

A New Perspective on Horses

In this article, I explore the importance of understanding horses on a variety of levels. Humans have a clear grasp of the physical level, but most people are unaware of the etheric, energetic and psychic properties of horses. These are crucial elements in enabling individual animals to achieve their full potential. More importantly, they are vital to the overall wellbeing of every horse based on its individual characteristics, abilities and needs. Once these elements are understood, our relationship with horses will move to a higher level, and our lives will be immeasurably enriched as our attitude towards these animals develops.

I think that we very often try to fit horses into our way of life without sensing their evolutionary patterns. Horses are born with these patterns. It is not a question of one animal being weaker or stronger than another – it goes far deeper than that. It is rather that one animal is a totally different etheric colour from another. In order to understand evolution, to comprehend that it has what is tangible and other levels within it, we have to agree on a principle. This principle is that, like a human being, an animal must change. That change must be part of its energy fields, and it must incorporate that history within itself. As humans, we take part in the evolutionary changes that animals go through.

Irrational horses who win sometimes but lose at other times are often born with very delicate energy fields. It is possible to study a horse, to see its progress and its links with the past. Any such study involves looking at the development of an individual horse. This development includes the individual animal's tangible history, going back through time, and its history of energies. The energetic history encompasses what it was, any fears it encountered, and whether those fears became permanently lodged in some part of its body. The horse also acquires condition and fears of people, often instinctively remembering what has happened to it rather than consciously thinking about the incident. For example, if the horse has suffered an injury in the past, it may react to being touched on that same area by someone with the wrong etheric colours. It may reflect back a past incident because of what the person has done. With a healing person, it may not encounter that problem.

Intuition in horses

We tend to feel that perhaps animals have the psychic ability to dislike areas, places and people. In spite of this, we do not give them credit for their second nervous system, which in an animal is much

more alive than in a human being. Robert Becker¹ suggested that humans have a second nervous system and that, in the embryonic stage, it is a surface nervous system, which makes the body react very quickly through its surface area. Primitive man, wild animals, cats and horses tend to maintain another kind of awareness as well. This awareness is based on sensing at long distances. Let me give you an example of this from my own experience.

Historically, my native Poland has been involved in many skirmishes with Russia. On one occasion, when my father was in the cavalry, he and his men became completely lost. My father was in charge of the mounted group. They were miles away from home, and it was his responsibility to lead them home safely. He admitted that he had no idea where they were. They had travelled for many, many miles. Their food rations were running out. The nearby village was occupied by the enemy, and they were in great danger if they were unable to find their way home. My father said to his men, "let us lay down our reins and we will shout 'Home!' to the horses." Despite their misgivings, all the men did as he suggested. They were absolutely amazed when the horses set off, in a completely different direction from the one they had taken, using a direct route over fields, fences and rivers, straight back home with such incredible speed that it seemed they could not get out of the dangerous territory quickly enough. My father's last chance experiment had paid off. I think this made my father realise that, in times of danger, horses and other animals sense even more and even better than humans now can.

An overfed animal living a life without adventure, with no need to use this gift, may not be aware of its full potential. However, animals very often wander around in their etheric body when they are asleep, visiting old haunts and enjoying the freedoms their waking lives may lack. They do, therefore, have an ability in their sleep to hold on to some of their gifts. I am certain that activities which challenge a horse, such as jumping especially high fences, which require awareness and care, keep this intuitive factor active in them.

The influence of particular colour ranges on horses

Horses, just as humans, have a tendency to be born with a certain etheric colour range. This colour reflects their parents, which is why it is possible to breed from very special horses and continue to see those special characteristics in the next generation. Each horse, therefore, displays particular characteristics linked to its birth colour. It is important to have an awareness of the etheric colours and the characteristics associated with each, as it gives insight into the temperament and capabilities of individual animals. This understanding allows individual horses to be matched with

¹ Author of *The Body Electric*, published by William Morrow in 1998, explores electromagnetism and healing

humans and with activities which correspond best to their underlying characters and strengths. In this way, humans can bring out the best in a horse.

A **violet**-coloured horse will be very good at performing in public, and very good for dressage. It will respond to music beautifully, and will walk with style and grace. It is creative. If you look back at its past lives, you will see that it has probably been used by people who had the kind of energy which was cultured, moving in the best circles, and very often used by royalty. Horses with violet or purple rays are a very suitable match for people with these etheric colours. These horses find it greatly disturbing to have a person characterised by very active, orange energy sitting on their backs, and they dislike it intensely. Instead, they respond to creative people who have the ability to sense how much there is to them, and how beautifully they can move, dance and perform. Horses with this energetic colouring also demonstrate dignity in working or interacting with the public. They greatly enjoy being watched and admired. If their colour goes slightly more towards the pinky-violet shades, rather than the deeper shades, they will be creative but a little shy. Their sensitivity will sometimes prevent them from doing exactly as the deeper shades do: they react more seriously to noise and everything around them than horses with deeper shades of violet or purple.

Horses who are born in the **blue** rays are very instinctive, especially those born in the deeper blue rays. These horses have a healing quality. They are good with people who are not physically strong. There is an enormous sense of security, of feeling very comfortable inside, for humans who go to them. This is particularly noticeable with those within the deeper blue rays. They combine high levels of intuition with a very benevolent nature. Animals with a lighter blue ray vibrate faster than those with a darker ray. **Royal blue** horses may be identified by the way they move their neck and their body. They do not take to strangers easily, and feel they are a little above things. They behave as if they are titled, or royalty.

Silvery horses are very much quicker and more reactive. A silver horse will hate to be tethered. It likes quick, active people, and cannot bear anything or anybody which is slow or tedious. A silver horse can be turned into a grey horse if the wrong teaching techniques are used. Trying to teach it something over and over again turns a silver horse into a terribly stubborn horse, grey in its etheric colouring. Once a horse has turned grey, you will have almost to break them in to make them do what you want. They will then do what you want, but if this process leaves any marks, or if elements of the grey energy remain, at your moment of triumph they might actually turn against you, so that you have to keep holding them back while they are in a silver mood.

The **yellow** horse is very intellectual. It is easily taught and enjoys performing tricks. It enjoys the kind of things that would make a human being think. Yellow horses are better suited to polo than orange horses. The orange horse's strength lies in its ability to run away from predators quickly. The yellow horse is more intelligent, and therefore better suited to the complicated movements and social interactions with other horses required in polo. This type of horse will be completely fascinated by difficult procedures. Because it is only interested in both what it can do, and what it can do for you, it may not give you much love or devotion because you are secondary in its experience, although it adheres to your needs. It is up front – "Look at what I can do!"

Horses born under the **green** and **rose** rays are what I could call "poppets". They are absolute darlings, even though it is sometimes very difficult to get them going. Rose horses can be very intuitive, and so will intuit every single mood you have, whereas a yellow horse will not bother so much with this. Rose coloured horses can be loving and kind, but can over-react if you are not one hundred percent balanced at any one time. Green horses are too placid. They are not intellectual enough to do clever things, and act with their heart more than with sheer intuition. A green horse may have the capacity to be intuitive, but may not use this capacity as much. For example, a horse that is all heart will nuzzle you, whereas a very intuitive horse that is rose will be wondering if you want to be nuzzled. It is happiest when it is not doing too much work, and it is sometimes very difficult to get it to do complicated things. It is very kind and, unlike the silver horse, will never become bitter. If you become angry with it, it will not react violently. Long-suffering, and slow to upset, its kindness verges on sopiness, and this understanding and long-suffering nature means it is very good with young children. These horses are particularly good for rides in the country, because you are sitting on a colour that can mend your own heart. That is so important. Choosing the right horse can help you to stabilise your situation and deal with difficult personal circumstances, and even sadness, depression and pain.

The **orange** horse is very, very active. It is all for sport and jumping around. It is very difficult to get it to do anything intellectual. Although it will accept a few complications, it does not like too many. It hates public and a fuss. Unlike the violet and purple horses, it is not in the least bit creative. Asking an orange horse to perform to music is similar to asking a sportsman to ballet dance. It will resent it very deeply, and think you are mad to make it do it. In the end, it is better to let it do what it likes best, which is frisking around and occasionally doing something slightly complicated. If the task is too complicated its enthusiasm may let you down.

The **red** horse is difficult to handle and difficult to manage. Aggressive almost from the start, it has lots of active, hot energies. These characteristics mean it does not particularly enjoy people riding it, and it has a tendency to throw people off. Although it can produce great activity, it does not want to use anything that is more intellectual or complicated. It is not interested in that part of itself. In the evolutionary stakes, it does not have some of the highest colours, and, therefore, it is not going to get very far. These horses can be difficult to handle, as they can be loving one minute and kicking out the next. However, they have to evolve somehow, and we can help them to go to the next stage.

Occasionally, it is possible to find horses of unusual colours such as **magenta** or **orchid**. These are very rare. Horses born under the magenta ray have intelligence, intuition and practicality. They learn quite readily, and are very in charge of themselves. They are capable of standing for long periods, waiting. When anger rises in them, their practical colours calm them down. The magenta horse is able to undergo rigours, and is also very useful for public work, linking well with people from the magenta, purple or violet colour ranges. On one occasion, I was watching one particular horse at an auction. Everyone said it had qualities which the other horses on sale did not have, and there was an enormous price paid for it. This horse had an orchid colour. It is very, very rare indeed. These are horses with a streak of originality. Not only do they have the attributes of genius, but their past lives show that they have actually worked for it, and that they have that little extra. This horse will surprise you, and surprise everybody. It is, as I say, a streak of genius, but at the same time there is a creative element about them. If you put that kind of horse into something very boring, tedious or repetitive, that streak of genius may turn against you. These horses need to be original. They need to have something in their life that they work towards. They are not the kind of horses which are going to be wrapped up in mundane lives. They are the progressive area of the soul of a horse.

People can also have an orchid colour. The greatest pianists have had this colour, and sometimes we may think that it is dreadful to imagine that a horse has the same colour as Mozart or Beethoven. However, the colour in itself is only part of the story. The orchid colours incorporate genius of various kinds. In the same way as someone such as Mozart can collect and put together beautiful music from the collective consciousness, so too an animal can touch on that vibration. Arguably, one of the most important things is how that vibration is used: how life treats you and allows you to use that vibration. People who have this vibration very often die early, because the genius that they need to produce is sometimes much more important than food and other trivialities. In a horse, it is slightly different. The originality of the orchid colour should be put into areas of great progress and

creativity. Sometimes, a horse like this can be bought and used only for racing, whereas it could actually perform to music and take part in marvellous showmanship. Such horses could be brilliant in films when they have to act. They have the ability to be trained to portray every type of emotion; to lie down when they have to. To them, it is fun. If you get one of these horses, it is fun. Of course, if an orchid horse also has a little streak of silver, it can run away very quickly. Without a creative outlet, repeating the same action over and over again, these horses may disintegrate with misery inside. Such horses are not suited to being raced over and over again.

It is wrong to think that these are the only shades that animals can have. There are many, many shades. Every horse has a slightly different shading, and so there are many combinations of the colours that I have talked about. The spectrum is very, very wide. For instance, it is possible to find horses with the brown colour which can be almost monastic, and it is very difficult to get them to be frisky or happy. The perfect horse would have a combination of colours in perfect balance.

Changing the colours of a young horse

It is possible for an owner to take a young horse and gradually work on changing its colours. After all, we are here to help animals to evolve. For example, it is possible to take a red horse and break it in, thereby producing a calmer horse. However, just as humans bear resentment, animals are also capable of feeling resentment welling up inside. It is possible that breaking a horse in may cause it to feel resentment. Some horses will not enjoy the process of changing their birth colour to a higher level.

All horses are intuitive and can be encouraged along the road to moving their original, birth colour higher, through interaction with humans, leading to evolution and development in the animal. Although they each have a predominant colour, the horses have chakras of various colours. So, they may use the colour range within the chakras to deal with different things which occur in their lives. Sometimes, they may use the red range, or the orange; intellectually, they might use the yellow, or the blue for intuition. Overall, although they use different areas for different things that occur in their lives, the predominant energy always takes over as to how they use those areas.

Just as it is possible to work with a horse to consciously enable it to develop its colour range, moving up to a higher level, so it is possible to stunt its development by preventing it from evolving into higher ranges. For example, war horses are trained for aggression and to face death in battle. Their

predominant colours are red/orange/yellow. They are unlikely to develop the skills associated with blue and green, reflected in rapport with children and benefit to those suffering illness. The open heart of the green and the healing energy of the dark blue levels are inappropriate for battle, and any tendencies towards these higher levels will be discouraged by the training process undergone by warhorses.

Flawed horses

Some horses are born with flaws. Often, these are not physical flaws, but they do appear etherically. In other horses, flaws just appear. Some flaws in temperament or character appear as a result of events in the life of the horse. For instance, if a young animal is hit, the reaction to this may actually cause a tension inside itself, or inside its heart muscle. This tension can stop it from achieving its full potential. As humans, we sometimes take horses and try to make them go in various directions. These directions may be against their own will or intuition. Sometimes, as with humans, the offspring of two high-achieving horses may be an animal whose colours are not the same, like a throwback to a previous generation. This animal may suffer from unrealistic expectations, where people expect it to have the same colours as its parents, whereas it may actually have leanings in a totally different direction.

Evolution in horses

Just as human beings change and evolve, so horses can change and evolve through contact with a human being. The time taken for this evolution to occur, and the costs of this evolutionary change to the horse, vary depending on the changes being asked of the individual animal. It will take a long time to get an orange horse to do anything creative. It is a terrible thing to require a violet horse to limit itself to ordinary work, because it will be misusing the violet energy, and at some point it will miss what it actually is. Parentage and contact with humans are important elements in each horse's development; previous evolutionary experience is also a crucial factor.

I think that the time has come for us to understand the feeling these animal have and to understand their evolutionary trends, rather than to see them just as a convenience for what we want. Horses have a tendency to reach their true potential when they are involved with human beings who give them opportunity from the beginning. For example, horses may be hugely beneficial to children and people who are ill. We tend to see the benefits as being one way, from the horse to the child or the person who is ill, and who receives healing as a result. However, the horse also benefits from contact

with the child. The horse experiences an opening of the heart, moving into the green colour range, and also the dark blue as a result of the healing passed on to the human.

Pairing Horses with Humans

Successfully pairing a person with a horse is not luck: it occurs when colours of horse and human are complementary. We know that some colours work well together. For instance, we know that yellow and violet are complementary. Therefore, an intellectual, yellow person paired with a very violet horse will be able to get quite a lot out of the horse because it will take it to a degree at which it can accept what is being given. However, the horse will still prefer to do something creative, even though it requires intellectual levels within a human being to teach it that creativity, instead of something monotonous, repetitive and terribly practical.

Very often, a horse will take on the colours of the person who is riding it. If you have an individual who is very strong, and has a powerful auric space, the horse may take that on, and may rise out of these elementary colours to something much higher. Inevitably, according to your colour ranges, there is a difference between the people who ride military horses and those who are titled and ride very special horses. Both of these are specifically trained for their jobs, and often acquire the colours of their owners.

There has to be a mixture of orange, yellow and blue in horses trained for ceremonial roles. The whole point of having horses for ceremonies is control. They have to be controlled all the time. They have to walk at a certain pace, stop when they are told to, and stand still. They will certainly not be healing horses, or dancing horses – they will not be in those colour ranges. Sometimes, this level of control and the restrictions it imposes on the horse's development result in the horse losing heart. The green ray is marginalised. They are very well looked after, but they are concentrating so much on doing everything correctly. Even ceremonial music is orange music. The concentration is on duty rather than the sense of being loved. Therefore, effectively, these horses stick to their colours. Sometimes the whole evolution of a horse stops there. It may be possible for them to redress the balance when they retire, and go into the green heart by roaming around in the countryside. All people training these kinds of horses should give them lots of freedom and love in between these performances.

Energy Centres in Horses

We also need to look at the energy centres of a horse. Some horses open their energy centres very quickly. A horse opens its energy centres when it suddenly puts on a spurt: suddenly, it needs to

escape, to change; something has to happen. When we humans open our energies, we change our brainwaves. When a horse opens its energy centres, it also changes its brainwaves, and also has to put the extra energy coming into it at that moment into movement. This means it will either hump, or rear, or go off very quickly at a tangent until its chakras close. Some horses, however, can gallop for miles and miles and miles when their energy centres open, breaking through the barrier of tiredness. We can see this in a human runner. A runner may reach a point of tiredness, and it is at this point that his chakras should open, giving him second wind. It is the same in horses, and we have to watch this opening and its effect on the horse. Different colours are likely to react in different ways. In the creative horse, the opening of the chakras will stir him up into almost doing a dance, or going up and down with its front legs. The silver horse will go off at a speed of knots, jumping everything in sight, and would be incredibly difficult to catch. The orange horse will probably become very frisky, while the blue horse will tend to be much calmer in that situation. The red horse will be the most dangerous in this situation. The various types of energies produced will create various types of reactions.

Pricked ears in Horses

When we look at a procession of horses with their ears up, we do not realise that, by pressing the bit back in their mouths, certain muscles are changed. These are the muscles of awareness. We all think, "What pretty horses! Their ears are all up. How pretty they look, how attentive and alive they look." However, when animals put their ears back, they are actually sensing on much deeper levels. They are using intuition to control their situation, at levels we never fully comprehend. So, the horses in the procession are in a state of acute awareness, triggered by the action of the muscles in response to the positioning of the bit in their mouths. We are producing alertness at the expense of the horse.

When horses have been controlled in this way for many years, they do not mind being alert and controlled. However, this process can cause tensions, and these tensions may be stored within the body of the horse. Some of these tensions may go into the rear area of the horse, around the reproductive areas. Some tensions may go into various muscles of the neck, especially around the ears if they are kept pricked and alert all the time. Much can be learned about a horse's state of mind from the position of its ears, particularly since they are affected by the muscles of intuition. For example, if its ears are back, it knows it has to act quickly, sometimes to preserve its life. If its ears are forward, it is concentrating on thinking or working something out.

Horses and meridians

Horses respond beautifully to acupuncture and to energy meridians. As a result, we find that they are very aware of the points along the energy meridians. Whenever you press one area of a horse's body, other areas of the body will respond to the pressure. Sometimes, the areas which respond are far away from the area receiving the pressure. It is important to understand this, particularly if encouragement or instructions are given to the animal by tapping it. We need to understand the effect of tapping in that part of the body. This knowledge can also be used to understand the speed of an animal's reactions. Some horses will react much more quickly than others. Speed of reactions can be gauged by giving the horse a little tap and watching which muscles ripple in response, and how quickly they react to the tap. This technique is also useful to observe whether the animal is over-reacting or under-reacting. Every animal is different, and so reactions to these techniques are likely to differ. However, all horses have a much more reactive system on their skin levels than human beings have.

Communication between horses

Certain animals will be happier together than others. Although we may not realise it, horses do affect each other, and very often mentally communicate with each other. Some animals pick up atmospheres. For instance, if a jump is dangerous, and other horses have thought or felt this, the animal will pick up on it. If someone is riding in a jumping competition, their horse will actually pick up all the thoughts of the other horses in the competition. So if someone is the final rider to complete the jumps, and is riding a violet horse or an animal which vibrates quite fast, the horse may sometimes let the rider down as a result of something it picks up on the way around. A more intellectual type of animal or an orange animal will not be affected as deeply. One tends to think that animals do not have this fantastic telepathy, whereas many horses do communicate with each other when they are together. They may also communicate with each other in this way even if they are separated, or standing further from each other.

Horses and Cycles

All parts of nature have cycles, and horses are no exception. Humans experience cycles as times when we are stronger, and times when we are weaker, and horses have a similar experience. There are times when a horse may feel like doing things, and times when he may not want to work quite so hard. Its reaction will be slightly different depending on the cycle.

Horses and Past Lives

There is also a link between a horse and an owner which continues through past lives, and can be experienced again and again. One day, I was driving in the car with my father. I had never taken an interest in what his horses had been like, but I said to him, "I have just seen a horse very clearly." At first, he was extremely sceptical, but I described the horse in very great detail as I could see it galloping beside the car. He was very shocked, because it was a horse that he had owned and loved very much. He recognised it because it had a few scars from an accident which I was able to describe to him. For some reason, at that moment in time the horse needed to make contact again.

Sometimes we think that when a horse goes, that is it. Although we do not forget it, we believe there is no remaining link, no feelings left, but this is just not so. When I am doing readings, I have often noticed how animals come through so much more quickly. Animals we have owned in past lives or animals who have died in this life can suddenly appear in a reading. They do not necessarily need to, as they could have been incarnated again, but those who are not in incarnation very often appear, and that link is beautifully established. It is as if the horse wants to actually say something definite, and the feelings produced are often very strong. They behave, I would say, in an almost overwhelming way, trying to show off, and to say, "Look, have you noticed? I am here!" Therefore, the beautiful links we make are never severed. They remain, and whenever possible the animal tries to return to the person they have loved best and are incarnated.

I think that knowing this, and seeing it in the past with people, gives me a feeling of reverence for God. I have this feeling of reverence because I suddenly realise that during our evolution, not only do we grow, but everything that has made a contact on a deeper level has affected our warmth and our heart areas. This effect goes on – it transmutes, changes, grows along with us, and at some point it is possible to make tangible contact again. And perhaps we will see it happening, and we will not be cut off from all our friends who are alive or no longer with us, whether they are animals or people.

Horses and Karma

A horse which has caused harm to anybody will be affected etherically. They may not be physically affected very much, but it will come up in their energy fields, so that there is very often a karmic link with an animal. Although we may not realise it, animals can regret things, and somehow animals often work this karma out. A horse which may have let someone down in one life may actually save him in another life. There is very often something between people and horses. If we have ever hurt a horse, we have to give it something back. We need to give it back love, and to regain its friendship again. Thus animals come in quite strongly within our ties.

Horses do reincarnate. In the past, horses involved in wars and aggression would die in battle. Having given up their lives for human beings in so many different lives, they have inevitably gone through that real red, orange and yellow phase, and many now would love to move on to an even higher phase of consciousness. If we cannot enable horses to reach higher levels of consciousness and awareness, how are we going to advance the evolution of the animal world? We need to give horses a chance to develop their skills, and therefore to advance to higher levels and colour ranges – to evolve.

Communicating with animals and healing through pictures rather than words

When a horse is under any kind of training, one can put what one needs or wants it to do as ideas in the mind. It is possible to train an animal not just by letting it do things, but also by sending it pictures of what you would like it to do. So, for instance, if you have a course to cover with the horse, see that you give it your imagination. Contact it with your mind to make it feel relaxed, warm and happy. Visualise the course, and give the horse the feeling of how well it can be done. In other words, it is like a dress rehearsal. You can, through thinking, put it into pictures. As it is difficult to take words, pictures are better, because this is the kind of intuitive world to which it belongs.

I am very keen to show that there are better ways of communicating with horses than by using a whip. After all, no human being will react well to be whipped. We have evolved beyond this concept. Children are no longer beaten in schools as they once used to be. Parents who hit their children are the exception not the norm. There are alternative ways of making a horse go faster than by whipping it. It is far better to use alternatives to hitting a horse, and these will bring out the best in the animal. It is beneath us as human beings to rely on the use of force. Contacting the horse with your mind and using pictures to give the horse instructions will give the animal an opportunity to please without having to be pushed. This is a visual programme which removes the need for force. I would also suggest that it is possible to train a horse, to programme it, to respond to the spoken word, using a combination of a word and a gentle tap. If you programme a word like “fast” or “very fast” and put it with a gentle tap instead of a proper hit, it might be that the horse will learn that means very fast. Reliance on the whip to make horses go faster does not always result in a horse winning the race. In the end, a horse can actually determine “I’m going to be hit and I don’t care. I’m not going to speed up the way they want.” Some horses may actually react to this in a very bad way, and they may never make the effort to win.

Some people say they can talk to animals. If you are at a distance from the animal, it can only project a picture of how it is feeling, which is very often captured and translated into words by the human mind. Animals respond better to pictures than to words. So, if you talk to an animal to pacify it or send it healing if it is unwell, you need to send that healing also as a picture rather than just as words of comfort, or even just as energies. It is possible to send the animal the feeling that you are there beside it, simply by picturing yourself there beside it. If you want to give a horse strength and healing you need to have a picture in your mind of the horse and where you are putting your hands to deliver the healing. It is not enough to simply project the healing: it is important to have the picture clearly in mind.

It is possible to recognise when the healing is working well. Using this technique, picture the horse, lying or standing in a certain way, and, as you project the healing, see yourself putting your hands on it. If you then discover that the horse was lying or standing in that same position while you were projecting the healing, you will know that you have made a very serious and constructive contact with the animal. Although healing will work without this happening, it will be far more effective if your projection and contact is as strong as this. Horses should react to absent healing very well because they have a different mentality from humans, who often reject what they need most. An animal will accept energy much more readily.

Each horse will react to illness in its own way. This is where an understanding of colours and their characteristics can help. Sometimes, we can think that a horse has recovered, even though it is, in reality, not completely better. This is because certain horses have an inner need to get on with life, and will try to do this before they are really well. On the other hand, some horses will enjoy attention, and will not bother to get up and about until they are quite ready. The purple horse especially will probably lie around for much longer, until you wonder if something is seriously wrong because it is not recovering as quickly as you would expect. Purple and violet horses tend to be lazier than horses of other colours. Both the silver horse and the orange horse will want to get up even when they are ill. The yellow, intellectual horse will react somewhere between these two. Just as there are human hypochondriacs, so some horses will make the most of a small injury. The more creative horses have an inclination to do as little as possible following an injury because they do not like limping, or to have their energy flowing differently: their creativity reacts against this. Horses with an orange element will probably try to do far too much too quickly, and so do something silly because they hate to be languid in any way.

Reactions to external stimuli

Some horses are very reactive to weather conditions and dampness, just as some humans find that their bodies stiffen up quickly in response to changes in weather or humidity. This is an extra kind of affinity. Horses are also sensitive to earth energies. Their life is more complicated than we suspect. Other horses react to the people around them: their conversation; their aura; their smell. This may be particularly noticeable when the horse is eating, explaining why these animals have “nervous tummies”. Once again, creative horses are more prone to this sensitivity. Other horses may not care in the least! The reaction to smell is very strong and interesting. To some horses, certain people may simply not smell right. Part of this may be in response to human fear, since horses react very, very quickly to fear. Often, we do not realise that when we are upset, or angry, or afraid we actually smell very badly. It is more than a body odour – it is an etheric odour, which a horse can sense much more readily than we can. We cannot deceive the horse by pretending to ourselves that we are fine. The animal will sense exactly what we are feeling, and how our body is reacting to the source of our fear. Horses from the blue range of colours are very good with invalids, and also with children who have problems. Deeper blue and green horses will be particularly reactive. Of course, the yellow horse can be trained well to be careful. Some horses have a natural tendency to be healing for people.

This sensitivity also extends to anticipation – some animals become restless before something happens to the people around them. A horse may see its destiny projected in advance, and may actually be reluctant to do something as a result. Sometimes, it may also be able to feel future injuries in advance. We have already established that it can feel all the changing moods of the people who care for it and come into contact with it. If these people have hidden, private problems, the horse may sense these as well. We can learn much by observing horses and their behaviour. The awareness of impending death or accident, sensing in advance when something bad is about to happen, could bring a warning to the rider or owner. The horse may be sensing something relating to the human rather than to itself.

The horse and rider achieve a oneness

In addition to sensing or responding to external stimuli, horses can also project their own feelings at times. This is a form of communication. We need to pick up on what they are conveying to us, and transform it into ideas within us. This communication with a horse is very precious, and we seldom make full use of it. There are times, however, when we instinctively feel or know what can be done, and this leads to marvellous communication. At some point during this communication, the energies

of the person and those of the horse become one colour. Now, this is very rare. The best jockeys are those whose energy centres open, and who are therefore able to adapt themselves to the horse they are riding. If the horse's energy centres also open, the rider and animal become as one. It is also possible for the colours of a rider and horse to merge suddenly, even if they are in a situation where the energies do not need to be open. When this occurs, the person's energy becomes the horse's energy, and, for a while, the horse is almost human and the human being knows what it is like to be a horse. There is a perfect exchange in which a oneness is achieved. I often wonder if this is where the mythological centaur, half man half horse, originated, through people seeing things etherically.

It is possible to study animals by watching them grow, observing their habitat and writing about their evolution. However, this study does not actually tell us what the animal really feels. It is a superficial approach. Ancient man was able to develop these faculties more easily than modern man, achieving this oneness with other creatures. In the act of becoming, we are no longer apart. A oneness is created. This oneness does not happen frequently, but when it does, it creates the ability for the human being to transcend into a higher evolutionary area. The horse is also raised to a higher consciousness, a consciousness closer to a human being, by this oneness.

Horses as a means of release for humans

A horse has always given something special to people whose lives are too organised, like royalty and people whose position in life means they cannot have wild moments or do silly things with their life. Such people lead a life which is more constrained, as if they are held in a tighter setting. The horse can provide a way for them to release all this pent-up feeling in a way which is acceptable to the society which looks up to them, and which requires them to conform to certain codes. In the human psyche, the horse is also linked with the imagination. Horses provide a release mechanism for pent-up imagination and feelings. Galloping on horseback has a tendency to release and disperse frustrations. The movement of the body and the horse in combination releases unwanted colours. There is a sense of freedom, and a feeling of speed which is infinitely superior to the speed experienced in a car. In a car, one can become part of the machine, but a horse offers something on a deeper level: the enchantment of the past, of precious moments which transcended restrictions and constraints, triggering very special feelings. The horse is therefore a tremendous release mechanism for people in these positions.

Sometimes, in our lives too, a horse will offer something which human beings often cannot offer. It is a dedication which asks for nothing back in return. The beauty of a horse is that it needs nothing more from us than our smile, our remembrance and our care. There is no retribution, no social

climbing or jockeying for position, and no needs to be satisfied. This is something which is only found in a truly spiritual person, someone who will come and do something for you without asking for absolutely anything in return. This is what a horse offers. We get a lovely, relaxed feeling when we know we only need to be natural, and that, whatever we give, the horse does not expect much more.

Re-thinking our attitudes towards horses

I believe we have to rethink what we do to our friends in the animal world a little, and especially our relationship with the horse. Horses have grown up with people, and are linked with them so closely, producing a unique one-ness. We must ensure that they do not disappear off this earth, and that their future is very strong and secure. We need to appreciate their abilities thoroughly. Thank goodness we do have many people with this appreciation. However, there are many others who just use horses for fun, and who are only interested in winning. These people are not really interested enough in what the animal is doing within itself, within its space. Very often, if that space suffers, the animal will react. At some point, when something marvellous is expected of it, it will do the opposite. If the grey colour comes to the surface in a race, the animal will not win. It will actually do everything possible NOT to win, and if it is beaten it will react by almost going hard inside itself. So in the end, a human will never really win, because you cannot win all the time. Once a horse turns, it takes enormous love, caring and understanding to change that horse, because of its etheric colours and exceptional intuition. For example, a horse always knows beforehand when it will die, and therefore there will usually be a change in its auric field and its sensing will be very acute during that time.

We have looked at the extraordinary abilities and potential present in horses as a group, and the rich individual diversity available. Horses are highly intelligent and sensitive creatures, requiring thoughtful care and handling. Each is an individual, with particular characteristics identifiable through its natural etheric colouring. This gives us an insight into its strengths and weaknesses, and the areas of work to which it is particularly suited. Greater understanding leads to a closer, stronger relationship between humans and horses. Unless we actually have great compassion and understanding, we will always feel that these are just animals to train, and although we may love them, it is a kind of love without total understanding, which is therefore lacking in depth.

I have a theory that, at the moment, humans have a very specific approach to horses. The focus is on “doing something to” them, rather than “giving heart” to them. This approach limits the scope for giving horses the opportunity to change, as well as the chance to feel completely loved. Generally speaking, there is not enough love given to horses because humans are concentrating on their usefulness: using animals for a variety of purposes and tasks. Of course, there are exceptions to this general attitude, and many private horse-owners adore their animals. I often ask myself when we will change towards horses, moving to a greater understanding of their potential, and, eventually, demonstrating this by breeding a perfect horse.

Much of our current understanding of horses is explained by our own state of evolution. As human beings, we have a system of prioritising. This leads to imbalance between the colours, and to our becoming stuck in one particular range. We have a tendency to become stuck in just a few chakras, rather than developing a perfect blend of colours. This tendency is demonstrated by people who are totally intellectual, or completely focused on sport, or have no care for others. By concentrating on one or two areas in life to the exclusion of others, we become stuck in the corresponding chakra. For example, the pure intellectual will be very yellow, without the green of the heart, or the active red/orange energy. This limits our evolution, discouraging our curiosity and development. We do not train our intuition, and there is no progress through the chakras to go higher over the head.

There is no fundamental reason why humanity cannot evolve, and evolve with the horses, to use other levels of consciousness. We have much to learn from horses, as well as much to give to them. The acid test should be our attitude to horses in our care. By the time the horse leaves our care, has it grown? Has it evolved and developed in all the various levels within my power to give? Has it changed and moved on since it has been with me? Is it a different animal from the one at the start of our contact with each other, or have I limited it to the same restrictive routine? We have a responsibility to these animals. Their intuition means they are affected by what we think and how we act. They have a desire to evolve and grow, and we are in a position to help them achieve this, in return for our own growth and development. This has the potential to be a mutually beneficial relationship, an evolutionary partnership in which all involved benefit by reaching higher levels of consciousness.