

# HOMework Part 1

## 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.**