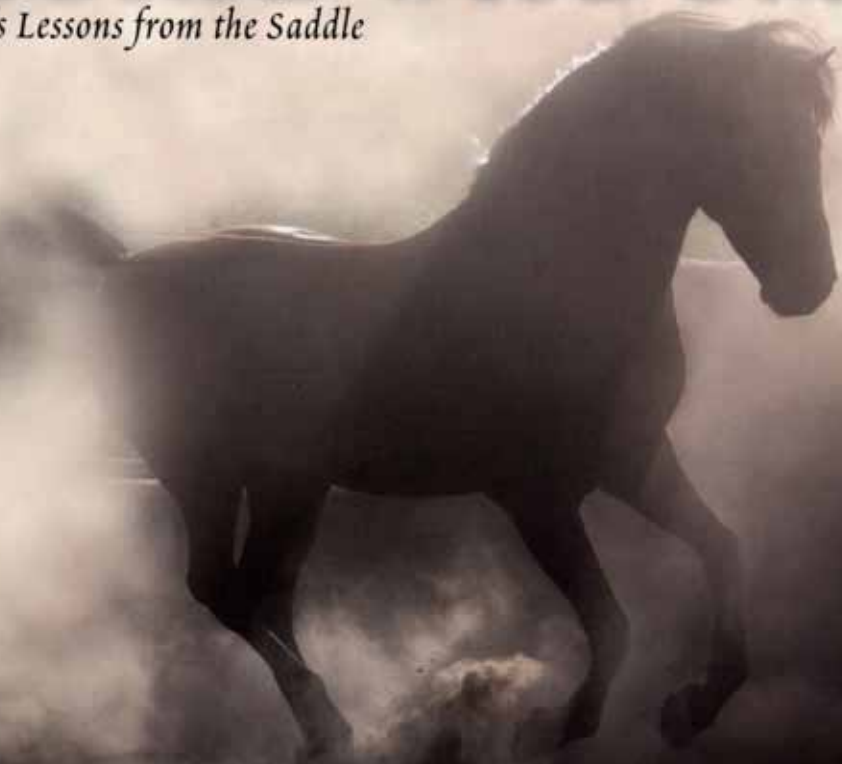


HORSE WISDOM

Life's Lessons from the Saddle



By Melissa Sovey



The horse accepts us and can read what's in our hearts;
we must follow his example and trust our own hearts as well...

ACCEPTANCE

*When I'm trusting and being myself
as fully as possible, everything in
my life reflects this by falling into
place easily, often miraculously.*

—Shakti Gawain



Achievement in equitation for both horse and rider lies in the joy of beautiful, natural movement...

ACHIEVEMENT

*The thing that is really hard, and really amazing,
is giving up on being perfect and beginning
the work of becoming yourself.*

—Anna Quindlen

Riding demands self-awareness, a heightened understanding of our true nature, and our true desires...

AWARENESS

*To find in ourselves what makes life worth
living is risky business, for it means that
once we know we must seek it.*

—Marsha Sinetar






The horse is an archetypal symbol which will always find ways to stir up deep and moving ancestral memories in every human being.

—Paul Mellon

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