

*"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 By Hamilton Md Allan J Storey  
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**Allan J. Hamilton**



**Zen Mind Zen Horse The Science And Spirituality Of Working With Horses By Hamilton Md Allan J Storey Publishing Llc2011 Paperback:**

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, 2025-04-08 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 *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 *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 to the authors website and more on Zen and the Horse](#)      **The Mind of the Horse** R.H. Smythe,Peter C. Goody,1972      **The Mind of the Horse** Reginald Harrison Smythe,Peter Charles Goody,1972-01-01      **Equine-imity** Beverley Kane, MD,2021-03-27 Ever wonder what it means to be as healthy as a horse Equine imity teaches you how to achieve optimal mind body health with qigong a tai chi like moving meditation in the presence of gentle sensitive horses Written especially for non equestrians and non meditators Seven easy to learn exercises International resources for how to find a horse near you Based on our course of the same name at Stanford Equine imity draws on principles and techniques from yoga tai ji mindfulness meditation and Reiki lovingly laid on a foundation of Daoist philosophy and Jungian psychology From an East meets Western medical perspective Equine imity includes state of the art information on stress physiology sports medicine mirror neurons and the physics and metaphysics of energy measurement      **Zen and Horseback Riding** Thomas Nagel,2007-12

*Equine Behaviour in Mind: Applying Behavioural Science to the Way we Keep, Work and Care for Horses* Suzanne Rogers,2018-12-28 Intended for people who work with horses and for owners who want to learn more Equine Behaviour in Mind provides ideas for practical ways that changes can be incorporated into daily interactions with horses This book advocates a mindful approach to working with horses encouraging the reader to think in a horse centric way Academic behavioural research is used to underpin understanding of horse behaviour and changes that can be made to positively improve horses lives The aim is to provide both the theory behind behaviour minded horse management and the practical application to enable impactful changes to be made Real world examples and case studies are provided to highlight these points Horse behaviour is discussed in a range of contexts including breeding training and competing A behaviourally minded approach to teaching riding to medical and dental check ups to rehabilitation and rescue and to driving change for horse welfare in both developed and developing countries is also covered Equine Behaviour in Mind will enable readers to think critically in an objective way about how they manage and work with their horses 5m Books      *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 horse girls of every age Breyerfest Breyer model horse collectors and fans of How to Think Like a

Horse The Eighty Dollar Champion The Girl on the Dancing Horse Seabiscuit Maple Dale and The Black Stallion      **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      The Elements of Horse Spirit Debra DeAngelo,2020-06-08 Develop a Deep Magical Bond with Humanity s Oldest Spirit Ally Harness the amazing spiritual power of horses with this brilliant book on bridging the physical world of horses with the metaphysical realm of Horse Spirit You ll enhance your life by connecting to equine energy and forging a powerful bond with actual horses and spirit guides Explore the myths and history of horses as well as the long lived symbiotic relationship humans have with them Discover practical horsemanship activities and advice techniques for working with the four elements and hands on exercises to strengthen your energetic connection to horses This groundbreaking book also helps you choose the best horse for you both physically and spiritually and live in harmony with him Through heartwarming personal stories and well researched insights Debra DeAngelo reveals the incredible ways in which horses heal ground and teach you to be better in everything you do      *The Horse's Mind* Lucy Rees,1984-01      The Zen of Horseriding Ingrid Soren,2002 Zen has its roots in a Japanese Buddhist sect which holds that the truth is not in scriptures but in man s own heart if he will strive to find it by meditation and self mastery According to Zen philosophy one of the great paradoxes is that if you are trying to attain something you are wasting your time Never short on humour Zen masters describe riding the donkey in search of the donkey you are riding With this wisdom in mind Ingrid Soren sets out to learn the art of horseriding and gets more than she bargained for We follow her tortuous and often humiliating path through fear doubt joy and insight as it dawns on her that her experiences are but expressions and reflections of herself The horses that she encounters are inimitable Zen masters each with their distinctive personalities and qualities They instruct without instructing without artifice Grounded in their own unselfconsciousness these fine animals offer Ingrid Soren new images for everyday living They show her how things are interconnected and how Zen is the experience of life in all its aspects      **Horse Sense and the Human Heart** Adele von Rust McCormick,Marlena Deborah McCormick,1997-11-01 Can horses really teach us to be better human beings In this groundbreaking work you will discover that the answer is a resounding Yes While working with severely disturbed youths therapists Adele and Deborah McCormick discovered the best healers were their herd of Peruvian Paso horses Through their work with horses the McCormicks patients were initiated into the hidden world of animal energy and instinct and found a safe and natural way to learn about their own dualistic natures Patients learned to tap into their primal animal mind and energies and apply them toward more creative and responsible living What took days or months to uncover in an office setting took onyl minutes when patients were on a horse You will read case after fascinating case of people discarded by society and the psychiatric community whose lives were turned around by the intuitive guidance and friendship of their equine therapists What People are saying This book got me It is about personal growth and the cultivation of wisdom and is one of the wisest contributions I have come

across in years Its implications for healing are utterly profound Horse Sense and the Human Heart is a breakthrough work Larry Dossey M D author Prayer is Good Medicine and Healing Words Horse Sense and the Human Heart is an eye opening and heartwarming adventure In sharing their pioneering therapeutic discoveries Adele and Deborah McCormick take us on a shamanic interspecies odyssey They reveal a secret world governed by wise equine masters available to help heal our psyches and guide the human spirit on its journey toward wholeness David Jay Brown author Brainchild and Mavericks of the Mind

**Horse Brain, Human Brain** Janet Jones, 2020 Horsemanship of every kind depends on mutual interaction between equine and human brains When we understand the function of both we can learn to communicate with horses on their terms instead of ours And by meeting horses halfway we not only save valuable training time and improve performance we achieve other goals too We develop much deeper bonds with our horses we handle them with insight and kindness instead of force or command we comprehend their misbehavior in ways that allow solutions and we reduce the human mistakes we often make while working with them In this illuminating book brain scientist and horsewoman Janet Jones describes human and equine brains working together Using plain language she explores the differences and similarities between equine and human ways of negotiating the world Mental abilities like seeing learning fearing trusting and focusing are discussed from both human and horse perspectives Throughout true stories of horses and handlers attempting to understand each other are sometimes successfully sometimes not are help to illustrate the principles

**Think Harmony with Horses** Ray Hunt, 1978 When you ask your horse to do something it should be his idea he wants to do it he understands how to do it and he does it These words are typical of the way Ray Hunt expresses his philosophy of the ideal relationship between horse and man That philosophy is discussed in this book in a manner that makes the reader feel as if he is listening to Ray talk It is persuasive talk gently persuasive this man's ideas make a lot of sense and the success he has achieved with those ideas is impressive Ray Hunt traveled around the country working with groups of riders who were interested in his philosophy of harmony with horses As Gene Lewis says in his forward to the book Ray's theory is to unite the horse and rider into one working unit of both mind and body He has developed a language and has become a wonderful teacher and demonstrator Included in this book is an interpretation of the Ray Hunt method of schooling a horse written by Vincent W Carpenter who attended one of Ray's clinics He tells amazing stories that Ray might not tell about himself and summarizes the whole philosophy in a clear and objective way Also included is a question and answer section in which a number of the most commonly asked questions are answered in detail And throughout the entire book runs the simple basic idea think harmony Publisher's description

**Zen & Horseback Riding, 4th Edition** Tom Nagel, 2018-08 Zen Horseback Riding explains the location importance and use of the psoas muscles The psoas are the deep core muscles that link the upper and lower girdles of the body They are the basis of all efficient body movement and can be used by everyone in any athletic activity This book explains how to use your body to achieve tone find self carriage and to move correctly both on and off the horse Zen Horseback Riding is about using

horseback riding as a means of self development and training It is about improving both your riding and your life I liked this book so well after being given a copy that I couldn t wait to purchase six more copies for my friends Sally Swift author of Centered Riding The Kindle edition contains color graphics and photographs for color devices Understanding the Ancient Secrets of the Horse's Mind Robert M. Miller,1999 Concise easy to read book explains why and how horses behave the way they do It describes methods by which behavior problems can be PREVENTED and methods which can be used to correct existing problems Dr Miller explains how every horse inherits ten character traits that influence its behavior These ten traits are embedded deep within the horse s DNA and shared without exception by every horse that was ever born Understanding these 10 traits is essential to optimum communication with the horse and is the reason the current revolution in natural horsemanship is so successful If you understand how your horse thinks you can control its behavior You can teach your horse to ignore the spooky stuff stand quietly while tied accept routine veterinary and farrier work come when called overcome barn sour or herd bound behavior load into a trailer calmly and willingly respect you as a leader yield its head neck feet and hindquarters respond positively whether at a show on the trail or in the stable In addition Dr Miller who is the originator of imprint training of newborn foals also includes an in depth discussion of this method in the book Horsemanship Holly Davis,2015-03-06 Holly Davis has been working as a professional Horse Communicator since 1999 She was one of the first UK Animal Communicators to teach workshops in England and wrote the first recognised Animal Communication Diploma Course that is available in both the UK and overseas Over the past sixteen years before writing this book Holly has clocked up literally thousands of communications with our equine friends Through her insights and knowledge of communication she has written this book in order to help both the general public and professionals alike learn more about how to make this wonderful connection with the horse world If you have ever wanted to learn to communicate with horses on a deep and yet subtle level then this book is for you

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