

EPONAQUEST BACKGROUND DOCUMENT

Overview of Reflective vs. Skillbuilding Exercises ~ Level 1

REFLECTIVE	SKILLBUILDING
Meet the Herd 1 Getting to know the horses Introduction of the concepts of Projection & Transference (not necessarily going into the scientific detail of these concepts). The Horse Play form can be used for this exercise.	Body Scan Consulting the body as receiver/amplifier of environmental and emotional information. A 'tuning in' of the intuition with what is there in the HERE and NOW as a basis for insights, decisions and actions
Meet the Herd 2 Getting to know the horses Introduction body scan in relation with horse. Insight in the way the body's information can change depending on changes of focus in the environment.	Body Scan with Power Word Consulting the body as receiver/amplifier of environmental and of emotional information in relation to a specific issue: patterns and limiting beliefs relating to the issue represented by the word become conscious.
Horse Play (MHW) Getting to know the horses Introduction of the concepts of Projection & Transference (not necessarily going into the scientific detail of these concepts)	Boundary & Energy Fields Exploration The energy fields exploration builds on the body scan and boundary rule. It deepens the ability to connect and create mutually respectful relationships.
Explore Connection Helps client being present within their body, while being in connection with the horse and the environment. This helps to understand and reset limiting beliefs and conditioned interpretations around connection to others.	Explore Power Word with a Horse Power words help us discover hidden limiting beliefs. This exercise with a horse, often leads to the client gaining an insight on how to approach or tackle something in a new way. This is a skillbuilding exercise which helps to create awareness about what we can change or undertake in relation to the issue represented by the Power Word.
Reflective Roundpen/Explore Hearts' Desire Helps clients to unlock the intelligence of the heart as an organ of perception that has its own wisdom, opinions and agenda. By reaching the heart's desire, the client learns to access a goal set by the body/heart and then follow and support it.	Embody Intention Helps clients understand and practice the skill of projecting intention and energy with the purpose of motivating others. This activity teaches clients to develop a higher level of self-awareness about their ability to set and achieve an intention, while staying connected to themselves and their (horse) partner.
Reflective Grooming Helps clients enter into a mutually enjoyable interaction with the horse. To do so they need to incorporate awareness and sensitivity re. horses needs/desires, as well as their own: to find the balance between the two.	