

"These deceptively simple techniques embody a powerful set of spiritual teachings."

—ANDREW WEIL, MD

Z E N M I N D

The Science and Spirituality of Working with Horses

Z E N H O R S E



ALLAN J. HAMILTON, MD

AUTHOR OF *THE SCALPEL AND THE SOUL*

FOREWORDS BY MONTY ROBERTS AND ROBERT M. MILLER, DVM

Zen Mind Zen Horse The Science And Spirituality Of Working With Horses

Linda Tellington-Jones



Zen Mind Zen Horse The Science And Spirituality Of Working With Horses:

Zen Mind, Zen Horse Allan J. Hamilton, 2011-09-10 Eastern philosophy enters the stables in this unique guide to horsemanship Allan Hamilton describes how horses understand and respond to the flow of vital energy around them They use this energy called chi to communicate with their herd express dominance and sense predators Hamilton shares safe simple techniques to make you more receptive to your animal s chi so you can develop a calm and effective training style that will not only help your horse follow commands but strengthen the spiritual bond between horse and rider *Lead with Your Heart . . . Lessons from a Life with Horses* Allan J. Hamilton, 2016-09-06 2016 Foreword INDIES Gold Award Winner 2016 Gold Nautilus Book Award Winner 2017 Silver Independent Publisher Book Award Winner 2017 Silver IBPA Benjamin Franklin Award Winner Award winning author and celebrated neurosurgeon Allan J Hamilton combines his understanding of the human brain with nearly 30 years experience training horses to offer wisdom on such universal themes as leadership motivation ambition and humility The results are showcased in more than 100 thoughtful essays that treat working with horses as a metaphor for personal professional and spiritual growth Whether you re searching for greater spiritual depth or simply want to better understand your four legged partner this wise and important collection has something for you

Guide to Equine Assisted Therapy Yuval Neria, Prudence W. Fisher, Allan J. Hamilton, 2025-02-12 Approximately one in five adults and one in seven children and youth suffer from mental health disorder over their life span Yet available treatments for mental health problems are only moderately effective and about half of those who need treatment are not benefitted by current treatments and many don t even seek them Equine assisted therapy is a novel experiential treatment approach showing significant promise for adults children and youth across a range of mental health problems These treatments use a horse or horses to facilitate communication and mindful awareness of thoughts emotions and behaviors in an experientially oriented approach via groundwork or riding Interactions with horses have shown to foster emotional regulation self confidence reflection and insight by which well being is facilitated The current book describes the rationale for these treatments add to the knowledge about recent progress in applying them to posttraumatic stress disorder PTSD anxiety attention deficit hyperactivity disorder ADHD and more and analyze the nature of the bonding between humans and equines which makes these relationships so therapeutic and healing The Equine-Assisted Therapy Workbook Leif Hallberg, 2017-12-06 The Equine Assisted Therapy Workbook gives readers the tools they need to increase professional competency and personalize the practical applications of equine assisted therapy Each chapter includes thought provoking ethical questions hands on learning activities self assessments practical scenarios and journal assignments applicable to a diverse group of healthcare professionals The perfect companion to The Clinical Practice of Equine Assisted Therapy this workbook is appropriate for both students and professionals **Stable Wisdom** Shirley J. Potterton, 2013-07 Although midlife has been traditionally viewed as a time of decline science and experience are demonstrating that most of our fears

are unsupported For many women it can be a time to rediscover important aspects of themselves that have been left due to the responsibilities of motherhood and careers In Stable Wisdom lifelong horsewoman Shirley Potterton provides a one of a kind guide for women on a midlife journey that encourages transformation and positive changes with the help of an equine companion Potterton whose love for horses was rekindled at midlife relies on experiences from her own journey of self discovery as well as others to share powerful tools and exercises to help women embrace the wisdom of an intuitive creature in order to move forward develop new skills and utilize innate strengths Through a step by step plan that can be applied with or without a horse women can learn how to listen to the inner voice for direction create and renew energy levels develop a courageous approach to life bring insight wisdom and experience to leadership roles and initiate self reflection without judgment Stable Wisdom provides valuable guidance tools and confidence for any woman in midlife who dares to think big and is ready to discover her own unique wisdom and implement exciting life changes Equine-Facilitated Psychotherapy and Learning Veronica Lac,2017-06-13 Equine Facilitated Psychotherapy and Learning The Human Equine Relational Development HERD Approach offers a hands on approach to integrating equine assisted therapy and learning into mental health treatment Based on the HERD Institute model the book showcases a series of case studies that cover working with patients with trauma attachment disorders and depression Additional case studies show varied approaches to working with families couples and culturally diverse populations Ethical and safety considerations are covered emphasizing the importance of both human and equine welfare in the equine facilitated psychotherapy and learning model Identifies the benefits of equine facilitated therapy and therapeutic riding Features case studies of equine facilitated psychotherapy in different settings Discusses use of therapy for depression trauma attachment disorders and more Includes use with couples families individuals and culturally diverse populations Equine-Assisted Counseling and Psychotherapy Hallie Sheade,2020-08-09 Equine Assisted Counseling and Psychotherapy offers a comprehensive guide to the practice of working with equines in a psychotherapeutic setting Chapters provide a research informed approach to integrating the contributions of horses and other equines into mental health services With a focus on equine welfare the book uses a relational approach to explore a broad range of topics including documentation and treatment planning work with clients across the lifespan and with diverse needs complexities related to horses in the therapeutic relationship as well as ethical legal and best practice considerations Mental health and equine professionals will come away from the book with a strong understanding of both the theoretical and practical aspects of equine assisted counseling **How Change Happens in Equine-Assisted Interventions** Noreen W. Esposito,Angela K. Fournier,2023-02-24 How Change Happens in Equine Assisted Interventions gives clinicians and researchers an intervention theory on the mechanisms of change during psychotherapy and other interventions that incorporate horses Chapters introduce the concept of intervention theory present a theory of the problem what the client comes with theories explaining the intervention what is done during a session and theories of change what happens in the

mind of a client with each theory's function described Using an autoethnographic approach the authors describe deconstruct and analyze personal experiences as clients during an equine assisted intervention Then the authors present and apply a unique intervention theory by linking it to the thoughts and experiences of clients in and after a session Practitioners will come away from this book with a unique perspective on the field and with an increased understanding of what their clients are thinking both in and out of session Researchers will have an explanatory theory from which to draw testable hypotheses when studying interventions incorporating horses

Zen and the Horse Pamela J.G. Au, 2003-03-07 This is a very interesting and intelligent little book the author takes a unique approach to teaching centered balanced riding using Eastern philosophy as a context for mastering the art of equitation The author writes with credible authority and conveys ideas and concepts clearly and vividly Most important the book delivers what it promises It does provide specific advice for equestrians hoping to achieve this zen state in their riding As reviewed by Writers Digest 2004 I think this is the first writing that actually describes what I feel when I ride my horses I have never wanted to compete just reach that place of unity which will be an ongoing practice with the horse for the rest of my life No hurry to get somewhere only connect while there Maybe someday you will put this great book into visual movement in a video You have really taken the mechanics out and replaced with emotion awareness with motivation to feel With great respect to our patient teacher the horse Sincerely Chris in OR A must for the serious rider This book stayed on target and was easy to keep up with Most Zen horse books make me want to gag after 5 minutes but this author has both of her feet on the ground and a lot to say Buy it you and your horse will both benefit Chuck Click Here to go the authors website and more on Zen and the Horse

The Neuro-Equine Model Allan Hamilton, 2023-03-15 The Neuro Equine Model is a manual outlining the horsemanship and the science behind why equine assisted therapy EAT and learning have proven to be powerful tools in the hands of therapists and educators This manual is written by a husband and wife team one of the most successful and acclaimed horse professional and equine therapist teams in the world Allan Hamilton is a Harvard trained brain surgeon neuroscientist and renowned horse whisperer who has written two award winning books on training horses Jane Hamilton has her doctorate in clinical psychology and is an expert in using animals in therapeutic settings They have provided EAT programming for everything from the leaders of Fortune 500 companies to gang members locked behind bars They helped develop the largest national EAT program in the country serving at risk youth in fifteen states and also created an EAT manual to support the Man o War Foundation and Columbia University's new research study evaluating the long term impact of EAT on veterans The manual provides easy to follow time tested techniques to address a wide range of mental health disorders and emotional and behavioral issues across pediatric and adult populations The manual also offers scientific perspectives and insight into why EAT works and why some disorders can significantly improve with this unique therapeutic approach This manual has become the gold standard for an easy to follow step by step process for anyone interested in this modality as a client practitioner therapist or horse professional

Lead with Your Heart . . . Lessons from a Life with Horses Allan J. Hamilton, 2016 Foreword INDIES Gold Award Winner 2016 Gold Nautilus Book Award Winner 2017 Silver Independent Publisher Book Award Winner 2017 Silver IBPA Benjamin Franklin Award Winner Award winning author and celebrated neurosurgeon Allan J Hamilton combines his understanding of the human brain with nearly 30 years experience training horses to offer wisdom on such universal themes as leadership motivation ambition and humility The results are showcased in more than 100 thoughtful essays that treat working with horses as a metaphor for personal professional and spiritual growth Whether you re searching for greater spiritual depth or simply want to better understand your four legged partner this wise and important collection has something for you

Dressage for the New Age Dominique Barbier, Mary Daniels, 1990 AB Bookman's Weekly , 1998

Zen in the Stable Laine Cunningham, 2017-03-02 Zen in the Stable pairs original wisdom garnered from the equestrian life with fifty stunning photos A gorgeous collection for every equestrian animal lover and anyone seeking peace Zen in the Stable demonstrates that the human horse relationship can enrich our lives and make us happier healthier calmer and more loving

The Scalpel and the Soul Allan J. Hamilton, MD, FACS, 2008-03-13 A Harvard educated neurosurgeon reveals his experiences in and out of the operating room with apparitions angels exorcism after death survival and the miracle of hope For the millions who have enjoyed Proof of Heaven Heaven is Real To Heaven and Back and Getting to Heaven an inspiring tale from where the veil between life and death is often at its thinnest The Scalpel and the Soul explores how premonition superstition hope and faith not only become factors in how patients feel but can change outcomes It validates the spiritual manifestations physicians see every day and empowers patients to voice their spiritual needs when they seek medical help Finally it addresses the mysterious attractive powers the soul exerts during life threatening events Forthcoming Books

Rose Arny, 2001

Dressage with Mind, Body and Soul Linda Tellington-Jones, 2013-02 A new approach to the classical methods of training dressage horses methods that can cause the animals undue physical and emotional distress these powerful new techniques from world renowned horse trainer and behaviorist Linda Tellington Jones improve not only the dressage horse s performance but also its well being The guide employs the author s legendary TTouch method and features practical dressage training information on topics such as relaxing the overly touchy horse focusing the overly playful horse improving balance and transitions and solving problems with stage fright In addition to the providing the tips and techniques needed to ensure that the horse relishes its role in the art of dressage numerous case studies of the top horses riders and trainers Tellington Jones has worked with in her career are also included

Zen and Horseback Riding Thomas Nagel, 2007-12

Zen and Horses Ingrid Soren, 2002 Addressing the spiritual side of horsemanship this book combines the universal appeal of horses with the increasingly popular Zen Buddhist philosophy

Sacred Spaces Susan Fay, 2019-02-03 Are there silent yet powerful ingredients missing from most horse training techniques and riding instruction In her research of horsemen and women who appear to have a gift with horses Dr Fay outlines the invisible things these equestrians do that

make their interactions with horses appear effortless As a research scientist and life long equestrian Dr Fay spent more than two decades searching for scientific explanations for why some people are able to develop seemingly spiritual relationships with horses She discovered that equestrians with this gift merely know how to use their natural abilities in a way that most of us were never taught These abilities already exist inside of each one of us so we merely need understand how to use them But we also need to be willing to open our eyes and hearts and let go of what we believe is possible Within the pages of this book you will gain insights into how you can develop your gift with horses You will learn how you are unconsciously talking to your horse through your mind and body But more importantly you will see how easy it is to turn these unconscious conversations into ones that are meaningful to your horse This is not a book about animal communication Instead this is a guide to using the energy field along with the power of your own mind and body to influence your horse in a gentle and quiet yet highly effective way The principles presented in this book work regardless of the type of horse you have or the discipline you ride There is no need for special training gadgets because you already have everything you need Once you begin to implement the principles and see the profound changes in yourself and your horse you may never view traditional horse training methods in the same way Through real life stories and simple exercises Dr Fay guides readers to a greater awareness of their untapped abilities She teaches us how to use our innate gifts to create a sacred space where communion with the horse occurs naturally and spontaneously

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