

Week 1 Summary - Who am I? What am I?

Brain - Big & Sophisticated with the capability to manage our Survival (our brain has a natural negativity bias to help keep us alive), Emotional/Social Connection & Learning. Gives us Imagination & Self-Awareness and the vast majority (97%) of processing power of the brain is sub-conscious so is hidden from our conscious mind ie. thoughts

Body - exchanges information with the world via senses, heart and gut. Favours instinctually & intuitive over logical

Mind/Body Connection means the body doesn't know the difference between real and imagined. Eg. wake in a cold sweat from a nightmare. Therefore we need to manage our imagination carefully as it creates physical reactions.

Beliefs - our unique 'how life works/what things mean' rulebook. Majority of beliefs are in place by 6 years old so they can become very outdated. Beliefs are sub-conscious and self-perpetuating because we filter the information coming to us to fit what we believe to be true. We like being right because it makes us feel safe so we create self-fulfilling prophercies.

	True-Self	False-Self
Beliefs & Thoughts		
Organising princincles:	Love, Harmony, Cooperation	Fear, Conflict, Competition
Attitude to Growth & Learning:	~Growth Mindset - I can learn anything I want to ~My effort and attitude determine everything ~I am inspired when I see other people succeed ~I gracefully accept the inevitable 'growing pains' as I expand my comfort zone and perservere ~Everything is information	~Fixed Mindset - I am either born talented or not ~When I reach the end of my natural talent I give up or I don't even try because I know I won't be any good ~If feel threatened when you succeed - it make me feel like a failure
Believes:	Believes everyone is worthy of love and belonging and that we are all loving, creative and powerful. All I need is within me - I just need to listen to myself to hear the wisdom of my inner knowing	Oscillates between believing: ~I am threatened or nothing can hurt me ~I am isolated/disconnected from others and not worthy of belonging or that I am especially beloved by everyone ~I am uniquely broken or lacking in someway or that I am uniquely gifted and special
Why does this 'self' exist?	This is our natural state	When we are born we seek approval so we are nurtured by our parents. As we mature we grow out of approval seeking and look to our internal guidance rather than external approval. The skills to access our internal wisdom are not often taught so we continue perfecting, performing and pleasing to feel worthy of love and connection and don't move into emotional maturity and independence
Focuses on:	The journey - life is all about learning and staying loving to yourself and others in that growth	The destination - I am worthy of love and belonging when I can do Gran Prix dressage, jump 1.60, [fill in your own blank] and look like I am not even trying
Attitude to Confidence:	I improve my ability to embody confidence in increasingly challenging situations throughout my life	You are either born with it or not - bad luck if not
Ambition:	Internally focused - my only competition is myself, so much of what influences the result is outside of my control and worrying about what I can't influence is torturing myself	Externally focused - I only feel good when I win because that shows everyone I am a worthy person

	True-Self	False-Self
Feelings		
Experiences fear:	When physically threatened	When our persona, beliefs, habits, ideas or self-worth feel threatened
Experiences vulnerability:	When something significant is about to change eg. beliefs & comfortable habits. Accepts that this is a natural part of learning and growing and asks 'how might my life change if I accept this new insight?'	Doesn't - it is too uncomfortable to feel vulnerable. Vulnerability is for weaklings and opens you to attack. Denied vulnerability can intensify into panic and rage.
Mind is:	Quiet	Busy and loud
Relationship with Emotions:	Values emotions and identifies with them in a balanced way treating them as information. Believes all emotions are transient and trusts that they will move on when the wisdom has been received	Either over-identifies with them creating drama or under-identifies with them by adopting numbing techniques to distract yourself from feeling uncomfortable emotions eg. addictions, over consumption of coffee/alcohol/food/sex/TV, compulsive busy-ness etc
Actions		
Internal Voice Character:	Kind, compassionate, encouraging, courageous, inclusive	Judgemental, bullying, critical, cruel or pompous, arrogant, entitled, insensitive, narcissistic, defensive, repetitive, nagging, conceited...
Handles challenge:	Calmly and honestly - we all struggle at times. This discomfort is temporary as life is always changing. The perfect solution will be shown to me at the perfect time in unexpected ways - synchronicity is funny like that	With lots of drama - I am a victim, villain or hero. This frustration is permanent. No one will help me - it's up to me to fight for the changes I want. Anyone who disagrees with me is either stupid or so much smarter than me.
Favourite Words:	Everything is figure-out-able, trust, synchronicity, connected, calm	Always, never, should, can't, what if
Lives in:	The present moment - that is all that is real as the future is not here and the past doesn't dictate the future. Anyway we are recreating the past everytime we think about it so it's never a reliable recount of events	~The past - this made me who I am today and drives what I am in the future ~The future - everything will be better in the future even though I don't want to take responsibility for making any changes in my life in the present
Acts:	Calmly, kindly, trustingly, accepting, tolerant, with equanimity, responsive, firm boundaries that are lovingly maintained	Aggressive, passive aggressive, hopeless, needy, blaming, angry, shaming, controlling, reactive, resistant to change, boundaries are inconsistent, not maintained at all or maintain aggressively
Trust in intuition:	Very high - I am my own guru and the only one who can listen to my heart and gut instinct. Logic and reason have a contribution to make but my intuition uses my sub-conscious which has a far greater depth of information than my conscious mind	Very low - that's just woo woo rubbish. Logic and reason rule the world

Why is embodying your True-Self important to riding?

"The equine system is like a huge receiver and amplifier for emotional vibrations. No matter how good you are at hiding things from yourself and others, your nervous system still involuntarily broadcasts what you're really feeling, at a frequency horses are especially good at tuning in to." Linda Kohanov

Our ability to create and nurture relationships does not come from the logic and reason part of our brain - it comes from the emotional part. This is the part that our horses are connecting with.

Our horses live as their True-Selves - they don't have an ego that can go 'rogue' on them

