

THE POWER OF LOVE



Vicki and her horse Merlot

you what changes you need to make.

As I work with troubled horses, the owner's story often surfaces and we discover that the horse is reflecting the very things their human partner needs to work on for their own self-development. Using love and the language of the herd breaks down the emotional barriers and it is wonderful to hear how an owner has taken what their horse has taught them into other parts of their lives for the better.

The language of the herd is about open honest dialogue, empathy and understanding. Along with the foundation of love, this enables you to be caring, kind, receptive and compassionate. We all need to feel free to express ourselves without fear and to feel safe in a relationship.

Vicki Jayne Maris is very clear that horses respond to and experience love and that this emotion is key in healing both equine and human alike

When a horse is not emotionally balanced, problems or unwanted behaviours are the end result. Caring about how your horse feels, his emotions and what he thinks about your relationship is a huge part of good horsemanship. Many horses are deeply loved and well cared for in human terms. They have the best of everything they physically require but the horse may not need, want or enjoy some of this human pampering. I see horses who have been checked out by experts and deemed free of physical discomfort, but the horse still has issues. The owner is often at a loss when I talk about equine emotional needs and emotional balance. You cannot convince me that horses don't have emotions.

Being able to read emotion in horses is equine empathy and using compassion in our interactions with the equine is true horsemanship.

Watch the herd and you will see horses communicate with a wide range of emotions, including love. They form bonds and express love to one another. Love between horses can be

witnessed in many situations. Notice how a pair bond can be perfectly happy, peaceful and content standing side by side doing nothing. Horses grieve the loss of a loved one and express love in joyful play. Shared love brings peace of mind, harmony and awakens the soul. In the herd, love brings balance, stability, harmony, and order. Look closely and you will see love and a huge range of other emotions expressed in the herd.

Empathy, compassion and unconditional love for our own kind is often in short supply. As a result many of us struggle emotionally, living half-lives with partners in damaged relationships. Some people experience working in a toxic environment of pressure, intimidation and bullying. I have experienced both. During those difficult times, finding inner peace and harmony was extremely challenging. Inner peace and balanced energy are what enable a magical connection with your horse. I truly believe horses are gifts sent to teach us life lessons. Listen to your horse at these challenging times. Your horse will often know and tell

Mutual understanding requires good observation and listening skills. Learn to listen, to understand and clearly communicate; this will help you to be heard.

Place emotional wellbeing, love, enjoyment and happiness at the heart of your horsemanship and the magical connection you seek will open up before you. With emotionally damaged horses this will take considerable time and industrial quantities of patience. No quick fix or force will ever achieve this. Horses teach us so much. It is a golden opportunity to take these lessons into all walks of life.



Vicki Jayne Maris

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