



Molecular Equitation

What is truly happening when we choose consciousness and partnership?

The beginning of your communication with your horse happens the moment you think of him. Perhaps you are on your way to the barn, or you've been busy, so you think of him when you walk to his stall or paddock. Clear your mind and ask "shall we dance today". Listen, for he will tell you the type of dance he will enjoy. Know and think with CLARITY about what you are seeking in each moment, in each gait.

One simple responsibility that we share is that of being open to the possibility that we are both the creators of and part of the creation that is the 'molecular relationship', the union with the horse leading to oneness. In us, a desire to learn must also be a willingness to change deeply. Lightness is a state of mind in which the horse and rider are one.

For the rider this entails *descente des mains et des jambes* ~ the rider relaxes the hands until it feels as if he or she has no hands and relaxes the legs until it feels as if he or she has no legs. In other words, the rider learns to BE and ceases to DO, no longer enacting the physical and allowing the horse to carry on with specific movements on his own. This is when the molecular relationship between rider and horse qualifies as lightness.

When we consciously put ourselves in the position of complete non-action and surrender, the ego and our need to "do" ceases to exist. We create the space for pure energy to reside. When we do this with our horses we create a powerful energetic field that resonates and vibrates to a frequency that induces molecular change. We are co-creating a higher state of being, a higher consciousness.

Being present is one of the most difficult things there is to achieve. It requires self discipline and meditative practice. Ideally, we must learn to sit happily on a meditation pillow and clear our mind and set aside all distractions before we try to sit happily on a horse. When we are ~ meaning when we are present and mindful ~ then suddenly our consciousness evolves and the molecular change we crave occurs. Whether we are doing something or doing nothing, we need to concentrate and be 100 percent aware of doing what we are doing ~ or not doing.

It is difficult to stay present when our mind is not disciplined: our emotions are everywhere, our thoughts are everywhere. We are constantly bombarded by energy and events and exterior noise. And in some truth we want to be bombarded, because it is an excuse not to stay present. You see, sometimes it is very painful to stay in the moment because it is about serious and deep self-examination.

When we are with the horse, we must be just as mindful as we are with ourselves. To BE with the horse is just as challenging as it is to BE in our everyday interactions with ourselves and others. To BE in riding is to look where we are going, know exactly the rhythm we want, to have a relationship with the physicality of our horse, and then to be open to something bigger than we are.