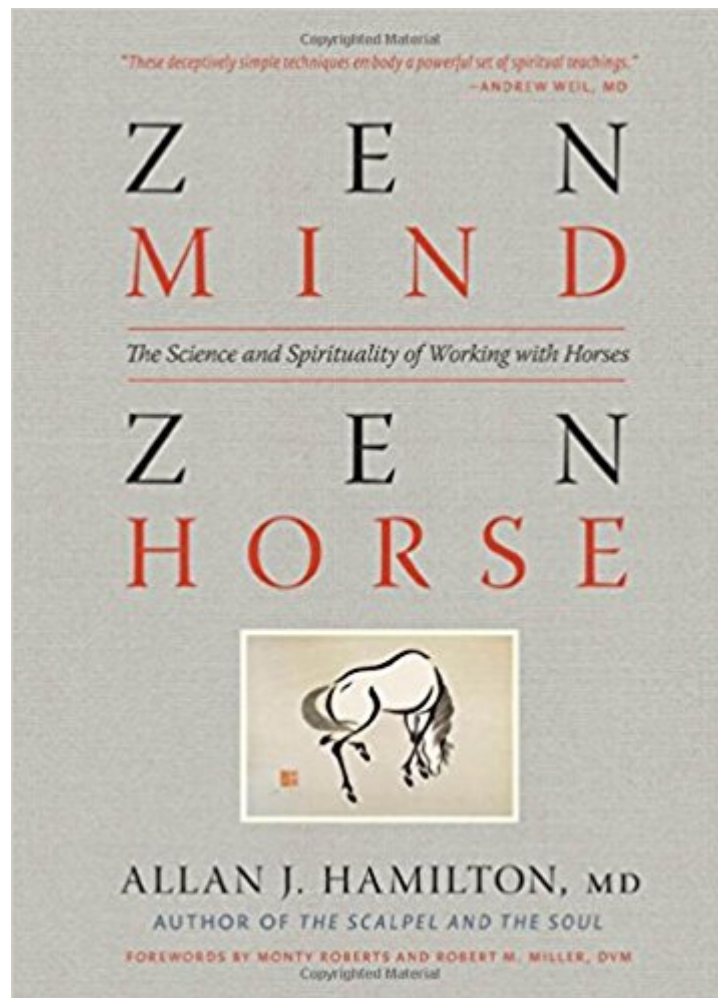




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Zen Mind, Zen Horse: The Science And Spirituality Of Working With Horses



Synopsis

Eastern philosophy enters the stables in this unique guide to horsemanship.Â Â Allan Hamilton describes how horses understand and respond to the flow of vital energy around them. They use this energy, called chi, to communicate with their herd, express dominance, and sense predators. Hamilton shares safe, simple techniques to make you more receptive to your animal's chi, so you can develop a calm and effective training style that will not only help your horse follow commands, but strengthen the spiritual bond between horse and rider.Â Â

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Customer Reviews

"These deceptively simple techniques embody a powerful set of spiritual techniques." Andrew Weil, MD, Author, *Eight Weeks to Optimum Health*"Zen Mind, Zen Horse is both practical and profound, offering sound advice for tapping the wisdom of horses as natural mindfulness teachers." Linda Kohanov, Author, *The Tao of Equus*"Hamilton has given humans a way to achieve our highest good by allowing horses to be our guides. This beautiful testament to the power and magic of equine energy captures the soul of a horse perfectly." Susan Richards, Author, *Chosen By a Horse*"Combining brain science, horse sense, and fine storytelling, this spiritual handbook points toward a special and completely real form of enlightenment." Stephen Kiesling, Editor-in-Chief, *Spirituality and Health Magazine*"Zen Mind, Zen Horse is far more than a book about how to care for a horse, though it stands out as one of the best on the subject. Rather, Hamilton has given humans a way to achieve our highest good by allowing horses to be our guides. This beautiful testament to

the power and magic of equine energy captures the soul of a horse perfectly. Susan Richards,
Author, Chosen By a Horse

Horse training presents unique opportunities to explore powerful spiritual truths. The exercises in Zen Mind, Zen Horse offer everyone who works with horses -- novice or expert -- a new understanding of how humans train and interact with horses and why these two species, one a master predator and the other the ultimate prey animal, have such a deep, natural connection. Horses have evolved to understand and respond to the flow of vital energy -- chi -- around them, using it in their body language to communicate with members of their herd, to express dominance, and to sense danger from nearby predators. Being quietly present and receptive to your horse's energy opens the potential of your emotional, intuitive right brain. These simple, safe groundwork techniques reveal a pathway to awakening your deep sensitivity, calm leadership, intuition, and mindfulness.

Dr. Hamilton has the distinct honor of being gifted with a brilliant mind and compassionate heart. He has used his knowledge of neuroscience, horses and zen to bring a very practical and sensible manual on horse training to the world- with both the horse and rider in mind as a symbiotic unit. Most so called natural horsemanship trainers neglect to mention the spiritual nature of the horse in conjunction with the rider and so fear to tread into the space of 'energy' or 'chi' - I imagine partly because they fear they won't be taken seriously. However, Dr. Hamilton is succinct and pragmatic in his articulation of training methods while also establishing the fact that a person's energy field, i.e. thoughts, intentions, posture, philosophy, etc. will always have an impact on the horse. Two of the major aspects that seems neglected in training are time and patience. Being with a horse requires one be acutely aware of their human tendencies to want things right away so the horse can 'do' something for them- jump, walk, turn, stop, perform, whatever the case may be as to why you wanted the horse in the first place. If you're willing to take full responsibility for yourself and your horse, in what kind of horse you helped to create or person you turn out to 'Be', then this book is for you. It is reasonable, logical, accessible, based on human kinds' highest ability to interact with nonhuman life and will help create the opening and ground necessary for you to develop yourself into the kind of horseman/woman that you can be proud of and that your horse would willingly follow- based on the inside out rather than from impersonal conditioning that has trained the horse to do something like a robot, leaving a void, obedient animal in your charge. The only aspects I disagree with is the use of bits and round pen training as I see them as unnecessary when there

one can be safe and ride bitless and round pen training can be stressful. Thank you Dr. Hamilton for bringing all the pieces together in one magnificent book.

As an agnostic, I was surprised by the beginning of the book with what seemed to me a lot of religious talk. Shortly after, I remembered the title of the book I had just bought and decided to settle in and read it with an open mind. I couldn't put it down after another few pages and now, after recently finishing it, I realize this is one of those books I'll be reading again and again. The spiritual (note I don't call it religious now) context is beautiful and it helps to put my finger on just what it is I love about my animals and being with them. I think it applies to many more animals than just horses, including donkeys, mules, and goats. The concrete examples of how to apply these concepts to training are invaluable and practical. I love the combination of philosophy with exercises, and really can't recommend the book more highly.

Once again, Dr. Hamilton proves himself a masterful storyteller and writer. Even if you've never ridden a horse or don't consider yourself a horse person, this book will resonate with you on a mind, body, and spiritual level. Horses are divine mirrors that reflect our inner emotional truth. They teach us to stand in the moment, centered in self-awareness, to effortlessly move in harmony with our chi, to rejoice in our first step. As he describes early in the book, Dr. Hamilton has felt the "way of the horse" from an early age and has incorporated the lessons learned from them into his everyday life. Now he is teaching readers to do the same through rich prose that touches on neuroscience, tea ceremony, the warrior mind, psychology, history, and the complexities of horse training. If you're already a horse person, this book is a must read. And for those of you who are not - a category I fall into - you just might find a newfound desire to become one.

Fabulous book...for anyone who not only wants to understand horses but for anyone who wants to find their center or "chi". This book teaches patience, compassion, confidence and how to manage your energy level. These skills work with other animals, people and everyday life. I find myself employing these techniques daily and what a difference--it has given me added confidence and patience and made me much more aware of my body and senses... it has completely changed my approach to working with horses and the results are amazing. I know what the horse wants from me and I know how to ask him for what I want. I highly recommend this book.

Another one-only with some science in it-like Joe Camps' book...It is sooo true for those of us who

love horses as the beings that they are instead of what they can accomplish for us...which follows any good relationship with them-but isn't the most fulfilling goal sometimes. Another process for learning the importance of calming down, and reading the behaviors.

I learned many new things about the horse from this book. The subject of how horses communicate non-verbally with each other was quite interesting. The bond between horse and rider was presented in a way new to me. I'm not a horse owner, but this book inspired me to find a place in Tucson to do some riding. Both my grandfathers were farmers and owned working horses. I felt a connection to those horses that I didn't understand until reading Allan's book. The book is aimed at the horse owner and contains a lot of information about care and feeding. I think any horse owner would gain greatly from Allan's knowledge and presentation. Anyone with an interest of any kind in horses will enjoy the book greatly. Everett Lowman Tucson, Az

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