

# Dooie's Wish

- breathe into me so I can fill my lungs with trust. Your deep breath makes me feel safe
- ask and invite don't demand and force
- your touch speaks volumes - how you touch, when you touch, where you touch and with what intention you touch
- connect with me not control me
- our relationship can only flourish when you offer me my freedom
- remove the restrictive gear that I am running away from and I won't need to run away anymore
- how you use your body affects how I use my body
- be present - all that matters at the moment is right in front of you - when you are not present I feel abandoned and fearful
- there is far more room for tender and kind than there is for fierce
- being with me is a privilege - always treat it as such
- respect my dignity and I will nurture yours
- respect my opinion about people, places and equipment - I sense more about the environment than you do
- pause to ask what you can do for me, not always what I can do for you - I will tell you
- learn the lessons I offer you with good grace or I will present them in such a way as you can't ignore them
- disregarding or dishonouring me kills my soul - keep watching my eye - that is the window to my soul
- push yourself to be a better caretaker - learn all you can but always ask me, and ask your heart, if it is right for us
- never betray my trust - I don't give it easily and I seldom give it twice
- talk to me - tell them where we are going and what you would like me to do - I understand far more than you realise - show me pictures in your mind of what I can expect or I get worried
- love me for who I am not for what I can do for you
- always look at me through the eyes of your heart not your ego
- you are accountable for about 80% of what I do - hold yourself to account and use that to grow not to shame yourself
- I am here to heal you and like nothing more than to see you joyful - this is far greater reward for me than ribbons
- greet me with respectful delight and I will do likewise
- say thank you a lot
- never deny me my soul essentials - freedom, friends, food and love

© Suze Kenington



**RidersMind**  
Change your **Mind**, Change your **Riding**

[www.RidersMind.com](http://www.RidersMind.com)