

Online Library Zen Mind Zen Horse The Science
And Spirituality Of Working With Horses By
Hamilton Md Allan J Storey Publishing Llc2011
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The book begins with an educational theory guide, to help deepen your understanding of why your horse is acting the way he does and what his motivating factors are. Following the theory guide are over 77 Solutions for herd bound behavior. Included in these solutions are exercises divided into sections individualized to how your horse is kept; Stall, Pasture, Pair bonded, etc. It also includes strategies for riding, Emergency "In the moment" solutions and pages to record your progress on. These strategies can be used with each member of the herd, this is most valuable in situations where a single buddy horse is left behind. By using the exercises, programs and approaches you can create horses that are more self confident and able to be separated with more ease and relaxation. I am incredibly excited to get this information in the hands of horse lovers who struggle with this frustrating and destructive issue! There is nothing more peaceful then hearing horses munching on grass instead of screaming for their herd mate!

Who Rides the White Horse Hi my friend, after you've read this book you may not want to consider me a friend. I'm learning to accept that. There was a time that when I met someone like me the way I am now. I felt the same way as many of you will. Even though you won't be able to prove me wrong, you're going to hate me for the way I tell the truth. Yes I know I seem to act and sound cocky. I'm hoping that some

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one can knock old Ray off his high horse with a stronger sense of truth than mine. It's been a few years now and no one yet has done that. My pledge is that should some one prove anything that I have said to be a lie at the very least I'll have to publically apologize. If my word is worth anything it's now on the line. My name is Ray Ralph. I'm the author of Christ, Christianity, and Christians Welcome to the real world. For most of you who are about to read this book, It will most likely not live up to your expectations. The majority of you who read these types of books will be expecting more of the same old same old. These days preachers of all faiths prepare their sermons for their next worship day. You will attend the service out of tradition, and habit more than anything else. It's your responsibility, your duty to honor God with your presence. You'll show up at the church dressed in your Sunday best whether you have services on Sunday, Saturday, or any other day. You'll find your seat, make yourself as comfortable as you can, some of those seats are as comfortable as easy chairs, and some are bring your own pillows. Then you muddle through the next few hours give or take. Whatever the sermon is about, you usually don't have a say, and yet you'll suppose ably accept it as Gods Word. What was said actually didn't make sense but hey, the sermon was good the pastor who told it is your friend. Gods chosen representative. They don't make mistakes and if they do there so insignificant it doesn't matter. Like many of you I was raised a Christian and as I was growing up I heard the word of God told to me the same way, over and over for over 50 years. Myself I had never read a book of the Bible in my life. I used the same excuse as many of you; it's just too hard to understand. All those years I just took for granted that what my preachers were telling me was Gods Word. My preachers wouldn't lie. I stood up for my faith whatever the consequences. Now that I think back upon many of my

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conversations with other faiths it didn't matter that what I was saying was totally wrong, as far as I was concerned I was right and they were wrong. What I couldn't figure out was why everyone else couldn't see that my faith was the true faith. I could see their faiths short comings, but I couldn't see mine. Then one morning it happened, TheReallyTruth. You are now about to read Christ, Christianity, and Christians. This Roller Coaster Ride I call TheReallyTruth is rolling, ride with your eyes and mind wide open. Remember to show this book to your pastor's asking them to put Ray in his place. Should you and or your faith disagree with what I say, they should be able to do that? Thank You and Enjoy!... Sincerely Ray Ralph

...

There are never enough words to describe the trials that are endured as we travel through this life. As we sit within a moment of reflection, at times, our past stares back at us through eyes of regret. All too often we fail to realize that our strength is not destroyed by the wicked ways of the world, but rather, it is intensified, amplified, justified. One girl saw the world through the innocent eyes of a child until one day that innocence was savagely ripped from her hands. Refusing to succumb to the illusion that 'we are reflections of our past', she sought to discover a world unlike any she had ever known. Through the eyes of the horse, she became reborn into a life of purpose, and discovered that within her tiny hands, she held the spirit of a warrior.

"In the beginner's mind there are many possibilities, but in the expert's there are few." So begins this most beloved of all American Zen books. Seldom has such a small handful of words provided a teaching as rich as has this famous opening line. In a single stroke, the simple sentence cuts through the pervasive tendency students have of getting so close to Zen as to completely miss what it's all about. An instant teaching on the first page. And that's just the beginning. In the forty

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years since its original publication, *Zen Mind, Beginner's Mind* has become one of the great modern Zen classics, much beloved, much reread, and much recommended as the best first book to read on Zen. Suzuki Roshi presents the basics—from the details of posture and breathing in zazen to the perception of nonduality—in a way that is not only remarkably clear, but that also resonates with the joy of insight from the first to the last page. It's a book to come back to time and time again as an inspiration to practice, and it is now available to a new generation of seekers in this fortieth anniversary edition, with a new afterword by Shunryu Suzuki's biographer, David Chadwick.

Recommended for mature age 13 and up. I've seen a lot in my thirteen years of life. I've run away and been rescued. I've had children and lost them. I've lived in cages and in beautiful homes. But these days, a lot of my thinking is done behind closed eyelids, as I just feel so old and tired all the time. Now, you're probably confused at this point because, in human years, thirteen isn't old at all; but in dog years, especially if you're a sheltie like me, that's ancient. So, when my human parents—the best people you could ever meet—started moping around the house, I knew something was up. For a few days, I tried to ignore it, but after another visit to the doctor, we all had to finally face the truth. I am dying. But the story I have to tell you isn't a sad one. You might say we dogs tend to view the world through rose-colored glasses. But really, we just see it for the wonderful place it is. Sure, there are difficult moments, but that's just it—they are momentary. The way I see it, every day we have a choice to love, laugh, and be grateful. Raneous, is the young son of the great Palladon, the swiftest and strongest of the Heavenly Host winged horses. Full of youthful idealism, he is eager to begin his training against the Darkland demons. Finally, after many months of flight training, he accompanies an angelic scouting party on a short

mission to the miserable realm of the Borderlands.

Excitement turns to terror as the dark forces succeed in separating Raneous from the angelic troop. Utterly lost, seemingly abandoned, and unable to fly in the mortal world, Raneous begins his quest to return to the heavenly realm. Through his friendship with a troubled boy, Brian, Raneous learns to fight the demons lurking in the shadows, but also the darkness of the mind. Can he trust the goodness of what he has been taught? Has the High King abandoned him? Why has no one come for him? Join Raneous and Brian as they battle dark forces of evil, learn the true secrets for victory, and step into the power and freedom of becoming a true servant of the High King. Horse lovers, and warriors of all ages will love to take this coming-of-age journey with the beloved winged colt, Raneous.

Develop a Deep, Magical Bond with Humanity's Oldest Spirit Ally Harness the amazing spiritual power of horses with this brilliant book on bridging the physical world of horses with the metaphysical realm of Horse Spirit. You'll enhance your life by connecting to equine energy and forging a powerful bond with actual horses and spirit guides. Explore the myths and history of horses as well as the long-lived symbiotic relationship humans have with them. Discover practical horsemanship activities and advice, techniques for working with the four elements, and hands-on exercises to strengthen your energetic connection to horses. This groundbreaking book also helps you choose the best horse for you, both physically and spiritually, and live in harmony with him. Through heartwarming personal stories and well-researched insights, Debra DeAngelo reveals the incredible ways in which horses heal, ground, and teach you to be better in everything you do.

The images in this book each represent one of the 12 Spiritual Powers. Each drawing is accompanied by a page of

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information about the attributes of that power, the disciple associated with it, the color, the body energy point, and any angels, flowers or herbs associated with the power.

Consciously using this information allows the essence of each power to become more real, and a powerful tool in our daily lives.

Finally, a comprehensive collection of world-renowned equine expert Linda Tellington-Jones' healing equine bodywork and training exercises, for use both on the ground and in the saddle. In one fabulously illustrated book, those new to Linda's approach are provided with a clear, step-by-step introduction to the Tellington Method, while those familiar with her work finally have the ultimate go-to reference. The book is divided into three parts. Part One briefly explains the background of the Tellington Method and then discusses the reasons for unwanted behavior and poor attitude in horses. Part Two, arranged alphabetically, contains a compendium of 72 common behavioral, training and health issues, many of which horse people face on a daily basis. In this A to Z format, from Aggressive to Other Horses to Weaving, Linda discusses the possible reasons for these behaviors or problems and offers conventional methods of solving these challenges, as well as training solutions using the Tellington Method. Part Three presents—for the first time in one volume—the complete body of work that makes up the Tellington Method: the Tellington TTouches, Ground Exercises, and Ridden Work. At the end of this section, there is also a detailed case study, which includes 49 photographs showing every step along the way to successfully teaching your horse to load.

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The zodiac race is starting soon! Henri the Horse wants to win the race, but he lives really far away. Will he make it there in time? In addition to climbing tall mountains and entering dark forests, he will also have to make it across a scorching desert! Will he get lost? Join Henri's adventure to see how he uses his knowledge and wits to meet every challenge! Little readers will find out about how Henri the Horse claimed his Zodiac sign, and also learn the order in which all the zodiac animals were placed in the race. W C Jefferson's charming rhymes and T F Wister's whimsical drawings bring to life a new version of an ancient tale of how the 12 animals of the Chinese Zodiac came to have a year named after them. 2016 Foreword INDIES Gold Award Winner 2016 Gold Nautilus Book Award Winner 2017 Silver Independent Publisher Book Award Winner 2017 Silver IBPA Benjamin Franklin Award Winner Award-winning author and celebrated neurosurgeon Allan J. Hamilton combines his understanding of the human brain with nearly 30 years' experience training horses to offer wisdom on such universal themes as leadership, motivation, ambition, and humility. The results are showcased in more than 100 thoughtful essays that treat working with horses as a metaphor for personal, professional, and spiritual growth. Whether you're searching for greater spiritual depth or simply want to better understand your four-legged partner, this wise and important collection has something for you.

ATTENTION TRAINERS: It's Not About YOU - It's About the LEARNER! What is the biggest mistake a trainer can make? Quite simply, it is focusing all of their efforts on

themselves and not their students! Many inexperienced trainers fall into this trap, but it doesn't have to happen to you! This book provides easy-to-execute examples that, when utilized, will make any rookie trainer look like a seasoned pro in just one day! You will learn how to structure the classroom experience in such a positive way that I guarantee it will make a difference in your professional life and in the lives of your participants. The techniques outlined in this book will help you to become the Great Trainer you have always wanted to be - because although good trainers may know these methods, Great Trainers make it happen! Inside, you will discover how to: -Create an inviting physical and emotional learning environment for your students. An inviting learning environment leads to higher levels of participation, retention, and on-the-job application! -Be less of an instructor and more of a "Tour Guide." Utilizing tour guide techniques will make your class anything-but-ordinary, causing people to look forward to your next event! -Utilize Great Trainer techniques whether you're facilitating a 5-day course, a 60-minute training session, or a 15-minute presentation! -Apply the techniques that will help you go WACCO for your participants - without spending a dime! Get on the road to continuous training improvement and start reading!

"'On the origin of Mind' is a detailed description of how the mind works. It explains the dynamics from the neuronal level upwards to the scale of group behaviour, society and culture."--Publisher's website.

He was famous for telling stories. He could always make the story interesting. He had a way of seeing the best or

funniest of every situation. He wrote down over 180 of his best stories in his last few years for all his family and friends. You will laugh, and relate to the stories of childhood, school years, and growing up during the depression. From his northern New Jersey, small town home he shares what it was like growing up in the 20's and 30's. From logging to working with horses, the stories provide a great view of the life style from that time period.

The author discusses his unconventional and gentle equine training methods, his unique ability to communicate with horses, and the applications of his communication skills in the corporate world

The life force, also known as “spirit,” is the essence of being and the conscious and most important form of energy. Living energy is personal and within our conscious control, and by learning about it, we can use it to transform our life into vibrant and meaningful expressions of who we really are. Consciousness is purely energetic and therefore difficult to quantify in mechanistic terms. It is the characteristic of living energy and is the foundation of awareness. Consciousness is the thread running through all life. Living Energy is an introduction to the process of mystic spirituality. The reader is encouraged to attain a deep and meaningful connection to the divine with expanded awareness. The principles given in this book are equally relevant to the novice and the advanced practitioner. Robert explains how we may reveal our hidden potential by shifting our perception away from what is customary and comfortable to open the doors to greater spiritual awareness.

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A Harvard-educated neurosurgeon reveals his experiences—in and out of the operating room—with apparitions, angels, exorcism, after-death survival, and the miracle of hope. For the millions who have enjoyed *Proof of Heaven*, *Heaven is Real*, *To Heaven and Back*, and *Getting to Heaven*—an inspiring tale from where the veil between life and death is often at its thinnest. *The Scalpel and the Soul* explores how premonition, superstition, hope, and faith not only become factors in how patients feel but can change outcomes. It validates the spiritual manifestations physicians see every day and empowers patients to voice their spiritual needs when they seek medical help. Finally, it addresses the mysterious, attractive powers the soul exerts during life-threatening events.

This carefully documented account brings to life the hardy Indian pony—possessing almost unbelievable speed and endurance that allowed its rider to run down the fastest buffalo or leave his cavalymen pursuers far behind. It is the story of American Indians and their relationship to the animals that broadened their horizons, and a historical record of one of the most turbulent and fascinating eras of American frontier history.

Though he typically wrote under the guise of anonymity, using an array of pseudonyms and pen names, author and thinker William Walker Atkinson was an enormously influential figure in the "New Thought" movement. In fact, he is often credited with being the original source of the ideas that later coalesced under the term "the Law of Attraction." The volume *Thought-Culture* offers an array of practical tips for those who are interested in improving their mental acuity.

"Far more than a book about how to care for a horse, though it stands out as one of the best on the subject . . . beautiful" (Susan Richards, author of *Chosen by a Horse*). This unique guide to horsemanship incorporates Eastern philosophy to

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describe how horses understand and respond to the flow of vital energy around them, and how they use this energy, called chi, to communicate with their herd, express dominance, and sense predators. Written by the award-winning author of *The Scalpel and the Soul*, and including forewords by Monty Roberts and Dr. Robert Miller, *Zen Mind, Zen Horse* 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.

Can horses really teach us to be better human beings? In this groundbreaking work, you will discover that the answer is a resounding "Yes". While working with severely disturbed youths, therapists Adele and Deborah McCormick discovered the best healers were their herd of Peruvian Paso horses. Through their work with horses, the McCormicks' patients were initiated into the hidden world of animal energy and instinct, and found a safe and natural way to learn about their own dualistic natures. Patients learned to tap into their primal "animal" mind and energies and apply them toward more creative and responsible living. What took days or months to uncover in an office setting took only minutes when patients were on a horse. You will read case after fascinating case of people discarded by society and the psychiatric community whose lives were turned around by the intuitive guidance and friendship of their equine therapists. What People are saying... "This book got me. It is about personal growth and the cultivation of wisdom, and is one of the wisest contributions I have come across in years...Its implications for healing are utterly profound. *Horse Sense and the Human Heart* is a breakthrough work." --Larry Dossey, M.D. author *Prayer is Good Medicine and Healing Words* "*Horse Sense and the Human Heart* is an eye-opening and heartwarming

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adventure. In sharing their pioneering therapeutic discoveries, Adele and Deborag McCormick take us on a shamanic interspecies odyssey. They reveal a secret world governed by wise equine masters, available to help heal our psyches, and guide the human spirit on its journey toward wholeness."

--David Jay Brown, author, *Brainchild* and *Mavericks of the Mind*

Do horses make choices? How do they seem to know what people are thinking and feeling? Are horses spiritual beings with a destiny all their own? If so, how is this destiny connected with humanity's future? How does the equine mind compare with the human mind? What do horses have to teach people? And why are women so attracted to horses? These are some of the questions writer and equine therapist Linda Kohanov explores in her extraordinary book *The Tao of Equus*. In it she intertwines the story of the spiritual awakening she experienced with her black mare Rasa with compelling neurological research, cultural history, mythology, and first-hand anecdotes from years of teaching and facilitating equine therapy. She delves into the mental and spiritual processes behind the magical connections people, and women in particular, often experience with horses. She skillfully describes the subtle behavioral nuances horses express and perceive — what she calls the "wisdom of the prey" — as well as a feminine wisdom found in her powerful interactions with horses, bringing to the page subtleties that women riders have intuited for centuries. Blending her extraordinary experience — what some would consider paranormal — with a wide-ranging survey of the phenomena of horse-human communication, Kohanov delivers a groundbreaking work sure to interest both longtime riders and readers interested in the leading edge of animal perception and animal-human communication.

Named one of the 100 Best Spiritual Books of the Twentieth

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Century (Spirituality & Practice) A 50th Anniversary edition of the bestselling Zen classic on meditation, maintaining a curious and open mind, and living with simplicity. "In the beginner's mind there are many possibilities, but in the expert's there are few." So begins this most beloved of all American Zen books. Seldom has such a small handful of words provided a teaching as rich as has this famous opening line. In a single stroke, the simple sentence cuts through the pervasive tendency students have of getting so close to Zen as to completely miss what it's all about. It is an instant teaching on the first page--and that's just the beginning. In the fifty years since its original publication, *Zen Mind, Beginner's Mind* has become one of the great modern spiritual classics, much beloved, much reread, and much recommended as the best first book to read on Zen. Suzuki Roshi presents the basics--from the details of posture and breathing in zazen to the perception of nonduality--in a way that is not only remarkably clear, but that also resonates with the joy of insight from the first to the last page.

When the Spanish explorers brought horses to North America, the horses were, in a sense, returning home. Beginning with their origins fifty million years ago, the wild horse has been traced from North America through Asia to the plains of Spain's Andalusia and then back across the Atlantic to the ranges of the American West. When given the chance, these horses simply took up residence in the landscape that their ancestors had roamed so long ago. In *Wild Horses of the West*, J. Edward de Steiguer provides an entertaining and well-researched look at one of the most controversial animal welfare issues of our time—the protection of free-roaming horses on the West's public lands. This is the first book in decades to include the entire story of these magnificent animals, from their evolution and biology to their historical integration into conquistador, Native American, and

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cowboy cultures. And the story isn't over. De Steiguer goes on to address the modern issues— ecology, conservation, and land management—surrounding wild horses in the West today. Featuring stunning color photographs of wild horses, this extremely thorough and engaging blend of history, science, and politics will appeal to students of the American West, conservation activists, and anyone interested in the beauty and power of these striking animals.

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Every year, some 10,000 people attend Lyons's clinics to learn the secrets contained in this complete training program for horses and trainers of all skill levels, by one of America's most popular and trusted trainer-instructors.

It's 1937, the eve of World War II. At twenty-six years old, Rezsi Lehrer leaves Munkacs, a small charming city located deep within a remote corner of the Carpathian mountains and travels alone to the United States. War breaks out and Eastern European borders are sealed. Rezsi's family is trapped in Czechoslovakia and the packages she sends home are returned unopened. When the war ends, Rezsi discovers her parents, two brothers and scores of relatives perished in the Holocaust. Gypsy Music Street is the story of one woman's endless sorrow and guilt she suffers at the loss of her family, the family she left behind "to die alone." Yet she still yearns to return to her town, "the little Paris of the East," to see it just one more time. But after the war, countries borders are redrawn and Mukacevo is no longer located in Czechoslovakia. It becomes completely closed off within the iron grip of the Soviet Union and the political climate is one of Cold War. Mukacevo is off limits for travel. As the years pass, Rezsi reminisces, sharing her longing and grief about the past with her daughter Bobbie. And when she dies an old woman, her dream unfulfilled, Bobbie is driven by her own loss and

grief to make this journey home for her mother, and for herself. Adventures in Budapest, Ukraine and Israel make Gypsy Music Street an enthralling memoir of love and loss. Yet, it is also a story of the overwhelming joy a daughter experiences when she travels back in time and discovers her own torn roots.

"This is a very interesting and intelligent little book; the author takes a unique approach to teaching centered, balanced riding, using Eastern philosophy as a context for mastering the art of equitation. The author writes with credible authority and conveys ideas and concepts clearly and vividly. Most important, the book delivers what it promises. It does provide specific advice for equestrians hoping to achieve this zen state in their riding." As reviewed by Writers Digest, 2004 "I think this is the first writing that actually describes what I feel when I ride my horses. I have never wanted to compete, just reach that place of unity which will be an ongoing practice with the horse for the rest of my life. No hurry to get somewhere, only connect while there! Maybe someday you will put this great book into visual movement in a video? You have really taken the mechanics out and replaced with emotion, awareness, with motivation to feel!!! With great respect to our patient teacher, the horse. " Sincerely, Chris in OR. "A must for the serious rider. This book stayed on target and was easy to keep up with. Most Zen horse books make me want to gag after 5 minutes, but this author has both of her feet on the ground and a lot to say. Buy it! you and your horse will both benefit." [Chuck Click Here](#) to go the authors website and more on Zen and the Horse.

My "Best Friend Betsy" is a beautifully illustrated watercolor children's book about a girl and her horse, Rafferty. Rafferty introduces you to the life of a wise, old dressage horse and the girl who is his best friend.

Acclaimed as a man "who inspires the world" (Maclean's) and

a "nation builder" (Globe and Mail), Jean Vanier has made a difference in the lives of countless people — including those with disabilities and the many young people who have been moved by his life's work. *Becoming Human* is a modern classic that continues to resonate among the generations. In a world of competition, where the strong dominate the weak, Vanier calls on each one of us to open ourselves to those we perceive as different or inferior. This, he says, is the key to true personal and societal freedom. This 10th anniversary edition includes a new introduction by the author.

Bringing together the experience of three top academic experts in breeding procedure, this up-to-date second edition of *Managing Breeds for a Secure Future* examines breeding and genetics at a level accessible to all. This new edition has been revised to cover emerging debates in animal breeding and includes domestic species such as dogs and horses. The authors skilfully use a clear discussion of theoretical genetics to explain its practical applications to a wide audience of livestock and domestic animal breeders. Specific examples are provided throughout to illustrate how decisions regarding breeding and management relate back to genetic theory. Advice is given on all areas pertaining to the process of responsible breed management from selecting pairs and mating systems to registry functions and long-term management. Current topics of interest covered include: breeding for robustness and disease resistance, international movement of livestock, and preserving endangered breeds. Breed associations are also discussed in depth with particular emphasis on how reducing common conflicts can secure the future of breeds for generations to come. This practical book offers a comprehensive examination of breeding practices aimed at livestock and dog breeders of all abilities and experience levels. The first edition was published by The Livestock Conservancy.

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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. A new book by the author of "Zen Mind, Beginner's Mind" offers a posthumous sequel to Shunryu Suzuki's seminal work on Buddhism, collecting his insights on the famous eighth-century Zen poem Sandokai. Illustrations. Reproduction of the original: The Iron Horse by R.M Ballantyne

Mind Your Thoughts is a book that will help you quiet and focus your thoughts so you speak directly to your unconscious state of being in a language the mind understands. Meditation is nothing more than relaxation, and in a meditative state, your conscious can relax and allow you to speak directly to the unconscious. The unconscious is in charge of your life, even though you allow your conscious to be in control. If you want to experience change in your life, you need to learn to bypass the conscious control which can be described as critical, analytical, and most of all judgmental. Meditating

through relaxation is how you reprogram your unconscious with new concepts and information. The unconscious learns by applying this information against the storage of all your memories, experiences, reactions, and emotions. Also, the unconscious is much more accepting of change because it processes information without judgment. You will see both mental and physical changes resulting from this process. Practice with the thoughts in this book; your unconscious will understand even if your conscious seems confused. Mind your thoughts and experience a human metamorphosis from the inside out. The purpose of meditation is to quiet the mind. Meditation removes the clutter of thoughts from everyday life, and also helps you to get in touch with your higher consciousness. It does take practice, so do not become discouraged. Set aside 45 minutes each evening before you go to sleep. Sit in a quiet room, in a comfortable and relaxed position wearing loose clothing. Close your eyes and take a deep breath in through your nose and let it out slowly through your mouth. With each breath in, clear your mind of all thoughts, and feel your body relax. Repeat this 9 times before beginning. This book contains 81 thoughts for you to meditate on. There are 9 sets of 9 thoughts each. Start with Set One and allow 5 minutes of meditation for each thought. After your initial warm up of 9 deep breaths, read the first thought of the first set. Close your eyes and continue your deep breathing as you reflect on the thought and what it may mean to you and your life. Think of nothing else. Repeat this with each thought until you complete Set One. It will take you at least 9 evenings to get through all of the sets

in the book. You may want to repeat a set over and over again before moving on to the next set. Eventually, you will have your favorite thoughts that you will want to dedicate your meditations on. Most people enjoy thoughts of wisdom, but rarely take the time to internalize them enough to be life changing. Practice mindfulness in life and create ripples that will forever change your life. This is not an instructional book on the art of meditation. The true story of one man's journey through Red Hell - the Soviet GULAG slave labor camps where millions of people died for the glory and satisfaction of one of the most evil dictators to ever live.

This marvelous book, borne of a unique collaboration between Dr. Allen Schoen—a world-renowned veterinarian and author—and trainer and competitor of many years Susan Gordon, introduces the 25 Principles of Compassionate Equitation. These Principles, conceived by Dr. Schoen and Gordon, are a set of developmental guidelines, encouraging a level of personal awareness that may be enacted not only through the reader's engagement with horses, but can be extended to all humans and sentient beings he or she encounters. The 25 Principles share stories and outline current, peer-reviewed studies that identify and support methods of training, handling, and caring for horses that constitute a safe, healthy, non-stressful, and pain-free environment. Through their Compassionate Equestrian program, the authors encourage all involved in the horse industry to approach training and handling with compassion and a willingness to alleviate suffering. By developing deeper compassion for their own horses, and

subsequently, all equines, equestrians transcend their differences in breed preferences, riding disciplines, and training methodologies. This leads to the ability to empathize and connect more closely with the “global collective” of horses and horse people. In doing so, a worldwide community of compassionate equine practitioners and horse owners will emerge, which will not only benefit the horses: People involved with horses are found in many influential segments of society and have the potential to affect wide circles of friends, acquaintances, and co-workers from every walk of life. These are simple changes any horse person can make that can have a vast impact on the horse industry and society as a whole.

Can you imagine the sound of hooves telling you to stop working, come out and play? Coloring is a form of imaginative play. You use your imagination to conjure worlds and then you use your skills and creativity to transfer those worlds into sheets of paper. It's fun brain game that you can do without leaving your home or office. Do some coloring today!

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