

THE HORSE AND 'WHO WE REALLY ARE'

(Extract from the U.S.A. version of Perry's book SECRETS OF THE PEOPLE WHISPERER,
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You don't have to know anything about horses to understand what I am about to tell you. You may equally have spent years around horses and formed a totally different opinion from the one below. But please read-on, with an open mind, because what I have written below is completely true for me and - in being true - it will more than likely match with something of your own life-experience. For what I say about horses also seems to be true about people, too...

During my many years spent working closely with horses, I have come to realize something wonderful and daunting: horses are always totally 100% themselves. And because horses are always totally 100% themselves, like fully enlightened people, they can see when we are not being our true selves. This presents us with a great gift, and sometimes a great challenge. You could say that horses don't respond to how we think we are, but how we really are; and that they don't respond to what we think we are saying, but what we are really saying.

Around horses I have pretended to be brave and courageous, angry, loving, a leader, empathic, strong, determined, confident, quiet, soft and gentle and many other things, but because I was pretending, the horses knew I wasn't being true. There have been times with horses when I have acted calmly when in fact I have been scared witless; there have been times when I have acted happy when I was seething with anger at the horse's behaviour; and there have been times when I have endeavoured to show my light-side, when in fact my darker, shadow-side has been ruling me. Although the

horses made some gestures of recognition for how I was pretending to be, what they really saw and responded to was my true inner state.

It is possible to stroke or pat a horse with your hand, it is also possible to do it with your heart. It is possible to act like a horse's leader; it is also possible to *be* a leader. It is possible to appear to be bold and courageous, caring or loving, it is also possible to *be* all of those things. The truth is that horses always know the difference between what you appear to be and who you really are. By using body language, mental communication and creating soul connections, the horses around me seem to reflect more and more about who I really am; like four-legged, living, breathing, sentient mirrors. Because they mirror things back so clearly, it means I am required to acknowledge truths about myself, including truths that I desperately pretend aren't there, truths I haven't wanted others to see and truths I even hide from myself.

Traits such as a shortage of patience, lack of confidence, insincerity, over-ambition, fears, anger etc have all surfaced in one way or another with horses. It is not all bad: as these things are brought to light they are given the chance to be recognised, acknowledged and perhaps healed. And what is more, by acknowledging the truths about ourselves, we also begin to see our positive qualities, our light, brilliance, magnificence, depth, love, tenderness and infinite essence. Strangely, it is often the case in our society that it is easier for us to acknowledge our 'negative' qualities than it is our 'positive' ones.

Despite the challenges brought about by acknowledging who we really are, warts and all, there also comes a huge sense of relief, joy and bliss. It takes so much energy and effort to be who we are not, and yet it is so normal for us to do that, so by the time we

have past early childhood, it seems to us that it is normal. Mad, but normal! Thank God, then, that creatures such as horses can bring us back to being who we really are. Of course you can be effective around horses and never go beyond the surface layers. You can make horses be your servants, force them to win competitions, make them run until they drop, say they are stupid or lack intellect as we know it, but you may miss one of the greatest opportunities to free yourself that life has to offer: an opportunity to be who you really are.

Being with horses is not the only way to become who we really are make, people can also help us to make these discoveries, although the ways in which people mirror us are often more complex or disguised. Ultimately, everything and everyone in our lives can be seen as reflection of who we really are: loving, playful, enquiring, crazy beings in a Universe of endless wonders.