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Horsemanship - Another Way?

When we think of joining up with our horse. When we think of horsemanship and horse whisperers. What goal are we trying to achieve? What are we searching for?

It is natural to fear, to doubt, to be inquisitive, to wonder about life and search for answers. To have hope. To find friendship, deep connection and love. To support family, friends and complete strangers. Feel care and compassion for others. To be alive in happiness and comfort~Live in comfort and happiness~To be happy and live in comfort~To be comfortable and happy~Learn to live in comfort and happiness~Learn to live in comfort and be happy~To seek comfort and happiness~To seek happiness and comfort~To show comfort and seek happiness~To hold happiness and be comfortable~{Seek happiness and comfort}~{{seek happiness}~seek happiness and comfort}~seek happiness and comfort}. To want to live in safety and become our best, living our dreams our dreams~To always be our best~To be safe~To live as we have always dreamed}. To feel free of control issues and judgement. To give and receive trust and love. To be worthy of trust and be trusted. To remain true. To give in~To subdue~To allow~To show sympathy~To have empathy~To allow life to flow}~To give in~To subdue~To allow~To show sympathy~To be empathic~To allow life to flow}. To jump out into the clouds. Feel free. To live.

Like my horse, I too want to experience all of this.

The moment of connectedness, that we constantly seek to recapture, opens my mind to the belief that it is possible..

“Out beyond ideas of wrongdoing and rightdoing,

there is a field. I'll meet you there.

When the soul lies down in that grass,

the world is too full to talk about.

Ideas, language, even the phrase “each other”

doesn't make any sense”

Here I want to translate the indescribable, the ineffable. One cannot teach experience, or gain it by reading about it - it must be gained through self-work.

This is where I live. In a world where I feel. I learn most about myself living my truth. What might be described as the “zen” of everything I do. Whether I am working, playing or building, I know I need to open my mind and give.. My horses help me.

The beauty of the horse is captured in stories, poetry and art.

From heroic feats by legends such as Alexander the Great who conquered much of the known world on Bucephalus, and Bellerophon who slew the Chimera riding Pegasus; to the constellation of Sagittarius, the Chinese Zodiac of the horse; and to modern day

They tell us of their incredible ability to connect to us, to teach us and to provide insight into ourselves.

Don't stray into imagination, remain here and now. I believe that our contact with horses in caring for them, riding, grooming and playing with horses provides a medium for personal development, and this translates to me contributing to a more positive world.

I learn, I feel, I live and I become the change that I want to see in the world.

Life changes accordingly? Certainly.

What we want to facilitate here is how you can make those moments where it all makes sense that you may have already experienced, become a greater part of your life.

Is it possible? Yes. is it straightforward? yes, perhaps in hindsight it is!

This is the fact. Everybody is different and have taken very different paths to be where they are right now. Through the many trials and tribulations of life, we grow and express ourselves. So you already know that shortcuts, or following control based systems , or divided attention, or a lack of commitment and involvement all lead you away from the truth that your soul seeks.

Laugh, cry, and surrender.. Ultimately take the time it takes and it will lift your spirits, you soul, your life, to a greater place.

Not Here

“There's courage involved if you want to become truth.

There is a broken open place in a lover.

Where are those qualities of bravery and sharp

compassion in this group?

What's the use of old and frozen thought?

I want a howling hurt. This is not a treasury

where gold is stored; this is for copper.

Talent will be transformed through your alchemy..

Lukewarm won't do. Halfhearted holding back,

well-enough getting by? Not here.

Rumi

Much has been written and taught by instructors and “whisperers” about horses, riding and horsemanship in its many forms, and no doubt there is some excellent content and lessons available, as we have experienced ourselves....but there was still a gap. A form that helps riders achieve their goals.

How do we know what to change? Get creative with playful, lateral thinking.. Hear your horse and know your self. You find that missing element when you can integrate those fleeting moments into your hardwiring. This can be found by [joining up art+ dance+ equine](#) and making this part of your lifestyle - really live it, in all aspects of your life. Put the lessons learnt from the horse into action in your life and you will find that for which you search.

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