

Medicine Horse Way

Remembering the Foundation of the Connection

Authentic Community

Horse Wisdom

Gregarious by nature, these herd animals are experts at the skills it takes to get along together especially when it's needed the most. Horses demonstrate the value of sticking together regardless of personal differences. Horses clearly do not get along with all of their herd members all of the time; however in times of threat and curiosity, all herd members know to quickly gather together for a united cause.

The Horse wisdom around living together as a herd is so successful because the interactions between them are very authentic. They do not experience shame the way we sometimes do regarding differences of opinion or desire; or if they behave in a way that is not acceptable by other Herd members. However they absolutely learn from experience and recognize that actions have consequences as a direct result. This likely makes certain behaviors less attractive to engage in than others (depending on the benefit/risk ratio). They do not judge themselves as bad horses, just that some activities result in unwanted outcomes, which makes it undesirable to repeat that action in the future.

People

The complex social structures that exist in the majority of our human communities can, for some, make them a challenging, often confusing place to reside.

Being raised in a system that requires such emphasis on social protocol as a means of acceptance has bred incongruence in society. This leads to confusion, anxiety and vulnerability overload as people politely mask how they are truly feeling, to avoid causing discomfort to others.

The problem is this form of polite society actually causes much discomfort as authentic feelings flood the energy field exposing the truth behind these exhaustingly maintained facades.

At our ancient origins human beings were family orientated, nomadic people that much like horses lived in balance with the natural world. As communities became larger and more complex, a nomadic way of

life would be more difficult to manage and so we became more sedentary, forming tribes. Of course this then naturally challenged our social skills. As time progressed it has been noted that pre-history tribal people were generally not renowned for being a peaceful society. Often feuding for the ownership of land, it didn't worry them if they were impolite when they were in the process of fighting to further territorial boundaries.

If we look at the bigger picture it is easy to see how we benefitted from moving on from this way of being. The introduction of being nice to another human being probably grew alongside our developing conscience as we learnt through religion and justice the rights and wrongs about existing alongside our fellow man. This was a necessary step for humanity to take in order for our intelligence to evolve to where it is now.

The suffering of today's highly sensitive people in our environments is now bringing forth the need to move forwards from the space of forced compassion into one of genuine empathetic feeling for the experiences of others. The high sensitive person is beginning the journey of stepping out of the mindset of feeling persecuted by their environment and into the courageous mode of the Empathic realm. The 'plight' of the sensitive person eases when they are able to make sense of why others do what they do and they learn to adjust their sensitivity dial. In this way they have developed a deeper link to the purpose that understanding our world can bring.

Empathy in society gives **and receives** relief and support from suffering. It truly is a state of collaboration at an emotional level. In the assistance of easing the suffering of another we automatically are gifted with peace too within ourselves-even if just for a short time.

This immensely important exchange is the behavior that will nourish the energy field that exists between all living beings. The food of genuine heart connected *giving and receiving* is the next step in our social evolution that will move us even further away from our recent history of '*grasping and taking*.' We are now fortunate enough to begin to leave this mindset behind.

Authentic Community is the consciousness of this process as oppose to a religion that threatens our very soul if we are not nice to other beings. We would do well to remember though that the type of social control religion offered was at one time very much needed! The fear that some religious teachings served up equated to a level 10 on the crescendo; and was likely required to move our species out of those old habits of collecting and making trophies of the heads of others as a means to increase personal power and social standing.

The old adage 'Nice guys finish last' is an apt prod to move forward into the realization that we are now trustworthy enough to embrace our inner warrior that thrives on rivalry, and integrate the courage of this archetype in a way that harnesses its power to take our society into the next phase of being. To be nice is not enough any more. Authentic compassion is the new goal.

A unified state that is brave enough to relinquish the need for any member to give away their personal power in order to belong: but at the same time absolutely insists that personal power is wielded with a fully conscious reverence for all life.

This is a state achieved through Authentic Community Building.

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