

Horse



Channelled and compiled by Elizabeth (Starlightowl) Hibel

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Horse's medicine includes power, stamina, endurance, faithfulness, freedom to run free, control of the environment, awareness of power achieved with true cooperation, interspecies communication, expanding one's own potential abilities, friendship and cooperation, travel, astral travel, guardian of travellers, warns of possible danger, guide to overcoming obstacles.



Travel, Power, Freedom

Horses are symbols of freedom.
This totem brings new journeys.

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Guide to overcoming obstacles.

The Horse is the symbol of Wind.

Horse people are usually friendly and adventurous.

If a horse has shown up in your life, you must ask yourself:
"Am I feeling constricted? Do you need to move on or allow others to
move on?"

Horse will teach you how to ride into new directions to awaken
and discover your own freedom and power.

The horse symbolizes freedom and the power that comes with being free..

Those with this medicine can be fiercely independent and have little tolerance for anything or anyone that limits their free expression. This characteristic can create challenges in relationships of all kinds, especially co-dependent ones.

Those with this totem are teachers to their partners, friends and family showing them how to stand solid within themselves.

Individuals who choose to be involved with a horse person do so because the need for self empowerment is strong. They seek the horse and the power it holds rather than the horse seeking them.

Because horse medicine people hold the energy of power their leadership and teaching skills are usually in demand.

Intuitive and wise they make excellent therapists. They enjoy helping others but often feel as if there is no one to lead or teach them.

If people become too dependent they will respond like a bucking bronco.

Personal relationships often lack emotional or mental nourishment especially in the earlier years of life.

To compensate for this they are forced to go within and strengthen their bond with spirit. This bond provides them with the nourishment needed to evolve their soul while staying grounded in the earth experience.

. The horse carried people and their belongings into new uncharted territory and the challenges that it held.

If horse has come to you, you are being offered a gift of safe movement.

Is there somewhere that you want or need to go? Horse can help you get there, whether the place is physical or spiritual.

Is there a new venture you want to undertake?

Call on horse to help you create it. Are there challenges in front of you that you don't want to deal with?

If so, the horse asks you to awaken your inner power and move forward with courage.

When the horse, either wild or domestic, appears in your life the following questions should be asked.

Are you pushing boundaries that are going to cause severe repercussions?

Are you trying in your need to be free, to not play by the rules?

If so, this may not be a bad thing, but learn the lesson of mustang, there can be a high price to pay for freedom.

Pegasus, Centaur and Unicorn are forms horses have taken throughout mythology.

These magical creatures can see the essence of a man's soul.

Once wild horses were in the millions, currently there are only a few hundred herds left.

They were pushed off the land by humans and hunted for domestication. Despite domestication, their strong love of freedom has kept their spirit alive.

Horse represents freedom and power.

Horse people are wild spirits that cannot be broken.

If Horse comes to you, look for safe passage into the new.

We must synchronize our motives with that of others so we can quickly and steadily reach our goals.



The horse shows up in almost every mythological writing, folklore, and reality.

There is the mighty winged Pegasus, the eight-legged horse of the Norse god Odin, the stallions of the Hindu sun god, the stallions of Apollo, and so on.

Many legends speak of the horse as being clairvoyant and able to perceive humans with magical powers.

No single animal has given man the physical freedom of movement as the horse.

If you are drawn to Horse, you feel a power in your spirit that is sometimes difficult to control.

Horse is a symbol of loyalty and devotion, of unquestioning love and faith in his master.

He says that you love to travel, and have more than a touch of gypsy in your soul.

Horse is also your warrior spirit - the brave fighter who brings you safety in your journeys, both physical and metaphysical.

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The horse has long been a symbol of freedom, grace and strength.

Those who have the horse as their animal totem or power animal are well aware of the powerful spiritual medicine associated with this noble and beautiful animal.

For hundreds of years horses and humans have shared an alliance, one in which the horse helped provide transportation, pull ploughs or carry burdens. But even in this role of working for humans, the horse has within it a type of untamed power, one that harkens back to its wild ancestors.

It is this wild, untamed spirit that lends so much magic to the medicine of the horse totem.

Shamans throughout the world recognize the wisdom within the horse, a wisdom that is associated with such things as astral travel, intuition and freedom.

As with other animal totems some people will have the horse as their totem throughout their life, or it may appear on occasion in order to bring a lesson or message

. If horse wisdom is appearing in your life, whether during meditation, dreams or appearing symbolically during your day, it is wise to listen to the messages and teachings that it brings.

The messages that the horse brings can vary so you'll need to ask yourself some questions to better understand their meanings and lessons you need to take from them.

For example, because horses are herd animals and depend upon the cooperation of the group for survival, the lesson coming your way may be one of working together with others or learning from the group.

Horse medicine is also associated with courage and independence, so the lesson may be one of taking risks or finding your own personal power.

Other lessons and powers associated with the horse totem include:

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- *Friendship*
- *Adventure*
- *Stamina*
- *Psychic abilities*
- *Warning of possible danger*
- *The importance of self-care*
- *Finding your place in the world*
- *Spiritual freedom*
- *Joy*
- *Perseverance*
- *Creativity and expression*

People who have the horse as their personal totem tend to be fiercely independent individuals who greatly cherish the ability to freely express themselves.

They can also be intuitive and compassionate people who can be good teachers, leaders or healers.

Because of the strong independent streak in the horse, people with this totem may find themselves resenting authority figures or resisting rules so for this reason it's important to maintain balance and remember the importance of cooperation.

On the other hand, if a horse totem person becomes overly cooperative and giving, they may find themselves feeling emotionally, physically or spiritually drained

. If this is the case it's important to remember the importance of self-nurturing and personal empowerment.



For all native peoples the arrival and domestication of Horse shortened the distance of journeys making travel easier.

This made it more possible to visit with distant clans and communities, which increased the ability to communicate and to strengthen relationships.

It also enabled people to experience the world beyond their immediate environment.

Horse is thus associated both with heartfelt relationships and with our ability to travel with greater ease and to appreciate the discoveries we make on our spiritual journeys.

Native American traditions have this in mind when they hold Horse as a symbol of the true power which comes when we open our hearts to others in the spirit of compassion and love and sharing our own gifts with our communities.

Celtic traditions deepen the concept of power by associating Horse with both the Goddess and with the power of the land itself.

The horse-goddess represents the life cycle of birth, death, the afterlife and rebirth, and teaches us to be comfortable with each of these phases.

In learning to embrace all aspects of the life cycle we discover true spiritual power: that we are immortal souls temporarily wearing physical clothing.



Horse (Each): A popular totem animal of the Celts; sacred to the Goddesses Epona and Rhiannon. The horse was considered to be a faithful guide to the Otherworlds. It symbolizes stamina, endurance, and faithfulness.

The Horse (so'-qui-li)

*Mighty horse...power to run
Across the open plains,
Or to bring the vision of the shields
Dancing in purple dream rain...*

*The horse was a marvel to the Indian and came
to be regarded as sacred.*

It had a mysterious or sacred character.

*The Indian often times referred
to the horse as the big dog or the sacred dog.*

*The ceremonial importance of horses is strong in
many cultures.*

*In the Navajo Enemy Way ceremony,
which is used to rid someone who has come in contact
with the enemy of the evil, horses transport the sacred
staff that carries the evil away from the person.*

*Horses
are the focus of many Plains ceremonies as well.*



Attunement Procedure

This is by no means the only way to do it, it is just the way I do it

*Prepare the room by dimming the lights, playing soft unintrusive music,
light a candle or incense etc*

Relax !!!!!

*Call in your helpers, guides, God, Goddesses or Gods, Great Spirit or whoever
you relate to*

*and ask them to help you to be a clear pure channel to send the Horse
attunement to.....*

.and to keep you safe from all negative energies or unwanted entities

*State your intention, that is to attuneto the energies of the
Horse*

Then just relax and let the energies flow.

When you feel that the energies have diminished, then you are done

*If you are doing a hands on attunement ground yourself and your client and
give your client a glass of water*

Remember to thank your helpers



.Enjoy!

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