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## The Power of Intention

By Tim Hayes

Probably the greatest example of the power of intention is found in the world of Quantum Physics. In this world we learn that literally everything in the universe (water, rocks, wood, ice cream, people electricity, horses, etc.) is made up of stuff called *sub-atomic particles*. These particles have names like electrons, neutrons and are so tiny; they are smaller than the size of an atom i.e. *sub-atomic*.

What is absolutely amazing about sub-atomic particles is the fact that they are only visible to humans (scientists looking through microscopes) when they are looking for them. If a person does not specifically *intend* to look for a sub-atomic particle, the particle is not visible. This is the ultimate example of the power of intention.

When I ask my horse to go forward I need to think forward and look forward. I need to communicate my intention with my mind as well as my body. If I am on my cell phone or looking down at my horses' head he will not go forward with the same cer-

tainty, confidence or positive attitude that he would have had he known and felt my intention. The reason he knows my desire and actually feels me looking forward is due to something called a *Proprioceptive Change*.

A Proprioceptive Change is the smallest noticeable physical change that occurs in our bodies right before a larger change occurs. When I have the conscious intention of asking my horse to go forward, this thought causes an almost invisible shift in my body as I move my head and eyes to look out, forward and straight ahead. My intention to go forward creates a mental thought ("I want to go forward") that causes the slightest physical change in my body, which can be felt by my horse. This is only possible if I'm focused, in the moment and completely present to being with my horse.

An example of a proprioceptive change that most of us have experienced is when we hug someone. If the other person stops hugging before we do, just before they stop, we feel an almost imperceptible reduction in the intensity of their hug. A similar equine example is the feeling we feel from a horses' body just before he bucks. In the same way my horse can feel my intentions, when I am focused and aware, I can feel my horse's intentions.

Horses have survived for millions of years by having the ability to instantaneously sense and immediately run from danger. They are born with super human senses, which make them experts in detecting any and all Proprioceptive Changes in their environment.

Another way to say this is horses are masters at "*knowing what happens before what happens happens*" (if this way sounds confusing, just say it to yourself two times very slowly). In either case the power of intention is palpable and exists in both humans and horses.

Natural Horsemanship teaches us that in order to become better with horses; we need to become more like them. If your horse can feel your slightest intention and responds positively to your requests, then you are riding a fabulously light horse. Likewise, if you can feel and respond to you horses' slightest intention, you become a much better rider. You become more confident and thus much safer. The better we tune in, listen and feel of each other, the better we ride.

Lighter, more confident, safer; isn't that what we all want when we ride. Tom Dorrance called it *True Unity*. Ray Hunt called it *Thinking Harmony*. I call it *Being One With My Horse*.

It's like a couple that love and know each other so well, they can finish each other's sentences.

Humans, horses, we are in many ways the same...just different combinations of sub-atomic particles. The power of intention

exists in all of nature. It's why using the power of our intention is a *natural* way to communicate with our horse, i.e....Natural Horsemanship. ©Tim Hayes 2010

For Information about Clinics, Classes and Private Sessions Contact Tim at: 631-329-5840, or

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RIDING WITH INTENTION:

- Think Forward!
  - Look Forward
  - Ride Forward
- Photo courtesy of Tim Hayes

