

Natural Horsemanship Incorporating Emotional Energy and Awareness

The work I do in the realm of horsemanship does not replace horse training or natural horsemanship. It is complimentary to it.

Through acquiring self awareness and practising healthy management of our own energy we create relaxation, clarity and balance.

Imagine using all your horsemanship and riding skills from this place!

Do you think your efficiency would be increased or decreased?

How would your horse experience you?

What would be the value for you in connecting with yourself first before seeking connection with your horse or with a person in a relationship?

Imagine going on a journey inside yourself with curious enquiry, accepting all and everything just the way it presents itself along your path! Look at nothing as an obstacle, judge nothing as a mistake. Consider everything as a stepping stone, accept everything as an opportunity.

Enjoy the journey as much as the destination. Appreciate what didn't work out the way you had planned as much as your accomplishments.

Stop trying to be where you are not. Don't try to be anyone but who you are.

Look at your horse with lots of eyes... practical eyes, caring eyes, analytical eyes, a child's eyes, your horse's eyes...

See and believe the positive change you will create!

Your horses are your mirrors and if you choose to be open to surrendering to their magic, you are well and truly on the way to awakening and to being joyful, present, authentic and at peace.

You will also enter a whole new realm of being and doing with your horses.

Imagine becoming fully aware of yourself! Imagine becoming present with yourself, with each moment, with others and with your environment.

Imagine accepting your emotions without judging or separating them into good and bad. Imagine what a relief it will be not to try and get rid of the bad nor hold onto the good. Imagine the deep relaxation as you let go of the stress of resisting what is. Imagine the freedom of feeling comfortable even when you are feeling uncomfortable.

Horses are energetic beings (like us) and they mirror our energetic intention. They sense what we are feeling and whether it is congruent with how we are behaving. Horses are drawn to us when we are emotionally congruent and live from our Authentic Self.

We are congruent when we feel internally what we express externally and when we express externally what we feel internally.

As such horses are masterful teachers of internal and external awareness. They teach us body-centred awareness and how to live in the present.

Being prey and herd animals horses must be able to draw cues from their environment to ensure their own and the herd's safety. To do this, they must be grounded and present with full awareness of themselves and in relation to the herd and the environment.

Kathy Pike from *Coaching With Horses* says: "A human who cannot fully sense their personal internal environment would be a handicap to the herd and, therefore, is rejected by the herd." ("Hope... from the Heart of the Horse", 2009).

Anyone can benefit from interacting with horses through guided equine experiences or through horsemanship incorporating emotional energy and awareness.

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Beate Maria Sommer