

# EARTH ANGELS?

Do you have an angel in your stable? **Vicki Jayne Maris** has

I believe everyone offers me opportunities for personal development. With animals it is how we respond and interact with them that determines the effect they have on us. When I look into the eyes of an animal I see a spirit and soul looking back. My own animals are part of my family and they help me with very challenging life events. My horse, Ruby, and my dog, Marley, are my earth angels who have been supporting me in recent months while my partner has hospital treatment.

Horsemanship is about engaging in a meaningful relationship with our horses to form a connection of mutual love and a strong bond. A partnership with open, honest dialogue is a two way street. Horses can read us and your horse will notice when you need support. When we try to suppress our inner feelings horses see the incongruence and it rattles them. Horses teach us a lot about ourselves and what inner issues we need to address to achieve inner balance and harmony. During the past few months there have been times when I have been struggling. Ruby noticed, as we are finely tuned to each other.

My connection with Ruby enables me to be open to her guiding me. One day I was at a very emotional low point and she knew. She quietly walked over the field to me, stood by my side and looked at me with her liquid, kind eyes. She put her velvet nose up into my hair and softly breathed, then rested her head on my shoulder. It felt magical and time stood still. My wise friend, she can see into my soul and see my sorrow and pain. Once you open up a connection with your horse he becomes your reflection. He sees you clearly. Ruby offered me a sanctuary, a quiet place, love and reassurance.

My dog Marley also knows. Dogs are great at trying to take away your heartache and pain. I believe dogs teach us so much about unconditional love. When you connect with your animals, love is returned. It is well documented that physiologically and psychologically, animals calm and relax people. There are studies that prove that people who own pets live longer, have lower blood pressure and there are many more related benefits.

Are animals earth angels? I think so. As I have opened

up to having a spiritual connection with my animals I have seen qualities similar to those I imagine an angel possesses. Just like angels, horses show us beauty is not just on the outside but deep inside too. Many of us are drawn to horses as they can inspire us, uplift us and encourage us to enjoy life. Stirring deep emotions and awakening our senses to become a lifelong passion. Horses give us so much, their body, soul and pure spirit. They teach us about nature, incredible power with balance and harmony. Like angels, horses are highly intelligent and have the ability to cross a species divide to understand us. Yet they have free will and have allowed us to tame them. When the training is right horses are willing and accepting partners. This teaches us about acceptance, empathy, compassion and understanding. It's humbling considering how little they ask in return. There is far more to horsemanship than the mechanics of riding: there is an emotional bond and a spiritual connection. The magic we seek is waiting in our horse. This is why horses have the power to shape us and change us. It

is about our perspective. If you are open to animals teaching or guiding us then it isn't difficult to see they are offering us the same lessons as angels.

There are many barriers that prevent us seeing angelic properties in our horses. Some people are closed to this as it requires opening eyes, minds, hearts, spirit and souls. Others only see the horse as a possession or a tool for a job. A few people have learned to switch off or shut down from this type of connection due to past negative situations and fear of pain and damage. Then some would never entertain the idea that animals can teach us.

Horsemanship is a bridge, walk more than half way across and you will start to see the qualities that make a horse and other animals earth angels. In my opinion horses are our partners, friends who we can learn from as we go through our life's journey. How much better would the human race be if more people opened up to these lessons?

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