



INTRODUCTION TRANSCRIPT

I often talk about there being no such thing as a problem – that every so called “problem” is just an opportunity to get a deeper bond with our horse. And that’s because every “problem” with our horse that we solve with peacefulness and happiness for both of us, increases our horse’s confidence in us and deepens the bond with our horse.

Creative problem solving involves seeing beyond whatever is going on, to the big picture BEHIND the problem. It involves a willingness on our part to look beyond the biting or the resistance or your horse behaving like “I don’t want to do that” or “I don’t like that” or a persistent injury or whatever - to find out what’s REALLY going on – so that we can eliminate the problem at the REAL source.

I was going to say that it involves having an attitude of no blame or judgement while you’re doing that, but on reflection, my “no blame” attitude has come from solving problems and time after time after time, discovering that the problem was not what I thought it was - that there WAS something going on behind it and that there really WAS no blame attached to it. So my own attitude has come from the experience of that. I was not one of those super gentle and loving people who automatically think like that.

When we work with our horse in a Quiet Mind space like we’ve been developing over this program – when we are working and aware of our connection to them - then the answers to problems will very often just flow in the moment and that is as it should be. It’s a practice thing, the more we’re open to problem solving from a Quiet Mind as we work with our horse, the easier it gets to figure out what’s going on straight away.

Sometimes though, things need a deeper Quiet Mind than we have with our horse on a particular day and we can do a more formal problem solving meditation to access our deep Inner Wisdom.

So that’s what we’re doing in today’s meditation, giving you a structure to access the Wisdom that is inside all of us, the Wisdom that is inside you, me and everyone else, the wisdom that comes from understanding our connection to our horse, the Wisdom to solve just about any problem that you have.