

Equine Karma

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karma *n.* (Buddhism) sum of person's actions in one state of existence viewed as deciding his fate in the next; destiny.

When a horse knows that you know, they then appreciate it when you operate from that place. If and when you don't, they will let you know, in no uncertain terms, that you really know better, should be consistent with your knowledge and ought to continue to operate from that 'knowing' place. Once you have begun your journey of discovery and knowing, you cannot turn back, nor will the horse let you.

This is what I like to think of as equine karma; or universal karma that manifests itself through the horse.

Equine karma has happened to me and I have also seen it happen to other people. It also happens to people who have been around horses for quite some time and should by now know better.

How does equine karma work then?

Part of our journey through this life is to become aware. With that awareness we can then experience life at a different level. There is no point in becoming aware if we do nothing with that awareness. Life is really about discovery and experience - and not necessarily in that order.

As we become aware of the nature of horses, their needs, their personalities, and what they really have to offer us (as opposed to just a free ride), we then have to live and act within that awareness. Our perception of and understanding of horses changes. This means that the way we live and act, and the way we are being with horses (and all life) changes too. An analogy might be: once you become aware of and really experience love, your life will be forever changed. The person you are will be forever changed, and you have the opportunity to live love in that new state of awareness. If you choose to not live in that place of love, life will slap you into remembering - sometimes subtly, sometimes not.

How this manifests with horses could be as simple as our horse getting off colour or popping a hoof abscess in the days leading up to an important (for us) horse event. Our 'normal' agenda with our horse is usually for us. There is usually nothing in it for the horse. In our heart of hearts we might know that it is our ego that is driving our desire to carry out the planned exercise. It could be the horse will inexplicably not load on the float on the day. It could be they appear to have what is known as a hissy fit and break something. Most of us have experienced something of this nature. It is horse karma, slap in the face version.

Horse karma works in the other realm too. This is the realm of 'flow'.

When we are in a 'true' place, a place of peace, a place of understanding, or all of these, horse karma can deliver us some moments of what seems like pure magic and true bliss. This is what masters of enlightenment achieve. This can also happen when we are being in the 'now'. When these magic moments occur, they are what I like to consider as "encouragement awards". They are clear sign posts that we are on the right track or the path that we are on is clear and direct. These moments are snippets of what is possible, and they feel pretty damn good! Bliss indeed.

Take 'being in the now' for example. Generally this is how horses are. They live in the moment. When we are with our horses and are in the now, or in the moment, we are very much in tune with the horse. Isn't this what we strive for? I do.

A difficult concept for humans to grasp is that horses do not generally have an agenda. It is this quality that horses have that makes them so different from most of us. It is probably one of the qualities in horses that we find appealing too. Most of us have an agenda. We have plans. We have goals and we have desires. Horses generally do not suffer from these human conditions. And let's not confuse 'conditioning and training' with agendas. Yes, horses can be conditioned or trained to act in a certain way - by a human with an agenda.

Horse karma in the 'flow' happens easily when we have no agenda; when we just let it happen.

Many wise people who facilitate this type of experiential personal learning talk about "turning off the static". Our brains/minds can be pretty busy most of the time. A thousand thoughts can go through our minds while we are having a cup of coffee or while we are walking to the horse paddock. It's a busy place in our minds when we are like that. Turning off the static can allow us to feel and think of maybe one thing, but one thing properly. It can allow us to be in the here and now, and it can allow us to really focus on what is happening. So it's "whoa neddy" with our minds to achieve nice outcomes.

Getting into this frame of mind is also more effective when we just observe, rather than participate in, our thoughts.

How does this 'in the flow' karma present itself to us through the horse? It could be a feeling of great peace; it could be a moment of complete understanding of why we are here in this life; it could be the wonderful sensation of having a horse just breathe gently on your neck for an incredible length of time - they just chose to stand and be with you; it could be when a horse goes to sleep with you cupping their chin in your hands; it could be they lift up the hoof that you are wishing to pick out without you asking; it could be a thousand things. It could be when they choose you to have the experience.

Equine karma, in the flow, seems to have an infinite number of ways of giving us the experience. A true present indeed.

If this type of experience appeals to you, calm your mind and go out to the horse and just be. If you feel safe and there is a feeling of mutual trust, sit in his/her presence. Allow the horse to make first contact. Feel the horse without touching it. Breathe. Enjoy the moment - that is all there is.

If you feel you'd like a guide or some assistance with this type of experience, seek out the facilitators. There are people who truly enjoy introducing and guiding others to discover the energy, the karma and the essence of the horse.

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