

OBSERVE TO FEEL

Understand What's at Play in Your Relationship with Your Horse

A guide to slow down, observe and enter in the relationship differently

An approach without judgment, without pressure.



AURORA HORSES & HUMANS COACHING

Introduction

This guide is not here to tell you what you're doing right or wrong.
It's not here to explain what to do with your horse.
It's not here to teach you a new technique.

It's here to help you **see differently**.

In the relationship, many tensions, both in humans and horses, don't stem from a lack of skills, but from an **invisible misalignment** :

- Between what the horse expresses
- What we perceive
- And what we understand

- Between what we feel
- What we do
- And what the horse perceives

Here, observing doesn't mean giving up.
Observing isn't about letting things happen.
Observing is already entering into a relationship.



When Trying to Do Right Becomes Exhausting

You love your horse.
You want to do right.
You pay attention.

And yet...

Sometimes you doubt.
Sometimes you wonder if what you're doing is right.
Sometimes you force yourself, a little.
Sometimes you hold back, a lot.

You might feel that :

- Some days, everything flows
- Other days, nothing works

You might experience :

- Tension
- Fear of doing wrong
- An inner pressure that's hard to name

Often, you're offered solutions :

More technique
More control
More rigor

It's exhausting.
It's endless.

And still, that unease doesn't disappear.

Because what's at stake isn't just in **what you do**,
but in **the relationship itself**.



Observing Is Not Being Passive

Observing does not mean :

- Doing nothing
- Accepting everything
- Fading into the background

Observing means :

- Slowing down the movement
- Pausing the automatic response
- Letting what is already there become visible

When a situation becomes tense, the reflex is often to **correct** :

- Correcting the behavior
- Correcting the posture
- Correcting the response

But sometimes, what the relationship needs is not correction, but **a finer understanding**.

The Observation Grid

A Different Way to Look at the Situation

We offer you an **observation grid here**.

Not an exercise to succeed at.

Not an analysis to do "correctly".

Rather, it's a set of **reference points** to help you see differently.

Human Side + Bleikur's Story

Human Side

- What am I feeling just before the situation becomes tense?
- Am I rushed, worried, annoyed, or tense?
- Am I trying to do right... or avoid something?
- Am I forcing myself, even slightly?

Bleikur's Story



Bleikur had stitches between his forelegs following a mishap while being clipped.

To his owner, he was healed.
The owner wanted one of us to ride him.

On our side, we wanted to do right,
but we were worried.
Yet, we thought this person knew more than we did.

So we set aside what we were feeling.
We forced ourselves to do something
that didn't feel right.

During the ride, two stitches popped.
Bleikur bucked.
His rider fell.

We ignored our observations.
We didn't listen to ourselves.
We didn't pay attention to our own signals.

Horse Side + Aron's Story

Horse Side

- What is my horse doing **before** what I call a "problem" occurs?
- Is he moving away, slowing down, freezing, testing, or waiting?
- Is he trying to express something, even clumsily?
- Is he reacting... or anticipating?

Aron's Story



A session with Aron, involving the saddle.

Aron associated this situation with a difficult past experience. The saddle, for him, was not a neutral object: it carried the memory of trauma.

Everything seemed "normal" on the surface.

Aron did not refuse the saddle.

When it was placed on his back, he was very calm. *Too calm.*

One might have thought he was "holding it in".

That he was accepting it.

That we just had to continue.

But this was not cooperation.

He froze to do well, to succeed.

It was a signal.

If we had ignored this silent call for help, the tension could have continued to rise... until panic set in.

That day, listening changed our relationship.

Aron was anticipating a problem and doing what he could.

Environment Side + Þór's Story

Environment Side

- Is the environment conducive to what you want to do?
Calm, serene, safe...
- Does the environment create pressure?
Stares, lack of time, disruptive elements...
- Does your horse **or you** seem affected by this environment?

Þór's Story



That day, we were working with Þór in an environment that, on the surface, seemed problem-free.

Yet, something was different.

Þór was more restless than usual.

More distracted.

He kept looking in the same direction.

We didn't react immediately.

And, without realizing it right away, we, too, were tenser.

Lower in the valley, several vans were arriving.

Horses were being unloaded into a field.

A lot of movement.

A lot of noise.

The environment was no longer neutral.

We adjusted our approach.

Þór relaxed.

And so did we.

Relationship Side + Glaður's Story

Relationship Side

- Am I seeking a result, or understanding?
- Am I present to what is happening, or already focused on what comes next... or somewhere else?
- Does what I'm doing align with what I feel inside?

Glaður's Story



Glaður is a very earnest and demanding horse.
With him, nothing works unless the request is clear and consistent.

One day, I was getting frustrated.
I wasn't getting what I thought I was asking for.

I stopped.
I refocused.

We started again, calmly.
Not trying to achieve,
but to understand.

The relationship became smoother.
With joy.
Content with each other.

Conclusion

What This Observation Can Already Change

Sometimes, it doesn't change anything immediately.
And that's okay.

Sometimes, it creates a slight shift :
You slow down.
You breathe.
You react differently.

Sometimes, it triggers a real breakthrough.

There's nothing to succeed at.
Nothing to prove.

Just a relationship
beginning to **readjust**.

If this guide resonated with you, it can simply remain...
a point of reference.
Or you can go further by contacting us.

There's nothing to force.
Just a relationship to listen to.

AURORA HORSES & HUMANS COACHING

Supporting, without judgment or pressure, humans and horses in understanding and evolving together.

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