

Medicine Horse Way

Remember the Foundation of the Connection

Emotional Message Chart

Horse Wisdom

Horses use emotions in an intelligent way as a valuable form of communication. If a relationship, situation, or environment gives rise to the horse feeling uncomfortable they seek to change the stimulus rather than to over-ride or overcome the emotion or make it inappropriate in any way. They don't always react immediately to the initial emotional prod, other than to pay attention and get a sense of the cause. Once this is done they then decide if a change is to be made in order to harmonize with their world.

Due to the high sensitivity horses have (Body Scan), they maintain relationship with their subtle body awareness without the need to become constantly hyper vigilant about it. They know and value the benefits of being at peace. In this way they can go back to grazing, which not only is good for their physical nutrition, but also much more healthful if the Autonomic Nervous System can return to a relaxed state.

People

We are using the Emotional Message Chart in the first instance to recognize the **value of our feelings**; then just as importantly, to be able to **make sense of how we feel**, how others are feeling, and also the ambience of an environment...just as the horses do. In this way we can somewhat satisfy the human desire to make order out of the chaos (discovered by the Body Scan) that our emotional states can sometimes create. The EMC provides a reliable process that gives us a language to dialogue with our body and actually harness the energy created by our emotions in a way that can move us forwards in life more fluidly. This nomadic approach to emotional intelligence encourages us to form meaningful relationships with all of our emotions connecting with them as allies.

Our emotions are our guidance system – unique to each individual.

Regardless of whether we like it or not; the immense power of our emotional body is **the influencer and motivator in our lives**.

The EMC empowers us with a basic dialogue that over time becomes as natural to respond to as taking a coat off in the heat of the sun, or eating a meal in response to a rumbly, hungry tummy.