

Guidelines for Meet the Herd Exercise

This is an exercise utilizing the electromagnetic field of the heart (brain 2) and gut (brain 3) to acquire information. We do this naturally, though unconsciously. It may also be called non-verbal communication (the other 90%) or intuition. The purpose is to make these forms of communication more conscious so they become a useful tool to navigate our interactions with the world and in our lives.

The exercise is to be done in silence. Not touching the horses.

Spend about 5 minutes observing each horse, writing down impressions and mapping body sensations.

Horse / Human drawings and Horse play form can be used easily with a clipboard.

Allow all information: Body sensations, thoughts, colors, mental pictures as well as visual observations or even words to songs.

Examples:

I noticed a pain in my lower back that wasn't there before.

This horse seems bossy towards the other horses.

I wanted to touch this horse.

I liked her long main.

This horse seemed sad.

Do not discount anything you see, hear, feel, know, and think. Sharing the information may help you to validate your ability to gather information intuitively.

Note to Facilitator: You will have biographical information prepared in advance, but remember to do your own "meet the herd" scan of the horses on the day of the workshop so that you can include present moment information. Horses are sentient beings and they change from day to day or even moment to moment.