



CHIRON'S WAY
CONCEIVE BELIEVE ACHIEVE



Transforming Lives and Businesses... Today

Your Free Gift from Sandra Wallin

And the Chiron's Way Herd

Making Sense in Present Time – with Horses

This exercise was inspired by Les Fehmi, a biofeedback researcher at Princeton.

Before you “begin” each day with your horse(s)...Or your dog, or kids, or garden or...

1. Take a moment to fix your gaze on one of your horses.. or children or... Put your full attention on him or her.
2. While keeping your eyes on the horse, listen to the sounds around you...then listen to something deeper; the silence in which the sounds are taking place.
3. Find a spot in your body that feels comfortable. It may be a leg or an arm or your nose...While watching the horse and listening to the silence, fully feel the comfort of this spot in your body.
4. Breathe slowly, feeling the sensation of your lungs filling with air and nourishing your bloodstream. If you can smell anything fragrant or delightful, focus on that scent.
5. Practice focusing your attention on all these wonderful things all at once. Feel the calm that arises as the process immerses you in present time, in the company of your horse. Settle in to horse time...
6. Feel and offer gratitude – for the horse, for the sounds, the smells, the comfort, the world around you...This state of presence is where you want to be when you are sharing time with horses. They so appreciate it ☺
7. Practice Making Sense in Present Time in other areas of your life.