



Symatree Farm

Welcome to your
Adult Online Experience - Part I

WISDOM FROM YOUR WILD HORSE

A Message About Boundaries



We're going to spend about 20 minutes playing around with the idea that horses have important teachings to share with us as we explore the concept of **Boundaries** and what healthy personal space means for you.

(Please have a journal handy so you can make notes at the end.)

I'm going to invite you to get comfortable and close your eyes as you take a deep breath in and out.

Breathe and slow your mind, softening your thoughts.

Breathe and relax your shoulders and your heart, softening the feelings.

Breathe and know that all is well right now and right here.

Breathe and invite your wisdom, playfulness, curiosity, tenderness, and fierceness to come forward.

Take another beautiful breath and engage your imagination with all its color and scent and sound...

In your mind's eye, you look out and see an expanse of hilly grassland. The day is sunny and warm... with just a slight breeze.

Your body is strong and healthy and you're putting on your hiking shoes because we're going for a little walk. With water bottle in hand, you set out from the shadows of a tall tree on the edge of the grassland and begin your journey.

As your feet fall into a comfortable walking gait, you look down at your water bottle and see a word engraved on it... **Boundaries**. The idea of setting boundaries has been with you for a while... there's no tension around it... it merely is. You take a comfortable, deep breath.

You continue your walk for another half mile... feeling the familiar weight of your water bottle and reveling in all that you see, hear, smell, and feel. There's no path, yet you are drawn to walk in this direction... as if your body knows a secret.

You round an outcropping of ancient rock and, while you weren't expecting it, you're also not surprised to see a herd of wild horses, just a few hundred feet away. They lift their heads, noticing your arrival. They sense your gentle energy and, one-by-one, they resume grazing.

You draw nearer, and sense how magnificent they are. Like you, they are playful, tender, fierce. They're also powerful. It's their nature to be balanced in the way they move, in the way they interact with one another, and in their very being.

Fifty feet away you pause. There are about 20 horses in the herd... of different colors, ages, temperaments, energies... You breathe deeply, content to observe for the moment.

Your awareness is deeply inside of you and you send it down your legs, through the ground, and towards the herd, blending with their awareness. It occurs to you that they have ways of knowing that are different from yours. You look at your water bottle again, see "Boundaries"... and you wonder.

Looking up towards the herd, you notice that one horse is watching you. Your horse is beautiful!

The feeling is so safe and welcoming... you're drawn to approach this wise friend, knowing that they have a message for you.

Breathe and slow your mind, softening your thoughts.
Breathe and relax your heart, softening the feelings.
Breathe your awareness deep into your body... Inviting in your curiosity, openness, and receptivity.

Now, just a couple feet away from your horse, you greet one another and you feel your energy and theirs merge.

You immediately sense that this beautiful being is highly intuitive and deeply connected.

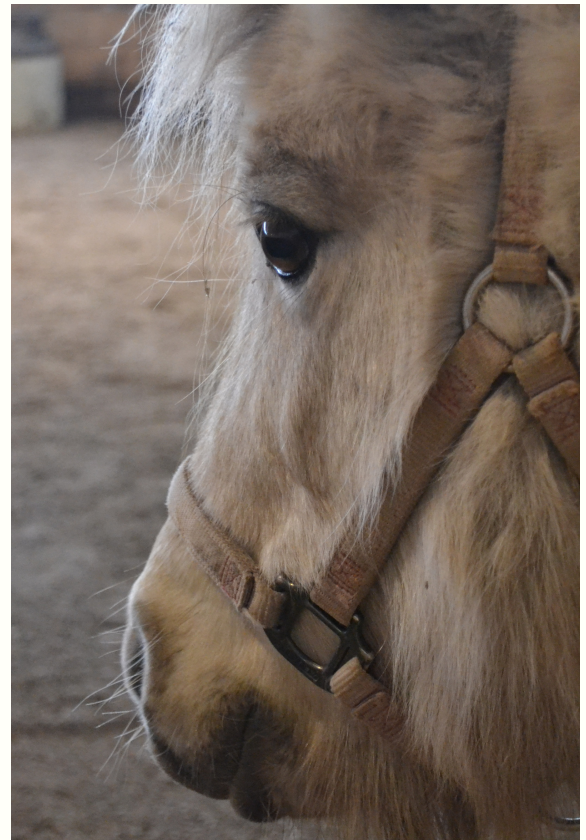
With the concept of Healthy Boundaries in mind, you relax, open your mind, and you listen...

What message does your horse have for you?

It's hard to say how much time has passed and you feel a shift. Your new friend and mentor takes a deep breath and sighs, knowing that your time with them is complete. You thank them, knowing that you can come back here whenever you wish to receive wisdom on anything that's on your mind.

Heading back to the tall tree at the edge of the grassland, you take a sip from your water bottle. As you lower it, you notice with curiosity that the word has faded out and your horse's message is fading in... is it words, or a symbol, or maybe a color or sound... either way, you smile knowing that it's perfect.

With the tall tree in sight, you feel the aliveness in your body. Your breath is filling your lungs and releasing with ease. You wiggle your fingers and your toes as you come back to the present... and gently let your eyes drift open.



What a Wonderful Journey!

Now take as much time as you'd like to share this experience with your journal.

What did you feel when you first saw the herd of horses?

What did you notice about your horse?

What message did your horse have for you?

What word might be on your water bottle the next time you reach out to your herd?
