

Horse Wisdom

AN INTRO TO HUMAN-HORSE HEART CONNECTION



A step-by-step guide
to help you experience a heart to
heart connection with your horse

BY FRANNIE CHARA

Who is this for?

For those of you who own a horse, it is hard to explain how special your relationship is with your horse partner. I recall feeling extreme joy and content being around my first horse. If you are like me, it took me a while to understand that this connection was deeper than I was aware of.



Conscious awareness

Anyone can develop a heart to heart connection and receive medicine from a horse and a herd.

Becoming aware of it is a first step.

This is what I want for you ... to get you curious about this magical connection by raising your awareness of the not so hidden possibilities.

If you are reading this, you were probably called to explore horse communication in some way shape or form.

I will guide you through a few steps and you will see that it is not so complicated.



important tip

The communication, connection and medicine is received through your intuition. Nothing is odd, off or wrong with what surfaces.

How is human horse communication possible?

As with any communication, it requires a giver and receiver and from there an exchange is created. The form of communication that I am referring to here is an exchange that is not by spoken words. It is mostly an **energetic** exchange between you and your horse.

Everything is energy and communication has energetic frequencies.

Your energy is sensed by your horse and when you open yourself to it, you can also feel your horse's energy.

What does heart-to-heart connection mean?

Heart to heart connection means that the *truth* is communicated and received.

Truth is what most of us do not know but the horses do.

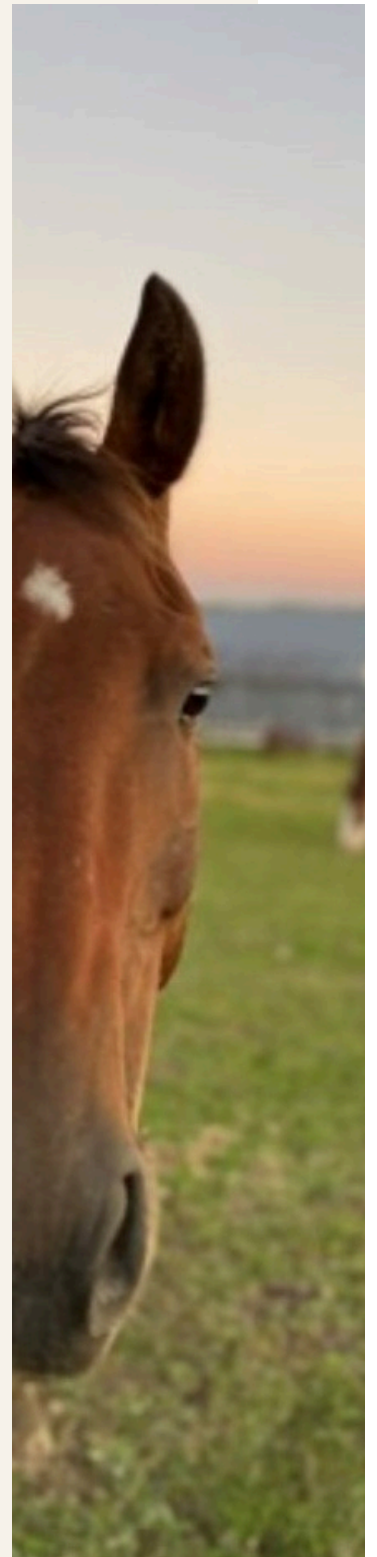
The only way to receive truth is by bypassing the filter of our minds.

Most often we process what we feel and/or sense through the filter of our minds which matches every experience, feeling and thought with an old story of ours and a belief that was passed down to us. The truth is then lost in translation.

In order to NOT affect the truth of your horse's message, you need to connect from your heart.

This is where no beliefs, old stories, critic, fear affect the *truth* of the communication.

The sixth sense we all have, some more or less developed, resides in our heart. The purity of the horse medicine is received, responded and accepted through the heart, through intuition.



Getting started

Let's get right into it but I want to share a few important items to properly prep you for this amazing experience:

- Ensure you are in a quiet setting
- Set an intention for your communication session.
- Focus on your breathing if you feel your mind is wandering off or if you start hearing yourself say things like ..."this makes no sense", "this is not working", "I am not able to do this" etc.
- If that occurs, make a point to observe your horse how it reacts to that energetic exchange from you.
- Observe your horse's behaviour, movements, the direction of the ears etc.
- **VERY IMPORTANT.** When a horse licks, and chews, snorts, yawns, poops, pees, rolls it is an indication that it has picked up energetically on YOUR feelings, thoughts, sensations. It is a direct response to a thought you may have had and it is confirming it because it wants you to acknowledge it. It can also be an invitation to release what you are holding back and you need to explore what that release is about.





4 steps to horse human heart to heart connection

1. Get a journal, sit quietly and observe your horse and/or the herd

2. Keep an open mind to all you may feel, think, experience. Observe your horse and how it behaves and how that relates to you.

3. Have an open mind and be ready to RECEIVE - refocus if distracted by the environment and/or by your internal critical thoughts

4. Write down **all** your feelings, thoughts, observations from experiences from your "session".

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Take a deep breath. Keep your body fully in the present and your mind in the recent future.

Don't let the past get in your way.

~Linda Kohanov~

Conclusion and Next Steps

Journaling is a key part of the communication process. It can be done as you are "in session" or after. I prefer doing it as I receive thoughts, feelings, sensations, when I notice horse movements and what it triggers in me.

Remember to be patient with yourself. No self-criticism allowed.

Be open. Receive.

There is so much more to explore and learn about receiving horse medicine. I trust I got you curious to learn more.

To learn more click on my website.



I am Frannie Chara. I am an equine guided spiritual coach.

I work with my horse partners as a light worker, helping people find their truth and shine their light for authentic living.

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Thank you!
