

Motivation - Soul Companions

Unedited article that appeared in Horsemanship Magazine



I look at a horse and see a spirit and soul looking back. Horsemanship to me is interspecies soul companions with a unique spiritual bond. This deep understanding develops into a very special relationship.

I understand horsemanship to be in this order:

First Intent: Intent is thoughts, feelings and emotions. We can read our horse's intent and know what our horse is struggling with. They have emotional needs; seek spiritual harmony and mental safety. It is a dialogue. It's a conversation between you and your horse. Your horse has no problem in reading and understanding your thoughts and feelings too. Many people operate

at a subconscious level, only seeing the result of their intentions in their horsemanship. Horses often reflect right back at us the development we need to make from within.

Thoughts, feelings and emotions give away very subtle cues that when placed in context become language. Intent plays a very big role in how horses react to situations, learning to tap into this opens up horsemanship to a much more refined level of communication.

Second Energy: Horses evolved to read very subtle signals of intention and energy both within their own species and other species. Horses are very fine tuned far more than humans. Have you noticed how excitement is infectious with horses? Or how some people have a calming influence on horses? Being aware of energy and learning to use appropriately makes a huge difference. Look across cultures and see how energy is embedded in every-day life: health, religion, martial arts, etc... It is dynamic in all living things. Horses offer you opportunities to learn about energy, its effects on yourself and your equine partner and in life beyond. The magical connection with our horse is found in harmony and peace. This starts with centred balanced energy along-side a quiet mind, breathing pattern, rhythm, body language and voice before natural horsemanship technique is applied.

Third Breathing Patterns. You can use breathing patterns as communication. Horses are hardwired to pick up subtle changes in breathing patterns. You can communicate relaxation to your horse via breathing softly, gently and slowly into your lungs, letting the air gently fill your lungs and the air gently leave. Observe how your horse reacts to a soft gentle sigh. If you are anxious your breathing pattern will be short and shallow and only into the top of your chest, your horse will pick up on this too and also become anxious.

Fourth Rhythm and Body Language. Rhythm is something we can use to make suggestions to our horse from the ground and in the saddle. In the saddle I encourage the rider to allow the horse to move them, so the rider can feel the horse's rhythm and tempo. Only when fluidity is achieved can the rider make subtle suggestions to the horse using rhythm. Body language makes up a huge part of communication within each species horse and human. It is embedded in communication, etiquette and rituals within both species. Having a shared language is horsemanship and part of this is observing how body language plays a vital part.

Fifth Voice. My horses are trained using positive reinforcement I use a noise that equals yes. So I can accurately indicate to the horse a response that makes training very easy to understand. I also love to train my horses to understand a number of voice commands. Horses are extremely intelligent and able to learn many words and attach them to activities and situations.

Sixth Touch and Physical Aids. These should be as soft as possible. Yet touch is often the only level many humans are using when training a horse. The layers of refinement are there in steps 1-5.

My own journey has led me to discover another dimension. As a horsemanship practitioner and Reiki healer I have an understanding of how energy should be balanced between horse and human. Reiki healing is a natural therapy that gently balances life energies and brings health and wellbeing to the recipient. Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony. Raises the vibrational frequency of the body and clears energy enabling clearer communication between horse and human.

Having a relationship with your horse as an interspecies soul companion you may become aware of an energy attachment between you. Soul companions have a deep understanding of each other. Sharing both attributes of a friend, partner and teacher. From a Reiki perspective it is a shared energy and a spiritual energy attachment via an etheric cord. Refinement of horsemanship allows us to tap into this. Soul connections are eternal. These bonds transcend time, space and death. We are all spirits and souls that have a body be we have 2 legs or 4. Death releases the spirit. Death is not final the soul sheds its' exterior. The bonds of love that connect two souls can never be broken. This invisible connection is for eternity. My beautiful earth angel Ruby is in spirit with Merlot and Monty. My spirit guides travel with me in my heart.

We think we choose them? When we are looking for a new equine partner, horses are also active in the decision about choosing us. Horses come into our lives for a reason. They're our partners, friends, teachers, soul companion and so much more. If they attach an etheric cord to you, there is no escaping the pull. You'll feel it in your heart and they'll keep appearing in your thoughts and dreams. It is said that when the student is ready the teacher will arrive. Horses make great teachers. I have been blessed to have known many great equine teachers. And a new journey is starting for me, my husband and our new horse. Lessons they can teach us can be profound, life changing and inspiring. Our beloved horses if we are receptive enough can teach us horsemanship can be magical, soft, beautiful and an invisible connection. These beautiful spiritual horses can shape us, show us a path for self-development and open our world. Horses are earth angels. This is a one way door, once you have stepped through there is no going back.

