

MEDICINE HORSE WAY Energy Fields Exploration

Sequence

This is a **skill building** exercise, meaning that you will coach the client in the steps and encourage them to be present and in their body. They will need to have already learned the body scan and boundary safety rule: the energy fields exploration builds on those skills and deepens the ability to connect and create mutually respectful relationships.

1. Talk about the day to day applications of respecting the layers of the energy field with horses. (Horses are more cooperative, respectful, more present, interested in interacting, and you can call a horse to come to you in a large pasture, etc.) This exercise is about being present in the moment, connected with your body, and connecting with the horse energetically which can lead to mutually enjoyable physical connection.
2. Talk about the human applications: how we noticed that humans have involuntary physical reactions to proximity, and that by noticing these nonverbal cues, and respecting each individual's unique needs for space, we can help the person we are relating to feel safer and calmer. Many children who have so-called learning disorders may dissociate in class because they are simply sitting too close to others. There is a "cultural tyranny" around space. Dominance disguised as love is one of the most common violations, for example at family reunions when a child who objects to being hugged by strange relatives is punished, etc.
3. [In individual coaching, you may already explain this at an earlier point before going out to do the demonstrations] Show the drawing and explain the 3 primary layers of the energy field: Environmental Layer, Layer of Connection, and the Layer of Personal Space. Explain that when the outer boundary of each layer is crossed there is an involuntary physical reaction. There is less intensity of the energy in the space between the layers, but awareness remains.
4. Demonstrate approaching your client. Ask your client to pay attention to their involuntary body reactions to your approach.
5. Illustrate why it is beneficial to rock back and sigh: the first time you approach and see an involuntary body language cue, you stop there but hold your breath, tense up and lean in; now ask the client "what affect does this have on your body"? Next rock back and sigh: then ask the person "what affect does this have on your body"?
6. Emphasize that these **involuntary** physical reactions alert us to the *space the body needs for the mind to be present*.
7. Then invite the client to practice approaching you in various ways, watching your body language, and practice rock back and sigh.
8. [In individual coaching, you may already explain this at an earlier point before going out to do the demonstrations] Introduce the Heartmath handout of the heart's electromagnetic field, showing the layered effect, and discussing how when the heart field of a calm and present person touches the heart field of a horse, that calmness and presence is transferred to the horse, and vice versa.

9. Demo with real horses. Move to the arena. You demonstrate how to approach the horse, rock back and sigh at various layers, and if the horse comes to you, how to set the boundary. During the demonstration you explain to the client the involuntary reactions of the horse, the rock back and sigh, perhaps draw attention to the energy neutral spaces between the layers.
10. When you come out of the demo and invite the client to do this exercise, emphasise **this is a skill building activity so let the client know that you may coach them.**
11. Begin by having the client do a brief body scan feeling their feet on the ground. Remind them that the exercise requires them to be present, in the body and in the moment.
12. Initially allow the client to explore for a few minutes. If they miss a physical cue from the horse, call it out “did you notice the horse perked his ears up two steps back”? In this case you might instruct the client to take some steps back paying close attention to the horse, they will also respond when we back up into a hotspot. Or you may tell the client they have passed the environmental layer and to move forward watching carefully for the reaction when they step into the layer of connection.

If you feel the client has difficulty setting boundaries with the horse, first check whether this is the case! In order to establish whether the horse is crossing their boundary, ask questions such as: “Are you OK with the proximity of the horse? Are you able to stay present in your body with the horse this close?” Sometimes what may look very close to you, may really be OK for the client. Usually, if your gut feeling is uneasy about the distance, the clients’ probably is as well – but remember it is not for you to tell them but to ask questions!

13. Allow the client to explore and if necessary instruct them to experiment until you feel sure they have recognized and acknowledged at least one layer. This may take 5-10 minutes in total.
14. Once the client comes back out, ask:
 - a. What went well for you in exploring the layers of the energy field? (Make sure they don’t start focusing on what didn’t go well!)
 - b. What was the challenge you ran into?
 - c. What would you experiment with next time?
 - d. What did you learn about boundaries and energy fields?
15. Finish off by giving the client some time to record their learning points in writing.