

2014

Year of the Horse



If you're a horse-rider, you will probably know what a "good seat" means. I had no idea until the other day when my daughter's riding instructor congratulated her on it and I asked him, "What's that?" He explained that if you could more or less drop a plumb line from the crown of a rider's head and have it land somewhere around her heel, that was good.

A rider's "good seat" embodies a principle that is equally true in meditation, chakras well aligned, energy streaming through her (or him) from heaven to earth. This posture renders the rider secure and well anchored on earth, for a horse is a very well grounded creature; the meditator poised in stillness has just as solid a foundation, his stream of thought and emotion gentle and tame.

Emotions are often very far from tame, but we carefully assemble ourselves with a sweet smile, smart clothes, a competent exterior and other coping mechanisms in our attempts to survive. That brave-face state of being may work quite well around our workmates or even our friends, when painful emo-

tions that churn beneath the surface are pulling us off-centre to create a misfit between what we display and what we contain, but they don't impress the horse: with his wide vision he sees; with his enormous heart he feels, straight through the mask.

"Are you running your emotions?" he will ask us, "or are they running you?" He, or she, will offer us a choice: "harness the power of your inner horse, or have your wild horses cause you havoc." To make sure we get the point, to deliver the wake-up call, he will do whatever it takes; buck and rear, break a bone or two or offer us a good dose of concussion (trust me: I've been there and done that, long ago).

So we have a lot to learn from this noble animal and also from our relationship with it – as a flesh-and-blood being who is very much alive, and also as a creature of symbol and myth.

After the chaotic energies of 2013, many of us entered this Year of the Horse with at least the hope that it would be different, that things would move smoothly and powerfully into flow. You could say we rather hoped that – with the self-evident imagery of the horse as a creature of power, freedom and grace – life might become more of a "canter in the park", so to say, than we've experienced lately.

"Not so simple," life seemed to say back to us. The Shaman sees the horse as a spiritual ally, an important "power animal" for escorting people on journeys into the inner worlds – and what do we find in those worlds? Carl Jung saw the horse as a symbol of our own natural, emotional, forces and those of nature. Present-day healers have explored the human-equine connection more deeply, engaging the services of their four-legged friends to release the buried emotion in their two-legged clients.

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continued>> “You can con a person but you can’t con a horse,” they say. I am not a horse expert, nor am I a psychotherapist – my focus and my purpose is Metatronic Healing®, whose deepest goal is to dissolve from our cellular memory the ‘stories’ that keep us in fear and limitation, and to activate the enormous power and intelligence of the human heart centre – but I feel the deep and universal wisdom these beings offer, and am grateful to visionaries like Linda Kohanov and others, who have shown us the magic within the “Tao of Equus”.

'you can con a person, but you can't con a horse'

The surface area of this animal’s gut is far huger than ours, and humanity has long talked of ‘gut wisdom’. Before the researchers ever got to work, we knew that it’s the heart and gut that register the truth of our emotions, each with their own “vibe”, affecting the way we feel, the way we speak, the atmosphere in the room. It is not our minds that carry this sensory barometer; it is the part of our energy systems which picks up – quite literally – the molecules of emotion.

Horse whisperers and sensitives have taught us that we do ourselves no favours by attempting to dominate the natural world, to bend it to our will. To “break a horse in” was to break its spirit and inflict deep wounds on its soul; but when we work with horses in love and co-operation, they offer us deep friendship in return.

The same is true of our emotions. To befriend the vast creative power that lies hidden within the rich field of our emotional bodies, we must approach these deep forces as we must a horse: we must surrender our mind-control, we must give something up in exchange for openness and trust. Like horses, our emotions hold information; they invite us to move beyond the confines of thought and dive deeper, not only to embrace and experience what we have feared to feel, but also to face the unknown. They challenge us to listen to the deep wisdom held within our bodies, in the hidden depths of our cells.

As spiritual seekers, our goal is to purify and tame our emotions, so that – like a horse in freedom and health – we may run free, expressing ourselves as our creative energy flows on a river of vibrant emotional force. The goal of our spiritual journey is to bring us into that plumb-line from heaven to earth, to blend the outer seamlessly with the inner; to step deeply into the power of our truth. So let’s be grateful to the Horse in this powerful Year, and let it guide us to our deepest fulfilment.

Philippa Merivale, a world-renowned healer, author and teacher, founded Metatronic Healing in 2007. For details of her books and dates of forthcoming workshops/classes please visit www.metatronic-life.com or see our advert on page XX

