

Simply Share Space

- * **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, Meserwa, Red, Ben, Otto



Red