

## Emotions

Whether you have a Horse, or a herd of Horses, or have never seen a Horse, you have emotions. It's these emotions that will help or hurt you in dealing with Horses.

I claim little in my knowledge of human emotions (other than you'd better tell momma you love her from time to time or you're gonna see some serious emotions in the wrong place at the wrong time! If you don't believe anything else on this web site, you'd better believe this to be true! Hint: call your momma!!!!)

Okay. Enough preaching. I'd like to give you a little demonstration of how powerful emotions can be and it will only take four words. "You are so UGLY"..... See, you didn't like that. You started to get mad, and I don't even know you! So how could that statement be true? But the affect is universal. Negative emotions bring negative results. I'd be willing to bet a dollar you don't like being around so-called "negative people." No one does. It's draining.

Now, imagine you can't read, you can't talk, and all you can see are emotions. Welcome to being a Horse! Your whole world revolves around the emotions of others and how they affect you -- good ones, bad ones, dangerous ones, peaceful ones. The whole gamut of emotions makes up your daily life, and how you interact with those in your life. If a Horse sees negative emotions coming from a creature in its environment "he's" going to avoid that creature. If "she" sees dangerous emotions in a creature in her environment she's going to try to escape.

If a Horse sees calm happiness in a creature in its environment it is going to get curious about what is making that creature calm and happy and walk over to see if it can find that calm happy food.

I've had the wonderful opportunity to watch a 500-head herd of wild mustangs in Oregon for a couple of weeks. (Yes, I was one with the universe for that time.) But what I learned from watching these glorious creatures astonished me. I saw first-hand how one Horse talks to another Horse. I saw how the herd will leave a grumpy Horse off to the side. They didn't abandon it, but no one wanted to be around it. I saw the foals being sent to the rear for their playing and being over-excited. The middle of the herd was calm, ears neutral, tails still and skin on the flanks relaxed. It looked like a church social without all the gossip.



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I truly believe if a head shrink was to take his or her troubled clients out to witness the emotional make up of a herd of Horses, his clients would see for the first time HOW to find balance in their own emotions.

So, be mindful of what you're feeling next time you go to see your Horse. Your bad mood might cause him pain. Just clear your mind and think about how great life is when a Horse is sharing his life with you. Ya'll will both find that calm happy food if you do!!!!

OH, by the way, you are NOT ugly. In my mind you're almost as precious as a Horse!!!

Thank You and have a wonderful day!



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