

MEDICINE HORSE WAY
The Four Steps to Emotional Agility

4 Step Process

ONE: Feel the emotion in it's purest form.

- Where do you feel it in your body?
 - What is the sensation?

TWO: Get the information behind the emotion.

- Ask the questions.
- Notice if the sensation has diminished in your body.

THREE: Change something in response to the information.

- Action is necessary.
- The courage to feel and the willingness to act.

FOUR: Go back to grazing.

- Issue resolved.
- Body sensation diminished.

When you approach your emotions with the understanding that they are an important aspect of your inner guidance, you becoming more horse-like in your responses. Horses are models of emotional agility.