



Joanne  
Rounthier

INTUITIVE GUIDE WITH HORSES

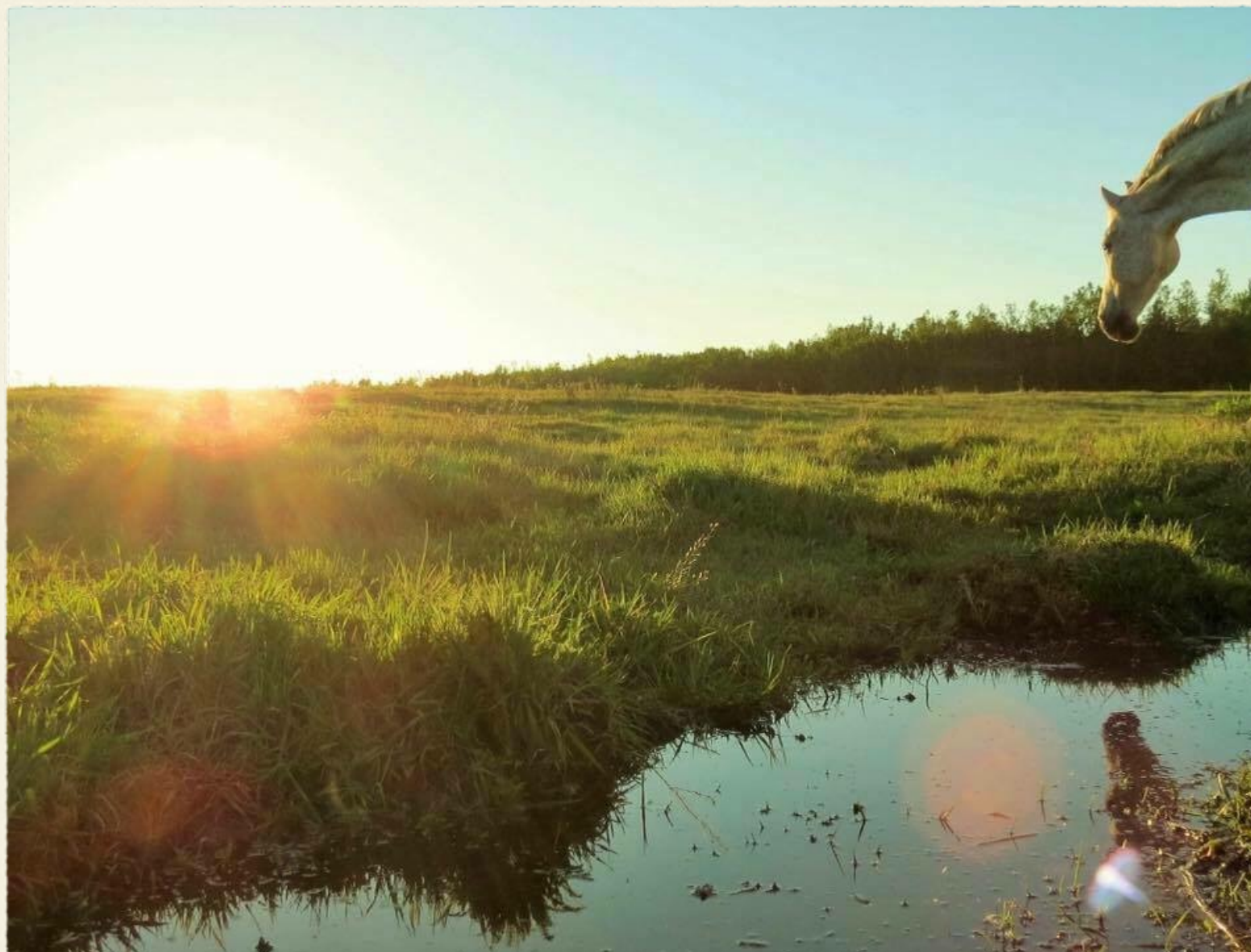
**WELCOME**

**Interpreting our Horses' Responses Regarding Grief  
&  
Resources for Increased Awareness**



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# Equus Empowered

*Resources for  
Increased Understanding  
Communication and Partnership*  
Building Block Format



# Leah Dyck

*Attuned to Horse Culture in service of  
Human Development & Equine Wellbeing*

Certified EAL Facilitator

Reiki Master

Generational and Lifetime Horse Person

Value the intrinsic character & sentience of horses; driven  
to be of service to them & to their human counterparts

Believe in Empowering people in Spirit, Mind, Body

Believe Connection is Paramount; Interconnectivity of all

Experience from showjumping to trails to starting liberty/bridleless journey, reining

Breeder of jumping horses, manager of the reproduction department at an equine  
veterinary hospital

Special interest in integrating holistic therapies/vibrational/naturopathic medicine  
with western medicine

*Empowering interactions  
that ripple out into the world in positive ways!*



*Leah & Cabernet*



# Additional Resources



Downloads of exercises and homework are available at:

<https://www.leahdyck.com/horse-facilitated-grief-guide-resources>

Discussion of Homework at:

[Leah Dyck: Equus Attuned](#)

on Facebook

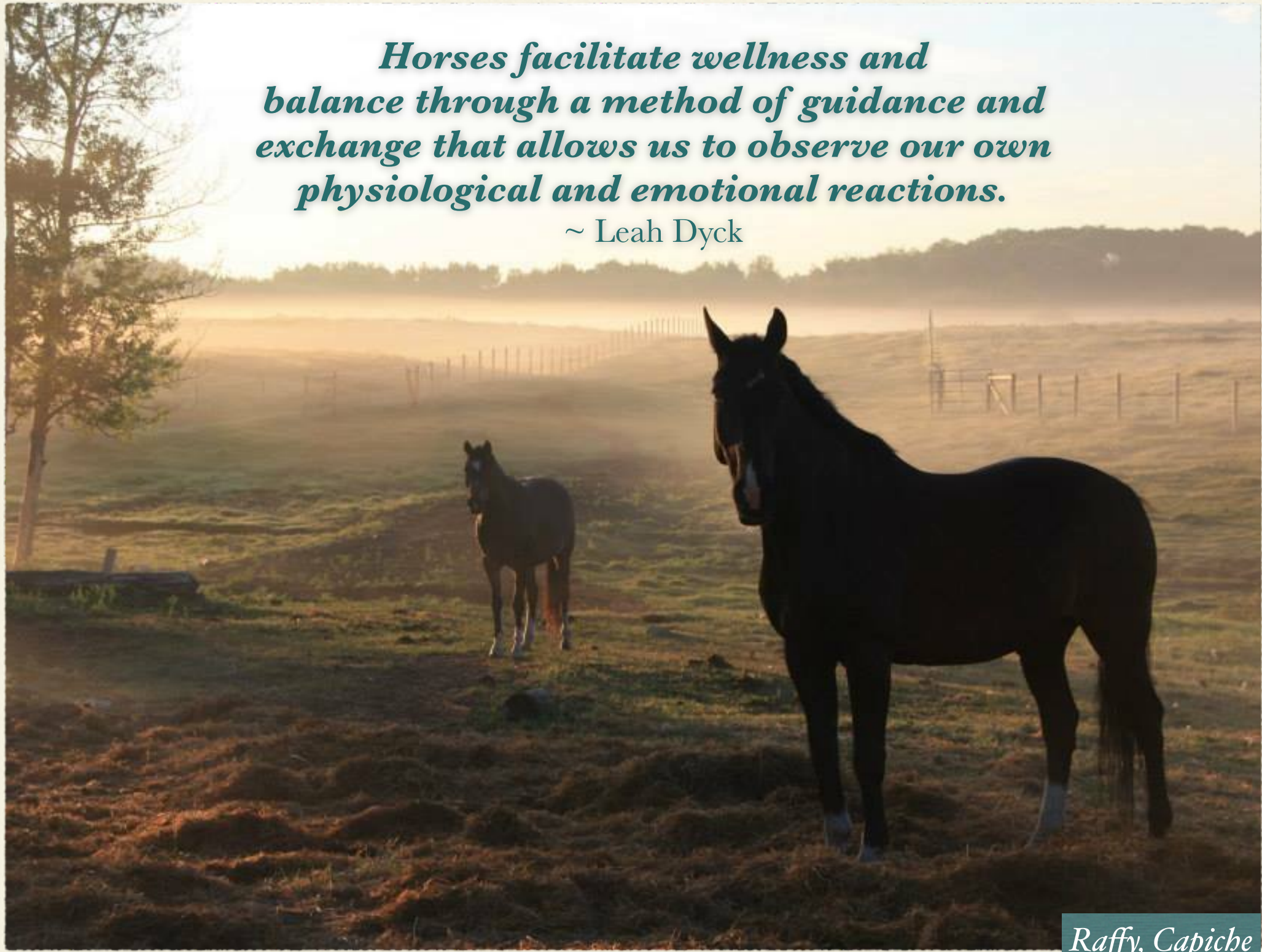


Take a picture  
Access now



*Horses facilitate wellness and  
balance through a method of guidance and  
exchange that allows us to observe our own  
physiological and emotional reactions.*

~ Leah Dyck

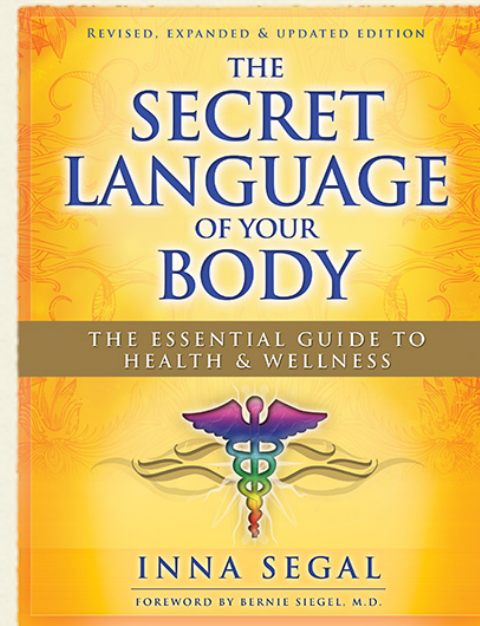


*Raffy, Capiche*



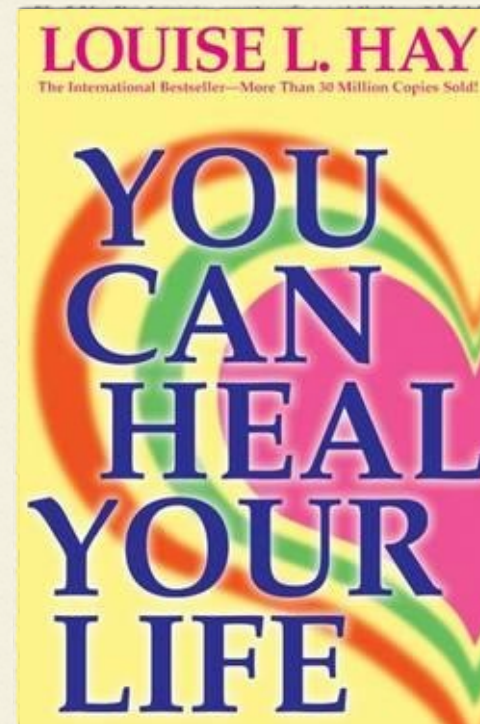
# Recommended Reading for **Equus Empowered**

\* **“The Secret Language of Your Body”** by Inna Segal



\* **“You Can Heal Your Life”**  
by Louise Hay

*This supporting information  
can be used to address the root  
cause of unresolved physical  
manifestations in both horse and  
human.*



Available at  
libraries, book  
stores,  
Amazon, etc



# Building Block Format Foundation

*Trust this is a process  
that is leading somewhere*

# Let's Begin!







*Capiche, Ben, Kid, Otto, Raffy, Red, Mesawa*

# **Module 1:**

# **The Science of Horse Language**



# **Introduction to Energy and Associated Scientific Theories**

(Adapted with Dr. Jodie  
Santarossa, BSc, DVM)





# Energy Simply Is

- \* **The First Law of Thermodynamics:** matter and **energy** can neither be created nor destroyed
- \* However, it can be **transformed**

**Energy cannot be  
created or destroyed,  
*only transformed***

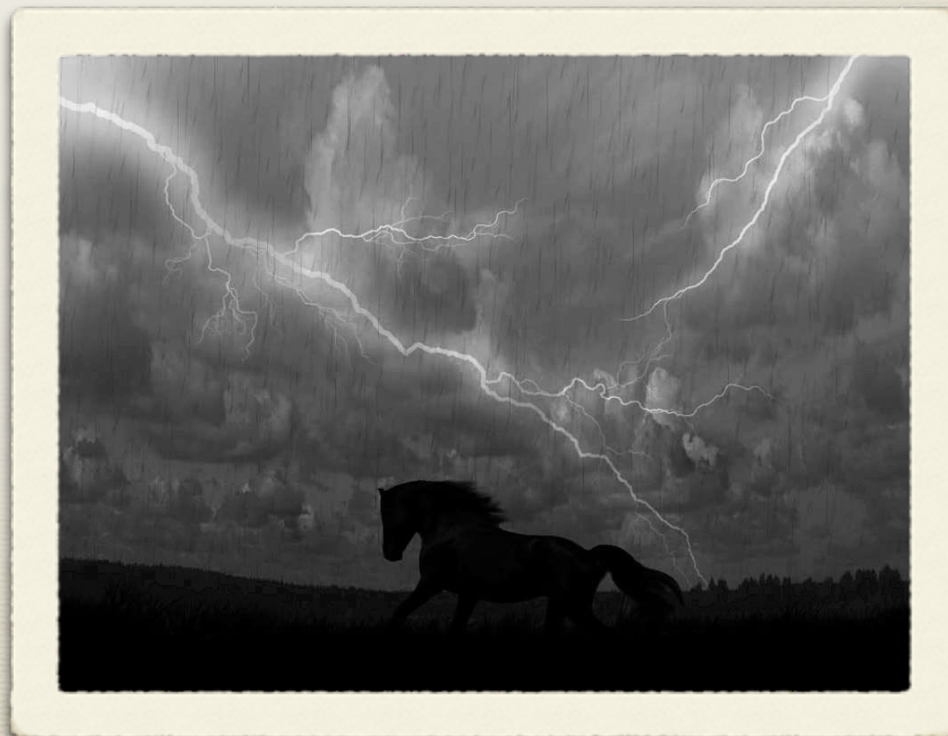
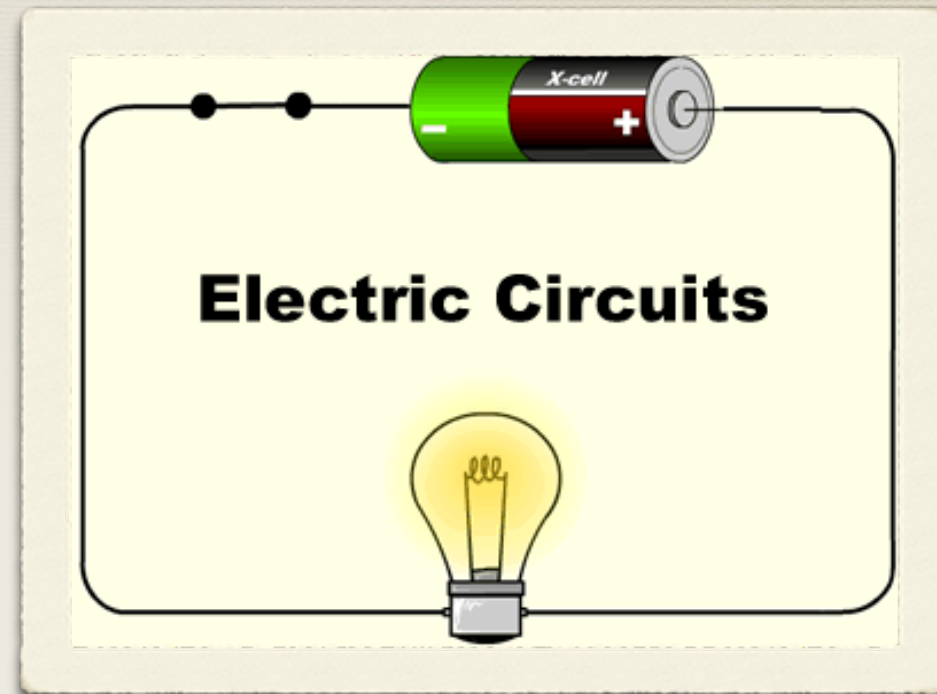


*Vixen, Donia, Diaz*



# Grounding

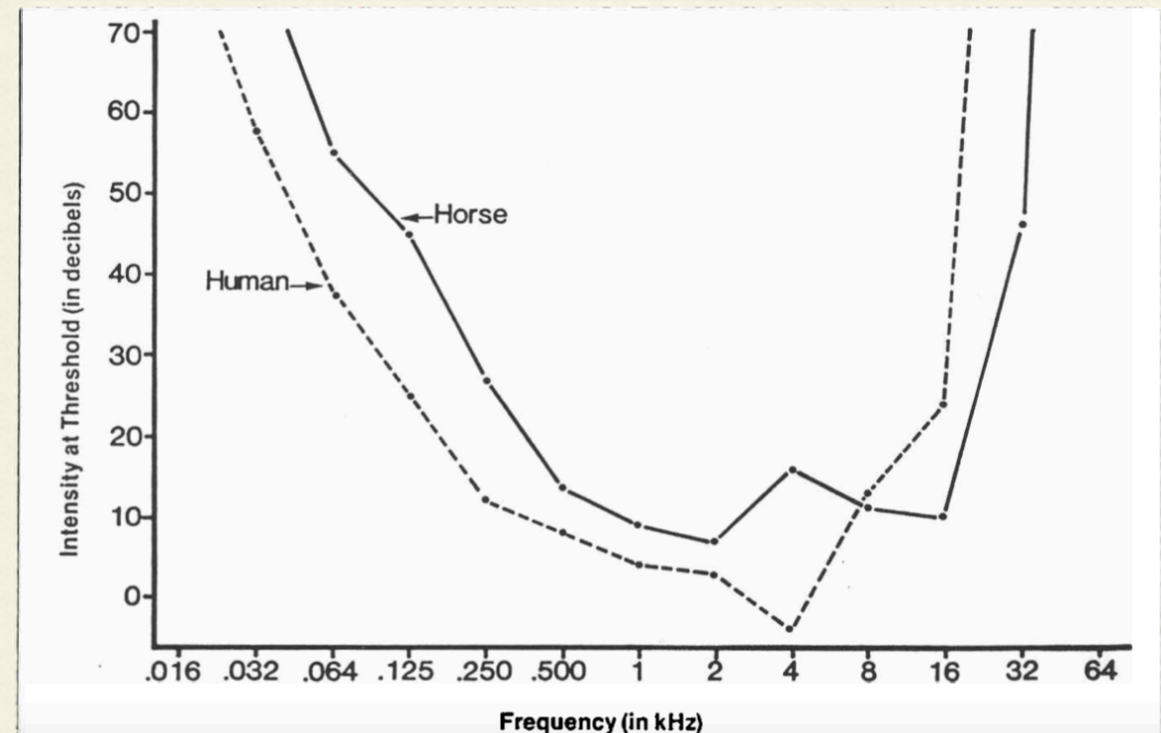
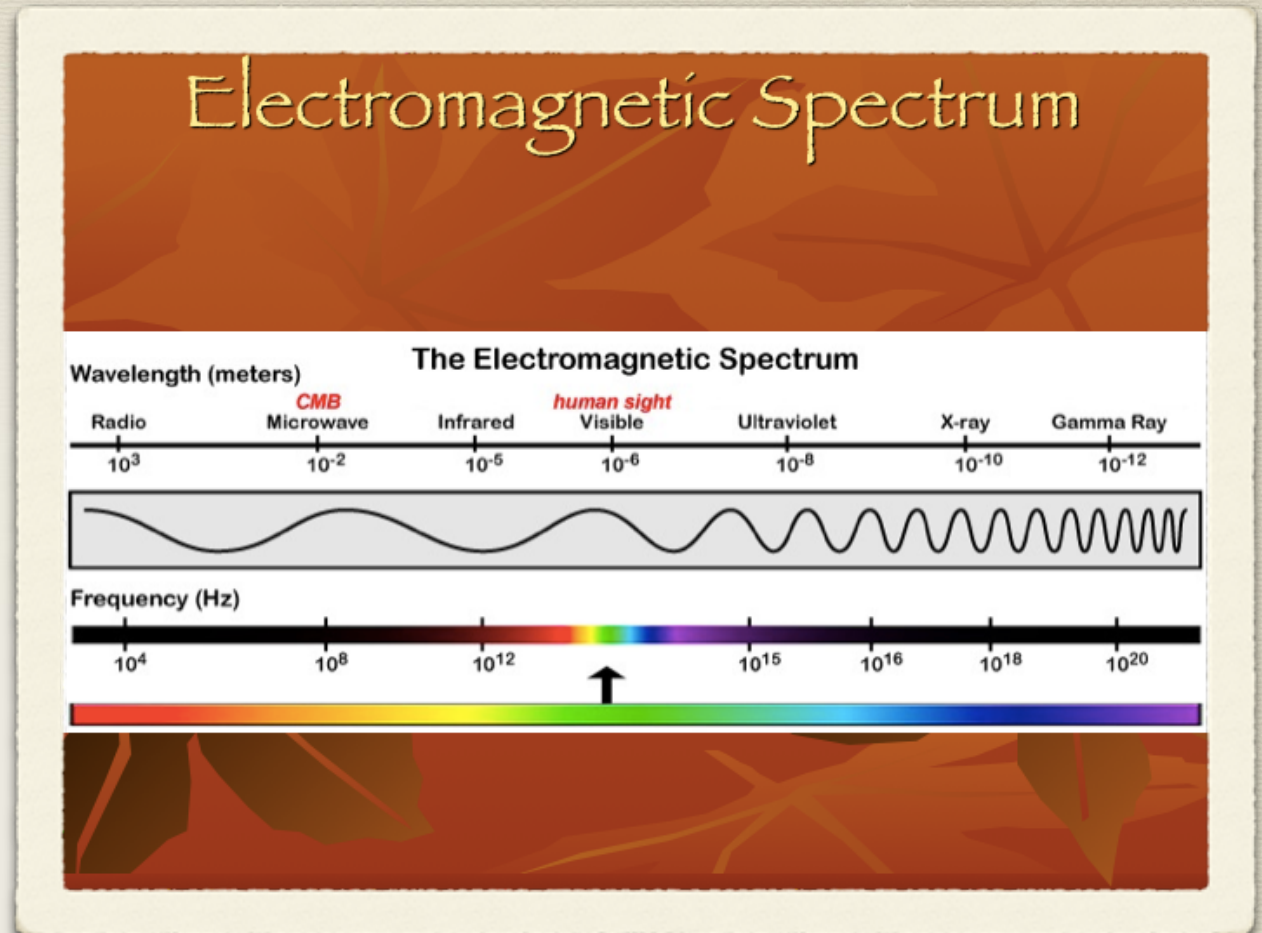
- \* In electrical engineering, **ground** or earth is the reference point in an electrical circuit from which voltages are measured, a **common return path** for electric current, or a **direct physical connection to the Earth**
- \* Energy must be **grounded**, evidenced by **lightening** reaching the earth






# Frequencies

- \* **Frequencies** are **detected within the limits of our five senses** (sight, sound, touch, smell, taste)
- \* As a result **we can only detect a fraction of the available vibrations**
- \* Science tells that there are **frequencies infinitely beyond our sphere of perception**
- \* IE: **Human hearing range** is **20-20,000 Hz** as compared to dolphins and bats up to **160,000 Hz** and **whales** subsonic at **7 Hz** (horses are 14 Hz - 25 kHz)
- \* IE: Average **human sight** is **20/20**, an **eagle** has **20/5**





# Thought is Energy

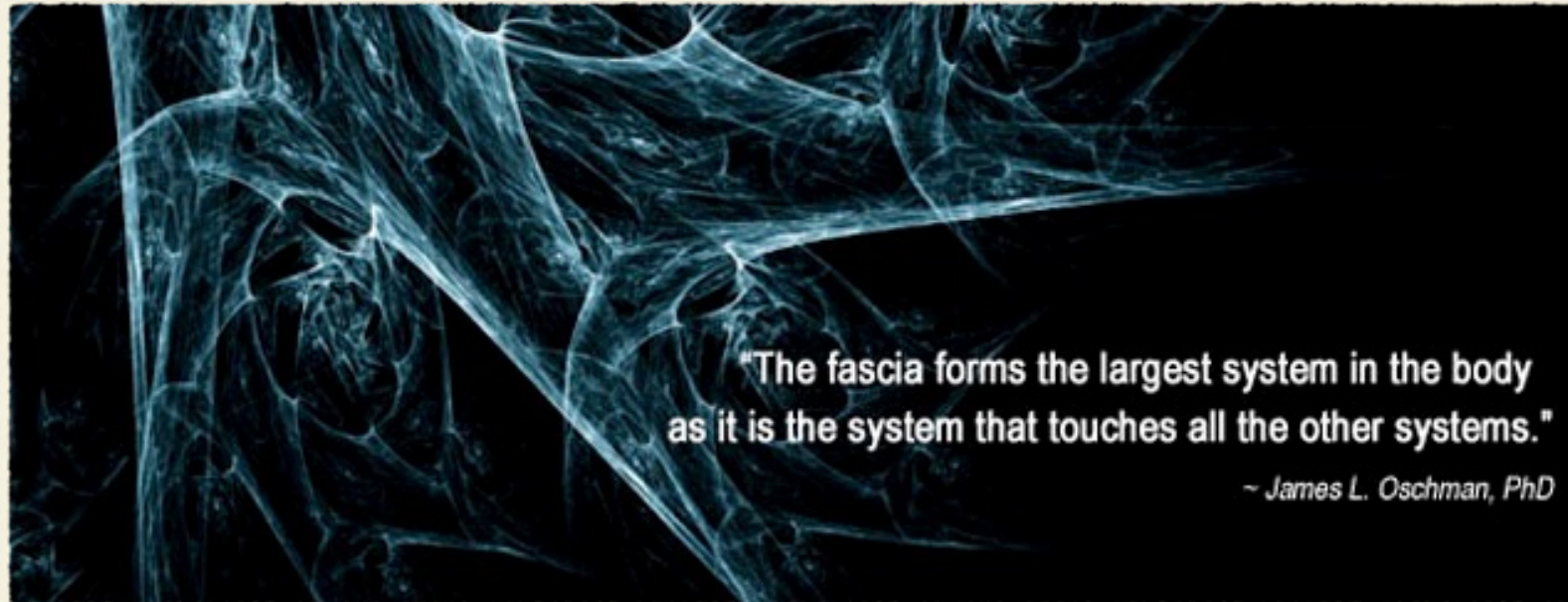


“The mind is everything. What you think you become.”

– Buddha



# Fascia



"The fascia forms the largest system in the body  
as it is the system that touches all the other systems."

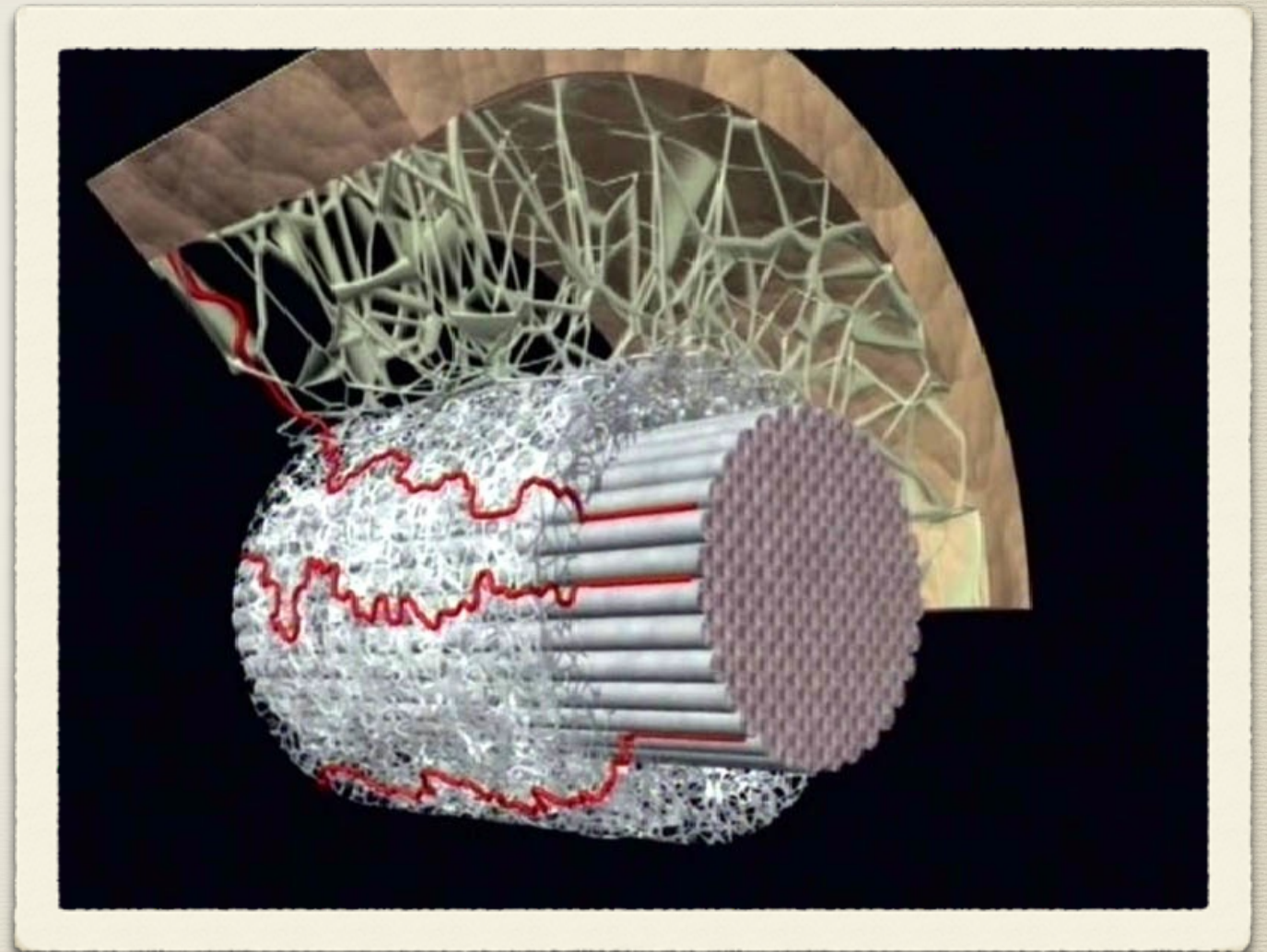
~ James L. Oschman, PhD

- \* **Fascia** is the **lubricating gel like connective tissue** that **allows** our **various organs** and **muscles** to **move** against one another **without** creating **friction**.
- \* It **provides** the **supportive framework** for the entire body down to the **cellular level**, ultimately **surrounding** and **separating everything**.
- \* Although **flexible**, fascia has a tensile **strength** of several thousand pounds per square inch.



# Myofascial System

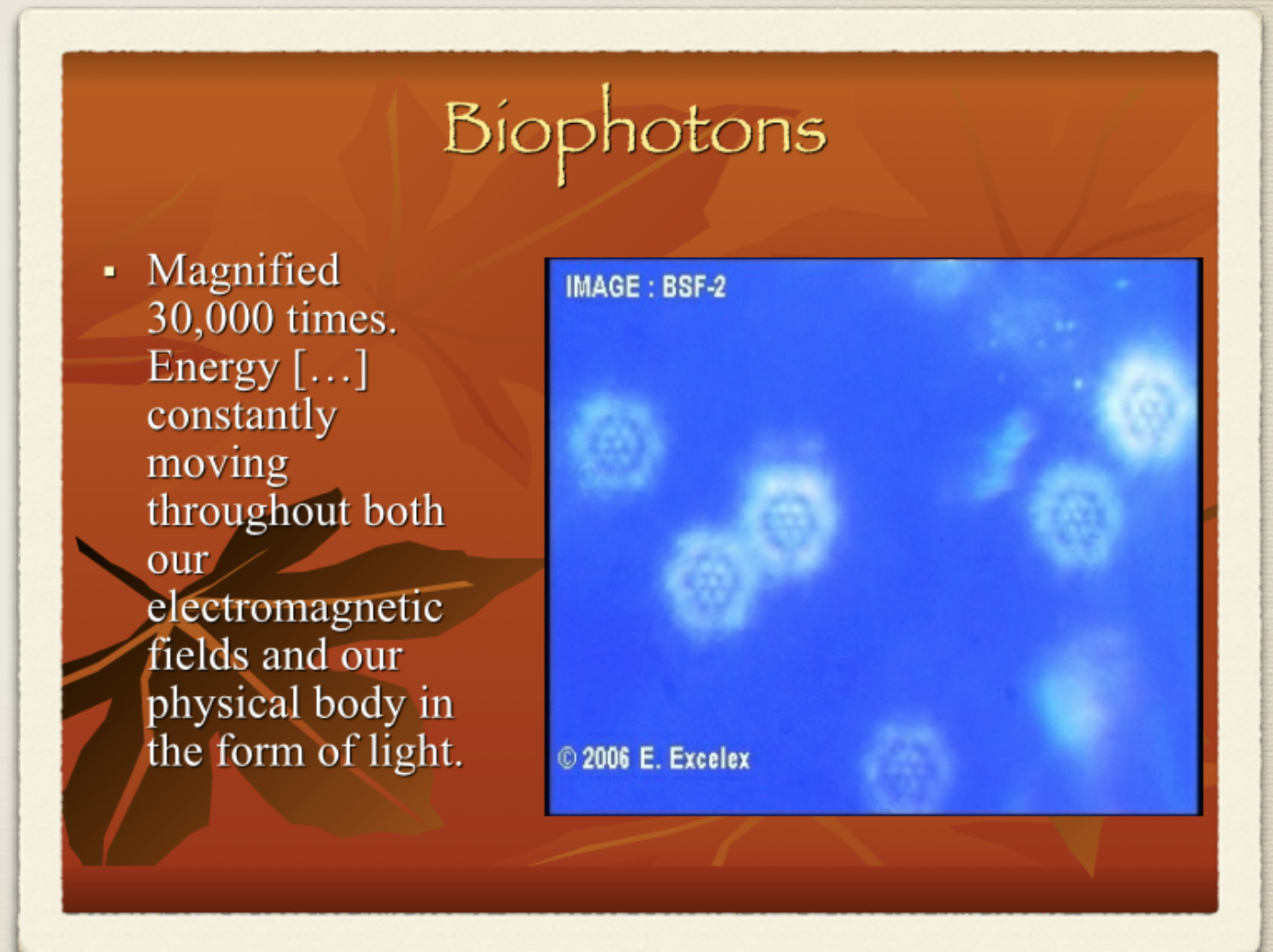
- \* The physical body contains the myofascial system, a **mesh of tube like structures** made of **collagen** and filled with **fine fluid**, which functions like an **energetic superhighway**
- \* The myofascial system **carries signals** in the form of **tiny electrical light impulses** called **biophotons**
- \* Biophotons are said to be the **smallest sparks of conscious energy**, carrying the building blocks of life and **allows all cells to communicate with each other**





# Biophotons

- \* These **biophotons** have been **photographed** in a single drop of water using a somatoscope with a **magnification of 30,000x**
- \* **Energy**, carrying messages and information, is **constantly moving** throughout both our **electromagnetic fields** and our **physical body** in the form of **light**
- \* This **light** is **everywhere** and in everything, **vibrating at different speeds** and **imperceptible** to the limited capabilities of our basic **five senses**

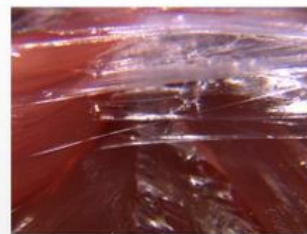




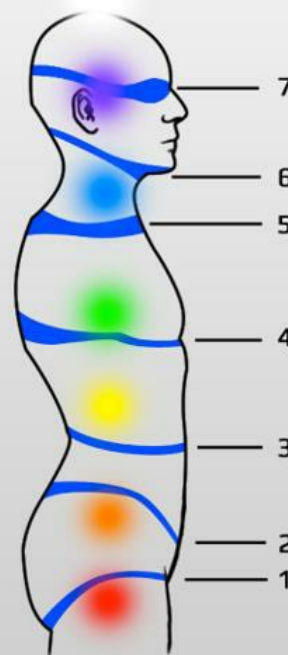
# Myofascial System and Chakras

- \* Within us the **myofascial system** has **seven major points** where there is much **more fascia** than in other areas which can be said to **correspond to the seven main energy centres/chakras**
- \* With the **increase in fascia** in these regions **more biophotons** are found here as the mesh of tubes is much thicker **creating a larger energy hot spot**
- \* Highlights the **blending of Eastern and Western medicine**

## How does energy move in your body?



When speaking of the energy within and around one's body, it is often perceived as something mystical or unrealistic, however, the body's energy is as realistic and scientific as your muscles, bones and body systems.



The energy within your body is directed to move based on your thoughts and feelings, and is carried throughout your body via a web of strong connective tissue called fascia (picture on top right). Fascia tissue can be thought of as the fiber optics of your body (picture on top left), and are fluid filled fibers that move energy, envelop and isolate muscles, tendons, organs and blood vessels and provide protection and support within the body.

Although fascia is everywhere in your body, the blue bands to the left show how fascia joins together in horizontal bands around your body, causing a concentration of energy located in alignment with your seven main chakras, or energy centers.

**In short, we ARE energetic beings.**



As the **horse** is already a **master** at **intuitive sensing, sensory awareness and sensory processing** once you **hone your own intuition** and further **understand equine culture** and **behaviours** the **communication** between horse and human **becomes a telepathic type of connection.**

This is what leads to the *telepathic communication* so many of us endeavour to have with our horses.

Our **horses will help** us with this when we **allow them to balance us and interact** with **horse culture.**



Otto



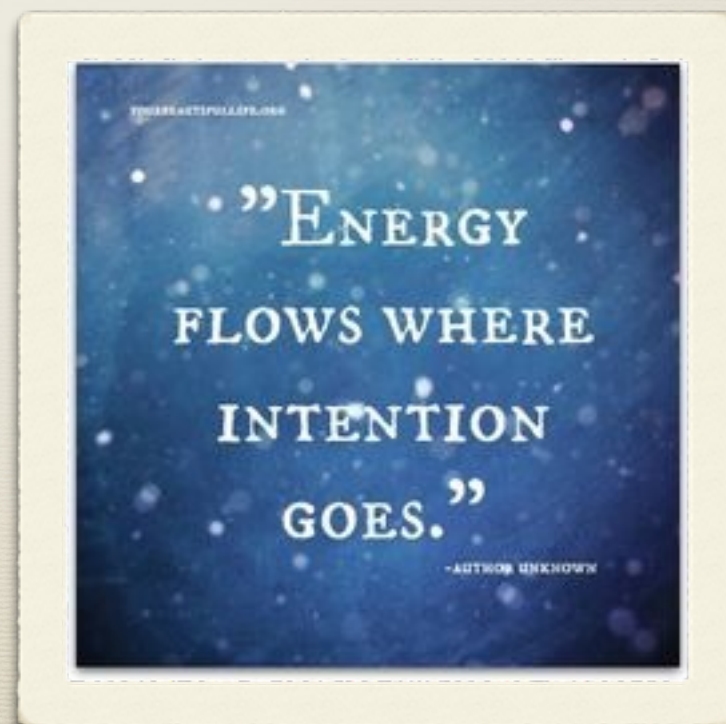
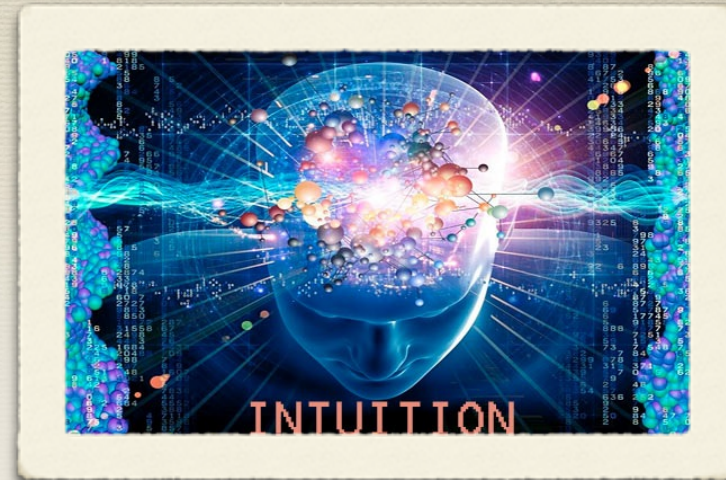
# Intuition & Intention

## Exercises

*Please see and practice exercises from website*

*Self and for Clients in Grief  
(help to re-align)*

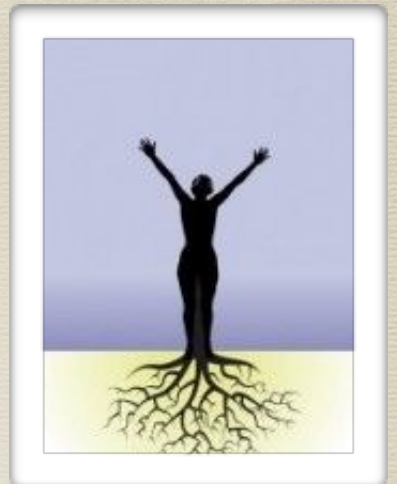
**Post Experiences in FB Group**





# Grounding Exercise

- \* **Download:** Demonstrating the power of thought and connectedness



## Demonstrations/Exercises:

### 1. Grounding exercise: demonstrating the power of thought and connectedness

- participants partner up
- stand facing one another
- decide who goes first
- first partner closes eyes and is told there will be pressure applied to their shoulder. They should not try to resist
- second partner gently pushes the left shoulder of first partner
- amount of movement is noted (usually quite a bit of movement)
- first partner follows guided visualization
  - imagine and feel being a strong, firm, well rooted tree
  - feel the strength and solidness of the tree, feel its connections to the world around it
  - imagine large, strong roots radiating out and down into warm, black dirt
  - imagine those roots going deep into the earth, way down
  - so far down, so strong that they reach the core of the earth
  - at the centre of the earth is a beautiful, radiant crystal
  - imagine your strong, wonderful roots wrapping all around the crystal, firmly and solidly
  - let the roots and the crystal meld into one
  - feel how strong, solid, connected they are and you to them
- first partner is told to expect the same pressure to their shoulder
- second partner gently pushes the left should of first partner
- amount of movement noted (usually much less movement)
- first and second partners switch roles and repeat process



# Muscle Testing

- \* **Download:** Demonstrating the power of thought, intention, how the body and frequencies around it are affected by a vibrational change



## 2. Muscle Testing: demonstrating the power of thought, intention, how the body and frequencies around it are affected by a vibrational change

- first partner is asked to stand and think of a positive, uplifting, happy thought, “yes”
- when the thought is firmly established first partner should raise their right arm to the side
- second partner should push firmly down on the forearm of first partner
- observe the movement and strength of the arm (arm should stay relatively strong without too much downward movement)
- first partner lowers arm and is asked to repeat process but this time think of something that makes them very sad, angry, frustrated, “no”
- when the thought is firmly established first partner should raise their right arm to the side again
- second partner should push the arm down again
- observe the movement and strength of the arm (there should be a marked difference in the strength and downward movement of the arm)
- first and second partners switch roles and repeat process



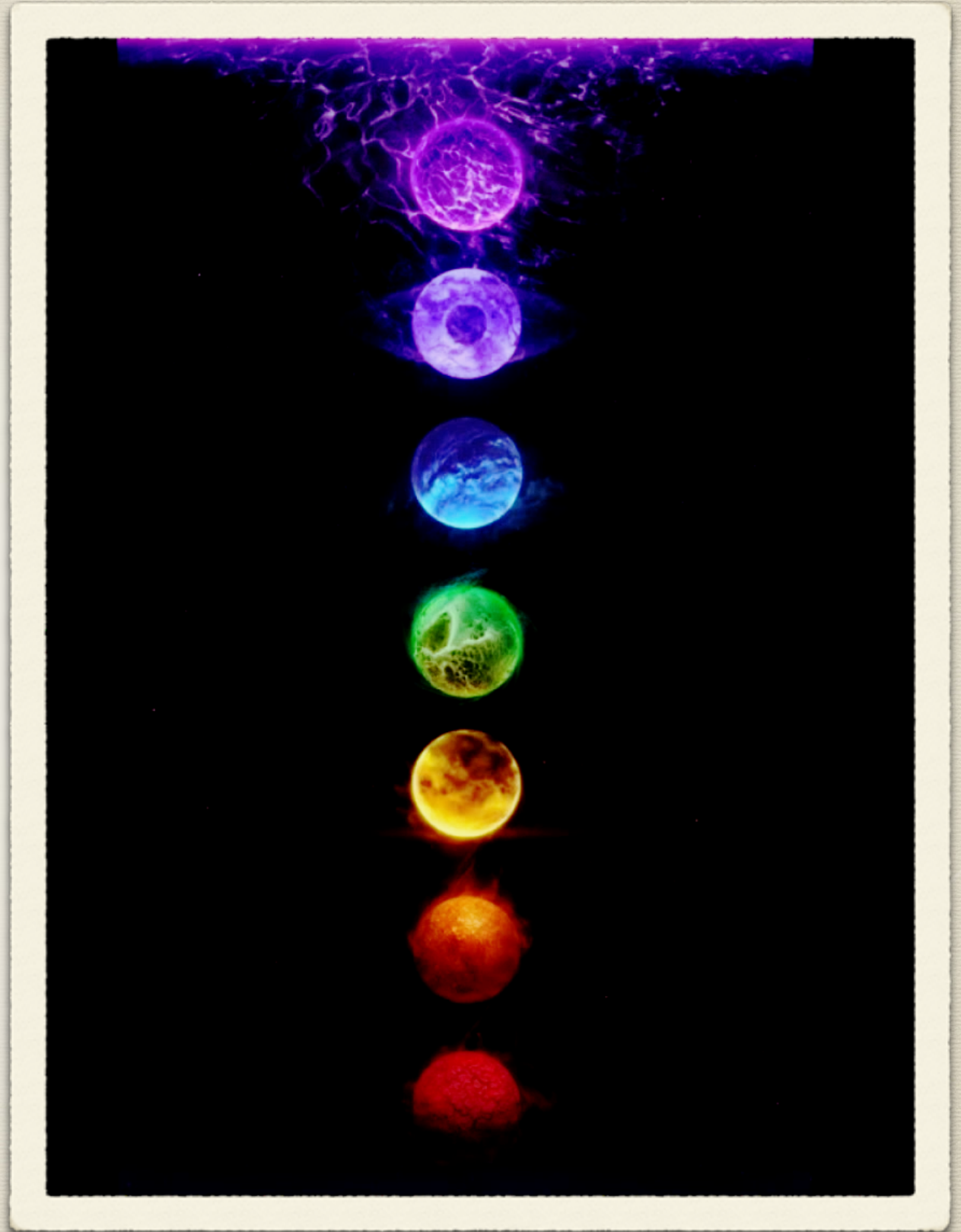


## **Module 2:**

# **How Horses Attune Humans & Each Other**



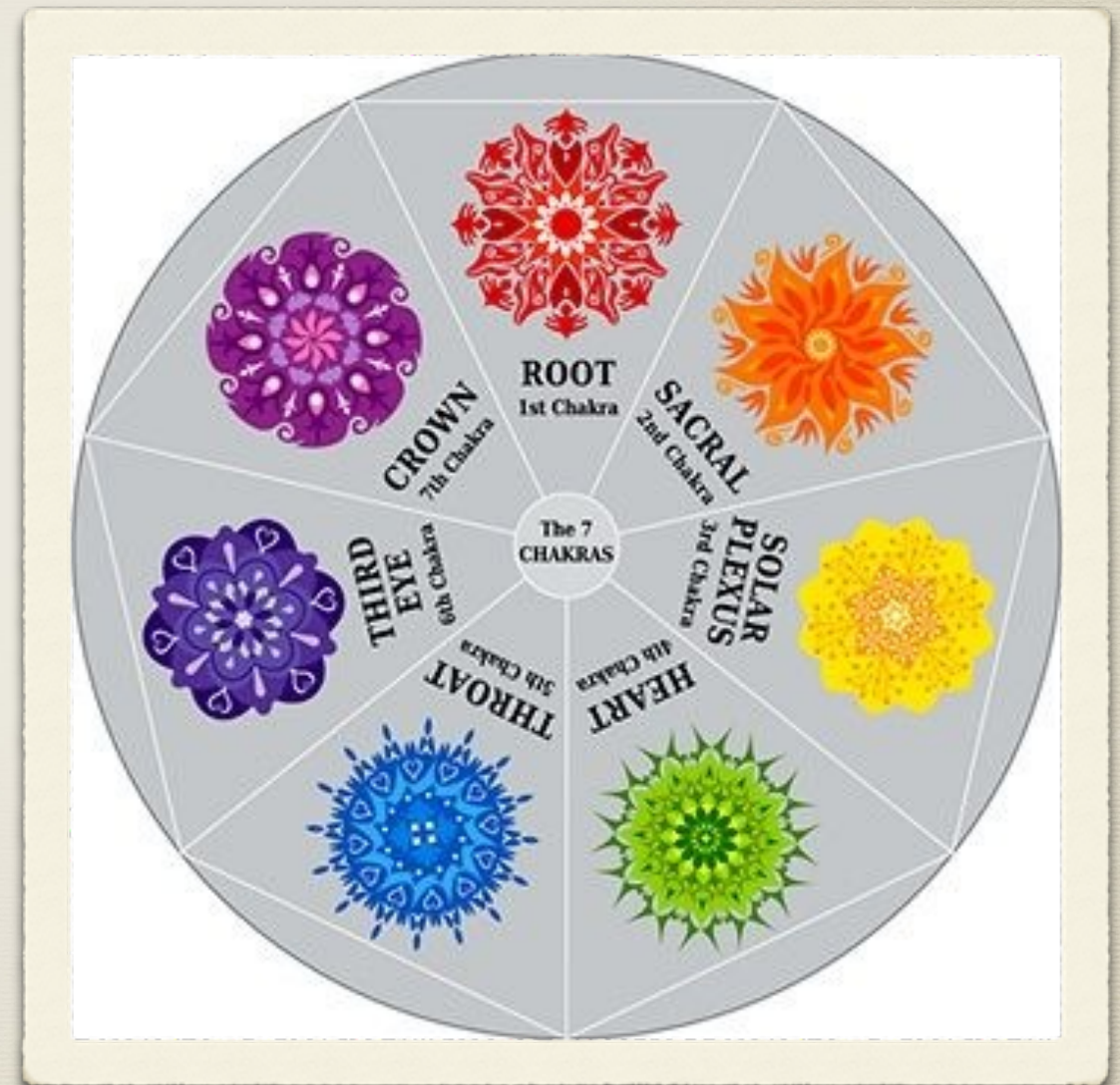
# Chakras / Energy Centres





# Chakra Definition

- \* Sanskrit word that **translates to wheel/disk**.
- \* Correlates to the chakra **function** as a **vortex of spinning energy** interacting with various **physiological** and **neurological systems** in the body
- \* Relates to the **myofascial system** with its **energy hot spots** containing more **tubes, vibration, energy** and the knowledge that **energy is a circuit**
- \* Invisible energy is **vital life force**, which keeps us vibrant, healthy, and alive
- \* **Seven main chakras**, which align the spine, starting from the **base of the spine through to the crown of the head**.

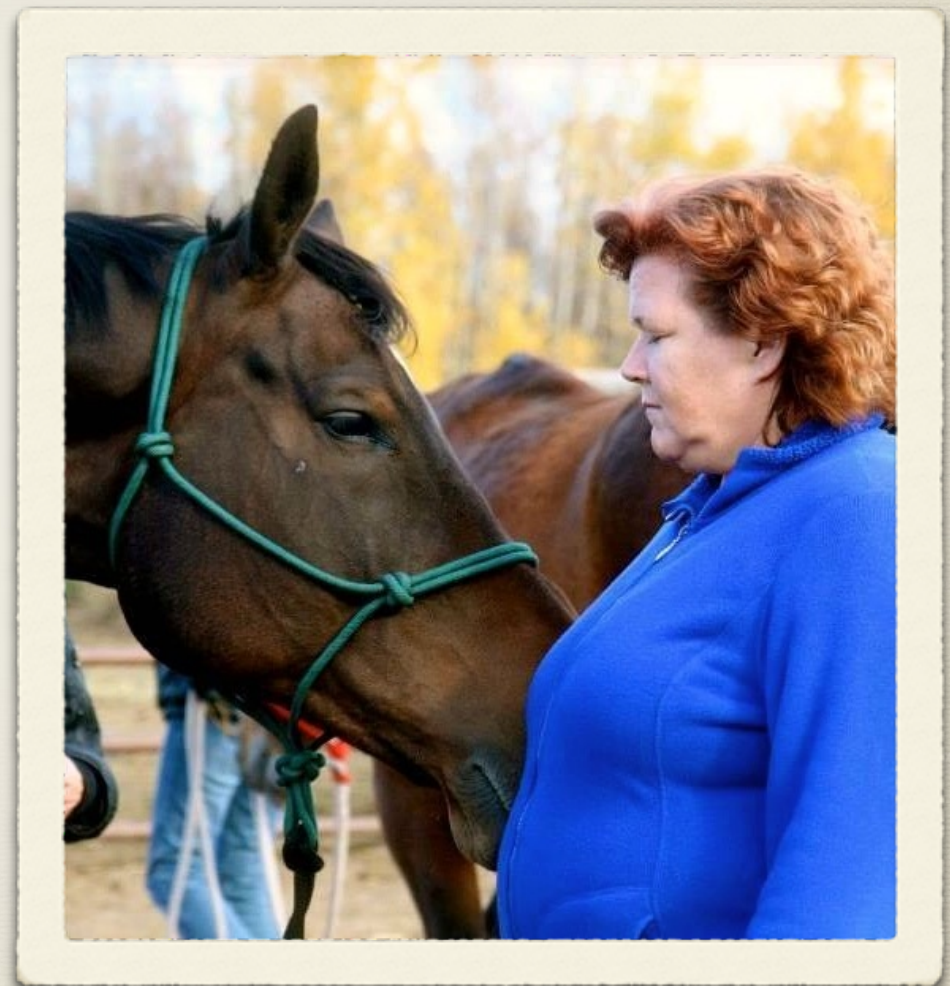




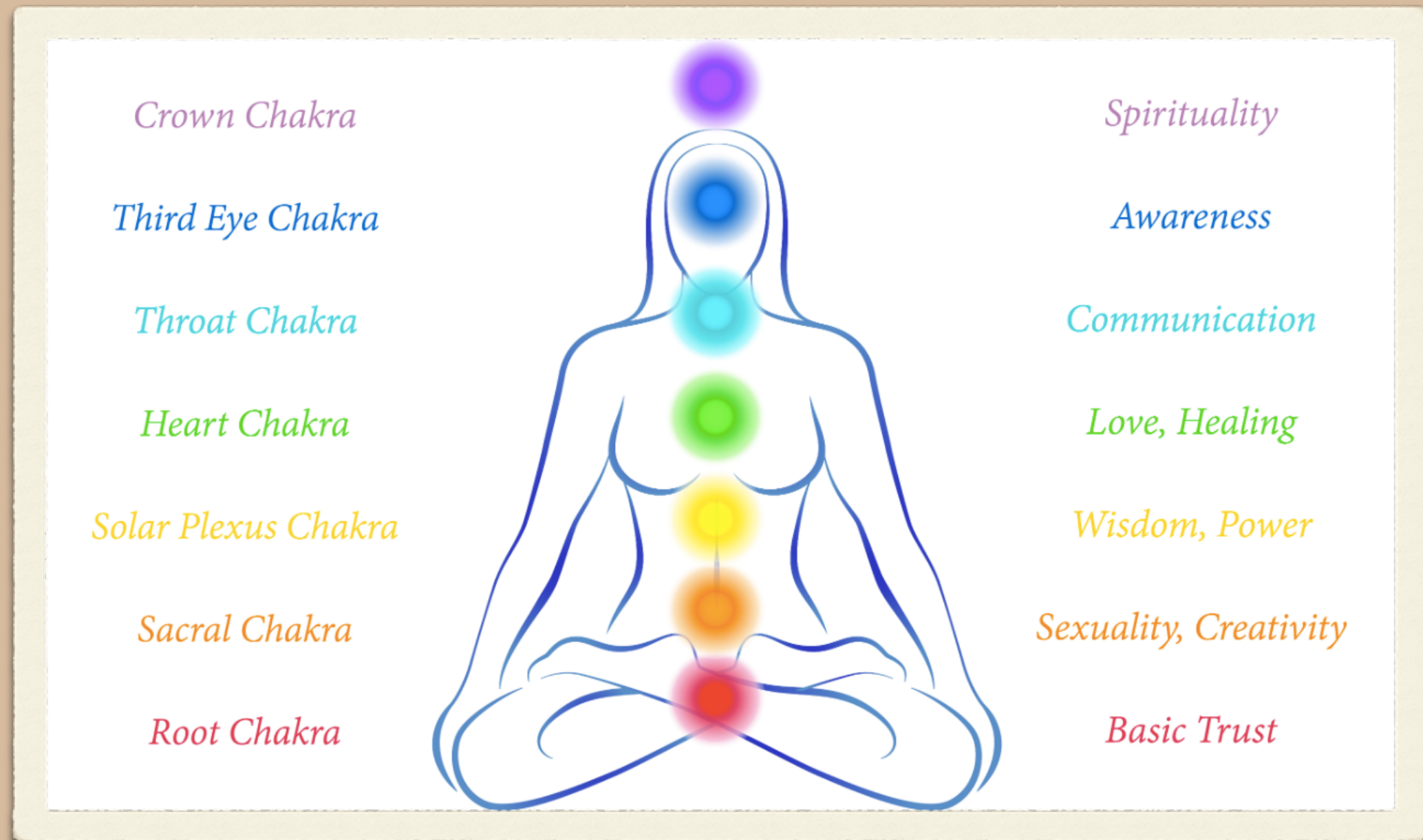
# Why do we need to know about Chakras?

## Empowered Interactions!

- \* Learning about the energy centres/**chakras** gives us a **clearer indication** as to **why the horse is focusing on these areas**
- \* This allows for **self reflection and insight**; can be **facilitated** to **clients**
- \* When we take responsibility for ourselves we can initiate **positive change** and **growth**; **highly beneficial for clients**
- \* These changes are noticed by the **horse** and **affect** them **positively** as well
- \* All of this results a **greater connection, partnership, wellness, and understanding**
- \* These are **EMPOWERED INTERACTIONS!**







# Chakra Descriptions and Placements

## Download



# First/Root Chakra

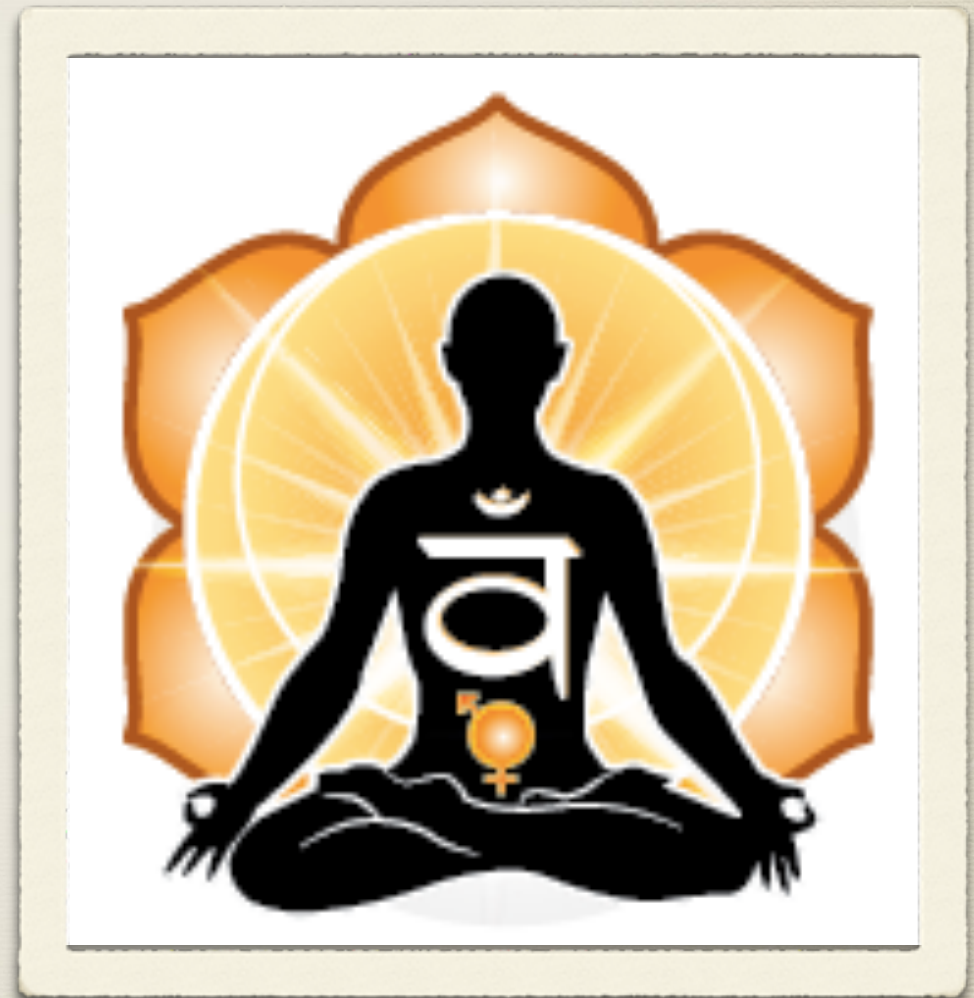
- \* The root of the **being**
- \* Deepest **connections** with the **body**, the **environment**, and the **Earth**
- \* Represents **basic trust** in the forms of **survival, stability, security, basic needs, home, family, grounding, vital life force, power**
- \* Located at the **base of the spine**  
associated vibration is reflected in the colour **red**
- \* Psychological function: Survival and self preservation
- \* Challenge: Fear





# Second/Sacral Chakra

- \* The centre of **feeling, emotion, pleasure, sensuality, intimacy, creativity, relationships, connection**
- \* Initiates ability to let go, move, feel transformation, to seek pleasure and enjoyment.
- \* Located above the **pubic bone, below the navel**; the associated vibration is reflected in the colour **orange**
- \* Psychological function: Movement and connection
- \* Challenge: Guilt





# Third/Solar Plexus Chakra

- \* The centre of **self-esteem, willpower, self-discipline, sense of self; source of personal power, perceptions of ones self** and the core of **personality, identity, ego**
- \* Creates the **transformation of inertia into action and movement**. It allows **challenges** to be **met** and the **moving forward in life**.
- \* Located in the area from **navel to breast bone**; the associated vibration is reflected in the colour **yellow**
- \* Psychological function: Will
- \* Challenge: Shame





# \*\*\*Fourth/Heart Chakra\*\*\*

- \* The centre of **deep bonds with other beings, sense of caring, compassion, feelings of self-love, altruism, generosity, kindness, respect, source of love, healing, connection**
- \* It is **spiritual** and also **serves as a bridge** between our **body, mind, emotions, and spirit**. It is an integrating and unifying chakra, bringing to wholeness, as such, it is **the healing centre**
- \* Located at the **heart centre** the associated vibration is reflected in the colour **green**
- \* Psychological function: Love
- \* **Challenge: Grief**





# Fifth/Throat Chakra

- \* The centre of **communication**, **source of verbal expression**, the **ability to speak our highest truth both outwardly and inwardly**, **acceptance of originality**, **expression of authentic voice**, the **seeking of knowledge that is true**
- \* Located in the area of the **throat**; the associated vibration is reflected in the colour **blue**
- \* Psychological function:  
Communication
- \* Challenge: Lies





# Sixth/Third Eye Chakra

- \* The centre of **intuition** and **awareness**, the ability to “see” clearly, to access our **inner guidance** and **deeper truths**, experience clear thought as well as gifts of **spiritual contemplation** and **self reflection**, the seat of **wisdom** and of **conscience**, origin of sense of **justice** and **ethics**
- \* One **can not only see** what is going on **but also understand**
- \* Located **between the eyebrows**; the associated vibration is reflected in the colour **indigo**
- \* Psychological function: Intuition, imagination
- \* Challenge: Illusion



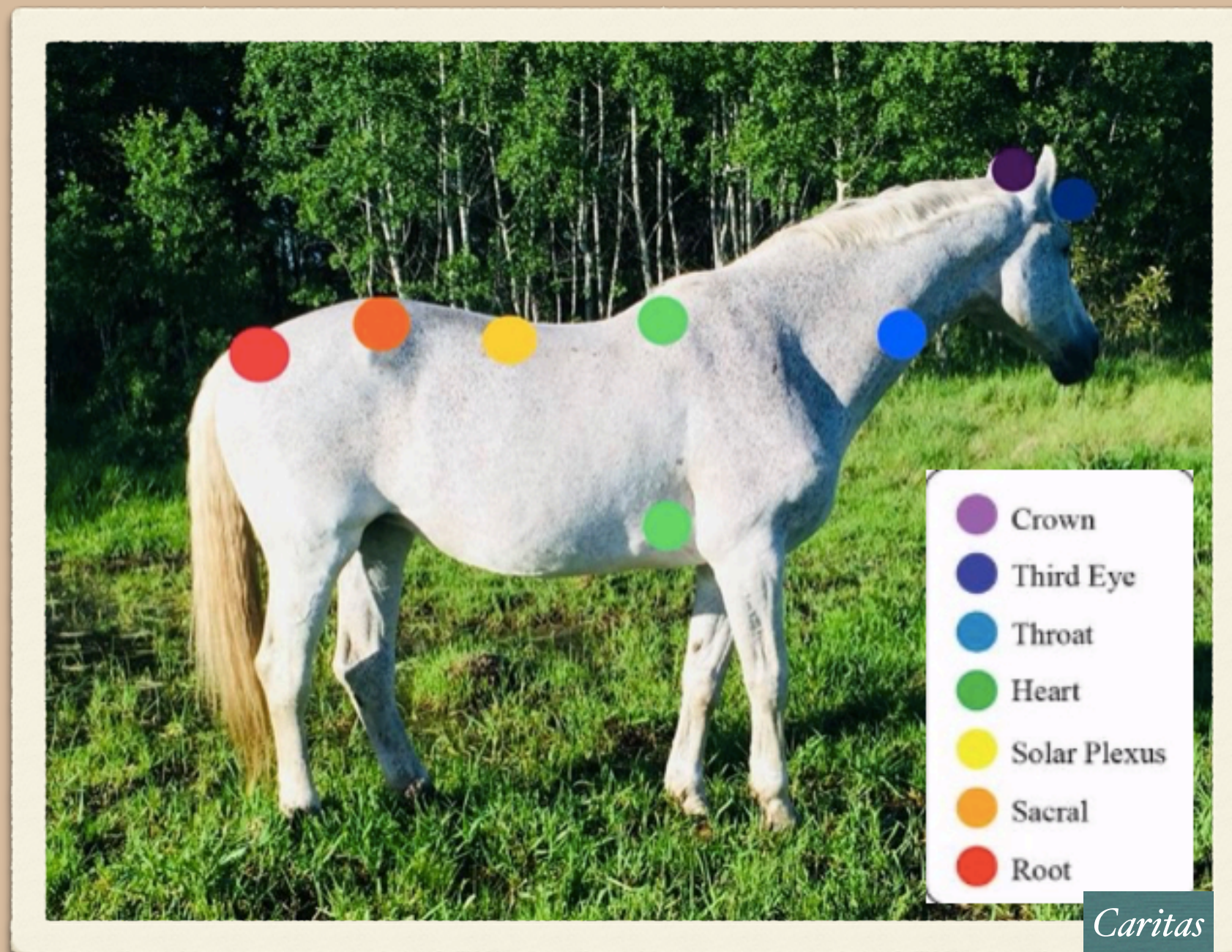


# Seventh/Crown Chakra

- \* The centre of **enlightenment**, **spiritual connection to our higher selves, others**, and ultimately, to **Source, unity, selfless realization that everything is connected at a fundamental level**
- \* Located at the **crown of the head**; the associated vibration is reflected in the colours **white** or **purple**
- \* Psychological function: Awareness, understanding
- \* Challenge: Attachment



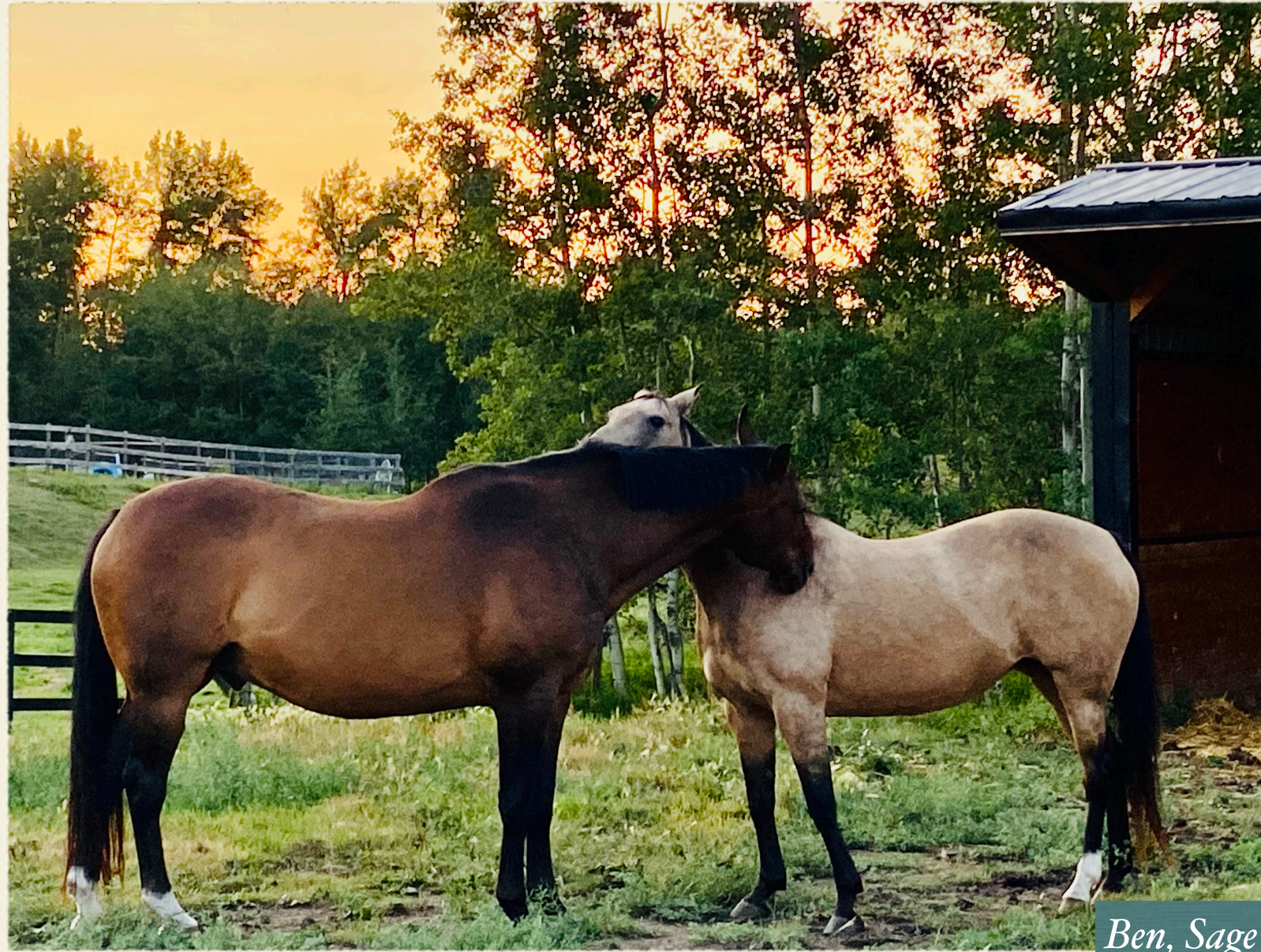




# Equine Chakras relative to Human

Horses have the **same seven chakras** in the same placements. However, as horses stand on all fours, theirs run **parallel** to the ground rather than perpendicular as in humans.





*Ben, Sage*

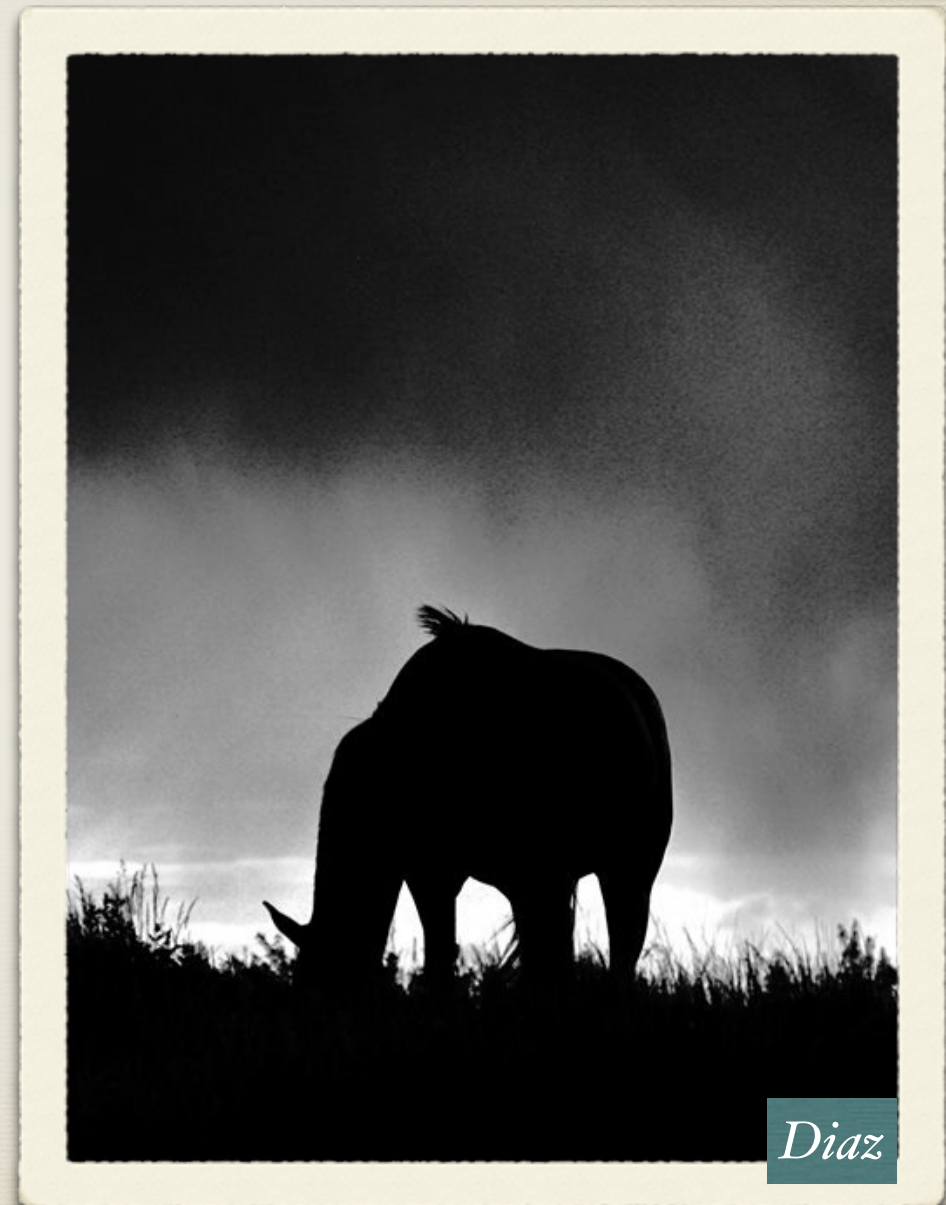
## **Module 3:**

# **Horse Culture and the Messages Within**



# How Horse Culture Uses Energy: Becoming Aware

- \* Now that we have an **understanding** of **energy** and that it is present in **everything** and **everywhere** we can begin to see how **horses interact** with and positively **manipulate** it in their daily lives
- \* We can see why **horses become unbalanced** when they are **unable** to **live** in a normal, **healthy** equine **social** and **physical environment**
- \* *It is essential that horses are balanced themselves in order to be fully effective in the therapeutic type of partnerships we ask of them.*



Diaz



# Mutual Balancing (Grooming)

Horse-people are familiar with this term and have all seen horses vigorously scratching each other.

*The importance is to investigate further.*



*Roxy, Kam*



# What is “Mutual Grooming”?

- \* It can be observed that typically horses **mutually groom** in particular placements which correlate to the **chakra centres**
- \* Most often we see them creating and re-establishing **bonds** at the **heart chakra**
- \* Horses also **work all of the chakra points**, as needed, as well as many of the other **associated energy meridians** throughout the body
- \* Horses **release blockages, increase positive energy flow, reduce negative energy flow** or an abundance, and help **create alignment and balance**



*Roxy, Kam, Diaz, Vixen*

It is  
**Mutual Balancing**



# What is that itch that can't be scratched?

- \* The science behind an itch and how it is related to energy
- \* *“At its most basic level an itch is the recognition of a sensory perception, usually of a slight disruption/imbalance/stasis of energy. It can be related to a number of reasons including physical restrictions within the fascia that affect energy flow.”*  
(Dr. Jodie Santarossa, BsC, DVM)



*Roxy, Donia*



# Why are they both so intensely “itchy” at the same time in the same area?

- \* *Who is that itchy in the same place at the same time?*
- \* While it may present as an “itch” (remember the definition of an itch) it doesn’t always
- \* Horses perceive that the **flow of energy** in that area could use some **assistance** and they work **sympiotically for each other** and **themselves** to move the energy in a way that is mutually beneficial
- \* This can relate to both **physical and emotional/spiritual energy** and its associated benefit

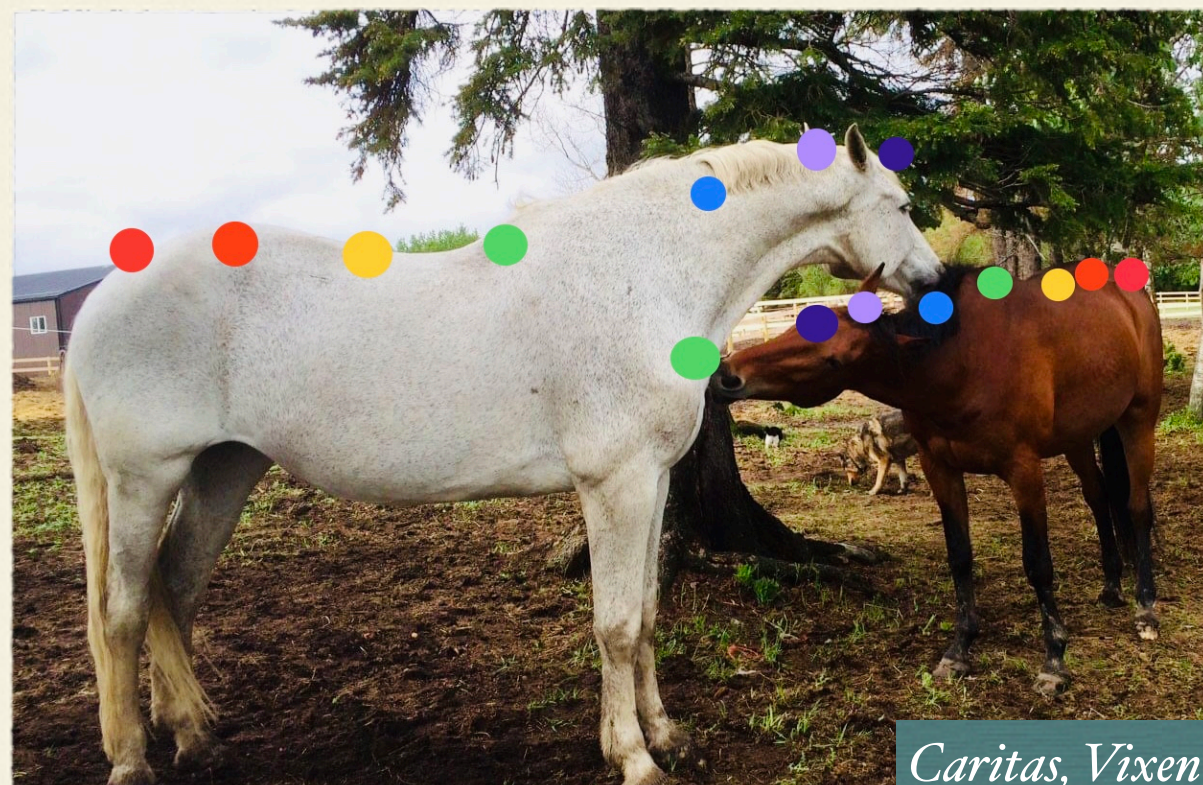


*Kid, Capiche*





*Roxy, Rosie, Russo, Vixen*



*Caritas, Vixen*



*Otto, Saint*





### **Bladder Meridian:**

Emotion Imbalance: Restlessness, impatience

Emotion Balance: Peace, harmony





***What do you notice in  
your own herds?***



# How do we, as humans, feel when we observe this behaviour?

- \* It is useful to **note** that most **people** feel a sense of **happiness** or **contentment** when we observe horses working on each other, even when we were only aware of it as “mutual grooming”
- \* Importantly, even without **conscious awareness**, we are **affected** by the **positive energetic work** horses do
- \* There is a **connectedness** that all living things **can access**
- \* We can **access** it **even further** when we become **aware** and begin to both notice and **work with it** ourselves to great benefit
- \* *What do you notice in yourself when horses work on each other?*



*Unnamed semi feral mares*

Generally the horses who balance others are the same horses who will reach out to people in a similar manner



# Observing Herd Interactions/Dynamics

- \* **Watch for how they ask permission to work on each other**
  - \* A respectful, slow approach, soft eye, gentle reaching out
- \* **Watch for balancing each other**
  - \* Working their muzzles and teeth over specific areas mutually (“mutual grooming”), standing with particular energy centres in line



*Donia, Kam, Caritas, Vixen*





*Kam, Rosie, Vixen, Roxy*

## **HOMEWORK: (Downloads)**

*Please complete the following  
exercise with your own herds*



## HOMEWORK Part 1: Mutual Balancing

- Spend some time with your own horses and herds this week, just observing.
- Are they working on each other?
- What areas are they focusing on?
  - Knowing what you do about chakras and meridians why do you think they are focusing on these particular areas?
  - Does this add up with any issues you've been seeing in your horses, clients, or yourself?
  - How did you feel as you observed?
- Are specific horses working on other horses more than others?
- Are specific horses receiving balancing more than others?

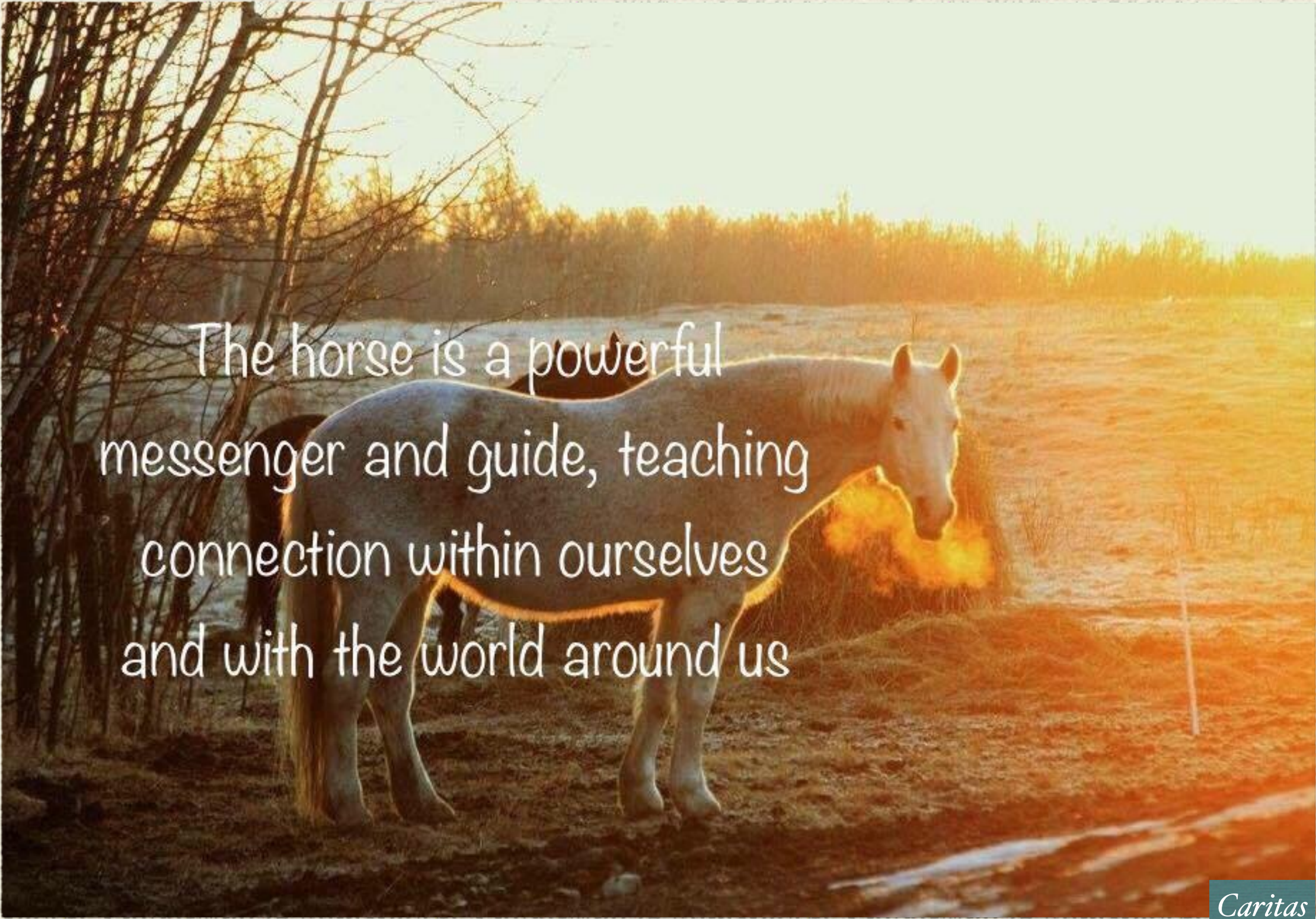


*Roxy, Rosie*



*Rosie, Roxy*



A photograph of a white horse standing in a field at sunset. The horse is facing right, and its body is silhouetted against the bright orange and yellow light of the setting sun. The background shows a line of trees and a body of water. The text is overlaid on the left side of the horse's body.

The horse is a powerful  
messenger and guide, teaching  
connection within ourselves  
and with the world around us

*Caritas*





*Otto & Ireland*

## **Module 5:**

# **Hold Space for Your Horse to do Their Work**



How to recognize  
**WHEN**  
your horse is offering to  
work on you or your  
clients and  
**WHY**

Boundaries  
Offering  
Connection



*Kam & Client*



# Boundaries vs Obstruction

- \* As horse-people we have been trained to create boundaries with our horses both from a safety perspective and as an educational tool. These **boundaries are important** especially in establishing a leadership position within the partnership
- \* We are taught that horses should never enter our space, put their muzzle on us, etc and we correct as needed
- \* However, inadvertently, many of us fail to **recognize the difference between:**
  - \* a horse that is **offering**, very generously, to incorporate us into their herd and offer balance by **working on us** in a physical and energetic way
  - \* and a horse that is trying to **overstep a boundary**



*Vixen, Kam & Client*



\* Like people, many horses have what could be perceived as a calling (as seen in the herd roles). While some of us may choose to be doctors or teachers or electricians some of us choose to interact with the world in another way, like healers, therapists, energy workers, etc. **Similarly, some horses are very called to interact in a healing, energetic way that balances others.**

\* These horses also often have specialities:

1. **Physical:** address physical ailments (pain, injury, etc)
2. **Vibrational:** address vibrational systems (chakras, meridians)
3. **Congruency:** address human behaviours, increasing honesty (addiction, clear truth)

\* When we continually **ignore and correct** a horse that feels compelled to interact in this way we **obstruct them**, eventually causing them to **shut down**, and **creating dis-ease** and **imbalance** within our equine partners. Over time this **can manifest** into both **behavioural** and **physical issues**. *Specifically, it is not uncommon to see horses in this situation with unresolved lamenesses.*



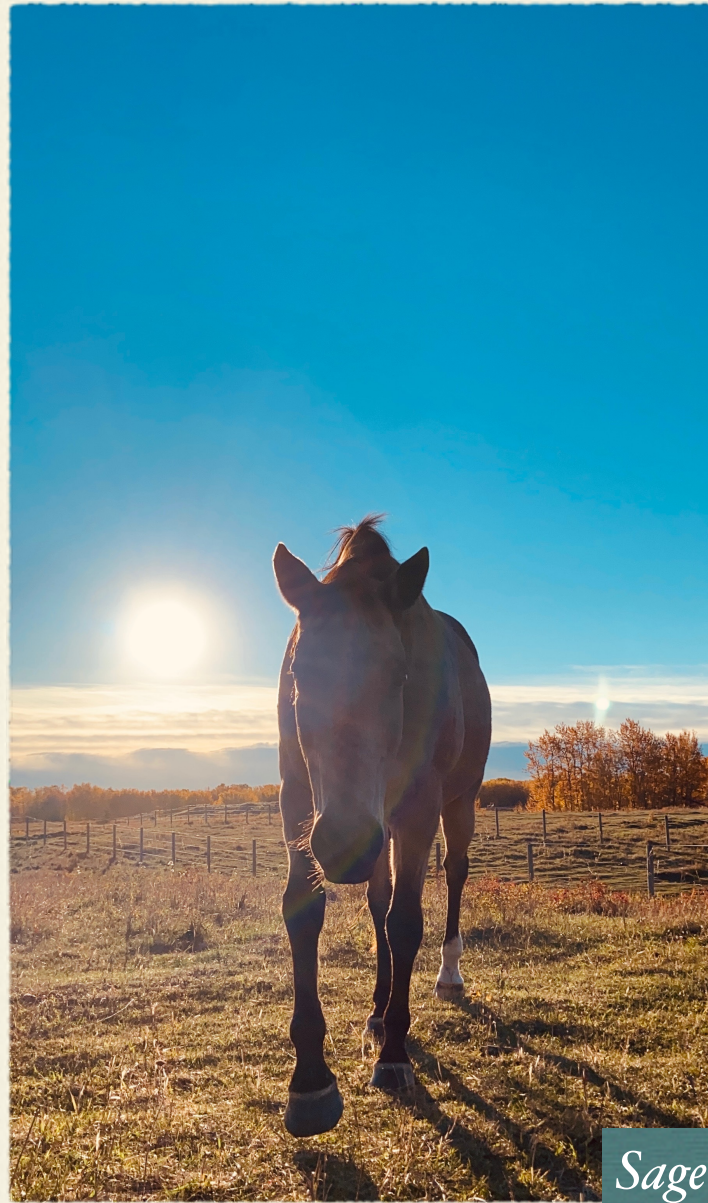
*Otto & Adam*

\* After all, they are only connecting with us through their own culture and behaviour when they offer to work on and balance us. **They are being true to their nature!**



# Collaborative Offering vs Uncomfortable Contact

- \* We can begin to discover when a horse is **offering** to work on us and **asking** to come into our space for this reason by being **particularly observant**
- \* Horses, when well balanced themselves, will ask **permission**, both from other horses and us, to begin to work. They typically do so **respectfully** (IE acceptable herd behaviour) with a **lowered head, soft eye**, and by **aligning** themselves directly with us and **gently reaching out with their muzzle**



Sage



Kam & Client

- \* Often the **first place** a horse will initiate contact in this modality is **at the hands**. For the horse, the heart chakra/meridian extends from the chest, across the shoulders, down the arms, into the hands. **This is a respectful, first offering of a heart connection.**



# Offering and Understanding

- \* Is it also **important** to be closely **connected** to **why the horse is offering to work on us/clients**
- \* It may be to create or increase a **bond and connection**, it may be to assist with a **physical symptom**, it may be to help alleviate or cope with an **emotional feeling (IE: GRIEF)**
- \* Research conducted at the HeartMath Institute is revealing the **interconnectivity of all life on Earth**



*Capiche & Client*



*Capiche & Client*



- \* By paying close **attention to why** and **where** the horse is offering to work on us or our clients we can **examine our own physiological** and **emotional responses** or **those of our clients**
- \* This offers great **personal insight** and **empowers** toward **increased well being** and **balance**

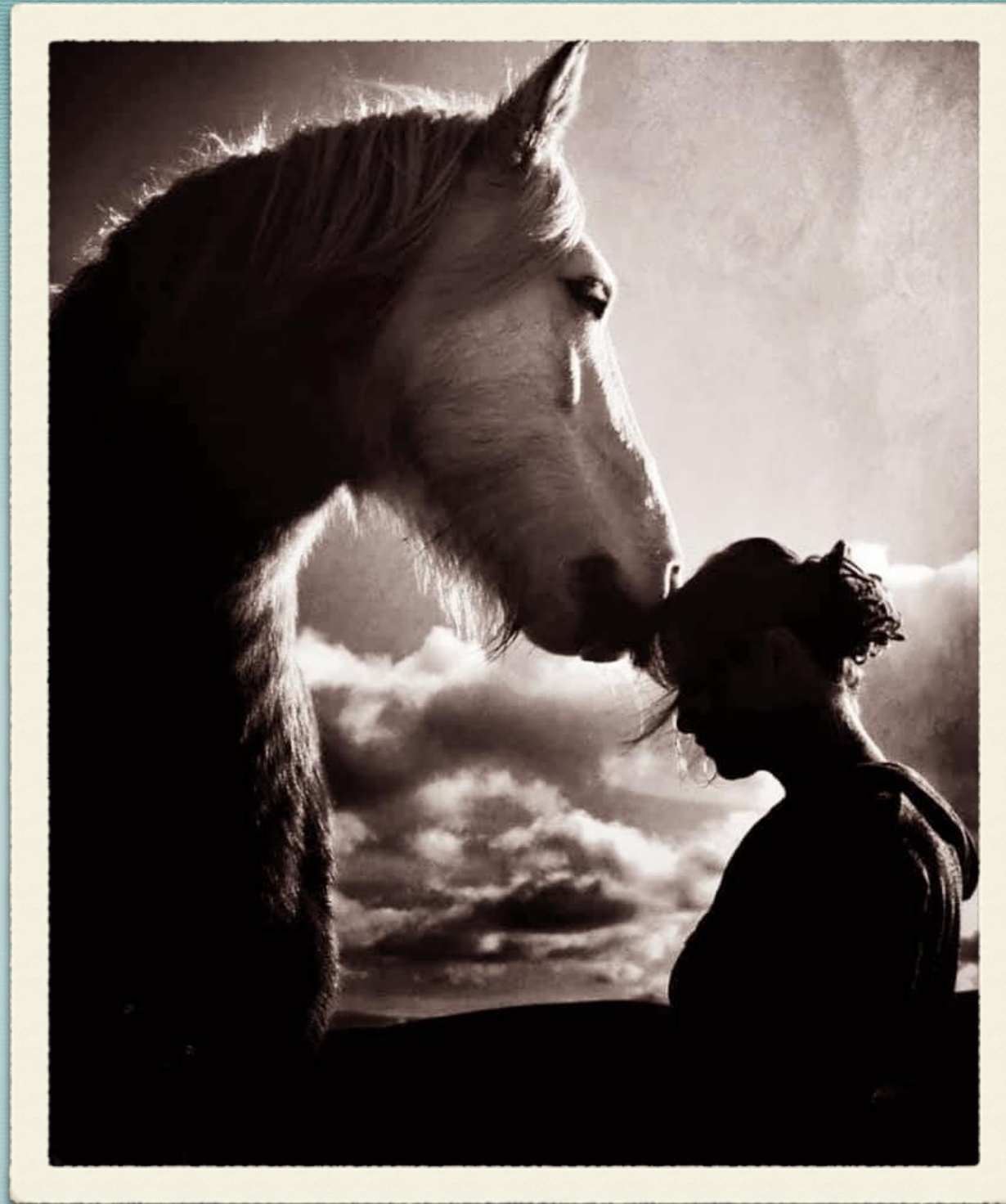


*Vixen & Client*



*Vixen & Client*





## **Module 6:**

# **Interpreting our Horses' Responses & Resources for Increased Awareness**



Recognizing  
**WHEN**  
your horse is offering  
to work on you or your  
clients and  
**WHY**  
  
=  
**EQUUS EMPOWERED**



*Otto & Ireland*



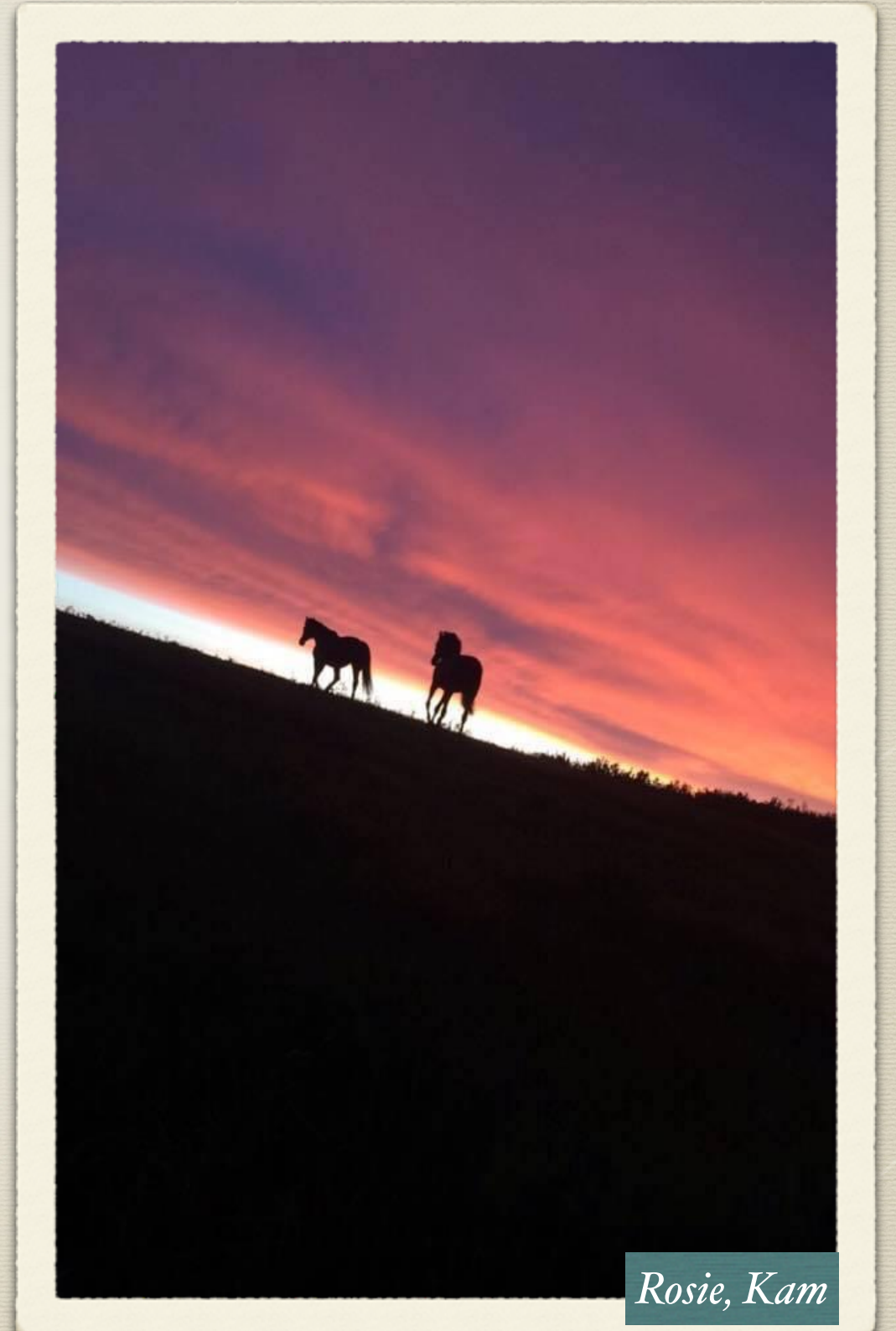
# Manifestations & Mirroring

Horses **mirror behaviours**, both physically and emotionally, as well as **manifest physical symptoms** for those they are linked to.

What are our horse partners **reflecting** in us and for us?

How do we address those reflections for the **benefit** of both the participant and their horse?

The **scientific theories** behind this understanding is supported by theories such as the **fibonacci** sequence and the concepts of **entrainment** and **coherence** along with the existence of **mirror neurons**.



*Rosie, Kam*



# Mirror Neurons

- \* A class of **neuron** that **modulate their activity** both when an individual **executes a specific motor act** and when they **observe the same or similar act** performed by **another individual** (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3898692/>)
- \* All animals, including humans, have mirror neurons.
- \* Type of **brain cell** that helps us **recognize** and **empathize** with emotion in other living things.
- \* Known as **resonance** in interpersonal neurobiology
- \* Theorized that horses have millions or billions **more mirror neurons** than people do, making them **experts** at understanding **nonverbal communication** and enabling them to **empathize even more** than people do. (<https://www.equineconnectioncounseling.com/blog/brains-relationships-and-horses>)



*Donia, Diaz, Vixen*

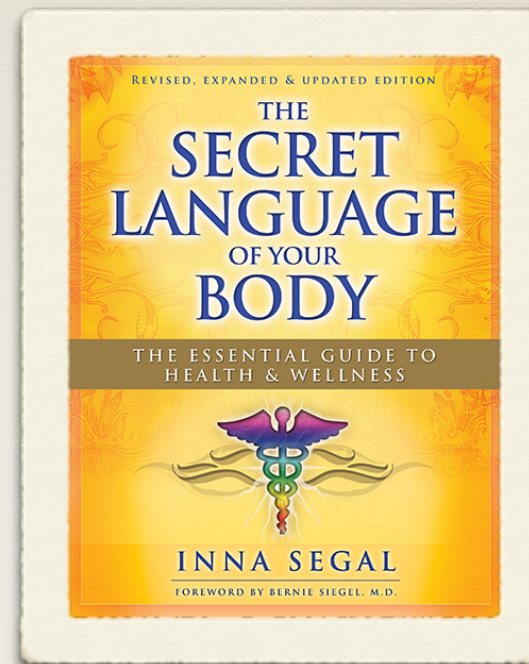
- \* With their **highly sensitive limbic system** (the region of the brain responsible for **emotions**), **smaller neocortex** (the area of the brain responsible for **analytical thought**), combined with a **refined system of nonverbal communication**, horses also are **astute energy readers** of their environment.
- \* Horses act like a **biofeedback mechanism** in their ability to detect human emotional states.  
(<https://health.howstuffworks.com/mental-health/coping/horse-therapy.htm#:~:text=According%20to%20Sheade,%20whose%20organization%20provides%20equine-assisted%20counseling,and%20empathize%20with%20emotions%20in%20other%20living%20things>)



# Additional Reading

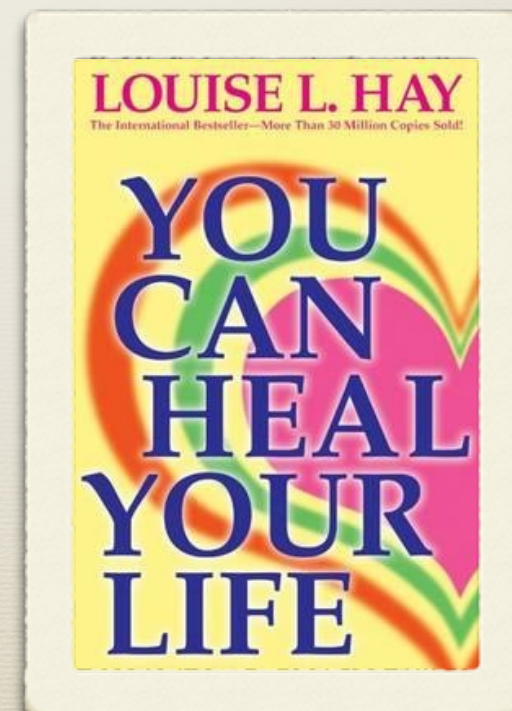
for further insight into why the horse is interacting with a specific area of the body

- \* “The Secret Language of Your Body” by Inna Segal



- \* “You Can Heal Your Life” by Louise Hay

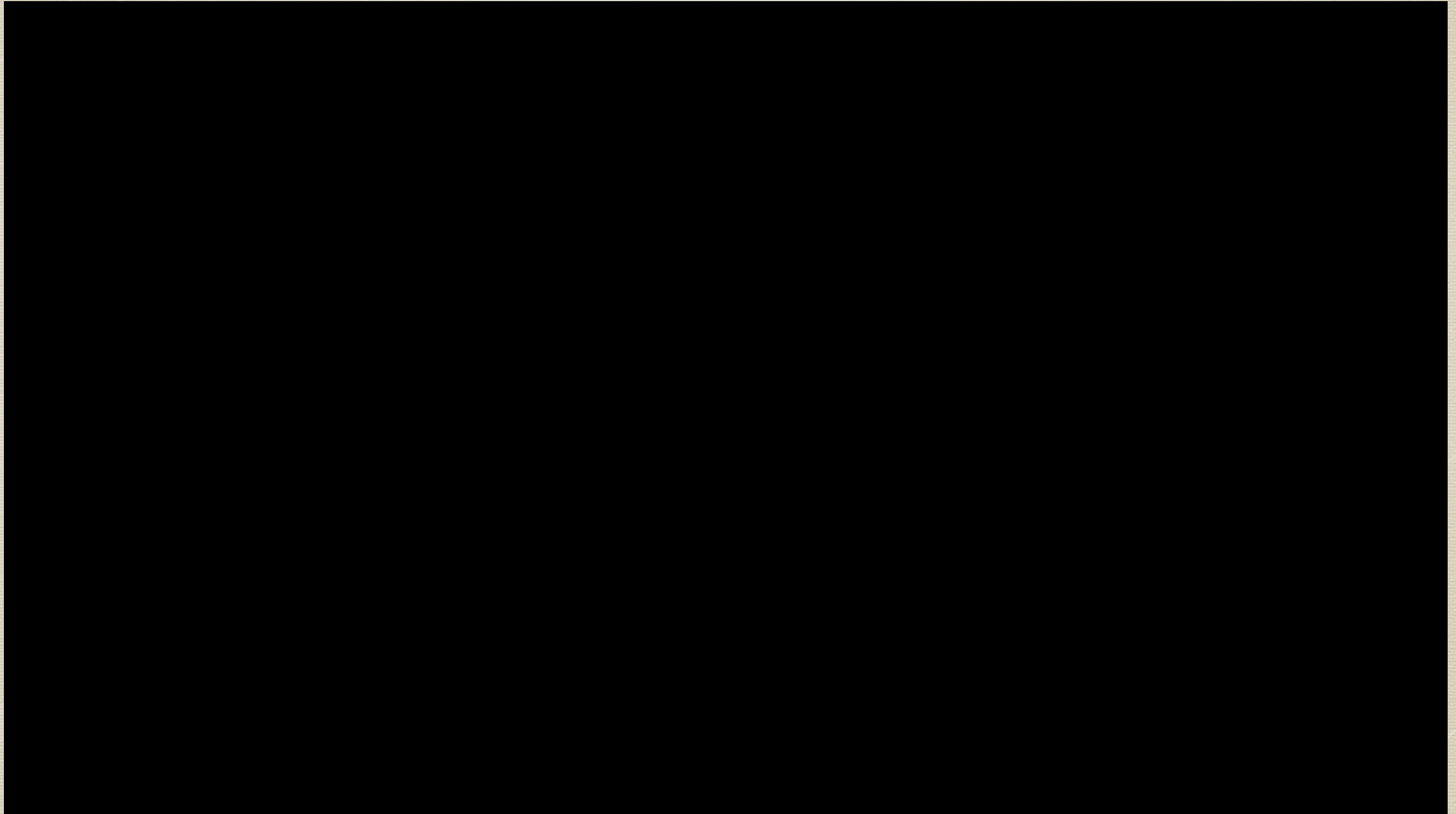
*This supporting information  
can be used to address  
unresolved physical  
manifestations in both horse and  
human.*





# Example Videos

## *Spontaneous Session*







## Module 7:

**Build Relationship: Help your horse find Peace in your Presence for this Work**



# Self Care & Self Growth

- \* It is **essential to be the best versions of ourselves** for ourselves, for others, and for our horses
- \* We are in an industry of being **in service** to others. In order to be **fully of service to others** we must **first be in service to ourselves**
- \* Being in service to ourselves via self care and growth creates energy, tools, a true place from which to give
- \* “Self care helps **balance the nervous system**, create **resilience against stress**, and **calm the body and mind**. It provides us with armour against stress.” <https://www.taliand.com/wp-content/uploads/2018/04/The-Self-care-Workbook.pdf>
- \* Cultivate a **Gratitude and Appreciation Mindset**
- \* **Horses**, in a natural herd environment, are **exceptional mentors and facilitators of self care**
- \* **We have a gold mine in our fields for healing, insight, and growth!**



Life happens FOR you not TO you  
-Tony Robbins



*Horsemanship is the art of  
mastering our own movements,  
thoughts, emotions, and behaviours.  
Not the horse's.  
~ Mark Rashid*



*Red & Ireland*



# Meditative & Mindfulness Space- Herd

- \* **With the Herd:** a **meditative** or **mindfulness practice** is an **essential tool** in creating the safe space and relationship with our horses in order to be of service to self and others
- \* It can **enhance emotional resilience for our horses**, provide a **positive connection with trust and peace** between us and our horses, and give us **important insight into the emotional and physical wellbeing** of our horses
- \* This ensures we are **filling our own bucket and that of our horses so that we have all that is needed to give to others**
- \* This practice of sitting with our horses **enhances the required relationship** and **creation of a safe space**. We are **participating in horse culture** by **simply being**, not requiring anything, just **sharing meditative space** as horses do with each other regularly
- \* This is also a time to **practice your skills of intuition**. Be open to and aware of any **thoughts, feelings, images** that come into your **awareness**. With **practice** you will learn to determine where those messages are coming from



*Otto & Client*

Where Focus goes Energy flows  
-Tony Robbins



# Build Relationship: Enjoyable Interactions

**Ensure that every time your horse is with you they ENJOY it**

- \* **YOU** become their **safe haven**
- \* They **gravitate** toward you and want to be with you
- \* They meet you at the gate!
- \* **Trust** is created when your horse **finds peace in your presence**
- \* **Give** to your horse in ways they like

*“The quality of your life is  
the quality of your relationships.”  
~ Tony Robbins*



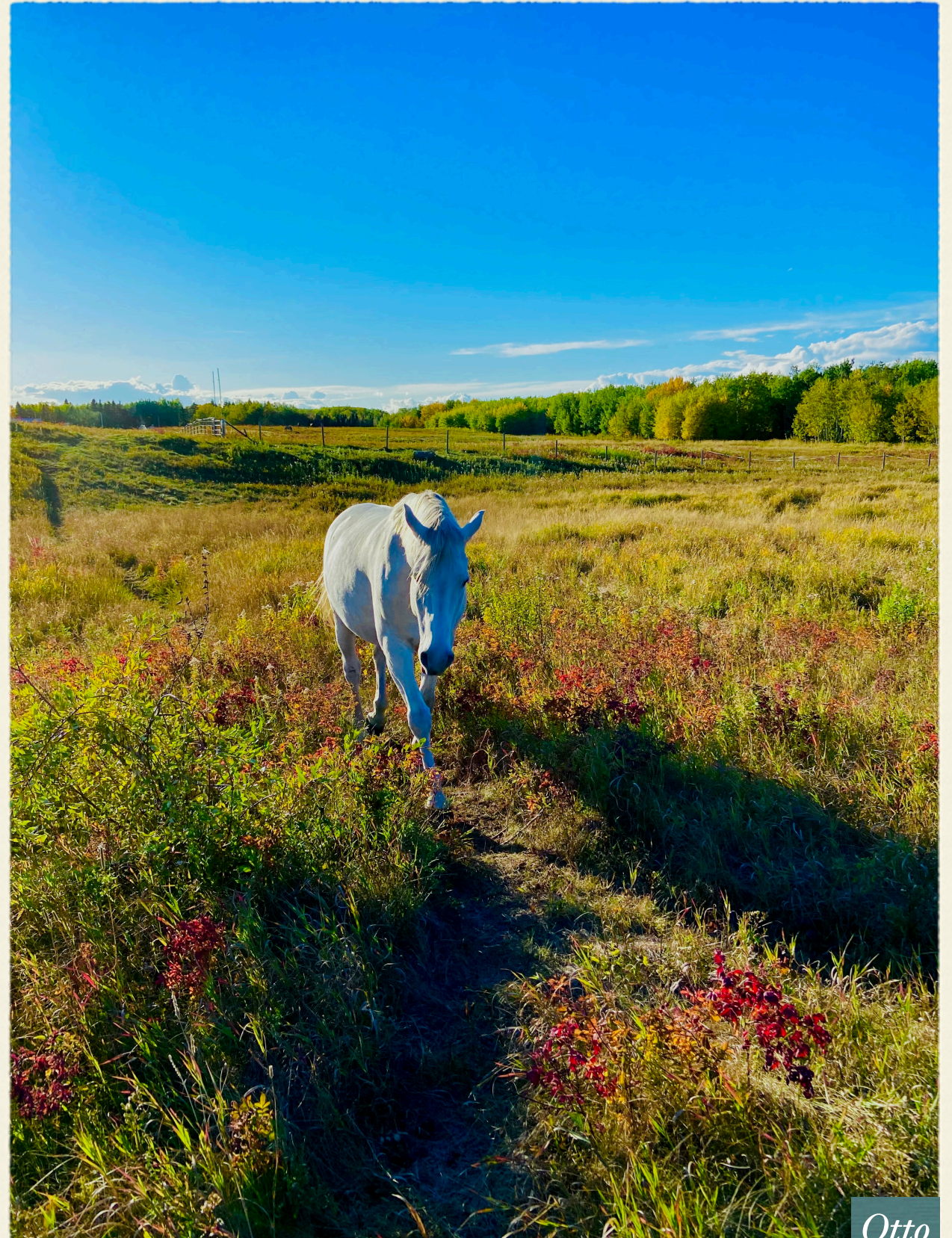
Shorty



## EXERCISE & HOMEWORK:

*Please complete the following exercises.*

- Sharing of Space
- Cleansing & Grounding Breaths
- SRG



Otto



# Simply Share Space: Homework with Own Herd

- \* **be accessible** and open, without direction
- \* **ask nothing** of them or yourself
- \* **breathe together**; adjust your breathing to match theirs, take a deep breath when they do, blow out when they do
- \* **sit quietly** in the **hay** while they eat
- \* **sit in the grass** with them as they graze or rest
- \* read an uplifting book **nearby**
- \* **play** zen-like **music aligned** with the vibration you intend to achieve
- \* **hand graze** and admire them; allow them to direct where they would like to eat
- \* do a guided or self led **meditation** in their presence
- \* **give and receive** love, appreciation, and gratitude
- \* when **you feel good** your horse will **entrain** to your pattern, their **mirror neurons** will be activated, and they will be **drawn to be in your presence**



*Capiche, Mesewa, Red, Ben, Otto*



*Red*



# Breathing Exercise: Cleansing

Sit or stand comfortably

Close your eyes

Breathe in deeply through your nose, pressing the belly out, filling the bottom of your lungs and then the top. Breathe in all the positive, wonderful, loving things in the world.

Breathe out audibly through your mouth, pressing your belly in. Release anything that no longer serves you, let it all go.

Repeat 4 times





# Breathing Exercise: Grounding

Sit or stand comfortably

Close your eyes

Breathe in deeply through your nose, pressing the belly out, filling the bottom of your lungs and then the top. Breathe in all the positive, wonderful, loving things in the world.

Breathe out through your nose, pressing your belly in. As you breathe out imagine sending roots from your feet, deep and wide, into the earth. Feel yourself heavy and deeply connected to the ground.

Repeat 4 times





# Speak the Language of Horse Culture (SRG)

- \* Sweep
- \* Release
- \* Ground
- \* This form of equine language, **based on horse culture**, is an **important element** in **building relationship** and creating the **peace** your horse feels **in your presence**. This is a an equine language and your horse is pleased that you speak it!
- \* It is observed that a **mare performs this type of communication** with her foal when she is **reassuring** them all is safe and well or when her foal is experiencing **anxiety**
- \* She will run her muzzle along the back of the foal, down the hind leg, touch the ground, and often walk away





# SRG Continued

- \* Start by **sweeping your hands**, starting at the **poll**, all the way down the **neck, shoulders, front legs to the ground, barrel, back, abdomen, haunches** and **down the hind leg on each side** with the **intention of brushing off** and **releasing anything that doesn't serve** your horse and **sending it back to the ground for renewal. Touch the floor/earth** at the bottom of each leg after sweeping in order **to ground**
- \* With the **intention** of becoming a **conduit** for the **world's love** and **positivity** lightly **place your hands** wherever you are drawn on your horse and focus on **allowing** that loving **energy** to **flow from** the **universe, through you, and into your horse**
- \* Create the goal that this positivity **goes where it is needed most and stays for as long as is needed**
- \* This sweeping, grounding, and releasing helps to **re-balance** the horse and allows them to re-enter the herd in a state of **equilibrium** and **harmony**
- \* It also re-affirms to your horse that you **understand** them, you **speak their language**, and are willing to **participate in their culture...all of which creates trust and peace**







## **Module 8:**

# **Allowing your Horse to Work on You**



# Boundaries: Facilitate your Interaction

- \* **Horses naturally know how to work on and balance us.** They will typically interact in one or all of the following ways:
  1. **Physical Contact**
  2. **By aligning their own chakras with us**
  3. **By holding meditative space**
  4. **Working on another horse for our benefit**
- \* However, **initially**, often they need some **facilitation** in order to remember that we, as humans, are smaller and thinner skinned than they are. As always, clear and positive **boundaries** are **essential**



*Saint*



## I. Physical Contact

- \* When horses work on each other they typically use their teeth. When **working on us** they should, ideally, only use their **muzzle**. (*When they do use their teeth they generally do so gently*)
- \* They will usually start with their muzzle and lips, sometimes their tongue, in the event that they escalate to using their **teeth** they need a very **gentle reminder** from us that this type of interaction is not preferred. The best way to do this is a gentle **verbal reminder** and **finger wag**
- \* Oftentimes they will **nudge** with their **head**. Usually this is clear but gentle. Most often there is a reason for this interaction, usually it is a **reminder** for the receiver to **stand in their own power**, to not allow themselves to be moved around by anything outside of themselves. Sometimes the horse requires a reminder to do so gently. *We can let the horse know that we will get the message across and they usually will then soften.*
- \* As always, we **start** corrections off asking **gently** and **gradually increase** our requests **as needed** with a **louder verbalization** and **larger hand gesture**



*Kam & Client*



## 2. Align Chakras

- \* In addition to using their muzzle for a direct contact horses will also provide an exchange by **aligning their own chakras with the person** they are assisting
- \* Horses are large beings and **move significant amounts of energy** with their sheer size and intention (*remember the concepts of entrainment, the electromagnetic field of the heart, and coherence*)
- \* It is common that they will move and **intentionally stop** with a particular body part **lined directly up** with the person
  - \* Be aware of **which chakra** the horse is **aligning** with and the **insight** this will provide
  - \* You will **be aware of the intentional way** the horse has placed themselves



*Shorty & Terry*



*Ben, Sage & Client*

*This is the time to be grounded, present, accepting. Stay still, breathing deeply, and intentionally remain connected with the horse and the process. Allow them to move at will*



### 3. Hold Meditative Space

- \* Horses will also **hold meditative space** for those they **intend to assist**
- \* **Horse Culture** involves **frequent meditative space** between herd members. Horses are often seen standing quietly with each other, communing, resting, and connecting. This is a clear example of **entrainment** that they will **practice with people** as well
- \* In holding space the **large size and intention** of the horse **affects the vibrations** around them, including our own. Their **survival** depends on the balance of those around them so they hold space for that alignment to be completed (*remember the concepts of entrainment and the electromagnetic field of the heart*)
- \* It is common that the horse may **breathe** on a particular area while they **stand quietly** and grounded or they may simply choose to be in the **close vicinity**



*Otto & Client*



*Jake & Clients*



#### 4. Work on Each Other

- \* Horses will **work on another horse** when they perceive that the **person may not be open to or accessible** for an interaction
- \* We know horses will work for the benefit of others. We know by the Heart Lock In study in Lithuania, the concept of entrainment, and simply how we feel when in the presence of horses working on each other (“mutual grooming”) that the **exchange of energy and intention affect all around us**. Horses are well versed in this concept as well and **will work on each other for the greatest good**
- \* Often times people are **not yet physically or emotionally comfortable** with a contact interaction via the muzzle so the **horse will choose to work on another horse close by**



*Pass, Comet & Client*



*Vixen, Kam & Client*



# Interaction

- \* Allow your horse to begin their guidance and exchange, stay **grounded** and **grateful**, **accepting** what your horse is generously **offering**
- \* Stand still with your **hands at your sides** and **feet firmly grounded**
- \* It is important to **refrain from directing the horse** or **blocking** them from **freedom of movement**. In doing so we **block the intentions** of the horse and **miss out on key interactions** when in this method
- \* **Be aware** of where your horse is working on you , **stay present, stay breathing, stay open**
- \* It is **normal** to feel **emotion** that moves through the body in terms of tears, feelings of elation, joy, sadness, relief. Allow them to flow
- \* It is **normal** to feel **physical sensations** such as tingling, warmth, coolness, light headed. Just breathe
- \* **Self care is important.** Stay well hydrated, rest, listen to and honour your body after a session



*Kam & Client*



# Energy Is Moving

- \* We know **energy is moving** and/or releasing when we see physical signs from the horse such as **sighing, licking and chewing, yawning, eye rolling, relaxation.**
- \* Often horses will **ground** the energy in one form or another as it starts to move and after it comes into alignment. They will often **place their muzzle to the ground**, sometimes chewing, most times not. **Geldings** have a helpful way of **clearly showing grounding** when they drop their penis. This is a way of getting even closer to the ground to recycle the energy. It is not uncommon for horses to **roll** after an interaction as a further grounding with **connection to the earth**



*Becker*



*Kam, Vixen, Roxy, Diaz*



# Exercise

## Allow horses to work on you

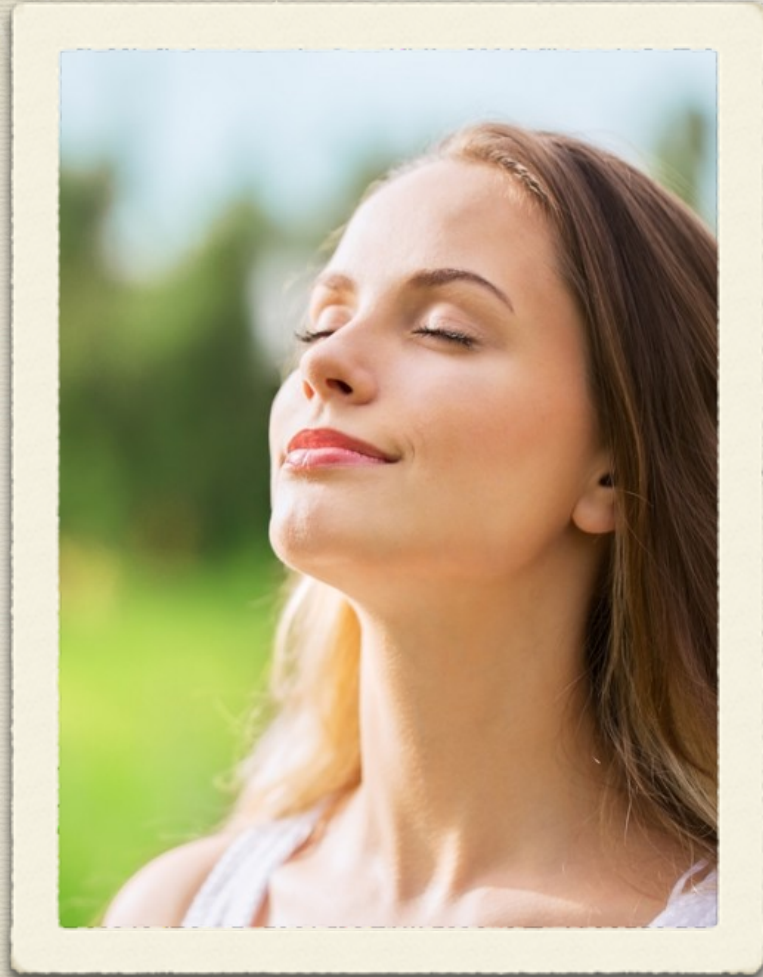
**Sit** with your herds, **observe**, **allow** interactions, be **still**, take **deep breaths**, **trust** your horse to do what horses do.

*This is such an honour to be the recipient of!*

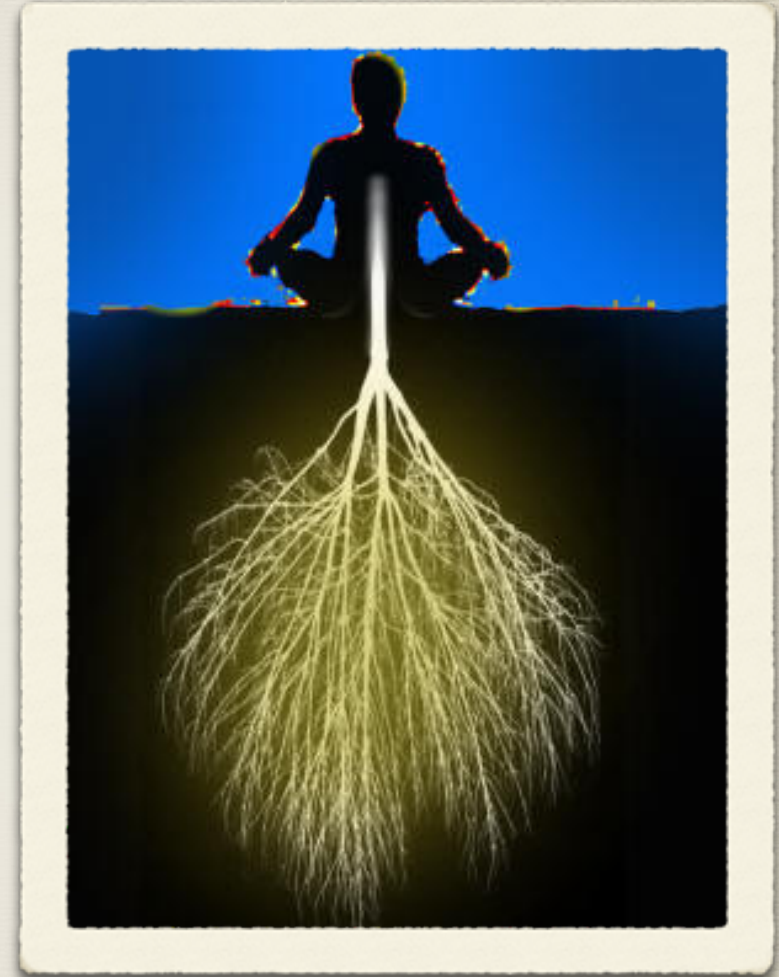




# Begin with your Breathing Exercises



Cleansing



Grounding



\* Practice **standing still**

- Signal to your horse that you are open to an interaction by **aligning with them and taking deep breath** keeping your abdomen soft; *(use this technique going forward to keep encouraging the horse and affirming they are allowed to interact this way)*

- **Hands at your sides**, feet firmly grounded (resist the urge to pet your horse while they are working on you)

- Allow the **horse to move around you**; if using a rope let it be loose

\* Practice **self awareness** and **regular, deep breathing**

- **Allow** any physical or emotional **feelings** to **flow**, be aware of them in the moment and **allow them to move** out of or into you gently. Continue to **breathe in a deep, regular, relaxed way**. Be reassured this is **expected, normal, and healthy**

\* Stay **“present”**. Be in the present moment, with this horse, and with any emotional or physical feelings that arise, quietly **allowing**

\* Be the gift for the horse and allow the horse to gift you. Be **aware** of the **generosity of the horse** as, despite the history between horses and humans, the horse will offer to assist you to feel good and be well and happy. **Offer love** and **gratitude** back with simple **intention**



*Kam & Client*



## Self Reflection

- \* Be **aware** of any physical and emotional **sensations**, trust your **intuition** about what happened and why, look for reasons the horse may have paid **particular attention to particular areas** and how you felt at the time, look for any evidence of **mirroring**
  - \* You will **receive intuitive messages** from your horse. These messages will arrive as **images, thoughts, feelings, etc.** **Trust** these messages, the more you become **aware** of them **the easier they become to understand**. With practice you will begin to determine if the messages you are getting are from your **own intuition** or if they are from **your horse**
  - \* This is part of **TELEPATHY!**
- \* Acknowledge and **offer thanks** to the horse for the generosity of assistance
  - \* Horses are very in tune, **the intention of offering gratitude is acknowledged by them**, they sense it easily. This can be followed up with a gentle pet, rub, simply standing and holding space with them, etc
- \* Finish by **releasing and re-balancing** the horse by sweeping them off: **Sweep, Release, Ground (SRG)**



*Vixen & Client*



# Emotional Release

- \* It is **very common** for people who are the recipients of these interactions to experience a range of:
  - \* **emotions** (tears, laughter are most common)
  - \* **physical sensations** (warmth, coolness, tingling, light headed)
- \* **Reassure** them this is **normal, healthy** and **safe**. It is a sign of the energy moving
- \* **Encourage** them to let it flow
- \* **Hold space** for this process by being present, allowing, non-judgemental, calm for as long as necessary





# Emotional Release



*Diaz, Kam & Clients*

Horses are very good  
mentors for holding  
non-judgmental space  
for others

They hold no grudges and  
accept us just as we are; we  
can do the same for humans  
and for horses



*Kam, Laura & Clients*



# Facilitate your own Horse to Work on You

## **EXERCISE & HOMEWORK:**

*Please complete the following  
exercise at home with your own  
herds.*

*Share your experiences to FB!*



*Red & Client*



# HOMework

## Self Session

**Present yourself to your horse for a formal interaction and self session this week.**

**Begin with cleansing and grounding breaths**

- \* **Practice communicating** to your horse that you are open to an energetic interaction (aligning, deep breath, soft abdomen, allowing, intention)
- \* **Practice being present**, still, allowing (stand still, hands at side, grounded)
- \* **Practice facilitating boundaries** if the horse becomes too excited or escalates to using their teeth (finger wag —> verbalization —> stop button) and then de-escalating and continuing the interaction
- \* **Practice self insight** in terms of the chakras, meridians, physical areas your horse interacts with
  - \* Using what you know of physical manifestations for emotional imbalances and your own intuition decipher what the horse is helping highlight in terms of empowering insight about yourself



*Red & Client*

Ensure to offer gratitude to your horse for their generosity.

Sweep, Release, and Ground them at the end of each interaction.





*Vixen, Laura & Client*

## **Module 9:**

# **Facilitate Your Horse**



Now that we've allowed our horses to work on us within some mutual boundaries and guidance we can **facilitate these interactions on our clients.**

We can now allow our horses to formally work on our clients and others, **during programs and lessons** or in a **scheduled session.** These exchanges and **increase of self awareness enhance every interaction.**



*Diaz & Client; Mesawa & Client; Danny, Hi-Rise & Clients*



# Facilitating Self Insight

- \* Using what you know of **chakras, meridians, and manifestation of physical symptoms due to an emotional root cause** begin to **guide** your client **toward insight** based on what your horse is interacting with on their body
- \* Ask them what they **feel is happening**
- \* Ask them what they are **feeling emotionally**
- \* Ask them what they are **feeling physically**
- \* Ask them **why** they think that is happening
- \* Share the **meaning and function of the chakra or meridian** that is being worked on, ask if that **resonates** with your client
- \* Share what you know of your horse's **role in the herd** is (IE leader or worker) and **why** that particular horse may be **resonating** with your client (the concept of entrainment, vibration)
- \* It is in the **sharing of this information** that **empowerment** happens for the client as they begin to **apply it** to themselves and **use it** in their lives going forward



*Kam , Danny, Vixen & Client*



# Energetic Exchange

- \* **Do your best** to **facilitate** the sharing of information related to the areas your horse is addressing on your client
- \* However, **regardless of whether there is understanding** the **exchange** and balancing of energy **will have profound effect**
- \* Your horse is **balancing your client** the same way they **balance their herd** members. This increases, aligns, or grounds the energy, whatever your client needs and is to their **best benefit**
- \* *Your client will feel this beneficial effect going forward even if they don't have a full understanding of the interaction*



*Diaz & Client*



# Facilitate your Horse to Work on Others

## Examples





Horse communicating request for connection at the Heart chakra:



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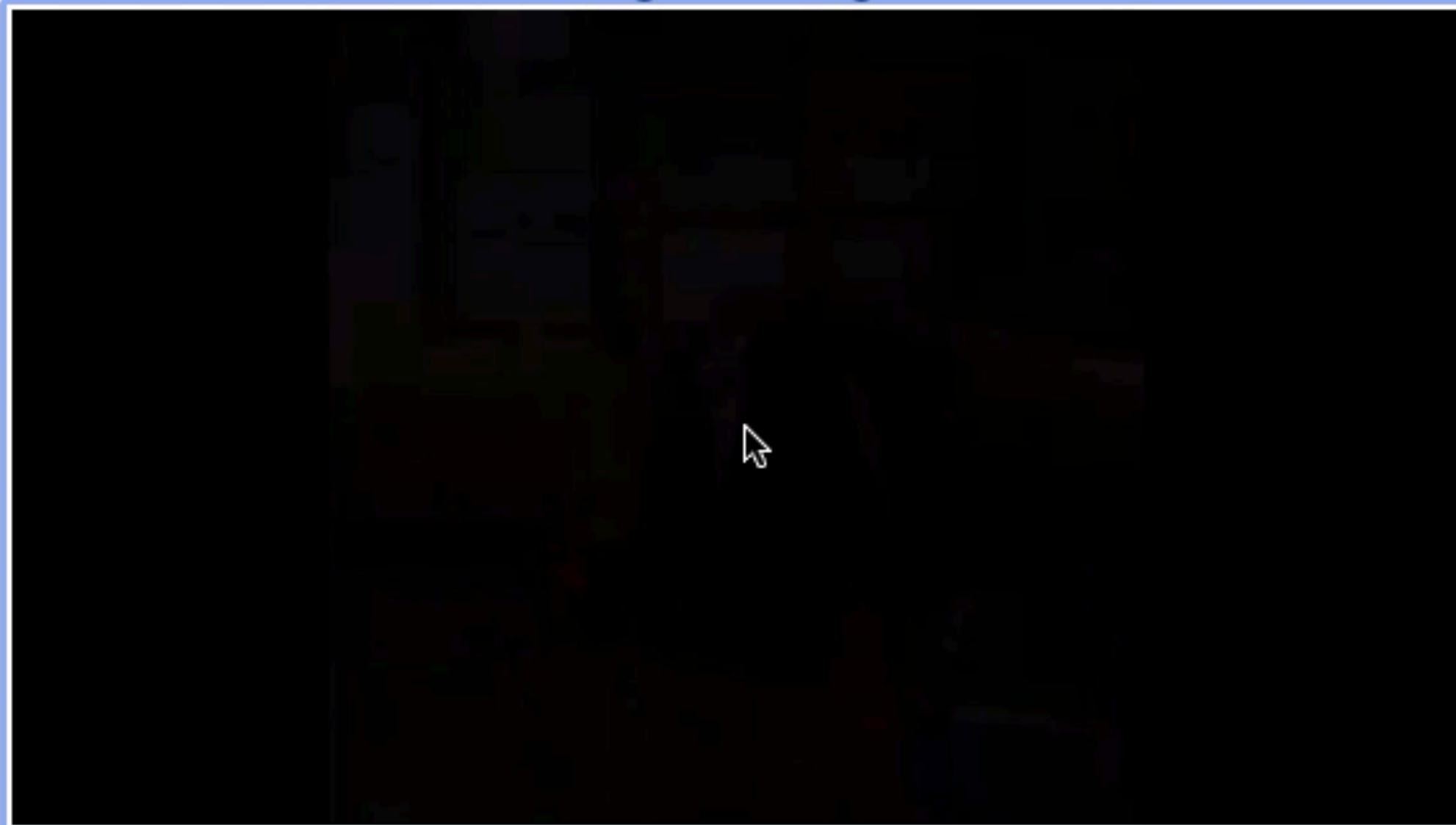
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### **Intentional interaction with Root chakra**

This presents an opportunity to check in with the client and the team as a whole about how they are feeling and offer grounding tools. This may also be an opportunity to facilitate moving out of one's head and into their body, becoming present and tuned in. As always we are looking to see what our horse is communicating and asking for.







## **EAL, Grief Programs, and Other sessions**

Practice noticing and facilitating brief  
energetic interactions

*Further Facilitation Information Resources Available in*  
**EQUUS EMPOWERED!**

**\*\*Facilitate Interaction (Joanne)\*\***  
**Question and Answer**



# Horse Facilitated Grief Guide Resources

**Interpreting**

**Our Horses' Responses Regarding Grief**

<https://www.leahdyck.com/horse-facilitated-grief-guide-resources>



# Want to learn more?

1. **Equus Empowered  
nine week online  
course** with weekly  
zoom meetings
2. **Horse Culture &  
Energy online  
workshop** (self directed)

[info@leahdyck.com](mailto:info@leahdyck.com)

[www.LeahDyck.com](http://www.LeahDyck.com)







# **Special BONUS**

## Horse Facilitated Grief Guide Attendees

**10% off**

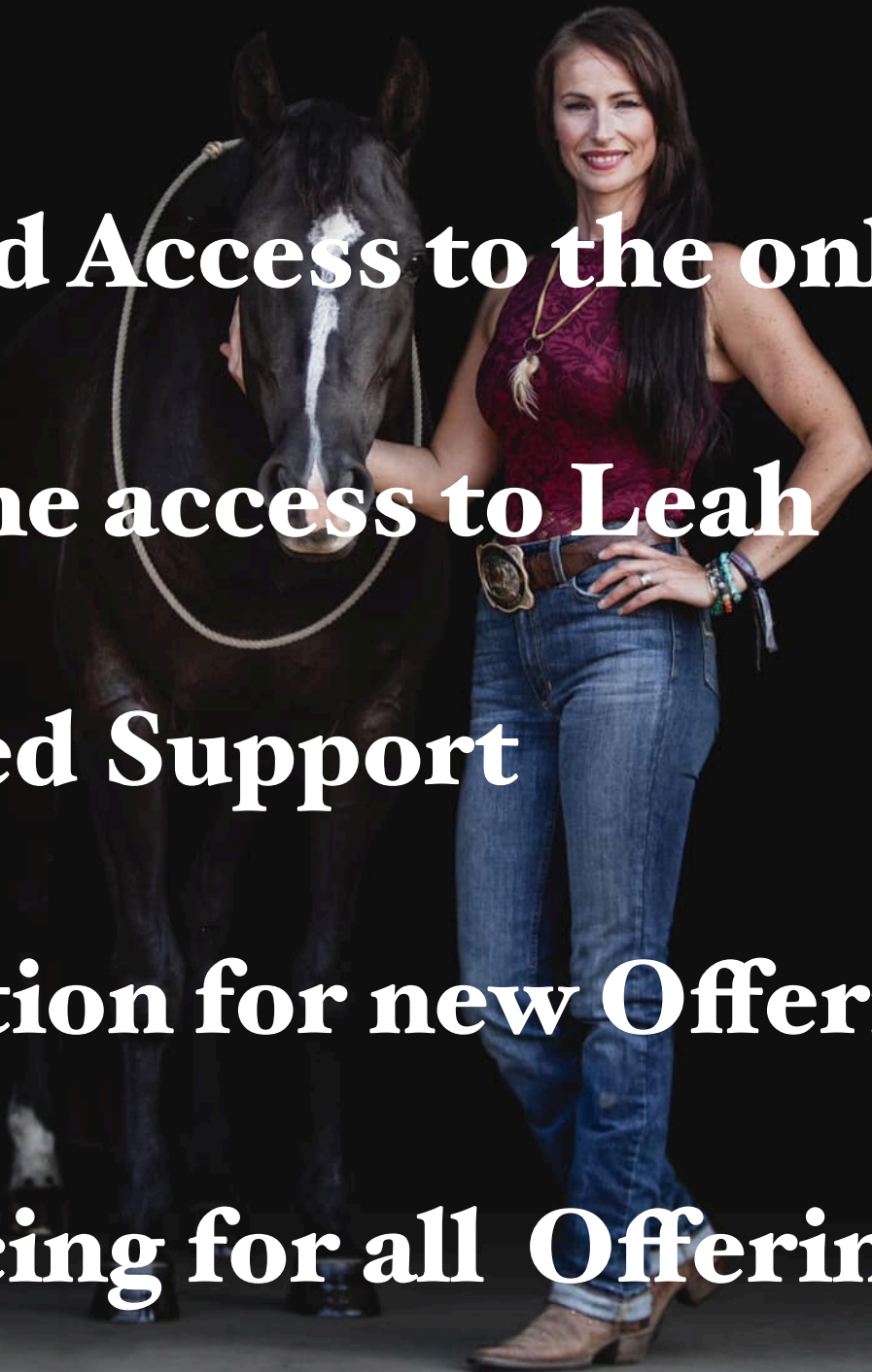
# **Equus Empowered Course**

(\$999)

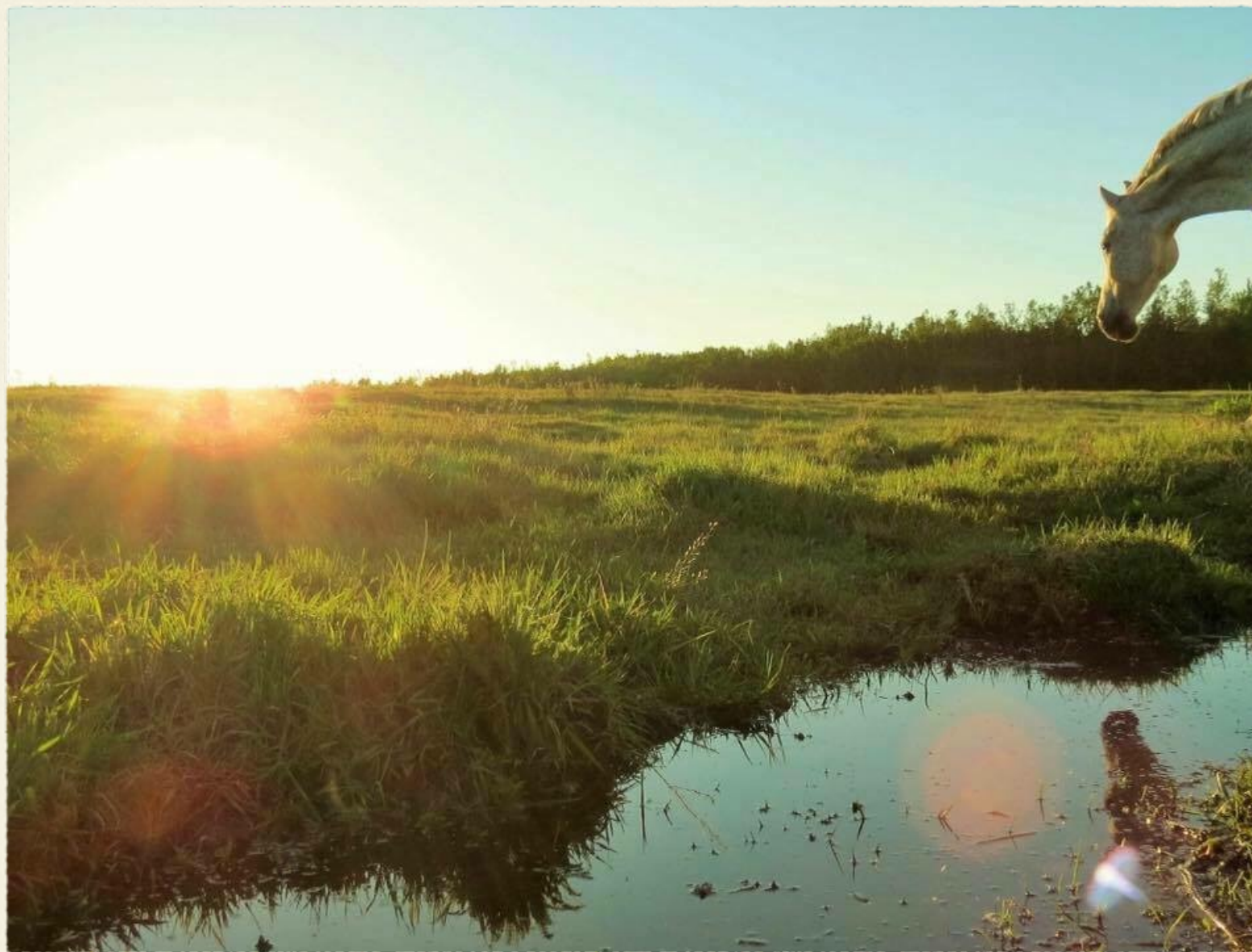


# **Equus Empowered Online Students Have**

- \* Unlimited Access to the online course**
- \* Front Line access to Leah**
- \* Continued Support**
- \* First Option for new Offerings**
- \* Best Pricing for all Offerings**







# Equus Empowered

*Resources for  
Increased Understanding  
Communication and Partnership*  
Building Block Format



# Thank you for joining!

I hope that what you have  
learned about yourself and  
horses will continue to have a  
*positive, empowering  
influence*  
and act as an  
*uplifting ripple effect*  
into the world





Q&A

Let's Go Practice!

