



## INTRODUCTION TRANSCRIPT

Being able to find a Quiet Mind is the foundation for so many good things that it's difficult to mention them all – being able to feel our connection to our horses in all its depth and glory, to problem solve with our horses and when we've got really good at that, to problem solve in the rest of our lives as well.

A Quiet Mind is the foundation of good health, because it enables us to understand our stress and our emotional upsets and when we truly understand them, it's easy to take action on them where necessary. And this RELEASES the tension caused by stress, which in turn causes muscles to let go of that tension, bones to be able to slide back into place, it boosts your immune system and your ability to digest your food properly – with all the wonderful effects that those two things have on the rest of your body.

It's funny, I've seen this so often, I'll bet most of you are doing this 21 days of Horse Meditations for your horse and yet we're going to get just as much out of it or maybe even more. It's wonderful how our animals bring so many good things to us.

Our goal over this 21 Days is to expand our ability to find a Quiet Mind, to explore its effect on our horsemanship and to be able to find a Quiet Mind whenever we want to, no matter what's going on in our lives.

I've separated this introduction from the meditation, so that you can find it easily. And I hope you've enjoyed the dawn bird chorus at my place this morning!