

Equine

A horse performs best when it is full of life, when it is physically and mentally balanced and the animating force of spirit is centered – ‘RIGHT RELATIONSHIP.’

At Medicine Bag Project, we address the multi-faceted horse through ‘Right Relationship.’

Please Read The Following:

Physical Horse

First, we seek ‘Right Relationship.’ Get used to us saying it. This is the platform that we LAUNCH from. Build a proper foundation and it will lead to all the right things; health, vitality, contentedness and a horse that performs – ‘We refer to this as ‘RIGHT RELATIONSHIP.’

We are often asked the question about feeds. It seems everyone wants to know what combination or mix is the best. Our simple answer ‘there is not one shoe that fits all.’ Grains, fruit, meal, by-products, etc. all have unique energetic effects upon the body that are either positive or negative. [MBEQ Introduction](#).

Supplements are much the same. However, they tend to be formulated to address one specific area of need. This we refer to as the allopathic approach. We hold that supplements should complement a proper nutritional program and never be used as an ‘end all.’ Furthermore, by addressing the entire horse we are seeking ‘Right Relationship.’

One of the keys to a healthy and vibrant horse is the ‘Nutritional Program’. This is where Medicine Bag Project is in a league all its own. On the physical side, it all begins right here. Nothing replaces sound nutrition and like the expression says ‘Proof is in the Pudding.’ If you want to start your horse on his/her journey to ‘Right Relationship,’ build the physical foundation with MBC. [MBC Introduction](#).

Mental Horse

To better understand what is going on physically, we must grasp the vital role that mental and animating forces have upon the body and organs of a horse. No, we do not have to ‘master’ the subtle sciences of the mind and spirit. However, it benefits us and our horses when we understand that everything plays a role in the health and vitality of our steeds. [Spiritual Horse](#).

There is no way to fully develop an understanding of the mental and animating forces via reading. However, truth can be applied if one is diligent enough. We are simply proposing that

one take a few moments and listen. Horses speak to us all the time, we just need to slow down and pay attention.

The mental processes greatly affect overall health. We spend our time directing/ordering a horse to do this and do that, never once considering the horse. It is all about where we are, what we want and getting it done. It might temporarily fit our schedule; however, does it work? Does it last?

Trauma is one of the key reasons our horses are mentally off, especially those horses that have travelled from one owner to another. They tend to have numerous 'buttons' that we unknowingly push. Soon, they are balking at many or most things we are attempting to do with them. From the horse's view it is a negative event.

A negative or positive event is 100% perception. A horse, just like a human, is going to perceive things as positive or negative based upon its experience, thus forming an event. These events, situations, experiences are built upon the 'Little Things' we do. Every action from feeding to brushing, from haltering to leading, to saddling and to riding, places an image in the mind of our horse that is positive or negative.

Consider life as a canvas, where we are the painter. The level of artistic ability to capture the image is based upon our ability to observe. Observation is one's ability to discern truth from fiction, to see and understand the object for what it really is and not what we preconditioned it to be.

Spiritual Horse

A much over looked and key aspect of a horse is the 'spirit.' We hold to the truth, that a horse is made up of numerous parts or beings. The idea of the physical aspect of a horse is easy to see, understanding the mental not as easy. The spiritual horse is a matter altogether different; it is much more difficult for people to grasp.

Önd, 'The Breath,' part of the animating force, causes all things to have life. You see, our horses have a life force that moves their being. It is understood by recognizing there is a hidden force that directs action from behind the scenes. This animating force is an energy that 'MOVES' life and is vital to its existence.

Every inhale and exhale is a sign. This breath can be fast, slow or, unsteady - all signs of where the horse is currently. This is not an indication that 'spirit' is in or out of sync; on the contrary, this is a sign that the physical and mental aspects are in or out of sync with Önd.

A horse in 'Right Relationship' has a breath in natural rhythm. This rhythm is not affected through physical exertion; it just increases, yet, remains 'NATURALLY' high. A horse that sinks into its breath shows a sign of balance, a naturally occurring event when in 'Right Relationship.'

Many things cause a horse to be out of sync with its Önd, such as traumatic life events. The more a horse is removed from a natural environment, the more it moves away from 'The Breath.' Unsettled, it moves away; settled, it moves closer toward 'Center.'