

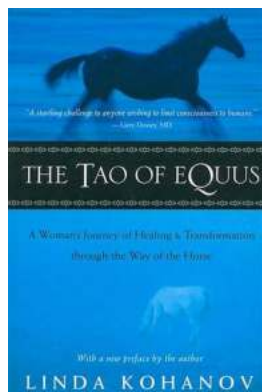
# The Tao Of Equus: Discovering Harmony through Horse Wisdom

Imagine a world where communication transcends language barriers, where harmony effortlessly flows between beings, and where wisdom is gained from the most unexpected teachers. Welcome to the world of The Tao Of Equus, a transformative journey that reveals the profound lessons horses have to offer.

## Ancient Wisdom Meets Modern-Day Horsemanship

In her groundbreaking book, Linda Kohanov takes us on a captivating exploration of the horse-human connection. Drawing inspiration from Eastern philosophies and practices, The Tao Of Equus artfully combines ancient wisdom with modern-day horsemanship.

At its core, The Tao Of Equus invites us to embrace horses not merely as tools for riding or show purposes, but as sentient beings capable of deep emotional connections and profound healing. Kohanov unveils the hidden world of horse-human dynamics, offering a fresh perspective on how we can learn from these gentle giants and, in turn, enhance our own lives.



## The Tao of Equus: A Woman's Journey of Healing & transformation through the Way of the Horse

by Linda Kohanov (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1090 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 392 pages



## **A New Approach to Horse-Human Relationships**

The Tao Of Equus challenges conventional horsemanship methods that rely on dominance and control. Instead, it embraces a more balanced and intuitive approach that encourages mutual respect and understanding between horse and human. By exploring our own emotions, intentions, and behaviors through the eyes of these wise creatures, we gain invaluable insights into our true selves.

Through real-life anecdotes and transformative experiences, Kohanov demonstrates that horses possess an extraordinary ability to mirror our emotions and intentions. They can detect and respond to our subtlest cues, acting as mirrors that reflect our inner landscapes. By learning to navigate this intricate interplay, we unlock a deeper understanding of ourselves and connect with the universal truths that horses embody.

## **The Wisdom of the Horse**

Horses embody qualities we aspire to cultivate within ourselves: grace, strength, and living in the present moment. Their natural way of being offers invaluable lessons in emotional intelligence, nonverbal communication, and authentic leadership. The wisdom of the horse teaches us to embrace vulnerability, cultivate intuition, and navigate the complexities of relationships with subtlety and grace.

As we delve into the world of The Tao Of Equus, we discover that the horse-human connection is not limited to the physical realm. It encompasses the realm of the soul, transcending boundaries and awakening our dormant senses.

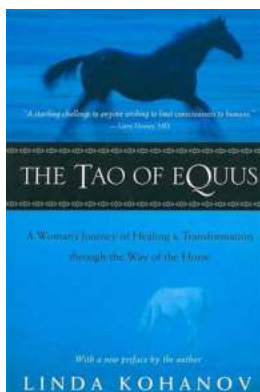
Through horse-human partnerships, we learn the art of non-doing, of simply being in the present moment without imposing our will upon others.

## Unleash Your Inner Wisdom

The Tao Of Equus empowers us to unleash our inner wisdom and embrace a more mindful way of living. By attuning ourselves to the wisdom of horses, we tap into the wellspring of intuition and reconnect with our authentic selves.

So, are you ready to embark on a transformative journey? Grab a copy of The Tao Of Equus, immerse yourself in the profound stories it holds, and embrace the lessons that horses have to offer. Discover the hidden harmonies that exist within the horse-human connection, and witness how these gentle companions can guide us towards a more fulfilling and enlightened existence.

Remember, the journey of self-discovery begins with the willingness to connect with beings beyond ourselves. Let the wisdom of the horse awaken your spirit and lead you towards a more harmonious and authentic way of being.



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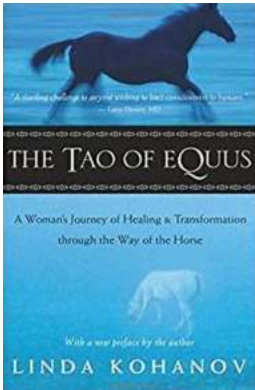


Do horses make choices? How do they seem to know what people are thinking and feeling? Are horses spiritual beings with a destiny all their own? If so, how is this destiny connected with humanity's future? How does the equine mind compare with the human mind? What do horses have to teach people? And why are women so attracted to horses?

These are some of the questions writer and equine therapist Linda Kohanov explores in her extraordinary book *The Tao of Equus*. In it she intertwines the story of the spiritual awakening she experienced with her black mare Rasa with compelling neurological research, cultural history, mythology, and first-hand anecdotes from years of teaching and facilitating equine therapy.

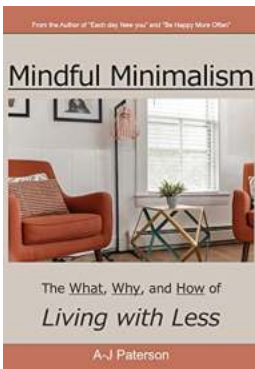
She delves into the mental and spiritual processes behind the magical connections people, and women in particular, often experience with horses. She skillfully describes the subtle behavioral nuances horses express and perceive — what she calls the "wisdom of the prey" — as well as a feminine wisdom found in her powerful interactions with horses, bringing to the page subtleties that women riders have intuited for centuries.

Blending her extraordinary experience — what some would consider paranormal — with a wide-ranging survey of the phenomena of horse-human communication, Kohanov delivers a ground-breaking work sure to interest both longtime riders and readers interested in the leading edge of animal perception and animal-human communication.



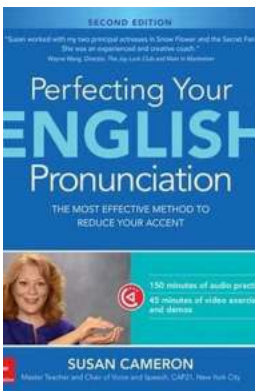
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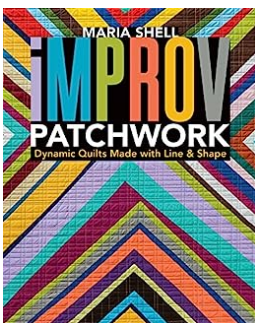
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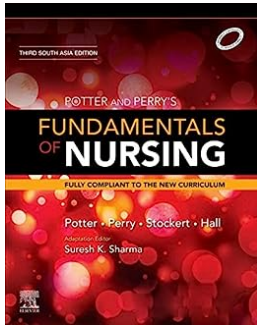
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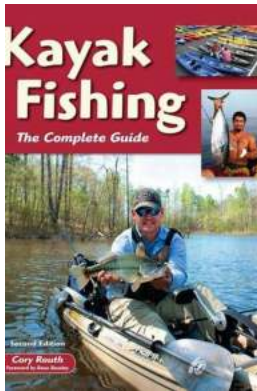
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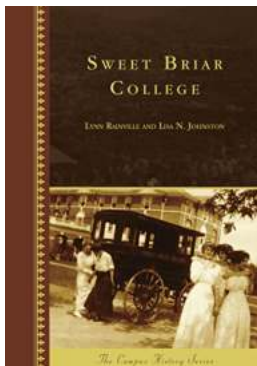
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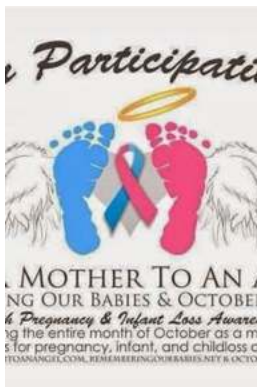
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