



INTRODUCTION TRANSCRIPT

There are two kinds of ways to look for and deepen our Quiet Mind, to deepen our inner awareness so that we can both feel and understand our connection to our horses.

The first way to get a Quiet Mind is what we've been doing so far – simply slowing down and creating the opportunities for our mind to get quieter.

The second way of increasing our Quiet Mind and inner awareness is to clean up what is creating the “noise” for want of a better word, that is stopping our mind from being Quiet.

And that's what we did in Day 7 and Day 8, when we very gently released a blockage to allowing or deepening our Quiet Mind.

Today's meditation is about using that Quieter Mind to get a deeper connection with our horse.

Now, we ALL have a connection to our horse, not all of us understand and work that connection deliberately, but we all have it.

And some of us are aware of how we feel that connection and use it to varying degrees of success and some are not so sure.

Like the Quiet Mind work that we've done already, we can simply slow down for long enough to feel what that initial connection with our horse feels like. And we do that exercise very well in the First Key to Happiness with Your Horse, so I won't repeat it again here.

I for one want to feel my connection to my horse in a way that enables us to keep each other being and feeling safe – that's the foundation for everything.

I am HAPPY to feel or know my horse's fear to various degrees so that I know what I have to do to help them. I am almost always HAPPY to feel or know my horse's frustration or resistance so that I can understand that there's something here that wants changing together. I WANT to feel or know my horse's sadness if that means understanding what I can do to increase his well being so that we can BOTH have what we are looking for together.

I want to have communication and understanding, in whatever form it takes between us, to flow



**21 Days to a Quiet Mind
Horse Meditations**

Day 10

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easily in the moment – so that we can both find peace and happiness and harmony – mental, emotional and physical harmony – in the relationship. I have this picture in my mind of what I want.

But that’s me. What do YOU want from your connection with your horse? Just take a moment now and think about what you want.

And then we’ll come back with the meditation in a separate audio and take some steps towards deepening your understanding of the connection with your horse. And we’ll do that by getting rid of some of that “noise” that’s in the way of your smoothly flowing and understanding Quiet Mind connection with your horse.