

Student of the Horse

LESSON #2: November 13, 2013

TEACHER: Trinity and Athena

“My preconceived ideas can get in the way of a nurturing and growing relationship between my horses and I”.

It was starting to get dark outside and I hadn't been with my horses all week, i.e. I missed them like crazy! I didn't recognize the horse that walked up to me to greet me because it was dark, so I just put my arms around that horse without any hesitation and hugged it hard, kissing its mane and saying how much I missed them. It didn't really matter who it was because I feel that way towards every single one of them. Except, there is one horse that is not so comfortable being hugged and can have an explosive reaction, although he hasn't in a long time. That horse is Trinity and he is the one that I was hugging and kissing without giving it a second thought. If I had known it was him coming up to me in the dark, I probably would not have hugged him like that based on his past reactions and inconsistent way of being around humans.

I'm always "careful" around Trinity. For those who don't know him, Trinity was severely abused when he ended up at a feed lot and then rescued. He has an equine form of PTSD. I have done TTouch work on him, reconnecting neural pathways, and it has helped him a lot. But I am always careful not to scare him. I don't want him to "blow up" and live in fear, which is very stressful and not any fun. I take what he can give me and I don't expect anything in return. Now I wonder if I haven't been sabotaging our relationship by deciding for him that he can't handle certain things. He certainly proved me wrong when I confidently hugged him and he was okay with it.

How often do I sabotage a relationship based on past experiences (not just with horses!)? How often do I not ride a certain horse based on my preconceived thoughts about them? Trinity made it pretty clear that my preconceived ideas are not worth carrying around with me. Put the past behind and live in the moment. If I hadn't done just that, I would have missed a great opportunity, and a wonderful horse hug!

Enjoy the journey!