

From DISTRACTION to SOFTNESS and FOCUS

Horses notice everything around them while being aware of their internal environment at the same time.

We can learn from horses how to become more attentive, how to sharpen our senses and how to be tuned into everything without losing connection with ourselves.

They teach us how to bring our focus and energy back from a distraction... noticing, sensing, assessing, deciding, acting and then returning to Self instead of having our focus hijacked, misdirected and scattered.

I have heard students say during lessons “Oh, my horse doesn’t like dogs!” because there is a dog sniffing around in the corner of the riding arena or “He is distracted by the horse being tied up at the fence” and “Normally, she doesn’t act like this, she is really quiet!” My trainer, Mark Langley from *Equine Ability* often says “What dog?” and “What horse?” unless he doesn’t reply at all because he is staying focussed on the horse he is working with. It’s not that he hasn’t seen the dog or the other horse, of course he has noticed them, it’s just that he chooses to direct his focus and energy back to the horse and himself and their communication.

This can only happen when we are soft. When we soften what has become rigid inside we can respond, be flexible, bounce back, go with, be quick, be slow, be in touch ... in short, we can flow with life.

This is the way we heal or rather become whole and remember that we are One with The All. We have just become a little distracted. It is the same as with the horse – we need to call our distracted energies back to us, bring them back inside... all those waylaid parts of ourselves.

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