

Non Ridden - Intent and Energy

Vicki Jayne Yates BA Hons



www.vickijayneates.co.uk

Introduction

Our equines thrive when we are compassionate. They love stability, safety, security and a relationship built on mutual trust. Horses thrive with training that uses intention, energy, rhythm, focus, direction, patience and correct timing. Therefore an essential skill to develop when working with horses is the ability to read your horse's intent and to appropriate with your own intent. Horses understand energy states and use it in herd communication, so learning how to project and absorb energy unlocks a refinement level within horsemanship. Horses have evolved to read very subtle signals of intention and energy both within their own species but from other species, their survival and wellbeing was dependant on getting this right. Horses are very fine tuned far more than humans. Watch and notice that subtle intent, energy and body language prefix touch in the herd. Yet touch is often the only level many humans are using when training a horse. The layers of refinement are there within intent and energy. That is the key to the magical connection we seek. The starting point for

refined horsemanship is to learn how to achieve a centred balanced energy alongside a quiet mind that is self-aware of intent, before technique is applied.

Intent

Intent is about thoughts, feelings and emotions. This is what fuels action or not. The quality of intent matters, if intent is appropriate, positive, calm, confident and clear chances are we set ourselves up to achieve more. If intent is unclear, negative, fearful etc...the opposite will most likely be the outcome. We can get stuck in a downward spiral. Success starts with the quality of intent, thoughts, feelings and emotional state. We can read intent in our own species. I am sure you pick up vibes from other people. Do you get that gut feeling? Good or bad, your instinct to read intent is there. Have you ever had an uneasy feeling about someone? Nothing needs to be said, but you can pick up the silent message of another's intent. How often has your gut instinct and intuition been wrong? You are also able to read your horse too. Have you ever thought how powerful this natural skill can be when we tap into using it? Consider this do we let our thoughts and feelings control us? Or do we control our thoughts and feelings and use them to fuel our actions? Most people never consider this, as we have thousands of thoughts a day, most subconscious, popping into our heads from nowhere. But we can also control our thoughts, feelings and emotions. Becoming more aware of your thoughts and how they shape intent and then action is the first step. Our mind is a powerful tool you can learn to use positively. If you catch yourself coaching yourself with negative inner dialogue you can take steps to address this and replace it with positive inner dialogue. You can catch your mind when it starts to take you into a position that is not helpful and put the brakes on, and change course. Learning to develop a baseline neutral for your mind is essential, this you can achieve via relaxation. There are many techniques you can learn.

Your horse can read intent not only in their own species but in other species. Horses know if you are feeling passive, assertive, anxious, distracted, fearful, happy, sad, tense, etc. Horses are sensitive creatures and they experience a full range of emotions no one can convince me otherwise. Horses pick up on our intent, feelings and emotions very quickly. So stepping into a training context with human negative emotions will not help the training. Your horse will reflect right back at you your emotions, and life issues. So if we are focusing on positive progressive training, and building confidence in our horse it is our responsibility to turn up balanced emotionally, spiritually and mentally. We must do our inner work. Then 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. You cannot leave how you feel at the gate, be false or wearing a mask. You can't fool your horse, they will know, they are astute. They will look for any sign of incongruence in you and it will rattle them. I am saying deal with your own root cause of your issues. That is your true responsibility to yourself and your horse. Your horse will thank you. Inner healing our horses make excellent guides.



Food for thought: When have you spent time really observing your horse? Reading your horse's intent, objectives, motivations, emotions and knowing what it is feeling? It's easy to see when your horse has intent to do something and you thwart that intent. Your horse will have something to say and you may not like it. It is very interesting to see when horse and human have polar opposite intents and the potential for a battle of wills to start. Do you allow your horse to contribute to the training agenda? How effective are you in listening to your horse? Do you look for feedback from your horse? On the agenda how high up do you prioritise your horse's agenda items? Our horses may have intent, emotions, objectives that stretch our horsemanship, giving us opportunities for development. These golden opportunities turn up in work clothing, or as negatives. Horsemanship is to read these, appreciate and acknowledge your horse for bringing this forward. How many of us thank our horse? When you know what your horse's intent and motivation are there is an opportunity to tap into this strong internal motivational force.

So you understand how hard wired intent is in every horse check out the questions below, hopefully it will trigger thoughts for you in relation to your horse reacting to intention.

- Have you ever experienced your horse doing something when you only thought it? Maybe he stopped while you were riding and all you did was think about stopping.
- Have you noticed how if someone has the intent to load a difficult to load horse onto a lorry at any cost how the horse will react compared to how it will react if the human has the intent to help a horse overcome it's fear and anxiety about loading? The horse is reading the human intent. Our actions will be different. As intent will determine our actions. It will look different to those who are watching. And the chances are the results will be different too.
- How often have you seen someone try to trick a horse into doing something with no luck? You may get away with it once when the horse's guard is down, for sure though he will be ready for you next time. Horses can read your true intent.
- Have you ever experienced how your horse responds when you change your intent? For example how does your horse react if you change from being passive to assertive?
- Watch a group of horses and how do they react to each other's intent? Have you ever seen a horse use his intent to get on with another horses? How do horses use their intent to communicate with other horses to communicate needs, wants desires and feelings? You need to watch for very subtle cues, spend time observing and you will see horses using intent in their communication.

There is a scale of passive to assertive that you also need to tap into when using intent. Do not confuse assertive with aggressive they are very different and poles apart. Aggression has no place in horsemanship. We will look at the difference of passive, assertive, aggressive and manipulative behaviour later.

With intent I don't think it is horses are mind readers, however it can feel like that that when you have a very close bond with a horse as you will also be able to read his intent too. When developed intent in horsemanship is dialogue. It is far more likely that when we think about something / intent we give away very subtle cues that the horse reads. For example science has been able to measure the electrical impulses that travel from our thoughts / intents to the muscle groups we will use to perform the task, so horses maybe feeling this. From my own experiences I know 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. I am also certain as a reiki practitioner that horses have not lost the ability to see and feel our energy and that will change in appearance and feel with our intent.



There is always a gap between intention and action. While intent is the seed of growth, you must plant the seed, nurture it and action is the water that nourishes the seed. INTENT reveals desire; ACTION reveals commitment. Intent without dedicated action is simply not enough. Action without a clear intent is a waste. Your actions must reflect your goals in order to achieve true success.

Many people operate at a subconscious level and only see the result of their intentions in their horsemanship. The first step is to become self-aware of your intentions. Tune into intent, yours and your horse's intent. It is a dialogue. This dialogue is horsemanship. It's a conversation between you and your horse. As with all new skills it requires time, learning from a tutor, guidance and practice.

Energy

Now to consider energy in relation to horsemanship, energy is something horses pick up on very quickly, they evolved to read this within the herd to run from predators and when it is safe to relax. With energy, have you ever noticed how excitement is infectious with horses? Have you ever noticed how some people have a calming influence on horses? Not only do horses read equine energy they read our energy. Being aware of your energy and learning to use appropriate energy makes a huge difference. You only have to look across cultures to 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, body and voice before technique is applied.

Energy in us and our horses is not unlimited. Many things place energy drains upon us. Often we are unaware we simply see the effects. Balance of energy is not just physical it is emotional too. Horses and humans can struggle with energy imbalance. Every living being, human, animal or plant has a

life force or life energy flowing inside, around and radiating from it. This energy is known as Ki or Chi (pronounced key and Chee). In order for the human, animal or plant to function well, this energy needs to be balanced and flowing freely around the body. When the body does not seem to work properly, illness is evident, or there is simply a lack of well-being, it is believed this is due to the 'energy' being depleted or not flowing around the body as it should. Many factors can affect the smooth flowing of this energy in horse and/or rider. Our Western life styles can have a negative effect on energy or Ki. Stress, environmental factors such as damp housing, excess cold, excess heat, poor diet, life style choices, alcohol, recreational drugs etc...Many people that I meet are excellent horse people, clearly skilled, yet struggling with their horse. Some find it hard to switch off from their lives packed with fast paced stimuli, heavy responsibilities, never ending to do list, etc....they feel the strong urge to always be doing. You see in their horsemanship they are unaware of the impact their busy energy has on their horse. Others it is the high levels of anxiety and stress from non-equine matters affecting their state of mind and energy, in turn it becomes highly damaging to their equine relationship. There are many blocks people unwittingly bring to their horsemanship. Many have lost touch with simply being, slowing down, doing nothing, relaxing, being calm and finding inner peace. Many humans only see the resulting energy blocks in their horsemanship such as an unbalanced relationship with their horse, lack of communication, poor understanding, mistrust and lack of unison with horse and rider etc... In short a problem they want fixing.



When there is energy imbalance or energy block in either horse or human or both it will show up in the horsemanship. Energy balance creates harmony, balance and opens up the magical connection we seek with our horse. My passion is the blurred line between healing and horsemanship. I only work with a very limited number of people and their horses (everything I focus on is non ridden). The heart to heart and soul to soul connection is real. And often it is about restoring this balance and building a strong relationship between the horse and the human. Their journeys are personal and their training bespoke. I do not have a one size fits all approach. .

However once balance is achieved I can teach people the refinement of using intent and energy in their dialogue with their equine. You can communicate using intent and energy shift and have a magical connection.

To introduce this I send different intents and energies which they can feel down a rope held between us. It is a revelation for them to feel it and understand how infectious and powerful it is to a horse. You can learn how to read, apply, absorb and project energy. It isn't magic. Once you can master using intent and energy in horsemanship you can achieve a very close connection with your horse. There is a blurred line with reiki and horsemanship. I am a Reiki practitioner and for many years a horsemanship tutor. In Reiki we work on restoring energy balance. More about Reiki and horsemanship a bit later...



How to Get Started to Balance Your Energy and Start to Use it in Horsemanship

Horsemanship communication is dialogue, prefixing an appropriate request with intent and energy before eye contact, body language a soft light physical touch. Given practice touch is often not required. Harmony is what everyone is looking for with their horse and the key to unlocking this and realising potential is for you and your horse to work together with calm relaxed balanced energies.

Here is some simple homework to practice away from your horse: Being bored. I am not talking about being lazy. To sit still until boredom helps you notice your own thoughts, feelings, breathing pattern, inner struggles and your energy. The beauty of this it teaches you to recognize your personal energy blocks. You can then take personalised targeted action to address these.

People and horses can actively practice relaxation to get in touch with their mind and balanced energy. It is not easy, it takes time, dedication and seeing it as a priority in life. Relaxation can enable higher achievement, better communication, open minds and fuel creativity. It enables faster, clearer learning plus easier problem solving. It takes the drama out of situations. Relaxation leads to better

understanding, control of emotions, and a balanced state of mind and energy. There are lots of different relaxation techniques you can use and embed into your horsemanship. I have written a detailed download Non Ridden and Relaxation. I gift this you for FREE via my horsemanship resources section on my website.

There are techniques you can actively practice. Here are a few to get you started:-



- Live in the moment. Let go of past and future concerns. When not checked they can lead to energy blocks such as anxiety, stress and frustration.
- Practice being patient. Think of all the daily opportunities.
- Use cognitive behavioural techniques to re-shape your thinking and quiet your mind. Your thoughts are a powerful tool, learn to use them positively.
- Each day give yourself a quiet and peaceful time. Actively relax, there are lots of methods to try, meditation, breathing techniques, visualisation etc...
- Let go of the need to prove yourself to others.
- Stop focusing on the imperfections, flaws, or what needs fixing.
- Stop blaming yourself, others, or your horse and cut yourself some slack.
- Lighten up and learn to have fun.
- Redefine your equine meaningful accomplishments. Remind yourself it is only your horse's opinion that matters.

Here is another technique you can practice, core breathing. Using core breathing enables you to tap into changing your energy. I teach people to use core breathing techniques to change the energy up or down. Briefly: Firstly know how to use your breathing. Sit upright (comfortably not bolt upright) on a hard chair so you can feel your seat bones. Place your hands so your fingers tips just touch just below your ribs. Then breath in softly and slowly filling your lungs and watch how your fingertips move apart and when you breathe out how they touch again. If you can move your fingers you are using your core when you breathe. If your fingers don't open you are mostly breathing from only the top of your lungs. Work on using more lung capacity and you will discover you can move your fingers and use your core in breathing. Neutral is for relaxed breathing that gently opens the fingers. You can develop neutral breathing when you interact with your horse too. Count how many steps your horse takes to an in breath and how many to an out breath and note are you using softly your core?

While on your chair you can learn how changing you're breathing and energy can affect your contact of your seat bones with the chair. For an upwards transition using energy and core breathing practice the following. Change how you feel in your energy say go from a 4 to a 6 then take a breath in using your core gently lifting your chest and when you exhale keep your chest lifted and imagine you are blowing a plume of breath on a cold day. Note how this lifts your seat bones. For a downwards transition change how you feel in your energy say go from a 6 to a 3 then take in a breath this time softly inhale and on the exhale take a long soft just audible sigh letting your core become heavy so you feel yourself relax into your seat bones. Note how this causes your seat bones to sink into the chair. Believe me if you ride your horse will feel this. If you are engaged in ground activities your horse will notice your change in your breathing.

Here is another exercise - Learn by watching horses and how they react. Observe their energy levels and their body language. When you can read energy within horses you are half way to being able to use it in training. The other half of the picture is learning about your own energy levels and how to

use body language that horses understand. So being self-aware of your energy and learn how to change it then you can learn how to use it with horses.

With all skills it requires regular, purposeful and planned practice. You perfect what you practice. Learn how to actively practice a calm balanced energy and a peaceful mind. Notice how horsemanship can be transformed but other areas of your life will benefit too.

Horsemanship & Reiki Fusion

Reiki is Japanese for universal life energy. Reiki was founded by Dr Mikao Usui. It is natural healing using energy. Energy is all around us and in all living things. To achieve balance and harmony energy needs to flow uninterrupted. Reiki can help restore energy flow to achieve balance and harmony physically, emotionally or spiritually. This enables us to experience a sense of well-being. Reiki is not a religion and is open to any belief system.

Reiki can be useful to both you and your horse. Reiki is great for horsemanship. Horses are fine tuned to read intent and energy their evolution hard wired them to embed this in their language of the herd and to read the intent and energy in other species. Their survival was dependant on getting this right. I teach horsemanship along the principles of tapping into this language of intent, energy before body language and touch. Reiki is a great tool to use in refinement. Reiki can remove energy blocks and clearing energy helps you and your horse experience that magical connection, harmony and balance. You and your horse don't need to have anything wrong to have Reiki and to enjoy the benefits. However, if you and or your horse are struggling physically, emotionally or spiritually Reiki can greatly help. Reiki can be used alongside other conventional or complementary treatment and often helps to provide emotional support during recovery.

Reiki is taught by Reiki masters / teachers who have trained in the tradition passed on in person from master to student. My Reiki master is Sara Coppin. Reiki is commonly divided into three levels or degrees: first degree, second degree and third degree (master). I am qualified to second degree.

The method of receiving Reiki is relaxing, enjoyable, non-intrusive and simple. There is no massage or manipulation. The recipient remains clothed and relaxes. Treatments can be given in the comfort of your own home. For your horse treatments can be given where your horse feels comfortable and safe; in their herd, their field, stable, yard or a barn. It is common that when your horse receives Reiki your horse will want to share it with you. The whole is treated rather than specific areas. Sessions can take 45 minutes to an hour-and-a-half, depending on the client's needs. Reiki practitioners are not medically trained and cannot offer diagnosis. If people are concerned about their symptoms they should see an appropriate health care professional.

Each person and horse experiences Reiki differently depending on their individual needs at the time. You may or may not feel sensations during Reiki. Benefits reported by recipients include deep relaxation promoting a calm, peaceful sense of well-being on all levels. Some sensations include heat, tingling, or experience seeing colours, whilst others can have an emotional response, indicating that shifts are taking place, allowing harmony to be restored.

Reiki creates deep relaxation and aids the body to release stress and tension. This triggers the body's natural healing abilities, and improves and maintains health. Great for both horses and humans as it accelerates the body's self-healing abilities. Plus aids better sleep. For behavioural issues such as nervousness or lack of confidence, Reiki can help with relaxation and reduce stress, fear and anxiety.

If your horse has emotional problems such as those due to a traumatic situation such as abuse, neglect, or a riding accident, Reiki can help release and heal those emotions. It's great for humans too who are struggling with emotional problems. It promotes health and wellbeing of the entire

physical, emotional and psychic body. It helps spiritual growth and emotional clearing. It is great for both horses and people that are struggling emotionally and spiritually. Therefore it is truly a system of attaining and promoting wholeness of Mind, Body, Spirit and Soul.

Reiki clears energy blocks and helps with horsemanship communication. Strengthen the relationship and bond. 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.

If you and or your horse are sick or injured, Reiki can improve and speed up healing. For serious illness, Reiki can help bring comfort and be a great compliment to conventional treatment. It can help with injuries and chronic health problems. Helps relieve pain. Assists the body in cleaning itself from toxins. Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery. Supports the immune system and increases vitality. Reiki will also provide additional energy required to recover from illness. It can be used to complement and enhance the health care a patient receives from other health care professionals.



Refinement of Horsemanship

- Firstly the rider must learn to understand and apply intent and energy in their horsemanship. Then when the horsemanship lesson is fused with Reiki this experience is enriched and taken to another level. Just an application of Reiki to a session with no understanding of how to read and apply intent and energy in horsemanship will not achieve the maximum benefits.
- Understanding the horsemanship element enables riders to appreciate the difference with the application of Reiki. The fusion enables energy blocks of both horse and human to start clearing allowing both bodies and minds to function more effectively. Humans can experience a greater feel of the energy exchange between themselves and their horse.
- Many seek harmony with their horse. Horsemanship that focuses on this agenda fused with Reiki takes this to another level. Communication becomes even clearer between horse and rider. Even closer bonding in their partnership has been reported.
- Many clients start their journey with problems in one shape or form. Enjoyment and relaxation is often just a dream. Horsemanship requires relaxation, so by using a range of techniques I can work

with you and your horse towards this goal. The fusion of Reiki into the horsemanship enables relaxation of horse and rider to a much deeper level.

- Horsemanship is about working in partnership to develop a connection that is soft. This softness should be seen on the outside and be felt on the inside. I teach people to achieve this connected softness with their horse. Blending with Reiki people report they and their horses become even softer mentally and physically.
- My methods are about building a strong bond between horse and rider. Clients are successfully supported in gaining the skills, knowledge and understanding to develop a bond with their horse. This work is beautifully complimented by Reiki as people report it enriches the bonding and the horsemanship partnership.
- Both horse and rider find the experience of the blend of horsemanship and Reiki enjoyable.
- An added benefit is that these changes to horse and human continue outside of the session.

Please Note: This download is designed to be used alongside professional support. Please seek tutoring and guidance from a professional practitioner of your choice. If horses are stressed, tense, anxious, fearful, etc...they can react unpredictably and become dangerous. It may be hard to find a professional who works on the spiritual connection between souls. We are far and few between.



I only work one to one with a very limited number of people and their horses in the Warwickshire area. I provide heart to heart and soul to soul connection work. It is for those seeking a profound journey with their equines. Often the work I do is assisting horses and people on a journey of healing, inner work, and it is life changing. All what I offer is totally non ridden. I no longer teach any type of riding. I am not anti-riding, permissive riding is amazing. However my passion is non ridden and the profound life lessons and journeys we embark on with our equines side by side. If you live in the Warwickshire area and wish to find out more please get in touch. My e-mail is

VickiJayneYates@gmail.com