

# Tao of Horsemanship, Inc. *Chakra Conscious*®

## *Creating Well-Being, Ease & Balance*

Our work with Chakra energies supports creating and nurturing a sacred space – one that honors and respects the relationship we develop with oneself and with others and the journey we take into self actualization and healing. Our work with both horses and people can assist both with the following:

- Identify Chakra points, pathways and energies, bringing awareness to imbalances, depletions and/ or abundance within
- Develop deeper conscious living by awakening the soul
- Release of unwanted feelings and emotions that are trapped and causing emotional, mental and physical pain, exhaustion and dis-ease
- Develop clear intention and ways of Being that assist in nurturing and maintaining inner balance, ease and well-being
- Develop deeper connection to oneself and the relationships we share
- Develop clear and congruent mind-body communication and leadership skills
- Confidence and trust in oneself and with others
- Develop centeredness, focus and passion about one's life
- Create clarity and purpose

In order for us to become fully self-realized and in harmony with our physical and spiritual nature our denser lower energies need to be harmonized with the lighter energies of the upper centers. This is to say our survival and base tendencies have to be raised to incorporate a heart-felt spiritual focus expressed in all areas of our being. Indeed, each of the upper-level energies corresponds and refines a lower level counterpart: 7<sup>th</sup> with 1<sup>st</sup>, 6<sup>th</sup> with 2<sup>nd</sup>, 5<sup>th</sup> with 3<sup>rd</sup>. In the center of our being is full integration into the heart.

Understand that if you are opening your chakras, there is no need to try and make over-active chakras less active. They are simply compensating for the inactivity of closed chakras. Once all of the chakras are opened, the energy evens out, and becomes balanced. Each center has an integral function in creating our energetic balance. It is through the study of our energetic and physical being that we can create health, emotional stability and spiritual bliss.

If you are in need of developing a deeper, more fulfilling connection with yourself, and others (horses included), Rider Horsemanship offers three specific studies that will assist in reaching these goals: Tao of Horsemanship's Intuitive (Wellness) Workshop for Horses and Humans and Riding as One Clinics: <http://www.riderhorsemanship.com/horse-training-clinics.htm>; Total Immersion Internship Courses: <http://www.riderhorsemanship.com/intern-coaching.htm>. We also offer private and group lessons that are centered on developing a foundation within that brings attunement, balance and well-being to both horse and human.