

*Approaching and Greeting
Your Horse -
An exercise in mindfulness*

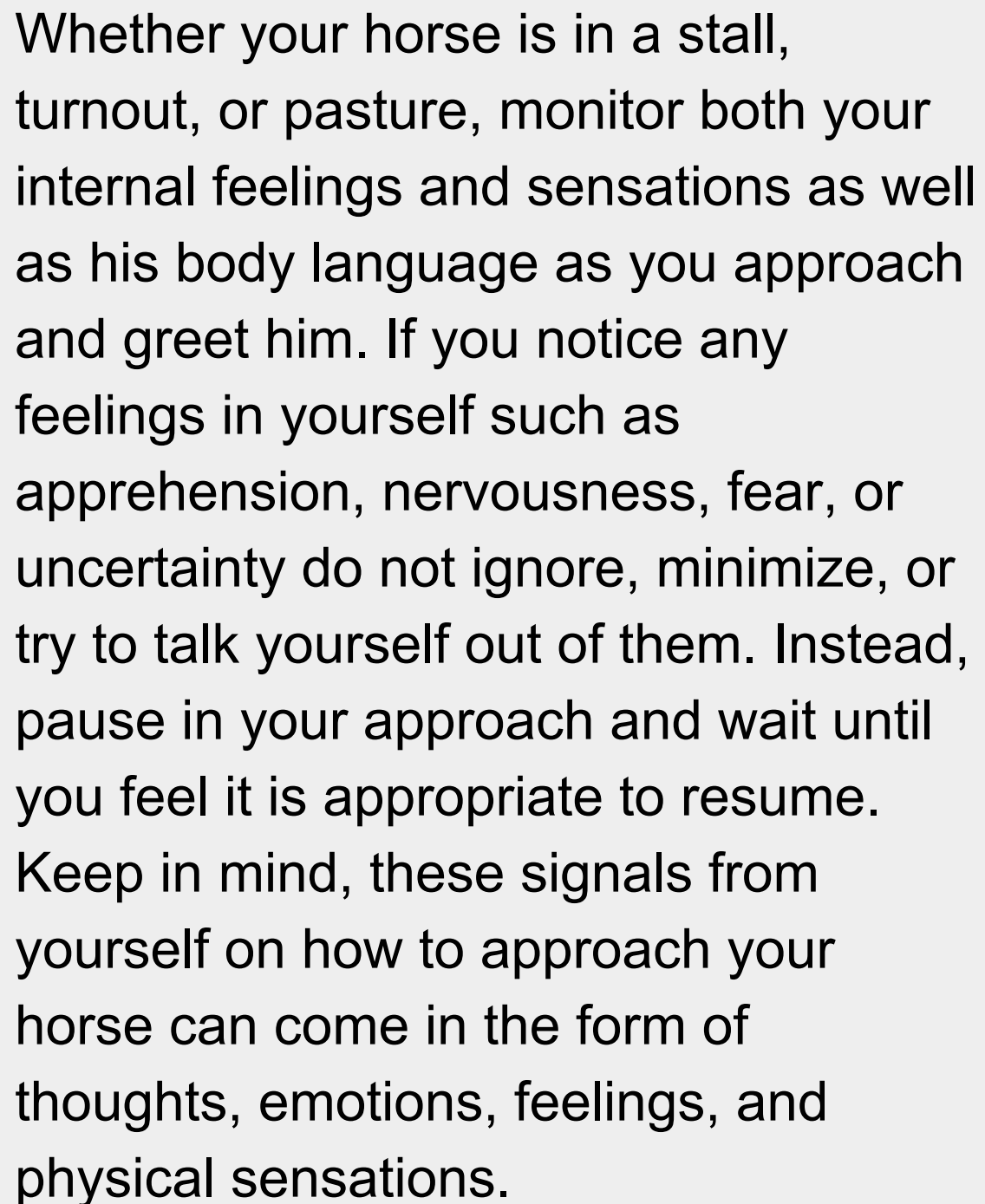


The benefits of learning and practicing mindfulness in the presence of horses, *that can apply to both the time spent with your horse and in all other aspects of your life*, include:

- **Increasing your potential to experience joy, flow, and harmony.**
- **Having a clear awareness of, and influence over, what's happening in the moment.**
- **“Showing up” as authentically as possible in every situation.**
- **Being untroubled by extraneous thoughts or concerns.**
- **Having closer relationships and better communication.**



Please use the following guided exercises and reflective prompts regularly to engage in greater levels of mindfulness as you approach and greet your horse



Whether your horse is in a stall, turnout, or pasture, monitor both your internal feelings and sensations as well as his body language as you approach and greet him. If you notice any feelings in yourself such as apprehension, nervousness, fear, or uncertainty do not ignore, minimize, or try to talk yourself out of them. Instead, pause in your approach and wait until you feel it is appropriate to resume. Keep in mind, these signals from yourself on how to approach your horse can come in the form of thoughts, emotions, feelings, and physical sensations.

Likewise, if you notice any body language in your horse that expresses apprehension, nervousness, fear, or uncertainty also honor that by pausing until his body language tells you it is appropriate to resume. Keep in mind horses communicate (often in incredibly subtle ways) through changes in body language, posture, positioning, breathing, and expressions. Look for even the smallest signals such as a turn of your horse's head, a change in his breathing, or a shifting of his weight.

As you approach your horse what do you notice in yourself? Describe any feelings, sensations, or emotions you experience as you approach your horse. Do they change or stay the same? How do you react to them?



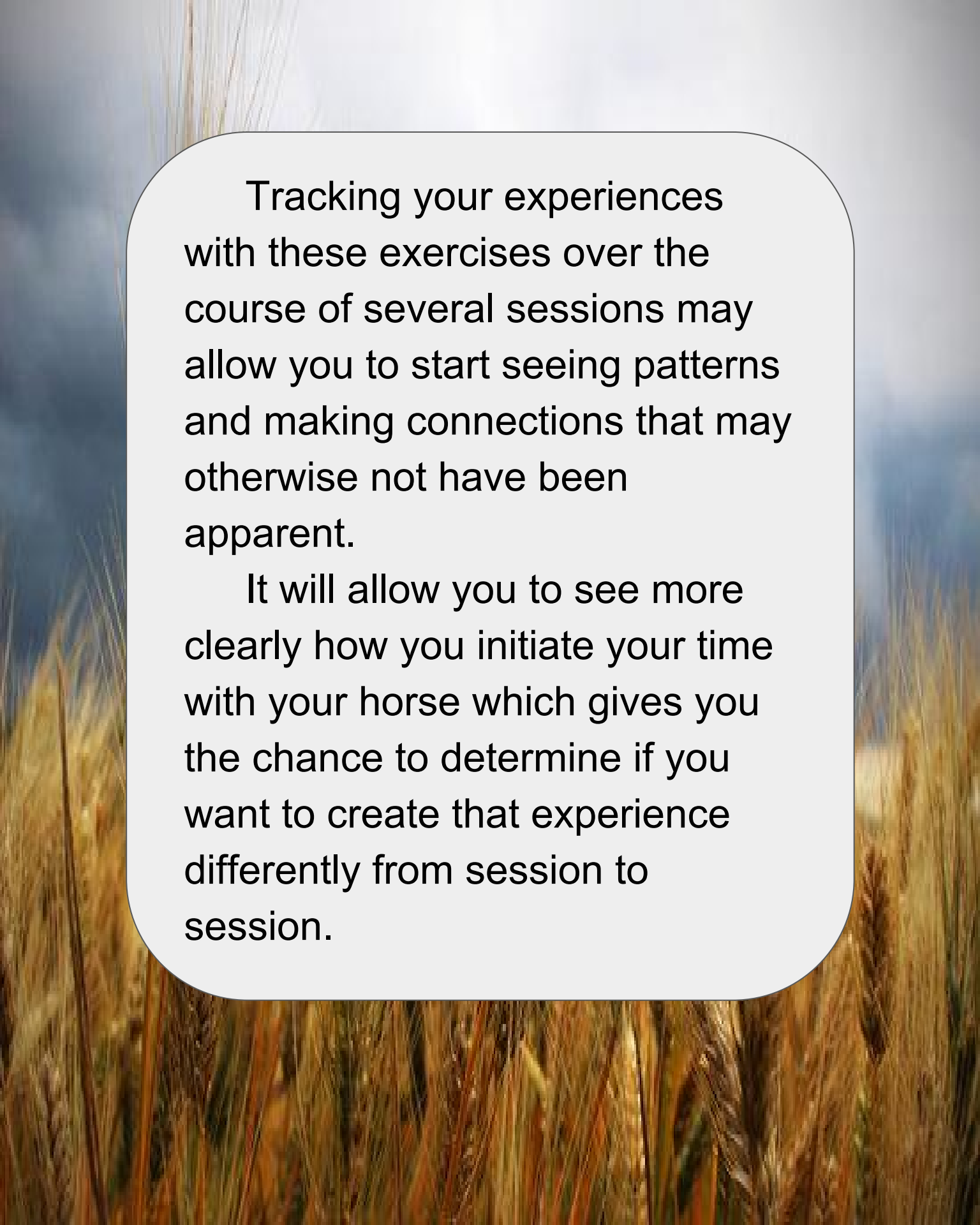
How is your horse reacting to you? Describe any communication coming from him in the form of body language, posture, positioning, breathing, and expressions. Does he change or stay the same? How do you react to him?

When and how do you greet your horse?

When and how does he greet you?

How does this differ from the usual way you approach and greet your horse?





Tracking your experiences with these exercises over the course of several sessions may allow you to start seeing patterns and making connections that may otherwise not have been apparent.

It will allow you to see more clearly how you initiate your time with your horse which gives you the chance to determine if you want to create that experience differently from session to session.

For much more on this topic including additional guided exercises and reflective prompts please check out my book available now on Amazon
[What Horses Can Teach Us About Mindfulness](#)

