

Peace in your Presence 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**



Otto & Leab

