

# *Meditation for Two*

*Searching for and Finding Communion with the Horse*

Dominique Barbier and Keron Psillas



*Élargir notre foi et ouvrir notre cœur.*



*We complete the circle when we  
widen our faith and open our hearts.*

Fear is a great inhibitor to successful interaction with the horse ~ or with humans. It takes many forms. Perhaps the most elemental fear is man's primary concern with being ungrounded.

It is curious that this should be so, since it is obvious that we, all of us ~ all living forms ~ share an energy and a synergy that stems from the complete and irrefutable continual interchange of life forces and simply physical exchanges. Horses and humans consist of much more than their horseness or their humaness. Every living thing exists within every other, and all contain and retain all the forces of the earth and of the heavens.

So it is important to accept that the physical ungrounding of man when he sits astride a horse is of no real consequence and should not be fear provoking, as the introduction of the equine conduit can only augment the natural synergy flowing from earth to man. When we learn to be secure in the amplified strength that flows through both beings, when we learn to embrace the power that stems from a partnership so easily formed but so rarely

acknowledged, we will have achieved a level of psychic well-being that can only be beneficial to all. It is ironic, then, that we speak so casually of our fears as being groundless, when in fact, our fears are so often the result of finally feeling true grounding.

It is too often the nature of man to fear the loss of what he perceives as control, both mental and physical. We are so often trained to trust our heads, not our hearts, to trust intellect over instinct. With the horse, there is no such conflict. They exist in the here and now. Their egos, if they can be said to have any, reflect more the recognition of a sort of pecking order in the universe, a knowledge of where they stand in relation to every other part of the world, animate and inanimate. Where our own egos regularly allow fear and negativity to interfere with our ability to let go and form spiritual connections, horses possess an incalculable ability to function as conduits of connection. Where we analyze, where we try to explain, where we try to re-create, where we try to simply be, horses are already there - waiting for us to walk through the open door, to follow the path of spiritual oneness, to allow healing energy to come in.

For A Friend

*Such a tentative, gentle spirit  
with liquid amber, softly searching eyes,  
let your passions come out to play,  
let your longing loose for a while.  
You are safe, you are loved.  
Tell me your secrets  
I'll hold them in my heart,  
I am safe, I am love,  
Let me touch, as you have touched.*



*There is no difference between the one who is looking and the one who is looked at.*

I consider the shoulder-in the miracle movement. But I prefer to call it shoulders-in. The outside shoulder must be included in the movement, in our feeling of the movement. From the daily work for the original work-in-hand around one pillar, a technique centuries old, we need to understand why this is such a revealing movement, why it is such a powerful tool. The simplest answer is that it gives the horse a feeling of togetherness, then of independence. He learns where his legs and his body are in relation to himself and to the rider. This knowledge offers security to him and, in turn, imparts an additional, undeniable mental strength, as any successful human athlete can attest. Taking away doubt and fear allows increased mental maturity, and with it, the ability to confidently take on a bigger project, to tackle a more complex problem. This different consciousness, this additional self-confidence creates mental and physical generosity. The horse is a natural healer, a natural giver; when a being ~ horse or human ~ is validated and touched by love, his healing abilities and his desire to share his gifts are expanded. We need to expand our own





abilities, to be compassionate and open, disciplined and focused. An undisciplined mind is like a young green horse - full of life, scattered and uncensored. All manner of achievement is possible when the horse, like your mind, comes to the calm knowledge of self and respect of others. Together these notions bring harmony and joy. Gratitude and reverence allow us to be and feel that there is nothing we cannot do. Remember, then, to say thank you. The open mind and the readiness for the path to further enlightenment will create real-life miracles.