



Photograph © Emily Yates

## Vicky Jayne Maris on why investing in your own well-being is vital to ensuring a good experience for you and your horse

**I**n our culture we find it tricky to understand and use intent and energy, but in some others it is embedded in health, religion and martial arts. Horses offer us opportunities to learn about intent and energy, its effects on ourselves, on them and in life.

Energy in us and our horses is not unlimited. We may be unaware of things that drain our energy and simply see the effects. Horses and humans can struggle with energy imbalance and I think we all need a wellbeing piggy bank; if you invest in your well-being you will have reserves for difficult times. A totally non-horse related issue may be draining someone's energy and that can show up in their relationship with their horse. Horses are great at reflecting issues back to us, but we need to be open-

mined and listen to these warning flags.

Carol has a close connection with her horse, Duchess, but the mare was reflecting Carol's low energy. I asked her if something was troubling her in her life. She was worrying about a number of non-horse related issues and this was draining her. Worry can rob you of current happiness, sleep and clear thinking and at worst the person can feel out of control of their thoughts and feelings. Carol's worrying had caused a lack of sleep, hence her inability to lift her energy to inspire her horse. This lack of sleep was a warning flag. I helped her to value peace of mind and prioritise emotional balance that will help her not only within her horsemanship but in life in general.

It is tricky to get a good work life balance. Do you

take on the world and its woes, and to what cost? Have you thought about what is true personal duty and responsibility and what is not? You may know the prayer by Reinhold Niebuhr "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." Living by this, and recognising and taking action on our personal warning flags, is the path towards balanced, harmonious energy. We can all benefit from recharging and regularly investing in our physical and emotional wellbeing piggy banks, but can we make that a priority?

I have learned to listen for my warning flags and take action accordingly. I have to remind myself to prioritise recharging my batteries and not feel guilty for investing in my own physical and emotional wellbeing. All our relationships, equine and

human, thank us for turning up with a balanced energy.

We come to horses to recharge, relax and unwind, but the horse can react to our tension and unbalanced energy. They are sensitive creatures, finely tuned to subtle changes. Yes, horses are excellent therapy. They reflect back to us aspects of our lives that need care and attention. Relaxed, calm people can be super achievers. I am asking you to consider how your unbalanced energy can affect your horse and what you had planned. On those challenging days your horse may well reflect right back at you what you need to examine within. Horses give us the opportunity not just to perfect an interspecies relationship but far more, if we are receptive.



**Vicki Jayne Maris**

Inspirational Horsemanship tutor  
[inspirationalhorsemanship.co.uk](http://inspirationalhorsemanship.co.uk)