

**„Fascination Horse“  
Written work to conclude the  
Equine guided TTT training**



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# Lifesaving horses

## Introduction

I would like to dedicate this work to my mom Sophie who enabled and empowered me to start taking riding lessons at the age of 10.

I have been passionate about horses ever since I remember yet my mom's financial support opened the door for me to enter the real and authentic world of horses. Our family budget was always very tight, another reason why I appreciate my mom's agreement to subsidize my-dream-to-come-true as a child.

## Countless gifts horses bring to our lives

Only one year ago, my mom shared two heart-breaking horse stories with me that she encountered during the 2nd world war:

Born in 1932, my mother grew up in Aschau, a tiny little farmer village near Graz in the state of Steiermark in Austria. As the oldest of five children, my mom was always involved in helping her sibling and her mom, Maria. Just before the 2nd world war started, the family moved to the little farm of her grand-parents located in the same village. My mother admired her grandfather for his fine way of training and handling horses he used for farm work. To keep Haflinger stallions or – in those days - take a trip to Hungaria in order to find a good Hungarian mare confirmed her grand-father's pride and knowledge of horses.

During the war, more and more adult village men were taken into the army leaving all care-taking and farm work to the women and children left behind. What a physical burden that was, not to mention the psychological stress and food limitations that everybody went through.

As the war turned around and allied troops conquered Austria, another fear-for-life threatened the village and particularly all remaining female citizens: to be shot by any fighter-airplane while working in the fields or to be raped by any of the allied soldiers who were stationed nearby or escorting through the village.

And that's when the unique „6th Sense“ and unconditional help of horses comes into place that my mom experienced in her life :

### 1. Working with horses during war:

In spring of 1944, my mom's grandmother urged the family to start working in the fields in order to plant and cultivate the food for the desperately needed harvest in late summer/autumn. The fields around the village Aschau, however, were part of the descending flight direction used by the allied troops to fly into Vienna and bomb the capital of Austria.

What a challenge that work was for my mom and all participating women/children knowing that the bombers would be able to see them on the fields and shoot them directly! Yet, without any harvest, they were all apt do die of starvation anyway...

I was thrilled to hear when my mom explained to me what kind of help they got from their working horses: they would not only be pulling the plough with all their force but would also start to give signs of alarm with nervous movements (like stop, lift their heads and tails, start to show piaffe etc.) when it was time for all of them to run off and hide in the nearby woods. And,

a few minutes later, the human beings could hear and see the allied bombers flying over their fields...

Today's horse owners and riders know that as a prey animal, the horse senses are different from predators like human beings. Out of the many studies and books I have read about that important question, I would like to point out and quote a few stunning and scientifically proven facts that I retrieved from a book called „ZEN MIND, ZEN HORSES“ by Dr. Allan J. Hamilton, a Harvard-trained brain surgeon and renowned horse trainer as well as medical script consultant for the famous TV series „Grey's Anatomy“. He raises Lipizzan horses on a small ranch in Tucson, Arizona, USA:

*«The area of sensitivity (or bubble of „chi“) around an individual horse can represent a volume greater than 15 million cubic meters» – in other words, the horse feels in a distance of 15 km! «It is an enormous space that a vigilant horse must constantly probe, test and sift through for threats. He must detect the kind of intensely focused energy that emanates from a stalking predator. The dimensions of such a gigantic personal space are almost inconceivable to a human being. For comparison, consider an average person sitting in front of a TV. That individual may have an envelope of awareness of a thousand cubic meters. In other words, a horse's awareness is nearly 15 thousand times larger than a human's in terms of volume. Why such a difference in orders of magnitude? Because we are predators. We don't usually worry about being attacked. We are the hunters. We do the attacking. »*

With regard to the hearing sense, horses can hear a sound up to **4 km away!** Their hearing frequency lies between **55Hz and 38kHz** compared to 20Hz and 20kHz of human beings. Moreover, horses hear higher frequency better than us, however, human beings are better at lower frequency hearing. Or as Dr. Hamilton quotes: *«The reason the horse can become such a gifted teacher for us is because he does not need an inner voice. He doesn't think in words at all. **He feels.** He experiences the simple energy of his emotional state of being. More than thirty million years of evolutionary pressure have turned the horse into the quintessential prey animal. Rather than using words or vocalizations to communicate – sounds that help a predator pinpoint its prey – horses learned instead how **not to talk**, how not to make sounds and **how to make sense from being, not thinking.** »*

What a great proof of unconditional help those working horses offered during the war to protect not only themselves but their loving care-takers!

## 2. The 6th sense of horses:

My mom was passionate about music and playing the violin. Even during the war, she was allowed to take lessons from a teacher in a nearby village (1 hour walking distance away). One afternoon after class, she was walking back to her village still remembering the music and concentrating on what she had just learned, however, no longer paying attention and staying on alert, something she was taught to do during the war, especially as a female teenager. All of a sudden, she stood in sight of 3 UK soldiers riding on horses - too late for her to run off now, she thought... One of the soldiers started talking to her (which she did not understand) yet also giving her signs to come closer to them. As my mom walked closer, she suddenly realized that the soldier's horse started to show signs of alarm (changing into nervous posture, lifting head/tail). With no doubt, my mom said, she knew at once what the horse wanted her to understand: „run-off for your life now, little girl, now, as quickly as you can!“

That's what she did at once, turning around and running up the hill into the woods, running as fast as she could and hide behind a bush. Running for her life, she realized that the soldier was behind her, yet not being fast enough. And in the woods, he walked by the bush my mom had

hidden in, fortunately without being discovered. It felt like hours, my mom said, sitting there and hiding... Finally, the soldier walked back to his fellow soldiers who laughed at him shouting things she did not understand...

Thanks to the signs of that beautiful horse, my mom survived and wasn't raped!

How could that horse know the soldier's **intention**?

Horses dispose of a sense for « vibrations waves », « energy » or « chi » that is spread e.g. prior to an earthquake or from a nervous horse handler. We human beings only realize those « emergency signs » when it is too late (e.g. tsunami attack) or when we ask that specific horse handler directly about his feelings (fear)...

Referring to Dr. Hamilton's book, « *horses infuse emotional meaning into every body movement. They pour this vital, emotional energy – chi – into every gesture and glance, lending them the nuances of tone, accent and value. By sensitizing themselves to chi, horses can not only convey the meaning of what they want to share with other members of the herd but can also feel the palpably sharp energy emitted by a stalking predator, eyes locked intently on its prey. Evolution has driven equids to the farthest limits of nonverbal, right-sided brain function.* »

The latest US scientific research confirms that the heart-beat of a human being can be measured from a distance of 2 meters. Since any excited heart-beat (resulting from good or bad feelings) also involves the muscles, breathing, movement or call it « posture » of any person, horses can immediately analyse that individual's « state of mind », not only when being close but also from distance!

Horses work with this **energy field** called bioenergetic field or „morphogenetic field“ (*referring to Rupert Sheldrake one of the world's most innovative biologists and writers - he is best known for his theory of morphic fields and morphic resonance, which leads to a vision of a living, developing universe with its own inherent memory*). Our level of consciousness (when awake) is on so called « **beta-level** » (15-40Hz). Horses, however, are on « **alpha-teta-level** » (5-14Hz) that we only reach when being half-asleep or in trance (meditation). So **horses are continuously « on-line »** using such a **wide level of awareness that is miraculous** to us, once we start to open up, understand and learn the horse language. Or when we are in such a life-endangering situation like my mother was as a teenager during the war.

Brain surgeon Dr. Hamilton provides the following explanation in his book when it comes to the **power of intention**:

*«The alphabet of connecting with horses is composed of life energy, or chi... Understanding horses is about feeling that connective energy, the chi, flowing between our horse and us..... The element we learn from horses is the power of energetic will, or **intention**. Intention is the process by which we focus our energy by visualizing the end result before we begin.... Intention makes chi pour out of us like a beautiful stream, enabling our horse to finish the task we set out for him before he even starts. We have to do nothing but wish the horse's action into being. Suddenly, the energetic world surges through us, as it comes into being. Believe me when I tell you that working with horses can be exciting – practically intoxicating at times – because you are learning to play with magic. »*

Those of us who are interested in learning more about horses, realize (sooner or later) how one can train and condition horses to any « new » sound or object. And, last but not least, upon allocation of a training with **feel and release**, the horse will offer us trust and unconditional love in return, the most precious gift to obtain in any relationship. Or as the saying goes: „*the most beautiful things in life are for free*“ ...

## **Afterword**

Participating in the equine guided TTT (train-the-trainer) program and writing this work, my fascination and appreciation for horses truly increased. I can only express my gratitude to the heightened awareness and greater communication level that I further developed with my horse. And I greatly appreciate the many exciting, touching and heart-warming moments that I felt, encountered and/or experienced with my fellow trainer-colleagues, horse co-partners and the class participants!

Thank you all 2-and-4-legged friends for sharing your love and wisdom with me. Or to keep it short and simple: My true vision is

***TO CONVEY EQUINE GUIDED EDUCATION INTO THE UNIVERSE.***