

MEETING MY DARK HORSE



just coming back from my second trip to Colorado, full of new and rich experiences with the horses of America.

This time life opened to me the opportunity to meet mustang horses. Until recently I had only a vague idea about wild horses, nourished by some documentaries on TV.

I learned that a **Mustang** is a free-roaming feral horse of the North American west that first descended from horses brought to the Americas by the Spanish. Mustangs are often referred to as wild horses, but the more correct term is feral horses.

In 1971, the United States Congress recognized Mustangs as “living symbols of the historic and pioneer spirit of the West, which continue to contribute to the diversity of life forms within the Nation and enrich the lives of the American people.”

Today, the Mustang population is managed and protected by the Bureau of Land Management. Controversy surrounds the sharing of land and resources by the free ranging Mustangs with the livestock of the ranching industry, and also with the methods with which the federal government manages the wild population numbers.

Many methods of population management are used, including the adoption by private individuals of horses taken from the range.

These are the facts.

During my week in Colorado, I met two beautiful mustangs, one of them named CORAZON.

CORAZON is a black beauty, he has been adopted by our teacher Kathy Pike a few years ago. After she worked hard to build with him a connection based on respect and trust, CORAZON is now socialized and is a reliable partner for coaching with horses.



My first contact with Corazon takes place on the first day as we are practicing natural horsemanship exercises.

I am immediately touched by the energy which is emanating from him. I have the privilege to “play” with him in the round pen. It means creating a sort of dance, inviting the horse to move with the language of my body, according to natural horsemanship exercises.

It is a big moment of pleasure and emotion for me.

A couple of days later I have another opportunity to share an intense moment with him again.

On that day, we are talking about the necessity to take particular care of the horses, when they are engaged and partners in the coaching sessions. They have to deal with the emotional charges the clients are bringing in the sessions and need to be able to regulate them.

We are invited to explore a way of touching the horse , based on polarity of energy and focusing on the harmonization of energy circulation.

In this approach, it is more important to BE than to DO as this way of touching allows a natural process of healing to take place by itself.

As I am walking towards Corazon, I can feel his “bubble”. His energy is very dense and calls for respect of his personal space. I am listening to the signs of his body language to “hear” if he is comfortable and relaxing or at the contrary, if I should approach him differently.

I am centered more in my BEING instead of my DOING, we are becoming one as I ask myself: Who is harmonizing and who is getting harmonized?

Corazon is teaching me the importance for me like for him, to set my boundaries and “blow” my bubble around myself, my energetic protection.



We are entering a silent dialogue, time doesn't exist anymore, I live intensively the present moment with all my sensations, grounded in Mother Earth, my hands and my heart opened to Corazon.

He is inviting me to open myself to his wild energy, and I can feel mine swelling up in my body. I can feel the force of life radiating in my body.

At this very moment a strong emotion comes up in my heart with the sensation of both our hearts being connected by a red channel of energy.

My heart fills itself with love for him, for myself, for this nature wild and pure like the heart of Corazon.

What a beautiful present, my heart is full of gratitude towards him.

At the same time, I become aware that my heart is healing from a very old wound.

Is it deep in the heart of our nature, where we are all connected to the great web of life in the universe, that the source of healing energy is springing up?

I feel so whole and well, connected to a deep trust in this original life, like a source always available to regenerate, heal and nourish, if I open myself to BEING, and when my ego full of nice intentions accepts to let go...

The previous night, I had a dream which prepared me to my experience with Corazon.

Two main sequences came up:

- First a biker has an accident and crashes on the road, all his face is ripped off, he is almost dead.
- Secondly I am trying to rescue a small donkey sinking in quick sands. Just when I arrive next to him, his head has disappeared in the sand. I dig with my hands and pull out a sort of very flat prehistoric fish.

For me the biker represents the ego which is put down to the ground, my old identity centered on my ego is dissolving (his face disappears)

The donkey with his long ears, is attending me so that I may listen to the sacred dimension of life.

But he also is sinking to let emerge a living and very archaic energy (the prehistoric fish) coming from the deep unconscious of my body, my cells.

If I can assimilate this fish, I am going to be regenerated and healed.

This insight is bringing a new confidence in my body : my body is here to support me in my process of expansion , growth and healing.



This is the teaching of CORAZON
for me on that day...
Thank you CORAZON

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To be continued.....



