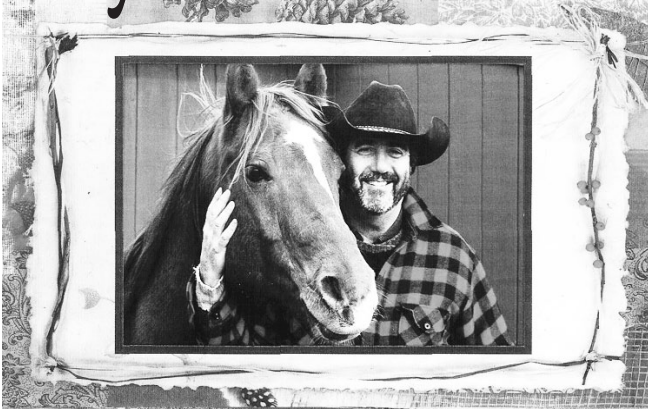


Hayes Is for HorsesTM



The Power of Intention

By Tim Hayes

Probably the greatest example of the power and significance of our intention is found in the world of Quantum physics. In this world we learn that 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 look forward. I need to communicate my intention to my horse mentally as well as physically. If I am looking at my horse's head he may or may not go forward but he will not go with the same certainty or confidence as when he knows I'm looking forward. The way he can tell I'm looking forward and the reason it makes a difference is due to the horse's natural ability to respond instantly to something known as a proprioceptive change.

A proprioceptive change is the smallest noticeable change that occurs in our bodies right before a larger change occurs. It begins when I am focused and in the moment. When I have the conscious intention of asking my horse to go forward. This thought

causes an almost imperceptible shift in my body as I move my eyes to look out and straight ahead. My intention to go forward creates my mental thought ("I want to go forward") which causes a physical change in my body, which is felt by my horse.

An example of a proprioceptive change that most of us have experienced is when we are hugging 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 more equine example we might relate to is the feeling we feel from a horse's body just before he bucks. The more aware I am the more I can perceive my horse's intentions.

In one of my previous articles I wrote that horses were experts at "knowing what happens before what happens". That's the way the cowboys say it. The DVM's call it highly sensitive responses to proprioceptive changes. In either case it's the power of intention whether in the human or the horse.

Natural Horsemanship teaches that in order to become better with horses; we need to become more like them. If my horse can respond to my slightest intention, then I am riding a fabulously light horse. If I can respond to my horse's slightest intention, I become more confident and thus safer. The better we both listen to each other, the better we get along.

Lighter, 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 like to 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.

The power of intention exists in all of nature. Humans, horses, we are all just different combinations of sub-atomic particles. That's why using the power of our intentions is natural.

*All my events are listed in the event section of this magazine and on the net at www.Llequine.com.
To host a clinic, demonstration or for more information visit: www.hayesisforhorses.com
or call Tim at 631-329-5840*

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