

Insights & Instincts – Can you hear them?



- Some of the following is based on thinking by renowned animal communicator Margrit Coates.
- **Your Horse** magazine (P65, on sale **October/November 2014**, December issue) has a big feature on Margrit – it is 100% worth a read & then sticking on the wall!! It may make your day/life!

Livery Yards.

- Many horse owners are influenced by **peer pressure** at livery yards & can ignore their gut instincts about what's best for their horse & what he's trying to tell them
- Learn to trust your gut – then act on your *feelings* rather than being intimidated by others (who don't know your animal as well!).
- Believe in what your horse is telling you.



How to hear your horse.

- Give your horse 100% of your attention.
- Don't ruin this magical time together – so get rid of all technology – leave the phone in the car (or at least turn it off), no texting or even listening to music – just listen to you, your horse & all that's around you instead (it might sound scary but try it...it can be astounding what you'll hear!).
- You know how annoying it is trying to tell your partner or your boss something & they're constantly texting, preoccupied with something 'more important'! Soon you stop trying...& you feel disappointed – ditto for your animals!
- Never be afraid to tell others around you that you're **“off to spend quality time with my horse”** so you're uncontactable for a while.
- Perhaps make a **“Do Not Disturb”** sign to hang on the stable to remind you and others that it's **“Your & His Time”**...and that's very precious.

Quality time.

- Don't have an agenda. You're simply witnessing your horse today, in the moment.
- We all want to be recognised yet we're soon disillusioned if those we meet always have an agenda.
- Animals are the same, so give them respect and treat them as the **very valuable friend** that they are.



“Do Not Disturb”.

- Take time to 'just be' with your horse, no technology, no conversations, just you and him breathing. Try upturning a bucket and sit in the corner of his stable or his field for 10 whole minutes of delicious calm!
- If your mind is 'too busy', perhaps reminisce about a wonderful yet calm location or event. Perhaps the wonderful ride or walk you had, the views, the smells, the colours of the flowers, the butterflies wafting by, the way you and he felt 'as one'.
- Don't worry if your mind flips back to your *To Do* list – no one's perfect! Just try that extra bit harder to think about the ride and every little detail so it **forces all the 'other noise'** to the back of your head.
- It comes with a little perseverance. But once experienced, these **'windows of calm'** become almost as addictive as chocolate. 😊
- Perhaps this page might help www.karenruggles.co.uk/handson_pages/reiki_pages/reiki_windows.htm

Your Horse magazine – www.yourhorse.co.uk

Margrit Coates – www.thehorsehealer.com

Our 'animal time' is so precious.

Why not try it a few times? But prepared to be amazed on the 2nd or 3rd time!

If relevant, please do tell others about the above...our animals will so love us for truly trying to listen & stopping the 'techno' for just a little while.