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CONNECTING with HORSES

& riding with *Synchronicity*



## RIDING WITH *Synchronicity*

### Therapeutic benefits of Horses and Riding for you and your horse.

Riding horses can be therapeutic for both you and your horse at all levels of mind, body and spirit, especially when both the horse and rider are aligned in their postures and moving in harmony. Back problems, neck aches and other stiffnesses or aches and pain can be relieved when you allow the motion of the horse's movement to go through your body rather than resisting the movement and becoming rigid in your body. The chakras (energy centres) in your body can be stimulated and thus rebalance the energy flows in your body which directly affects the state of our mind, bodies and spirit.

Even just being around horses but not actually riding can cause people to feel good. I had felt this and many people have talked to me about this. On doing some research I found information explaining why this can happen. We can pick up horses energetic vibration and start to resonate with them. This occurs through a phenomena called 'entrainment'. Which simply means that one energy field (vibratory pattern) influences another, a well-understood principle within the physical sciences. If a tuning fork designed to produce a frequency of 440 Hz is struck (causing it to oscillate) and then brought into the vicinity of another 440 Hz tuning fork, the second tuning fork will begin to oscillate.



The first tuning fork is said to have entrained the second or caused it to resonate. The physics of entrainment also applies to biosystems including electromagnetic brain waves.

Horses being very in tune with nature are naturally in an alpha brainwave state which is the frequency that the earth's electromagnetic field vibrates at known as the 'Schumann Resonance'. Getting into an alpha state gets us more relaxed, more creative, more intuitive and in tune with nature and ourselves. Horses can help us to get our electromagnetic field rebalanced.

Some horses have deep emotional issues causing their electromagnetic fields to be out of balance which makes them difficult to handle and leads to so called bad behaviors. We can help those horses by being in 'the right state of mind' when handling them and that means 'getting into the zone'. If you go to my website you can read an article on this.

restrictions causing discomfort in their bodies similar to having a hands on Feldenkrais lesson ourselves where the teacher gently and rhythmically moves your body to teach new possibilities of moving.

The horse's back including his ribcage is like a bridge connecting the forehead to the hindquarters. Therefore when we are sitting on the horse's back with our legs encompassing the ribcage we are going to have a very big influence on the whole of the horse's body. We can sit in a way that has a negative influence or a very positive influence.

It is possible while riding to encourage a horse to become more mobile and more equally balanced in its ribcage which in turn affects the freedom of the spine since the ribs are all attached to the spine. We will influence the horse's ribcage through the movement of our ribcage, spine and pelvis.

This reciprocal healing or therapeutic effect is intensified when we ride if the horse is moving with the qualities of an aligned body (straightness), a lifted back, an engaged hindquarters, rhythm and the right mix of relaxation and energy. All the qualities that are ideal for a pleasure or performance horse. If horses are moving with tight, stiff backs riding will be very uncomfortable, jarring and even detrimental to the soundness of both the horse and rider.

When we ride in a balanced and aligned posture in synchronicity with the horse we can help relieve the horse of physical blocks and

The first step to achieving this is to understand what the optimum way of moving should be for a horse and then we can work on our own bodies to develop the awareness, control and coordination needed to positively influence the horse. This is one of the subjects taught in my 'Riding with Synchronicity' courses and it is a lot easier than you might think once you know how.

When I ride a horse my goal is to for that experience to be as beneficial for the horse as possible. That means that the horse finishes feeling better in his mind, body and spirit after a ride or a play session on the ground similar to the good feeling in your body after some type of bodywork whether it be chiropractic, massage, bower or some other therapy or





even after a good game of sport or exercise. This is how you will get horses loving to interact with you on the ground and loving to be ridden. And it is how you can develop willing partnerships because both you and the horse are receiving great benefits on many levels.

When you are influencing the body positively it extends to the mind, emotions and spirit because they essentially are inseparable. When you affect one you affect the other. Thoughts and emotions affect our physical bodies and vice-versa how our physical body functions and moves affects our thoughts, emotions and spirit as they all are just connected fields of electromagnetic energy, some of which have a very physical form and others which are in a non-physical form.

When you affect movement patterns and postures in the external body you will be affecting the internal body, including the organs and the biochemical and hormonal balances

which again affect thoughts and emotions. This is the case for both the horse and the rider.

Understanding and influencing the physical body can then be one of the ways that we can really get through to horses emotionally and this will be especially important when working with so called difficult horses. It is the many difficult horses that I have played with that have taught me this.

So being with horses and riding them can be a lot more beneficial than you may have thought. Therapeutic affects from our horses occur to a degree without us being at all conscious about what is happening – which is one reason that many people are attracted to or are even addicted horses. By being aware and learning how to synchronize with them you can get even more benefit from horses and you can learn how to reciprocate this therapeutic effect for them.



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