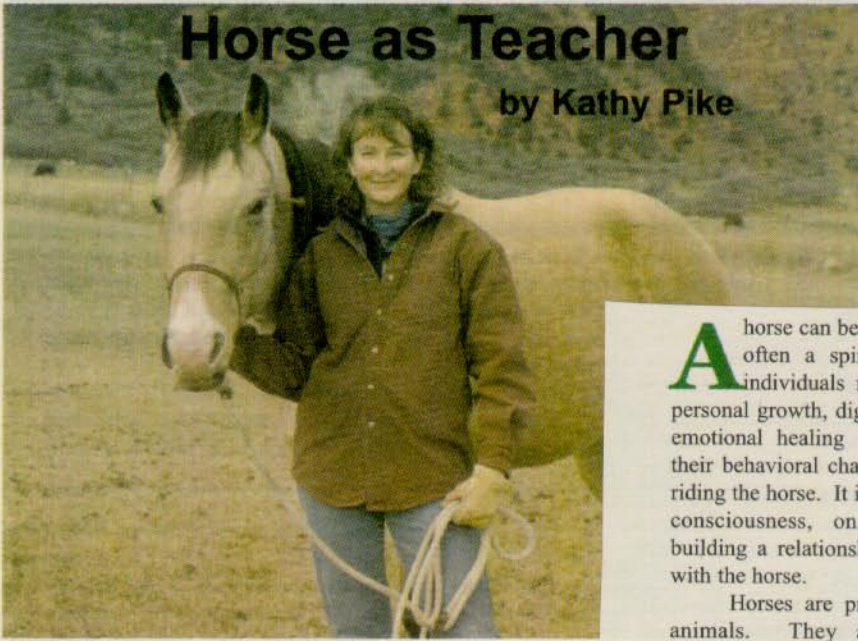


Horse as Teacher

by Kathy Pike



A horse can be a powerful teacher and often a spiritual guide for those individuals ready to enhance their personal growth, dig deep into the roots of emotional healing and explore and shift their behavioral challenges. It's not about riding the horse. It is about exploring one's consciousness, on the ground, while building a relationship with the horse.

Horses are prey animals. They are highly attuned to the signs of danger around them in order to stay safe. Every herd member is also in sync with their fellow members, maintaining the old adage of 'safety in numbers.' You will seldom see one horse shy and bolt away from the grazing herd. Instead, the whole herd responds in unison, the message of danger being transferred to each member of the herd instantly and simultaneously.

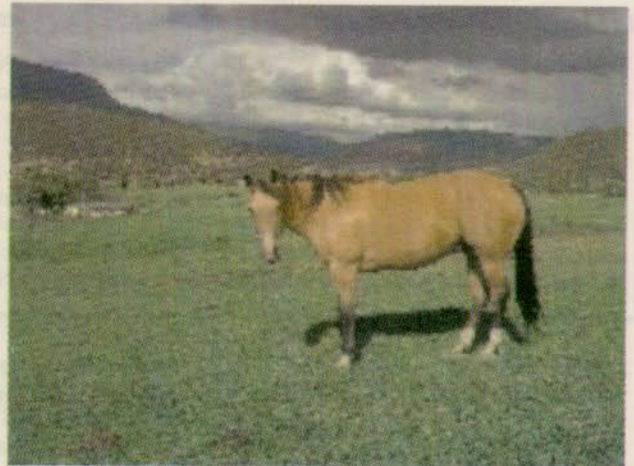
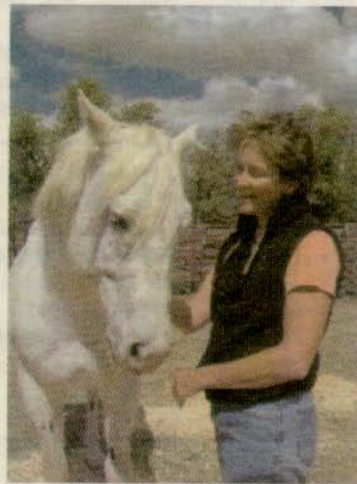
When a human engages with a horse a herd is formed. The horse wants to know who will be in charge and how safe the environment is. The horse sizes up the feeling and emotional state or 'energy' of the person. Emotion is Energy in motion. You cannot fool a horse about what you are feeling and thinking.

They read your every move and they sense your intentions with their highly tuned instincts.

I began to employ horses in my Life Coaching sessions with humans because of the profound difference being with horses made in my life. In the presence of horses I learn, through an 'in the bones' experience, verses my thinking head. Everyday when I am with my horse, I breathe deeper, releasing tension from my body; I listen more and I think less. Time expands along with my awareness.

My client's consider the horse's response to them as a mirror of their own behavior;

sometimes offering a glimpse into a blind side of their personality or character. The horse teaches humans to slow down and pay attention to how they feel. Clients' notices how their intentions, thoughts, tone of voice and emotions provoke a response from the horse. They gain a deeper awareness of self through this interaction. To fully communicate with a horse, they learn to 'be' in the moment, to ground their awareness in their body, and remain centered and present to their experience. They learn to assert clear communications for partnership. Each step along the way one focuses on who they are being and how the horse is responding. Horses are teachers. Their honest spirit challenges each of us to become a better person.



Kathy Pike is a Life Coach and leads Equine Experiential Learning (EEL) workshops with her co-facilitator Moon (shown in the top picture and lower). Kathy offers her programs here in the Roaring Fork Valley, at the Naropa University and other national and international locations. She is a published author and is currently working on her second book about the special ways that horses teach humans. To read more about Kathy's programs visit: www.coachpike.com email Kathy@coachpike.com or call 963-9629, 303-545-2555.