

## Messages From the Heart



**Have a silent dialogue from your heart to your horse partner's heart.**



- Pause and slow up to be whole/holy present.
- Find your hooves and stand firmly on the ground/ I am here.
- Connect with your center/ This is me in this moment.
- Breathe deeply from your heart/ Giving life to what really matters to me.
- Listen for the wisdom from within and from the heart of the horse.
- Engage with your horse partner from your heart to their heart / Reflect on the following and the message that emerges.

1)What is the message that is trying to come through?

What is the potential waiting to emerge? What is the breakthrough waiting to happen?

2) How is the message you are receiving asking you to show up and be present?  
How must you be to explore living your message?

3) How is your message asking you to engage?

What are your possible next steps, now in the present, tomorrow in the future?

*Questions adapted from from Alan Seale, Transformational Presence*  
<https://transformationalpresence.org/>

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