or bondage? Look at it this way…

Mirror neurons and the part they play in helping us learn from who we want to be like.

The brain and how it interferes in the energy process!

**Using breath the way a horse understands.**

The in breath and the out breath – intent and allowance. Some people use this the other way round but it’s harder to do anything when you’re using the in breath. Try speaking on the in breath as that’s a good physical example. Say your name on the in breath. Impossibly hard isn’t it!

Watching a horse on a cold morning will show how horses do this themselves so it makes sense to use the same technique to build a rapport with your horse. We’ll go into how this works with changing gaits at liberty as well as when riding. See exercise and drawings

People who use the in breath all the time when trying to do some thing are usually out of breath for much of the time. In all sports and activity I can only think of two ways where the in breath is used to great effect. One is when you’re about to jump into deep water and the other is when you fire a rifle where the in-breath is held until the shot is fired., Come to think of it darts and bow and arrow skills may use this too. Animals however use the outbreath to allow themselves movement. Try running on the in breath from a standing start.

When you see a nervous horse show jumping you may hear a grunt of exhalation when he lands. This is generally because the human is doing this and the horse is tensely following suit. When you approach a jump with even breathing and create a situation where you exhale on take-off then this results in a calm and peaceful movement from the horse and unity between horse and rider. (\* See note Linda,…. Mark Rashid’s assistant)

**Exercises**

Recognising energy exercises

**Miscellaneous and FAQs**

Bits versus bit-less

Tips for bringing back the fun to desensitised horses

Problem horses who just won’t respond to anything!

Problem horses who respond to everything!

Q Have you ever had a horse that you couldn’t do anything with?

A Yes there was a pony who wouldn’t be caught which interested me as well as putting me in my place. There have been others like that but this particular one taught me very firmly that my ego was not required with horses! I thought I’d come a long way at this stage but when I was called to visit this client and was told that the pony was in the field and we’d have to catch it first I somehow smelled a rat. Sure enough the energy of that pony was obvious from the gate as I looked across to the other end of the large field. It said very clearly ‘no thanks’ and as we plunged in and out of the mud on our way from the gate to the grass I had an increasingly sinking feeling that it was mission impossible from the start. So instead of saying what was in my mind I began to gather strategies to outwit this pony. Yes, stupid when I look back on it but there we are. How was I contributing to the energy of the situation? Well if you’ve read the rest of the book you’ll know. But it happened and I learnt from that. When you do this work you’ll always know from the first moment if this is going to be a successful meeting or not and if you get the feeling that it won’t be then go away until you feel it will be. Ponies are expert at laying banana skins for the ‘horseman’ they see coming and although I’ve loved a lot of ponies and they’ve shown me gratitude and affection when I’ve been able to help them I’m always aware that they can really dictate a situation and make a fool of anyone. Having said this when a pony chooses you as a friend then it can be magical.