

## Connected Riding - A Way of Life!

By Deborah Bowerman Davies



There are times in one's life, when you have an experience that completely changes the thought, feel, ideal and trajectory of your life. Those experiences almost change you at the cellular level and no matter how much inquiry takes place at the egoic level, the deepest part of you that knows truth, cannot walk away from the experience. Sometimes it can bring uncertainty, as the full extent of the experience has not been integrated, but none the less, there is a deep soulful feeling that your life is about to take on a new and exciting course.

Connected Riding was and has been that experience for me. It changed my thought, feel and trajectory and became a way of life. Something that becomes part of you, and a way of life is something that you can never walk away from. Why?.... Because there is a resonating truth that vibrates with the fullness of who you are, who the horse is and who you and the horse are together.

Each day as I work horses, I slide on the very familiar Connected Riding halter to do ground work. I do use other equipment at times as well, yet there is not usually a day where that ground work halter does not snug up on a horse that is so appreciative for the connection. The feeling of sliding up on the line to draw the bow and feel the lightness in the horse's head never gets old. The arc that continues to get softer and more elongated as the horse experiences more and more freedom in his front legs, is as rewarding now as it was the very first time. The releases through his body expressed through that ever-familiar yawn.... they just keep getting deeper. No matter what level I am riding or working a horse, there is never a time that the very foundational principles of Connected Riding do not come into play. Why?...Because you don't walk away from something that has changed your life, your horses life and the horse/rider partnership



When you find something that is a core truth it becomes a way of life. When something changes your life, you cannot walk away from it!

Thank you, Peggy Cummings, thank you Connected Riding!

Doesn't get any more relaxed than this!