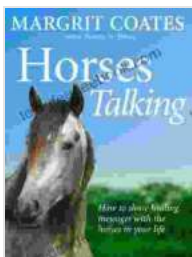


# How to Share Healing Messages with the Horses in Your Life

Horses are majestic and sensitive creatures that have been revered throughout history for their intelligence, beauty, and healing abilities. Their capacity for deep connection with humans has made them invaluable partners in various therapeutic settings.

Beyond their physical presence, horses possess an intuitive understanding that enables them to receive and interpret our emotional and energetic messages. By attuning ourselves to this unique connection, we can bridge the communication gap and engage in profound exchanges of healing and support.



## Horses Talking: How to share healing messages with the horses in your life by Margrit Coates

★★★★☆ 4.8 out of 5

Language : English  
File size : 850 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 176 pages



## Establishing a Connection

Building a strong bond with a horse is the foundation for effective communication. Spend quality time observing their behavior, learning their

body language, and offering them affection and respect. Engage in activities such as grooming, riding, or simply being present in their company.

Trust and mutual understanding are essential. Avoid rushing or coercing the horse; instead, approach them with patience and a willingness to listen. Practice mindfulness and become attuned to their energy field to create an atmosphere of openness and connection.

## **Sharing Your Messages**

Once you have established a connection, you can begin sharing your healing messages with the horse. This can be done through both verbal and non-verbal communication.

- **Verbal communication:** Speak to the horse in a gentle and respectful tone. Share your feelings, thoughts, and intentions clearly and concisely. Use simple language that they can easily understand.
- **Non-verbal communication:** Your body language and energy convey powerful messages. Maintain a relaxed and open posture, and avoid any signs of frustration or impatience. Visualize the healing energy flowing from your heart to the horse's.

Focus on sharing messages of love, gratitude, and support. Avoid projecting negative emotions or expectations onto the horse. Instead, approach the communication with a spirit of compassion and understanding.

## **Receiving Their Responses**

Horses communicate their responses primarily through body language and energetic cues. Pay close attention to their facial expressions, postures, and movements. They may respond with gentle nuzzles, soft whinnies, or relaxed body postures.

Trust your intuition and allow yourself to sense their energetic messages. You may experience feelings of warmth, peace, or connection in your own body. These responses indicate that the horse is receiving and processing your healing messages.

## **Benefits of Sharing Healing Messages**

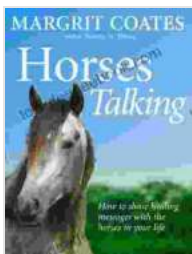
Sharing healing messages with horses can bring numerous benefits to both you and the horse:

- **Emotional healing:** Expressing your emotions and sharing your burdens with a non-judgmental listener can promote emotional healing and well-being.
- **Stress reduction:** Interacting with horses has been shown to reduce stress and anxiety levels through the release of calming hormones.
- **Increased self-awareness:** By observing the horse's responses, you can gain insights into your own emotional patterns and behaviors.
- **Deepened connection:** Sharing healing messages enhances the bond between you and the horse, fostering a profound sense of connection and understanding.
- **Improved communication skills:** Practicing communication with horses can improve your communication skills with humans as well, fostering empathy and compassion.

It is important to note that healing messages are not intended as a substitute for veterinary care or professional therapy. They can, however, complement these services and provide an additional layer of support for both physical and emotional well-being.

Horses are exceptional companions that offer us opportunities for deep connection, healing, and personal growth. By learning to share healing messages with them, we can tap into their intuitive nature and create a mutually beneficial relationship based on love, understanding, and support.

Approach these communications with an open heart, patience, and a willingness to listen. Trust the profound bond that connects you with these magnificent creatures and allow their presence to guide you on a journey of healing and transformation.



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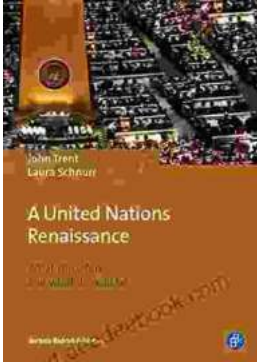
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