

## **Natural Movement Energy**

Overall Goal: Coherence

### **PASSIVE -- Match the horse**

Slow your breathing by 1/3  
Raise your awareness level  
Ground yourself  
Lower your center of gravity

Bring up earth energy -- Use your breath to move the energy up your spine, to top of the head, down your face, neck and chest, cycling back up your spine. (tongue to roof of mouth helps)

Allow spirit energy to come in through the top of your head, cascading down your front to mix with the earth energy, cycling down your chest.

Open your heart -- Use memory

### **ACTIVE**

Surround your hands with energy and make it available to the horse's tissue.

Don't force it in. Let the horse take from your hands what it needs.

Allow the energy to fill in the "low spots" in the tissue and/or direct the energy to the depth you need to reach the tissue you want to effect.

Let the energy move through you to the horse, don't take energy from the horse. Never use your essential energy. Bring the energy in from outside and let it flow through you.

Adjust the flow of energy by using a "volume knob."

Use two hands. Complete a circuit.

Bring your energy back to the level of your skin when working in sensitive spots, no threat.

Use grace states -- Acceptance, Love, Presence, Inspiration, Joy, Peace, Beauty/Awe, Gratitude.

Clear yourself when you are done. Do this regularly. Become familiar with your personal energy pattern.