



The Future Belongs to Those Who Dare to See It

# 7 Insights from Horses on How-To-Future

Gertrud Muralt & EZOP



*M'Equine*

empower to change  
perception and thrive

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## 7 Insights from Horses on How-To-Future

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**Everything starts with a decision.**

But how do you know which decision will truly shape the future?

**Life does not happen to you but for you:**

What do I mean by that considering the fact that I almost died in late 2008 due to a riding accident? I was in a coma for 3 days and nobody knew if I would survive. Well, as you can read, I am still alive and what was in this to teach me?

### 1st insight

Major wake up calls don't just show up but result from (unconsciously) neglecting any earlier signs to change direction or adjust the current pathway.

### 2nd insight

With this near-death experience and full recovery from it, I have experienced the true power of Equine Guidance: I did not only gain a second life but magnificent insights and new knowledge on how to consciously create my dream-to-come-true reality. And today, I love nothing more than to guide my clients in making real progress to pave their own road for the "wheel of quantum" to travel on.

**What if you could tap into your future and evaluate which idea or scenario is going to lead to the best decision ever taken?**

We live in an era unlike any before. The challenges we face — both in business and on this planet — demand solutions that **do not yet exist** in past knowledge. AI, as powerful as it may be, can only process what has already been. But what about the unknown? The unprecedented? The future that is yet to unfold?



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# The Future Belongs to Those Who Dare to See It

## 7 Insights from Horses on How-To-Future

The key to **real innovation and transformation** lies beyond logic, beyond algorithms, beyond old models of thinking. It lies in our ability to tap into Future Knowledge — to perceive and experience the possibilities ahead before they become reality.

- ◆ **We cannot solve tomorrow's challenges with yesterday's mindset.** Relying on past knowledge will only lead to repeated patterns.
- ◆ **Theoretical knowledge is not enough.** True transformation happens only when we experience and gain new perspectives.
- ◆ **The future requires a new way of seeing.** And this is where horses reveal a hidden advantage.

Horses have a profound ability: they sense what is unseen, reflecting **not what we say, but who we truly are in the present moment**. They respond to **our inner clarity, our intentions, our energy** — not to theories, words, or outdated patterns. They mirror our unconscious, revealing what our minds might overlook.

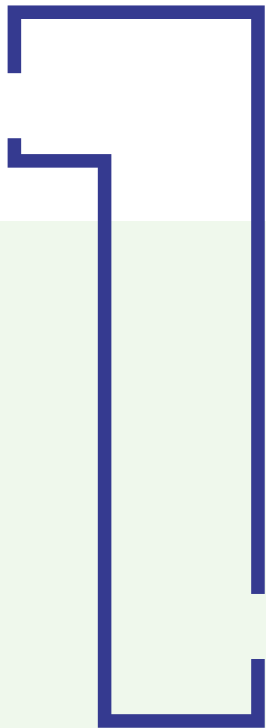


What if you could access this same level of clarity in your decision-making? What if you could step beyond past knowledge and directly experience the future?

As an expert in Future Knowledge and founder of the **e-T.H.R.I.V.E.™ System**, I guide visionary leaders, pioneers, and changemakers in **bridging the gap between today's reality and tomorrow's possibilities**. Unlike AI, which is bound to the past, the **e-T.H.R.I.V.E.™ System** taps into the Future Field - allowing you to make decisions from a place of deep insight and alignment with what is truly ahead.

These **7 insights from horses** will help you break through outdated thinking, unlock intuitive intelligence, and make decisions that are **not just strategic, but future-proof**.

The world is shifting rapidly. **Are you ready to step ahead of time and shape what's next?**



## New Knowledge is the Precursor to Any New Experience

Where you stand today — in life, in business — is the result of every decision you've ever made. Each step, each turn, a thread in the tapestry of your experience.

So, if **you seek something new** — an insight, a breakthrough, a shift — you must **first experience and become** something new.

You must choose differently. Act differently. Feel differently.

Simple, yes. But not always easy.

After my near-death experience, something ignited within me. A deep, burning curiosity to understand:

Why do spontaneous remissions occur?  
What hidden powers lie within the brain, the body, the space between thoughts?

It was no accident that this quest led me straight into the world of **Neuroscience of Behaviour Change** — and later, Quantum Physics.

It felt like remembering something I had always known.

And just as the headline suggests: only three weeks after completing my first intense, 4-day neuroscience seminar, life handed me a real-time initiation.

A storm arrived — raw, unexpected, unrelenting. It shook both my private and professional world to its core.

But this time, I had new tools.

And this time, I was different.

### How did it unfold?

*Turn the page to Chapter 2: Think Differently – Seeing the Future in a New Way*

It's not just a story.

It's an invitation.

# 1

## Empower – Discovering Unfiltered Feedback

### What Is an Insight – and Why Does It Matter?

An insight isn't just knowledge; it's a realization that shifts perception, breaking old patterns and transforming decisions. Unlike logic-based learning, insights emerge beyond analysis, revealing hidden truths.



- ◆ **Insights open new perspectives** instead of repeating past solutions.
- ◆ **Insights are intuitive**, offering clarity beyond logic.
- ◆ **Insights create real change**, reshaping mindset and leadership.

In today's world, past knowledge isn't enough. Horses reveal **pure, unfiltered insights**, freeing us from outdated decision-making.

**How do you know which decision is right?**

#### Tapping Into Future Knowledge

Most decisions rely on past experience, logic, or advice – limiting what's possible. Insights transcend logic, revealing unseen patterns and new opportunities.

Horses act as **catalysts for insights**. Their deep intuition helps access **Future Knowledge** – wisdom shaped by what is emerging, not the past.

Each of the 7 insights in this **Future Compass** will help you:

- ✓ **See deeper truths** about yourself.
- ✓ **Expand awareness** beyond conventional thinking.
- ✓ **Transform insights into action**.

The journey begins with **Empower: Discovering Unfiltered Feedback**.



# Empower – Discovering Unfiltered Feedback

## What Is an Insight – and Why Does It Matter?

### The Power of Unfiltered Feedback

Imagine a space where your movements, thoughts, and energy are reflected back – without bias.

This happens with a horse.

Unlike humans, who filter feedback through norms and assumptions, horses respond only to **what is real**. They don't care about status or persona. They react to **energy, clarity, and presence**.

Why is this so powerful? **True feedback is rare:**

- ◆ **People** tell you what they think you want to hear.
- ◆ **AI and data** analyze the past but miss blind spots.
- ◆ **Even mentors** interpret through personal experience.

A horse? **It mirrors only the truth.**

### Hidden Patterns That Hold You Back

Horses reveal leadership patterns we often miss:

- ◆ **Hesitation:** A horse senses even subtle doubt.
- ◆ **Control vs. Authority:** If you lead with force, the horse resists.
- ◆ **Presence:** If your mind is scattered, the horse won't engage.

These unseen patterns shape choices – until recognized, they repeat.

### Empowerment Through Instant Reflection

With horses, feedback is immediate:

- ◆ **Shift your presence → The horse's reaction shifts.**
- ◆ **Align intention with action → The horse follows.**
- ◆ **Find clarity → The horse mirrors trust.**

This is **true empowerment** – seeing yourself clearly and adjusting in real time.



# 1

## Empower – Discovering Unfiltered Feedback

### What Is an Insight – and Why Does It Matter?

#### How This Shapes Decision-Making

Many leaders second-guess intuition, seeking validation in data. But **visionary decisions** come from sensing the future before it's obvious.

Horses **train this ability**, teaching certainty, clarity, and alignment as a lived experience. Once felt, it becomes accessible for bold choices.

#### Key Takeaway: The First Step to Future Knowledge

To see the future, you must first **see yourself clearly**.

Horses provide **pure, unfiltered feedback**, exposing blind spots and sharpening decision-making. True empowerment starts with clarity, presence, and alignment.



#### Are you ready for unfiltered feedback?

*Next: Chapter 2 – Think Differently “Seeing the Future in a New Way”*



## It Happens When You Least Expect It

Early June 2015. My sister and I stand outside our mother's house, nervous.

Today, we're bringing her to an elderly home — dementia, brought on by a medication change, has made independent living impossible."

We ring the bell.  
No answer.  
We call her name.  
Still silence.

I phone her landline - nothing.

I walk around the house, peer through windows.

No sign of her.

Home Health Care confirms she didn't open the door the night before.  
A new caregiver didn't inform us.

*And just like that - she's gone. No warning.*

The day we thought we were prepared for...  
Unravels into something else entirely.

### **What happened next?**

*Turn the page to Chapter 3: Heart Science – The Power of Heart-Brain Coherence*



# 2

## Think Differently – Seeing the Future in a New Way

### The Future Belongs to Those Who Think Beyond the Mind

The greatest breakthroughs weren't just logical - they came from visionary leaders who saw what others couldn't.

But where do these insights come from?

- ◆ Past knowledge? No.
- ◆ Pure intuition? Not exactly.
- ◆ Altered perception? Yes.

Neuroscience and quantum physics show that true innovation comes from accessing deeper awareness.

**And this is where horses have an advantage.**



#### How Horses Naturally Access Future Knowledge

Our brain operates in different wave frequencies:

1. **Beta (High Alertness, Logic, Stress) →** Work, problem-solving
2. **Alpha (Relaxed Focus, Creativity, Intuition) →** Gateway to insights
3. **Theta (Deep Meditation, Future Visioning) →** Where new realities emerge
4. **Delta (Deep Intuition, Healing) →** Restoration, regeneration
5. **Gamma (Expanded Perception, Rapid Insight) →** Higher cognition

- ◆ Humans stay mostly in BETA - analysing, problem-solving, overthinking.
- ◆ Horses live in ALPHA and THETA, even when awake.

#### Why Does This Matter?

Because **alpha-theta states** access the subconscious - the field where all future possibilities originate.

**Quantum physics** shows the future is not fixed - **it's shaped by frequency, attention, and intention.**

Horses naturally exist **in these creative frequencies**, while humans must enter deep meditation, hypnosis or dream states to access them.

# 2

## Think Differently – Seeing the Future in a New Way

### The Future Belongs to Those Who Think Beyond the Mind

#### The Science of Thinking Differently

##### Humans: Trapped in Past-Based Thinking

- ◆ Operating and stuck in beta, we:
- ➔ Analyse old data.
- ➔ Predict based on past experiences.
- ➔ Stay trapped in logic, unable to access new possibilities.
- ◆ The problem? The New Future does not exist in the past – so breakthrough solutions can't emerge from old thinking.

##### Horses: A Gateway to Future Knowledge

- ◆ Living in alpha-theta states, horses are tuned into possibility.
- ◆ They react only to the emerging now, sensing the unseen forces shaping the future.
- 💡 They sense shifts before humans do.
- 💡 They detect danger, emotions, and opportunities.
- 💡 Working with horses trains **YOU** to perceive beyond analysis - into Future Knowledge.

##### Quantum Decision-Making: Perceiving the Future Before It Happens

Visionary leaders don't rely on data alone – they act from deep intuitive clarity.

- ◆ They **experience** the future before others do.
- ◆ They **sense** emerging trends before they manifest.
- ◆ They **tap into** higher intelligence beyond logic.

Horses already live in this state.

By working with them, you **align with the emerging future - not react to the past.**

This is the difference **between reacting and creating.**

This is **Future Knowledge.**

# 2




## Think Differently – Seeing the Future in a New Way

**The Future Belongs to Those Who Think Beyond the Mind**

### Key Takeaway: Thinking Like a Visionary Leader

Tomorrow's leaders won't just analyse the past.

They will **see the unseen, sense the future, and act with clarity and trust.**

-  Horses exist in brainwave states humans struggle to access.
-  They live in the subconscious field where the future originates.
-  They teach us to step beyond past-based thinking into **real-time Future Knowledge.**

Horses **don't teach theories – they immerse you in awareness**, dissolving limitations and revealing new perceptions.

To **shape the future**, you must **first experience it.**



**Are you ready to break free and step into a new way of thinking?**

*Next: Chapter 3 – Heart Science: The Power of Heart-Brain Coherence*



## The Unknown Has Never Let Me Down

Imagine someone you love vanishes. You search everywhere, and when nothing works - you call the police.

Back then, I worked in law enforcement myself, handling Schengen alerts for missing persons. And now... it was my own mother.

Born in Austria, still connected to her roots - my 83-year-old mom had disappeared. Sharing this news with my employer and team felt surreal, raw, and exposing. Crisis reveals people's true colours - titles fade, authenticity stays.

I followed protocol: consulted her doctor on how to file the report, informed family. The police began their search. K-9 dogs traced her to the train station. No further leads. No national TV alert - just local social-media efforts.

Despite my background, I had to accept their code of conduct. "She'll be found soon," they said. And so did my police co-workers. But they didn't know her trauma. Her World War II past. And, she had no mobile phone to track her.

What do you do when logic runs out? When all professional knowledge hits a wall?

You surrender. You stretch beyond.

That was the moment I truly stepped into what I'd just begun to study – **neuroscience and quantum physics**. On Day 1, I started practicing Heart-Brain Coherence. It grounded me, gave me clarity, helped me support others.

### How does it work?

*Find out in this Chapter 3: The Science of the Heart.*

# 3

## Heart Science – The Power of Heart-Brain Coherence

*"The heart has its reasons, which reason does not know."* – Blaise Pascal

For centuries, the heart was seen as just an organ. Science now reveals it as a powerful intelligence system:



- ◆ It sends more signals to the brain than the brain sends to it.
- ◆ When coherent, it synchronizes with the brain, enhancing clarity and intuition.
- ◆ Heart-Brain Coherence creates the ideal state for future-aligned decision-making.

**Horses? They naturally live in this state.**

**They master heart intelligence - and they teach us how to return to it.**

### The Science of Heart-Brain Coherence

The heart and brain constantly communicate through **nerves, hormones, and electro-magnetic fields**. When we feel:

- ◆ **Stress, fear, or doubt** → chaotic heart rhythm → poor decisions.
- ◆ **Calm, clarity, and alignment** → coherent heart signal → enhanced intuition, decision-making and resilience.

Research shows:

- ✓ Heart coherence boosts cognition, intuition, and emotional intelligence.
- ✓ Future-aligned leaders make decisions from a coherent state.
- ✓ A coherent heart field influences others, building trust and presence.

**In short: the heart is the command centre of future-aligned decision-making.**

Horses exist in this state naturally - they respond instantly when we enter coherence.

### Horses: Masters of Heart Intelligence

A human heart's electromagnetic field extends 2.5-3 meters - a horse's is five times larger.

- ◆ **Horses sense coherence and align with it.**
- ◆ **They expose hesitation, tension or misalignment.**
- ◆ **They help us embody true coherence, making it part of leadership and decision-making.**

**This is why people and horses trust coherent leaders instinctively.**

# 3

## Heart Science – The Power of Heart-Brain Coherence

*"The heart has its reasons, which reason does not know."* – Blaise Pascal

### Why Heart-Brain Coherence Shapes Future Decision-Making

#### 1<sup>st</sup> Most Leaders Overanalyse When Making Decisions

- ◆ Gathering data, overthinking, weighing risks.
- ◆ Without heart coherence, decisions become reactive.

Coherent leaders:

- ✓ Access clarity faster - without endless analysis.
- ✓ Recognize patterns beyond logic - sensing what is emerging.
- ✓ Make future-oriented decisions - avoiding past-based mistakes.

#### 2<sup>nd</sup> Heart Coherence & Quantum Perception

- ◆ Reality is shaped by energy and attention.
- ◆ Coherence expands perception - sensing possibilities before they appear.
- ◆ Stress contracts perception - limiting awareness to past fears and experiences.

Horses **naturally perceive the future** - coherent leaders do the same.

### Experiencing Heart-Brain Coherence With Horses

A horse mirrors your internal state:

- 🧠 **Scattered mind** → The horse disengages.
- 💡 **Forceful energy** → The horse resists.
- ❤️ **Heart coherence** → The horse follows effortlessly.

This teaches a profound truth:

- ✓ **Leadership isn't control - it's alignment.**
- ✓ **Influence isn't force - it's presence.**
- ✓ **Great decisions aren't just logical - they're energetically aligned with the future.**

Through **heart-brain coherence**, you shift from reaction to **visionary decision-making**, one where you sense **the future before it happens**.




# 3

## Heart Science – The Power of Heart-Brain Coherence

*"The heart has its reasons, which reason does not know."* – Blaise Pascal


### Key Takeaway: The Power of Heart Intelligence

Future leaders won't just **think faster** - they'll **align their mind and heart to perceive deeper truths**.

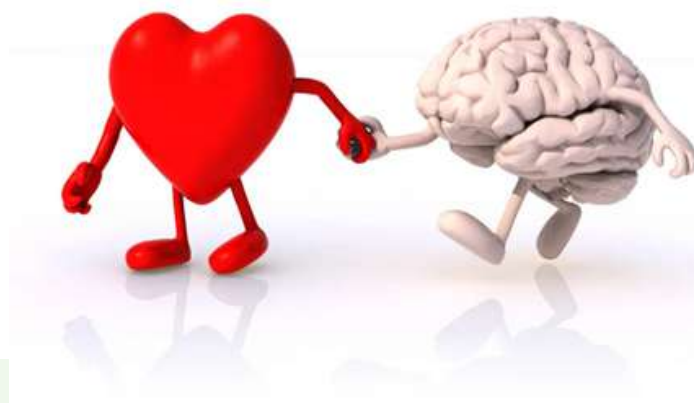
-  **Horses live in constant coherence**, sensing the future before it happens.
-  **Achieving coherence unlocks** clarity, presence, and intuitive leadership.
-  **You stop reacting and start creating** - stepping into **Future Knowledge**.

-  **Horses don't think** - they feel.
-  **Horses communicate heart to heart**.

By **feeling more and thinking less**, we access the **same deep intelligence** horses use - rooted in **coherence, trust, and intuitive awareness**.

-  **The horse's electromagnetic field is also stronger than yours and directly influences your own heart rhythm!**

The future isn't just predicted - it's aligned with.



**Are you ready to move beyond logic and lead with heart-driven clarity?**

*Next: Chapter 4 – Release: Recognizing and Resolving Invisible Patterns*





## Horses Reveal the Invisible

By Day 4, sightings of my mom trickle in - from the area where she once worked and met my dad after having left Austria. It makes sense: dementia often brings people back to their past.

That afternoon, I take time off work to search that area myself. I hand out flyers, speak to strangers, follow every thread. But nothing.

On the way home, tired and disheartened, I silently share my frustration with my horse, EZOP:

*"No sign of her, dear friend."*

And then - clear as a whisper riding the wind - I hear:

**"Patience, Gertrud. Patience."**

A wave of calm washes over me.

That's the magic of the morphogenetic field - the invisible connection we share with beings we trust, whether two-legged or four.

A channel of intuitive knowing, an insight, accessible through heart-brain coherence.

💡 Shift your internal state, and the outer world begins to move.

**Curious what came next?**

*Turn to Chapter 5 - Invisible: Understanding the Hidden Signals.*

# 4

## Release – Recognizing & Resolving Invisible Patterns

*“Until you make the unconscious conscious, it will direct your life and you will call it fate.” - Carl Jung*

Every decision we make - whether in business, leadership, or personal life - is influenced **by hidden patterns beneath the surface.**

These patterns are often:



- ◆ **Unconscious fears** (fear of failure, fear of judgment, fear of making the wrong choice)
- ◆ **Conditioned beliefs** ("This is how things have always been done.")
- ◆ **Emotional imprints** (past failures, disappointments, unresolved stress)
- ◆ **Subtle energetic blockages** (internal resistance, hesitation, or self-doubt)

Most of the time, **we are unaware of them** - yet they dictate our actions, influence our decisions, and shape our future.

So how do we **see what is invisible?**  
How do we **release what is holding us back?**

### Horses Reveal the Invisible

Unlike humans, **horses don't engage with words, excuses, or stories.** They respond only to **energy, presence, and alignment.**

- ◆ If you **hesitate internally**, even slightly - the horse will not follow you.
- ◆ If you try to **control through force** rather than true authority - the horse resists.
- ◆ If your **words and energy are not aligned** - the horse senses the inconsistency immediately.

This is where **deep self-awareness begins.**

A horse **exposes the gap** between what we think we are projecting and what we are actually embodying.

💡 **It is an instant reflection of what is hidden within us.**

This is why **equine-guided coaching can achieve breakthroughs in minutes** - because it bypasses the mind's defences and reveals **truth without distortion.**

# 4

## Release – Recognizing & Resolving Invisible Patterns

*“Until you make the unconscious conscious, it will direct your life and you will call it fate.” - Carl Jung*

### The Science of Emotional & Energetic Blocks

- ◆ Neuroscience shows that 95% of our decisions are driven by the subconscious mind - not by rational thought.
- ◆ Emotions create energetic imprints in the body, which influence perception and behaviour.
- ◆ Unresolved fears and traumas create resistance - preventing us from making bold, future-oriented decisions.

These **invisible forces** are why leaders often feel stuck - even when they have all the logical information they need to move forward.

Horses help us **break free** by bringing these hidden patterns into awareness.

### The Process of Release: What Horses Teach Us

- 1<sup>st</sup> **Recognition** – Seeing the hidden pattern
- 2<sup>nd</sup> **Reflection** – Feeling how it affects decision-making
- 3<sup>rd</sup> **Realignment** – Adjusting energy, intention, and presence
- 4<sup>th</sup> **Release** – Letting go of what no longer serves us

💡 The moment you **shift internally**, the horse responds differently. **It follows. It trusts. It aligns.**

This is **true transformation** - not intellectual, but **experienced at the deepest level.**

# 4

## Release – Recognizing & Resolving Invisible Patterns

*“Until you make the unconscious conscious, it will direct your life and you will call it fate.” - Carl Jung*

### How Releasing Blocks Leads to Better Decision-Making

💡 When you change your internal state, the external world follows.

#### Before release:

- ❌ **Hesitation & doubt** → You second-guess yourself, delaying decisions.
- ❌ **Unconscious fear** → You stay in old patterns, avoiding risks.
- ❌ **Emotional resistance** → You feel stuck, even when opportunities arise.

#### After release:

- ✅ **Inner clarity** → You trust your instincts and act with confidence.
- ✅ **Energy alignment** → Decisions become effortless and natural.
- ✅ **Fear dissolves** → You move forward boldly, without hesitation.

This is the power of **seeing and releasing the invisible**.

### Key Takeaway: Letting Go to Move Forward

- 🚀 You cannot create a new future while holding onto past limitations.
- 🚀 Horses reveal hidden fears, patterns, and blocks - so you can release them.
- 🚀 True leadership is not about control - it's about alignment, clarity, and presence.



**Are you ready to let go of old limitations and step into a new level of clarity?**

*Next up: Chapter 5 – Invisible: Understanding the Hidden Signals*



## Self-Regulate Your Emotions A Key to Resilience

It's day five since my mom went missing. Time stretches, pressure builds. Questions swirl from family and colleagues: Any news, Gertrud? What are the police doing? Uncertainty knocks loud.

EZOP's quiet reminder - *patience* - grounds me. I return to a powerful question I learned just weeks ago:  
**What future do I truly want to experience?**

### **Simple words. Not easy.**

Not when your survival brain floods you with worst-case scenarios.

But this is the moment to practice. To lean into trust - *the unknown has never let me down* - and to anchor myself through one vital skill:

**Emotional self-regulation.**

### **Why?**

Because *emotions are the end product of any experience.*

### **How?**

With F.A.M.E.™ - *a quantum compass for challenging times:*  
In the quantum field, all is possible. The choice is yours.



## Self-Regulate Your Emotions A Key to Resilience

### ◆ F.A.M.E.™

**Feel. Awesome. Magnificent. Emotions.**

*A reminder of who you're becoming.*

1. **Decide** what you want to experience.  
Focus creates form. Choose your future self
2. **Remember** that future.  
Feel it now. Let your body believe.

#### **F = Feel**

*Tune into the frequency of your desired life.*

#### **A = Awesome**

*Stand in awe of what's unfolding.*

#### **M = Magnificent**

*Embody your future self.*

#### **E = Emotions**

*Fuel it all with gratitude, joy, and love.*

**F.A.M.E.™** isn't about being known.

It's about **knowing yourself deeply** enough to choose your next reality.

Again and again. With feeling.

#### **Curious what came next?**

*Turn to Chapter 5 – Invisible: Understanding the Hidden Signals.*



## Invisible – Understanding the Hidden Signals

### *What If the Most Important Signals Are the Ones You Cannot See?*

We are conditioned to rely on **what is visible and measurable** - data, logic, spoken words, body language. But what if **the most important information in decision-making isn't visible at all?**



- ◆ How do you sense an emerging opportunity before it becomes obvious?
- ◆ How do you recognize hidden risks that data alone cannot reveal?
- ◆ How do you pick up on the unspoken dynamics shaping a situation?

The key to **Future Knowledge** is not just seeing **what exists now** - but perceiving **what is emerging before it fully appears**.

This is where horses hold an extraordinary advantage.

### Horses Read the Unseen – Instantly

Horses do not rely on spoken language or rational analysis. Instead, they **perceive the invisible field of energy, intention, and emotion** that surrounds every situation.

- ◆ They sense intention before action is taken.
- ◆ They feel emotions before they are expressed.
- ◆ They pick up on alignment - or misalignment - before a single word is spoken.

Horses operate primarily in **alpha and theta brainwave states**, which are linked to **heightened perception, intuition, and subconscious awareness**.

While humans spend most of their waking time in **beta waves** (analytical thinking), horses stay in the **deeper, more connected states that allow them to perceive beyond the surface**.

This ability isn't magic - it's science.





## Invisible – Understanding the Hidden Signals

*What If the Most Important Signals Are the Ones You Cannot See?*

### The Science of Hidden Signals

#### 1. The Human Energy Field & Leadership Presence

Science confirms that **the heart generates an electromagnetic field** that extends beyond the body - up to **five meters (16 feet)** around us.

- ◆ This field **carries our emotional and mental state** - whether we are confident, uncertain, focused, or scattered.
- ◆ Other living beings - **especially horses** - **can sense this field** and respond accordingly.
- 💡 **This is why a horse will follow a leader whose energy is clear and aligned - but resist someone whose confidence is only surface-level.**

But here's where it gets even more fascinating:

- ◆ **A horse's electromagnetic field is five times larger than that of a human.**
- ◆ **This field is sphere-shaped and completely surrounds you when you are near a horse.**

- ◆ **Horses have extremely low-frequency heart electromagnetic waves, which can directly influence your own heart rhythm and emotions.**

This means that when you are in the presence of a horse, **your nervous system begins to synchronize with theirs** - bringing you into a more **coherent, regulated, and present state.**

**Leadership isn't just about what you say - it's about the invisible signals you project.**

#### 2. The Science of "Gut Feelings" & Intuition

- ◆ Neuroscience shows that **the gut and the heart** contain neural networks that function as a **second and third brain**, processing information independently of the mind.
- ◆ **Around 90% of the body's serotonin and a significant portion of dopamine** - both key neurotransmitters linked to decision-making and confidence - are produced in the gut, not just the brain.



## Invisible – Understanding the Hidden Signals

*What If the Most Important Signals Are the Ones You Cannot See?*

- ◆ When we ignore these intuitive signals, we cut off a powerful source of real-time intelligence.

💡 Horses teach us to reconnect with this natural ability - helping us listen to what we already know, deep inside.

### Horses as Mirrors:

#### What Are They Really Responding To?

A horse's response to a human is never random - it is a direct reflection of **the invisible signals** we are projecting.

- ◆ If you **think you are confident but carry doubt deep inside**, the horse will hesitate.
- ◆ If you **try to lead with force instead of clarity**, the horse will resist.
- ◆ If you **are truly present and aligned**, the horse follows effortlessly.

This **instant, honest feedback** shows us what we often cannot see in ourselves - **giving us the opportunity to realign and refine our presence**.

### How This Translates to Business & Leadership

The ability to read **invisible signals** is what sets great leaders apart.

- ✗ The **average leader** relies on verbal cues, reports, and surface-level analysis.
- ✓ The **visionary leader** senses **hidden dynamics, emerging opportunities, and unspoken resistance** before they become obvious.

**This is why horses are powerful teachers.**

They help us:

- ✓ **Strengthen our intuitive intelligence** - so we can recognize and trust hidden signals.
- ✓ **Refine our leadership presence** - so we influence others effortlessly, without force.
- ✓ **Align our energy with our decisions** - so we create impact from a place of clarity and coherence.

# 5

## Invisible – Understanding the Hidden Signals

*What If the Most Important Signals Are the Ones You Cannot See?*

### Key Takeaway: Seeing Beyond the Visible

- 🚀 The most important signals in decision-making are often invisible.
- 🚀 Horses teach us to recognize and trust these signals - long before they become obvious.
- 🚀 By refining our ability to sense hidden dynamics, we make decisions that are more future-aligned, intuitive, and impactful.
- 💡 To master the future, we must learn to perceive beyond logic - to sense what is emerging before it fully appears.



**Are you ready to step into a whole new level of awareness?**

*Next up: Chapter 6 – Vision: Actively Shaping the Future*



## When Preparation Meets Opportunity, Potential Turns Into Reality

On the afternoon of Day 5, I receive a call from a lawyer I know - also a devoted German Shepherd owner. She's just seen a missing person alert and asks if it's about my mom.

I say yes. I share the latest updates, including the single promising lead that K-9 dogs had traced on Day 1.

Then she asks:

"Has anyone done a mantrailing search where witnesses reported seeing your mom on Day 3?"

My answer: No.

And guess what she suggests?

She remembers a private mantrailing class she attended last winter with her dog - and immediately recommends reaching out to her teacher, the president of a search and rescue organization.

Within seconds, my decision is clear. I follow the idea.

Why?

Because sometimes, in the space between heartbreak and hope, a single inspired question can shift the course of everything.

**How reality unfolds?**

*Read on in Chapter 6: Vision – Actively Shaping the Future*



## Vision – Actively Shaping the Future

*The Future Is Not Something We Predict - It Is Something We Create.*

Most people think about the future as something uncertain, something to prepare for or react to. But true visionaries - whether in leadership, business, or personal life - know that the future is actively shaped by the decisions we make today.



### The challenge?

- ◆ Most decision-making is **rooted in the past** - relying on old patterns, outdated knowledge, or historical data.
- ◆ Many leaders **wait for external confirmation** before taking action, slowing down innovation.
- ◆ People are often **blinded by immediate problems**, unable to step back and see the bigger picture of what's truly possible.

But **horses don't operate this way.**

They don't dwell on the past.

They don't wait for external validation.

They sense what is emerging and act from a place of **clarity, intuition, and presence.**

**And they teach us to do the same.**

### Why Vision Is the Key to Future Knowledge

**What separates great decision-makers from the rest?**

It's not just intelligence or experience. It's the ability to see beyond the obvious - to recognize opportunities before they are fully formed and act with confidence.

Horses train us to develop this **future-focused vision** in three key ways:

#### **1. Seeing Beyond the Immediate Situation**

- ◆ A horse perceives not just what is, but what is coming.
- ◆ They are attuned to subtle shifts in the environment, reacting before danger is visible.
- ◆ They sense energy, intention, and momentum, responding to the future before it arrives.

💡 When we develop this skill, we stop reacting to problems - and start shaping opportunities.



## Vision – Actively Shaping the Future

*The Future Is Not Something We Predict - It Is Something We Create.*

### 2. Trusting Intuitive Intelligence

- ◆ Vision is not just about logic - it requires intuition, alignment, and deep knowing.
- ◆ Horses trust their intuitive signals completely - they don't hesitate or second-guess.
- ◆ When we work with horses, we experience what it's like to trust our own intuitive vision - not as a vague feeling, but as a powerful leadership tool.

💡 When we learn to trust our vision, we move forward with confidence - even when others don't yet see what we see.

💡 When we make decisions from the future instead of the past, we unlock possibilities others don't even see yet.

### How Horses Teach Us to Embody Visionary Leadership

When you interact with a horse:

- ◆ If your vision is **unclear or hesitant**, the horse will not follow.
- ◆ If your energy is **scattered or reactive**, the horse will resist.
- ◆ But if your **vision is strong and aligned**, the horse naturally follows without force.

This experience is transformational because it shows us - in real time - what **true visionary leadership feels like**.

When a horse follows you effortlessly, you have stepped into **pure, aligned vision** - a state where you are no longer chasing opportunities, but **creating them**.

### 3. Aligning Decisions With the Future, Not the Past

- ◆ Most people make decisions based on what has worked before - but true vision requires thinking beyond existing models.
- ◆ Horses don't get stuck in past-based thinking - they respond only to what is real, now, and what is emerging.
- ◆ Working with horses trains us to step into the energy of the future, making decisions from clarity, not old habits.



# 6

## Vision – Actively Shaping the Future

*The Future Is Not Something We Predict - It Is Something We Create.*

### Key Takeaway: Vision Is a State of Being

- 🚀 The future is not something we predict - it is something we actively create.
- 🚀 Horses teach us to see beyond the immediate - to sense what is emerging and act with confidence.
- 🚀 By aligning decisions with the future rather than the past, we step into true visionary leadership.
- 💡 Great leaders don't wait for certainty - they trust their vision and move forward.



**Are you ready to shift from reacting to the future - to actively shaping it?**

*Next up: Chapter 7 – Experience: From Knowledge to Lived Transformation*





## Curiosity is the Foundation of Break-through Thinking, Transformation, and Visionary Leadership

*"I have no special talents. I am only passionately curious."*

– Albert Einstein

As a passionate horsewoman, I know: horses are masters of sensing - not just through smell, but through presence. With 25–30 million olfactory receptors, they sit between humans (~5 million) and dogs (~300 million).

They detect danger, unfamiliar people, and emotional states via pheromones - they feel our fear or calmness. Their sensing is subtle and intuitive: breath, heart rhythm, body language, and energy. Horses feel more than they sniff.

Dogs, especially bloodhounds, are the true scent-tracking champions:

- Up to 300 million olfactory receptors.
- Experts in mantrailing - tracking a person's scent across time and terrain.
- Brains wired 40x stronger than ours for processing smells.

I've never witnessed mantrailing before - but, curious, I'm all in. No other leads. Time ticking faster. I call the specialist. He's abroad but - what a "coincidence" - he already has a meeting near my area in two days. That call, on the evening of Day 5, lights a small spark of hope.



I inform the local police about this activity and meet the mantrailing team on Day 7, alongside my lawyer friend. It's early morning. We're in the area where my mom was last seen four days ago. Bloodhound Rhianna picks up her scent. We follow her - swift and focused - through the village, into the woods...

In the midst of this, a friend calls. She's reached out to a renowned MEDIUM - someone who no longer offers help to private individuals but works free of charge with police upon their request, when official investigations stall.

From my own law enforcement experience, I know clairvoyants are sometimes brought in when all search leads dry up. I had already recommended involving this medium - but the local police didn't follow my suggestion.

Now, because my friend knows him personally, she asked anyway. And here comes the synchronicity: While we're in the middle of the mantrailing search on Day 7, I listen to the message the medium sent. He describes my mom as alive, walking in a landscape that matches - exactly - the area we've just been searching through.

Goosebumps. My gut says it louder than ever: We are going to find her.

Rhianna keeps following the trail for over an hour... until it fades into silence...

Back at the car park, drained but grateful, I kneel to thank Rhianna. As I rest my hand on her, I hear her spirit whisper:

*"I'm sorry I couldn't do more. I tried my best."*

Tears stream down my cheeks - mixed with sorrow, love and awe.

I say goodbye and walk back to my car. Check my phone.

A message from the local police is waiting.

**What happens next?**

*Read on in BONUS Chapter 8*

# 7

## Experience – From Knowledge to Lived Transformation

*Knowledge Alone Doesn't Change the Future - Experience Does.*

Most people believe that acquiring more knowledge leads to better decisions. They attend leadership seminars, read books, analyse case studies - **yet, when faced with real-world decisions, they still hesitate.**



**Why?**

- ◆ Knowledge remains theoretical until it is embodied.
- ◆ Information alone does not create transformation - experience does.
- ◆ The best decisions are not made from data alone, but from a deep, lived understanding.

This is where **horses create an entirely different level of learning.**

They don't teach through words. They don't provide theories.

They immerse you in an **experience** that shifts your perception and behaviour instantly. This is the missing link between **knowing something intellectually and actually living it.**

### **Why Experience Is the Key to True Transformation**

Most leadership training focuses on **thinking differently** - but real change happens when we also **feel differently** and **act differently**.

**Horses accelerate this process because they make leadership, intuition, and decision-making a full-body experience.**

Here's why:

#### **1. Learning Through Immediate Feedback**

- ◆ A horse responds to **who you are in the present moment - not your credentials, status, or past achievements.**
  - ◆ If your energy, intention, or leadership presence is misaligned, the horse shows you instantly - no sugarcoating, no filters.
  - ◆ This **real-time feedback** helps you make adjustments on the spot, turning theory into lived understanding.
- 💡 **You don't just "learn" about leadership - you embody it.**



## Experience – From Knowledge to Lived Transformation

*Knowledge Alone Doesn't Change the Future - Experience Does.*

### 2. Breaking Old Patterns Through Direct Experience

- ◆ Many of our deepest habits and fears are **stored in the subconscious mind**, beyond the reach of logic.
- ◆ **Talking about change** rarely changes behaviour - but **experiencing something new creates an instant shift**.
- ◆ When a horse reflects an old pattern back to you, you feel it viscerally - allowing you to **release it and step into a new way of being**.

💡 You don't just think differently - you become different.

### 3. Anchoring Transformation Into the Body

- ◆ The most powerful decisions are not just logical - they are felt.
- ◆ When we experience a breakthrough with a horse, it is not just an idea - it is imprinted in our nervous system.
- ◆ This means that later, when making big decisions in high-stakes situations, you can access that same feeling of clarity and confidence instantly.

💡 You don't just remember knowledge - you live it.

### The Difference Between Knowing and Living

Think of it this way:

- ✗ Knowing about confidence doesn't make you confident.
- ✓ Experiencing what true confidence feels like in your body changes how you show up in every situation.
- ✗ Knowing about intuitive decision-making doesn't mean you'll trust your instincts under pressure.
- ✓ Experiencing what it feels like to trust your intuition - and seeing it work in real-time - rewires your ability to make bold, future-aligned choices.



## Experience – From Knowledge to Lived Transformation

*Knowledge Alone Doesn't Change the Future - Experience Does.*

### Horses as the Ultimate Catalyst for Transformation

This is why **working with horses** is so powerful:

- ◆ You are not just learning - you are experiencing.
- ◆ You are not just changing your mindset - you are rewiring your decision-making process.
- ◆ You are not just gathering insights - you are embodying transformation.

This is how **Future Knowledge** becomes **Future Action**.

# 7

## Experience – From Knowledge to Lived Transformation

*Knowledge Alone Doesn't Change the Future - Experience Does.*

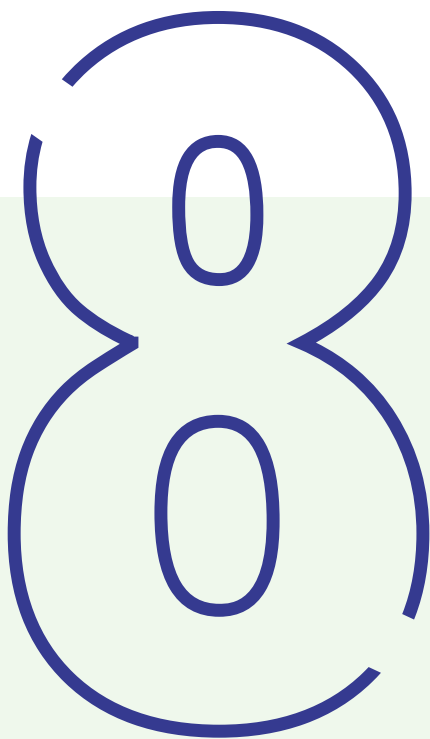
### Key Takeaway: Knowledge Becomes Power Only When It Is Lived

- 🚀 Real transformation does not happen in the mind - it happens in lived experience.
- 🚀 Horses accelerate deep learning by making leadership, intuition, and decision-making a full-body experience.
- 🚀 When you experience a new way of leading, deciding, and sensing the future - you never go back.
- 💡 The future is not shaped by those who know the most - but by those who dare to live what they know.



**Are you ready to move from knowledge to real transformation?**

*Next up: BONUS Chapter 8 – The Lifesaving Wisdom of Horses*



## BONUS

### It Happens In a Way You Least Expect It

Exhausted and disappointed that we still haven't found my mom, I finally call the local police. After 7 days of searching, I assume they'll want another round of questioning - for me and the witnesses.

But instead, I hear:

**"Gertrud, we've found your mom - very weak, but alive. Hidden under a bridge."**

Wait... what?! *Alive?* I can barely speak.

"Could you please repeat that?" I ask, heart racing.

He tells me her body temperature was down to 34°C when the rescue team pulled her out. Her left arm is paralyzed - likely from a fall while trying to hide under the bridge to find shelter for the night. After seven days on the run and in hiding, she was too weak to turn around or stand up again.

I ask again, "Which bridge?"

The answer floors me: **It's in direct view of my office building.**



# 8

## BONUS

### It Happens In a Way You Least Expect It

A highway maintenance team had been cleaning bridges in the area. With some extra time, they chose - by pure chance - to check the very bridge where my mom lay, unable to call for help.

Stunned. Overwhelmed. Grateful beyond words - I hang up, crying and singing all at once. I call my family, my team, then rush to the hospital.

In emergency care, I reach her bedside. I smile through tears, take her cold hands, and whisper:

**"Mom... I'm so happy to see you. You've been on quite a journey, haven't you?"**

She nods, voice faint but eyes clear:

**"Yes, Gertrud."**

It truly happens in ways we least expect.

The joy and relief of that evening - and the days to come - are impossible to put into words. But this isn't the end.

Seven days into hospital care, I receive another call - early morning. My mom has developed pneumonia and blood poisoning overnight. Her life is in danger again.

#### **What happens next?**

*Read on in Chapter 9: Conclusion & Call to Action - Bringing Future Knowledge Into Your Life*

# 8

## BONUS

### The Lifesaving Wisdom of Horses

#### *Surviving War with the Help of Horses*



During World War II, life in the villages of Austria changed drastically. As more and more **men were drafted into the army**, the responsibility for survival fell on the **women and children left behind**.

- ◆ **The physical burden was immense** - farm work, caretaking, and food production all became their responsibility.
- ◆ **The psychological stress was even greater** - constant fear, exhaustion, and uncertainty ruled their daily lives.
- ◆ **Food shortages threatened survival** - if they could not cultivate the land, they would not make it through the winter.

And yet, these **weren't the only dangers**.

As the war turned and **Allied troops moved into Austria**, a new and terrifying reality set in:

- ◆ **Fighter planes** could open fire on civilians working in the fields at any moment.
- ◆ **Foreign soldiers, stationed in the villages, posed an ever-present threat** - especially to the women.

It was a time of **extreme vulnerability**.

But this is where something extraordinary happened.

This is where horses - through their unique "sixth sense" and deep connection to humans - became lifesavers.

#### Spring 1944: Working in the Fields Under Fire

In the **spring of 1944**, Gertrud's mother's family faced a heartbreaking dilemma:

- ◆ They needed to plant and cultivate food to survive the coming winter.
- ◆ But their fields were in the direct flight path of Allied bombers heading toward Vienna.

Every time they stepped into the fields, they **risked being spotted and shot from above**.

# 8

## BONUS

### The Lifesaving Wisdom of Horses

#### *Surviving War with the Help of Horses*

Yet, without a harvest, **they would starve**. So, with **no other choice**, they began working the land - digging, planting, ploughing - all the while knowing that, at any moment, their lives could be taken.

But they weren't alone. They had the **help of their horses**.

#### The Horses That Knew When to Run

Gertrud's mother recalled something **incredible** - something that would **save their lives time and time again**.

- ◆ The **horses weren't just pulling the Plow** - they were sensing danger before it arrived.
- ◆ Without warning, they would **suddenly stop**, lift their heads, and raise their tails.
- ◆ They would **become restless, performing nervous movements like a piaffe**, signalling deep unease.

Each time the horses behaved this way, the women and children **dropped everything and ran with their horses to hide in the nearby woods**.

And **minutes later, the bombers would appear**.

- 💡 The horses sensed the aircraft long before the humans could hear or see them.
- 💡 Without these warnings, they might never have made it out alive.

What might have seemed like simple "instinct" was, in reality, an advanced sensory awareness - a deep, ancient intelligence beyond human perception.

# 8

## BONUS

### The Lifesaving Wisdom of Horses

#### *Surviving War with the Help of Horses*

##### Why Do Horses Sense Danger Before Humans?

Today, science confirms what Gertrud's mother experienced firsthand - horses have an extraordinary ability to perceive their surroundings in ways humans cannot.

- ◆ Horses as prey animals have evolved to detect danger **up to 15 kilometres (9 miles) away** - far beyond human capabilities.
- ◆ They can **hear sounds up to 4 kilometres (2.5 miles) away**, while humans only detect noises within a much shorter range.
- ◆ Their **360-degree vision** allows them to notice movement **without needing to turn their heads**.
- ◆ They are **deeply attuned to energetic shifts**, reacting long before a threat becomes visible.

💡 Unlike humans, who rely on logic and reasoning, horses don't "think" about danger - they simply feel it and respond.

This is exactly what saved Gertrud's mother and the other villagers.

Next up:

*Chapter 9: Conclusion & Call to Action – Bringing Future Knowledge Into Your Life*



## Remember F.A.M.E.<sup>™</sup> – Feel. Awesome. Magnificent. Emotions.

As mentioned earlier: in the quantum field, all possibilities already exist.

The real question isn't *what's possible?* - but ***what are you choosing to tune into?***

After the call from the hospital, I immediately contact my family. The doctor needs to see us urgently. We are required to make a decision - whether to stop or continue emergency treatment - because my mom hadn't signed a Patient Decree. As her closest family, the responsibility falls on us.

Her 7-day journey through disappearance and survival has left her body severely weakened. Her left arm remains paralyzed. She's battling acute respiratory failure.

To survive the pneumonia and collapsed left lung, she now requires intubation and mechanical ventilation.

And as if that weren't enough - despite antibiotics and specialized meds - she's also suffering from life-threatening sepsis.

Before driving to the hospital, I ground myself. I prepare to stay present, calm, and clear for what will likely be the most difficult conversation of my life.

Facing my mom, seeing her like this - it's heart-wrenching.

Still, I draw on my law enforcement background and guide both my family and the medical team through the decision-making process.



Remember F.A.M.E.<sup>™</sup> – Feel.  
Awesome. Magnificent. Emotions.

“People at risk of suicide will, sooner or later,  
act on it if they don’t accept help” I say.

Therefore, I recommend we continue  
mechanical ventilation and medication - but if  
her heart stops, not to resuscitate.

To me, that would be her final, silent choice.

**Want to know what happens next?**

My 83-year-old mom survives.

She not only *recovers from the brink* - but  
also *overcomes dementia*.

And - miraculously - *fully regains movement*  
*in her left arm*.

**Curious how?**

I look forward to sharing the final outcome -  
and the lessons learned – in a live  
conversation.

I speak six languages (EN/DE/FR/SWE/IT/  
HORSE-ish) and I can’t wait to speak with  
YOU.

*Head over to Chapter 9:  
Conclusion & Call to Action – Bringing Future  
Knowledge Into Your Life*

# 9

## Conclusion & Call to Action – Bringing Future Knowledge Into Your Life

**The Future Is Waiting - Are You Ready to Step Into It?**

Throughout this journey, we have explored **7 profound insights** from horses - insights that go beyond traditional leadership theories and offer a completely new way of seeing, thinking, and deciding.

### What have we learned?

- ◆ **Empower** – True self-awareness comes from unfiltered feedback. Horses reveal our hidden patterns and blocks instantly.
- ◆ **Think Differently** – Future Knowledge is not found in past-based thinking. Horses teach us how to tap into intuitive intelligence.
- ◆ **Heart Science** – The heart's intelligence is just as powerful as the brain. Horses help us align both for clearer decision-making.
- ◆ **Release** – We cannot create the future while carrying old fears and limitations. Horses show us how to let go of what no longer serves us.
- ◆ **Invisible** – The most important signals are often unseen. Horses train us to perceive energy, emotions, and intentions beyond words.
- ◆ **Vision** – The future is not something we predict - it is something we create. Horses help us trust our inner knowing and move forward with confidence.
- ◆ **Experience** – Knowledge alone does not create change - only lived transformation does. Horses provide an experience that rewires our perception, leadership, and decision-making.

**This Is More Than a New Way of Thinking - It's a New Way of Being.**

The world is shifting rapidly.

**Old leadership models, past-based decision-making, and reactive strategies are no longer enough.**



# 9

## Conclusion & Call to Action – Bringing Future Knowledge Into Your Life

**The Future Is Waiting - Are You Ready to Step Into It?**

The **leaders of the future** will not be those who analyse the past the best, but those who:

- ✓ **Sense what is emerging before it becomes obvious**
- ✓ **Align with their intuitive intelligence, rather than relying on outdated logic**
- ✓ **Make decisions from a place of clarity, coherence, and confidence**

Horses offer us the ability to **train this future-focused mindset** - not in theory, but in real-time, through experience.

**Now, it's your turn.**

### **Your Next Step: Experience Future Knowledge for Yourself**

Are you ready to take your leadership, decision-making, and future vision to the next level?



# The future isn't a concept

It's a decision

Bringing Future Knowledge Into Your Life

What could change if you gave yourself 15 minutes?

In one short Zoom session, you'll get:

- Clarity on a current leadership or decision-making challenge
- A first glimpse into the patterns that shape your thinking
- A concrete sense of what equine-guided coaching could shift - for real

No pressure. No fluff.

Just one focused conversation.

**Book your free session now to discuss your current state and vision for peak potential:**



<https://mequine.ch/calendar>



**Working with horses** has shown us something essential: Real transformation doesn't come from more knowledge. It comes from experience.

Horses reflect who we are - clearly, directly, without filters. They show us where we're stuck, how to access our intuitive intelligence, and how to make decisions with calm clarity and true presence. No theories, no performance - just real, embodied change.

But here's the thing:

All of this means nothing - until you feel it for yourself.

Insights without experience are like reading about fire without ever feeling the heat.



## About Gertrud Muralt

### Your Guide to Future Knowledge

**Gertrud Muralt** is not just a coach — she is a navigator of the unseen, a bridge between logic and intuition, and a guide for those ready to step beyond conventional thinking.

With a background in leadership development, neuroscience and equine-guided coaching, she empowers visionary leaders to break free from making decisions based on the past and access Future Knowledge.

**At her side is EZOP**, her horse and co-facilitator on this journey. With unfiltered honesty, he mirrors clarity, presence, and alignment — revealing what words cannot do. Through this transformative experience, Gertrud helps leaders, pioneers and changemakers to step into a new level of confidence, coherence, and deep intuitive intelligence.



💡 **The future belongs to those who dare to perceive it before it unfolds. Are you ready to step into it?**



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The future isn't a concept.  
It's a decision.

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