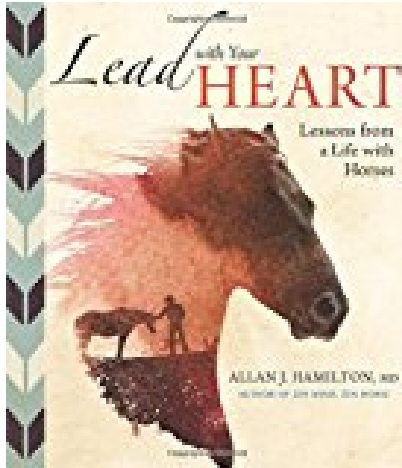


Lead with Your Heart . . . Lessons from a Life with Horses



BOOK DETAILS

- Author : Allan J. Hamilton MD
- Pages : 232 Pages
- Publisher : Storey Publishing, LLC
- Language : English
- ISBN : 1612127347

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BOOK SYNOPSIS

Horse training presents unique opportunities to explore powerful spiritual truths. The exercises in "Zen Mind, Zen Horse "offer everyone who works with horses -- novice or expert -- a new understanding of how humans train and interact with horses and why these two species, one a master predator and the other the ultimate prey animal, have such a deep, natural connection. Horses have evolved to understand and respond to the flow of vital energy -- "chi "-- around them, using it in their body language to communicate with members of their herd, to express dominance, and to sense danger from nearby predators. Being quietly present and receptive to your horses energy opens the potential of your emotional, intuitive right brain. These simple, safe groundwork techniques reveal a pathway to awakening your deep sensitivity, calm leadership, intuition, and mindfulness.

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