

HOMework Part 1

Interpreting Responses

- * **Spend some time with your horses this week. Ask nothing of them other than their company, avoid having an agenda. Set the intention that you are open to your horse working on you if they feel called to do so.**
- * After identifying if your horse is offering to work on you, what areas of your body did you notice they focused on? Look up each of these body parts in the books “You Can Heal Your Life” and “The Secret Language of your Body”. What information resonates for you? What information do you initially reject?
- * Which chakras and meridians did they work on? This is a clue for self insight into your emotional and physical states. What are those chakras and meridians related to in terms of emotional wellness? Correlate this information to what you know of yourself currently.



Otto & Ireland

- * Did they focus on an area of pain or discomfort for you? Using what you now know of physical manifestations for emotional imbalance why do you think your body may be carrying pain in this area?
- * **Ensure to offer gratitude to your horse for their generosity at the end of each interaction**