



.....**MEDITATION TRANSCRIPT**.....

Decide to be kind to yourself today – like many other things, a Quiet Mind and Inner Awareness and Connection with our horses comes in layers and you can come back and do this meditation as many times as you want or need, to deepen the experience.

Paying gentle attention to your outward breath and remembering that one or more of these ways of feelings inside yourself will be easier than others and flow with the awareness of what feels easiest.

Listen for your heart beat and if you can't quite hear that then just imagine that you can.

Be aware of any tingles of energy in your hands or feet or any movement of energy flowing in your body.

Notice any physical feelings in your body, the way your body is positioned right now, maybe the feeling of your spine flexing ever so gently with your breath.

Notice any emotions, maybe that sweet feeling of anticipation of what we'll discover today – allow that all to flow.

Notice and allow any thoughts or ideas or images to flow across your mind, just noticing them, smiling with your soft ahhh eyes and noticing the patterns of them if that works for you, knowing that no matter what those thoughts are, there is gold under there, when we allow the understanding of them to flow.

Notice how much faster it is to drop into that place of Inner Awareness today and smile and take a moment to feel into your body and appreciate that.

Today we're going to find another layer of Lightness of Spirit, and we're going to do that by clearing something that is in the way of a deeper connection to our horse. So if the thought of that feels good, then come along with me in this meditation.

Noticing that outward breath and the pause that may or not be at the bottom of it yet. Allowing your attention to wander over your body and feel everything that is going on in there.



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Notice how much softer your smiling ahhh eyes are today in allowing your Inner Awareness to flow and take a moment to appreciate that too.

Just flowing with that awareness of what's going on in inside your body as you decide that you would like to very gently release anything that is in the way of a deeper Quiet Mind and connection with your horse today.

Breathing with your soft smiling ahhh eyes – just allowing whatever that is to float to the surface of your mind when it's ready.

We'll sit with the Om Shree Satche from Deva and Miten for a few minutes – let there be peace, peace, peace – just allowing whatever is in the way of Lightness of Spirit and a deeper connection with our horse, to float to the surface of your mind when it's ready.

...Listen to the beautiful voice and music of Deva Premal and Miten...

When you're ready, take your awareness to the floor or ground under your feet, wriggle your toes, flex your feet, really feel the ground underneath you – have a bit of a stretch and take this relaxation and Quieter Mind out into the rest of your day.