

WHAT DOES IT MEAN?

When we work with these amazing teachers, they help us to apply the lessons that we learn in the arena to our own lives.

Why does my horse wants to be with me?

He trusts me and I trust him. People will stay with me for the same reasons.

Why won't my horse move forward?



Are you clear where you want to go through your body and intention? Did you ask appropriately? Do you do this in your own life for yourself and others?

Why does my horse keep stopping?

Where are my eyes, look to where you are going. If you are looking over your shoulder he knows you are not sure. Don't doubt yourself.

Why does my horse yawn?



They are relaxed and releasing for me. I must learn to release for myself.

Why is my horse licking and chewing?

They are processing. Just as we need to think through our own thoughts and actions.

Why is my horse so honest and I know what he means even though he can't speak



Horses remind us that we know the answers to our own lives. When our gut speaks, we must listen.

Why is my horses head medium or low?

I feel safe to my horse and they can relax around me, just as people in my life can relax with me when I feel safe to them.

My horse is using me as a scratching post?



Are you firm in your boundaries? How are people treating you in life?

Why does my horse blow out air softly?

They are content and happy. Just as we can be when we breathe in life.

Why does my horse move away from me?



I don't feel safe. Humans in my life will move away from me if I don't feel safe to them as well.

Why my horse tries to nip me?

I have overstepped a boundary. Think about my boundaries in my life: do I let people walk all over them or am I solid in keeping my boundary.

Why does my horse need the "smile" in the lead rope?



This helps me to use intention vs control. People don't want to be controlled just as horses don't. As a leader, I want people and horses to WANT to come with me.

Why is my horse walking so fast?

They are taking the lead. If I am not the leader of my own life I won't inspire others to follow.

Why does my horse follow me when they weigh 10x more than me?



I am a leader of my life and the most important part to being a leader is keeping myself and horse safe.

Why is my horse so relaxed?

The way I relax my horse is by being calm and confident. I can also do this with people.

It is one of the most amazing moments to move 1200lbs and have them want to follow you! This relates to our intention and direction in our own lives. Above are some of the parallels clients have experienced that have helped them to move forward in their lives.