

# Explore Connection Reflective

This is a reflective activity that allows the client to experience being present within the body, and connected to the horse and the environment while exploring the intelligence of the heart and activating the authentic self.

**SET UP:** Take the time to thoroughly explain this activity to the clients before you take them out to the horses. Once in the presence of horses their attention may wander and important information missed.

1. They may choose the horse they would like to work with.
2. Safety: they must remain on their feet, take a boundary device, and not get between the horse and the fence.
3. They will not know their hearts desire until the body scan so don't try to plan in advance.
4. They will have a specific amount of time and you will let them know when time is up.

Sometimes the horse will end a session by disengaging and standing at the gate, we always honor the needs of the horse first.

5. They can speak to you if they have questions during the session.

## **Explore Connection Reflective**

**SCRIPT (you can use this in sessions until you feel comfortable with all the steps):**

You might find it useful to write down the clients prominent sensation and the information as well as the hearts desire, so that you can refer back to it later if needed.

(Have the client stand outside the round pen gate, facing you. His or her back will be turned to the horse. You say:)

**Close your eyes; scan down your body and tell me what sensations you're feeling in your body.**

**Which sensation is most prominent? (write it down)**

(After he or she answers, you say:)

**Expand that sensation. Breathe into it, sending it oxygen and awareness. Ask it what information it's holding for you. (write it down)**

**Now that you've received the information, go back to the sensation. Has it changed in some way?**

**Next have the person turn and face the horse, scan down the body to see if there are any new sensations. If so ask the new sensation for information. (write it down)**

**Next ask the clients to: Close your eyes, drop your awareness into your heart center, breathe into your heart and ask "When I think of connection what is my heart's desire with this horse today?"**

**Ask the client to open her eyes and tell you their hearts desire, write it down.**

**Now instruct the client to imagine your heart's electromagnetic field connecting with the horse's electromagnetic heart field and send the hearts desire to the horse and ask the horse if he has any information to share.**

(As you open the gate for the client, remind him or her that he or she can ask you for help or suggestions at any time. You may also remind the person of some safety considerations, such as not getting between the horse and the fence and remaining on their feet.)

Allow the client the allotted time to interact with the horse. If they ask for help or say they feel stuck, you can ask the following:

What was your hearts desire? Remind them if they have forgotten  
Have you achieved it? Often times they have and are looking for something more.  
What are you feeling in your body?  
Never tell the client what you think their experience is to what they should do next. Help them connect with their own inner guidance in order to find their way forward.

When the time is up, you can move to the gate and suggest they thank the horse. When they have exited the pen, you can ask:

**“Would you like to talk about your experience or take a few minutes to write in your journal?”**

**Do not tell the client what you think happened, even if the client asks you.**

You will be tempted tell what you think you know, especially when working with your own horses. Don't do it! The temptation to do so is most often ego related. To become a powerful facilitator you must learn to rise above the ego's desire to be “right”.

The reason it is so important for the client to evaluate their own process is because the false self is always looking for outside advice and confirmation. This activity is designed to help the client begin to trust themselves, their inner guidance, and their own authentic voice.

You can respond to the clients questions with questions that redirect the client back into their own process.

For example if the client asks: “is it normal for this horse to push at people?” You can respond with “what were you thinking and feeling when that happened?” “How do you see that the behavior of the horse connects with what you were thinking or feeling?”