



# Motivation from Moshi

...with a side dish of Inspiration from Indy



## From Moshi



The world sure is an interesting place. There is so much to see and to do. And there can be a lot of things to be afraid of.

I'm afraid of fire, skunks, and anything that pops out of the bushes and startles me. It's not that I really think I'm about to be hurt, it's just that I'm hard wired to jump when things move fast. All horses have that instinct, we just can't help it.

Jane knows that I would never intentionally hurt her. But she also knows that I weigh about 10 times more than she does, and when she's on my back the ground is a long way away. She knows that accidents happen and there is always the possibility that she might come off. For that reason she ALWAYS wears a helmet during our training and hacking sessions, and has even started showing in her helmet instead of her top hat.

Life has its hazards. It's just part of living. But we can take some of the risk out of those hazards by doing thoughtful little things, like wearing a helmet every time we ride.

Do you wear your helmet every time you get on a horse? Start a trend at YOUR barn!

Love, Moshi

Here's how you can learn simple formulas for training your horse and start having more fun right now!

Learn how by going to:

Jane's Website

[DressageMentor.com](http://DressageMentor.com)

(Membership Site)

Program Your Position

Jane's Products

Jane's Books

Jane's eBooks

Jane's Courses

Freedom From Fear Now

Ride A Happy Horse

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## From Indy



I love my friends. We may look like we are fighting sometimes, but it is all in fun and play. We like to roll around and pretend to bite each other, but we are not trying to hurt anyone, we're just having a good time.

I have a new friend at the barn! His name is Geoffrey. He's so much fun to be with! I tease him because he has curly hair. I actually like his curly hair, but he's fun to tease because he pretends to get mad and attacks me. We run and chase each other and then act like we are biting each other's necks. But we're really not. We're just pretending.

I'm going back to Vermont soon, and won't be back in Florida until next fall. I'm going to miss Geoffrey. But missing friends is part of life, and I know there will be new friends in Vermont to play with.

But I'm still a little sad.

Jane told me that it's okay to be sad. She said if we try to suppress our feelings too much, they get stronger. She told me to relax and feel my feelings, and let them shift by accepting and not fighting them. By letting my negative feelings pass THROUGH me instead of trying to push them away, I can release and transform them much more effectively.

I feel much better now. I told Geoffrey I will be back in a few months, and to remember me!

Do you remember any old friends you'd like to reconnect with? Pick up the phone! They'll be happy to hear from you!

Love, Indy



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