

A close-up photograph of a brown horse's head, focusing on its eye and the surrounding area. The horse has a dark, almost black, patch around its eye, which is a common sign of a condition like strabismus. The horse's coat is a rich, dark brown color. The background is dark and out of focus.

EXERCISE

HELP HORSES HEAL

B E S T A B L E



Returning to heart practice

This exercise helps you to reconnect with your own heart and presence, so you can become a grounded, calm, and healing presence for horses.

Trauma and stress in horses are often mirrored by tension and distraction in humans. Returning to your own heart is the first step in helping them release theirs.

Find Your Space

- Stand or sit in a place where you won't be disturbed for 5–10 minutes.
- Remove distractions (phone, noise, pressure).
- Close your eyes if it feels comfortable.



Ground your body

- Feel your feet or seat connecting to the ground.
- Imagine the energy centers in your feet opening up to a warm supportive energy from the earth
- Take 3 slow, deep breaths and slowly allow this supportive earth energy to flow through your body.



Connect with your heart-space

- Place your hand over your heart.
- Breathe slowly into the center of your chest.
- With every inhale, imagine drawing warmth, calm, and openness into your heart.
- With every exhale, fill your aura and energy field with love and freedom



Welcome emotion

- Allow yourself to notice any emotions, thoughts, or tensions.
- Don't try to change them simply observe them as if you were a caring witness.
- Acknowledge: "I see you. You are here. You are safe."

Horses are highly sensitive to emotional tension. By learning to hold your own presence, you create a container of safety for them.



The heart as a bridge

- Imagine your heart radiating a warm light outward like gentle waves, reaching your hands, your body, and beyond.
- Feel your energy softening, expanding, and stabilizing.

The power of this exercise is to always start filling your own heart, body and energyfield this strengthens your energywork practise and a natural benefit is you will bring this light and love into every space and interaction afterwards.



Anchor your practise

- Repeat this 5–10 minute exercise as often as you can.
- Over time, your nervous system will learn to anchor in heart-based presence, allowing horses to feel safe, understood, and supported in your presence.



Are you ready to dive deeper?

**Join the healing with horses
program and start helping horses
and humans around you!**

