



TPP Pre-Ride Guided Meditation

The intention of this guided meditation is to provide a “transition ritual” for you to use in preparation for any ride. It will help you transition, with purpose, from the business of your day to a calm, inspired state. It will help you be present with your horse and effective in your ride. This particular meditation is designed to activate your para-sympathetic nervous system, focus your mind and leave you feeling prepared to be in an ideal state for riding- mentally and emotionally and physically. If you’ve never meditated before, try it out in this simple format. If you already have a meditation practice, experience using the power of meditation to improve the quality of your rides.

You can do this meditation sitting down, or standing. You can do it before you go to the barn, at the barn before you tack up or standing quietly with your horse. Experiment with what works best for you.

For the best experience, listen to the TPP Pre-ride Guided Meditation audio. The guided meditation is seven minutes long. The music continues for five more minutes so you can keep listening as you get your horse out and prepare for your ride.

Here is the script:

To begin,
adopt as comfortable a position as possible.
Start out sitting or standing,
With your back soft & upright, pelvis neutral
with your spine following its natural curves.
Establish a position
that feels dignified and alert
but relaxed,
and allow your body to settle,
to sink down
into gravity,
supported
for now by the floor beneath you.
And soon by a strong back and four hooves.

Root your awareness into this moment,
like an anchor that gradually slows a ship to one place.
Dissolve anxiety, shed stress
and allow your body to rest in a relaxed, peaceful state.

Close your eyes,
Let your awareness settle.
Gradually allow it
to gather around the sensations of your breath
in your body.

Allow your breath to be saturated with peace
as it swirls, growing larger
cradling your body,
Soothing any stress, pain,
or discomfort.

Now become aware of your thoughts.

Mindfulness is not about having a blank mind.
It's normal to think.
Mindfulness
is training.
You cultivate
awareness
of what is happening in you-
physically,
mentally,
and emotionally.

Through training, you gradually change your perspective.
You cultivate the feeling that you have more and more choice
Choice in how you relate to life.
Choice in how you relate to your experiences.
Choice in how you relate to your own body.
And choice in how you relate to your horse.

Observe your thoughts and emotions. You are not them.
Become aware of what you're thinking and feeling

without blocking your experience
or becoming overwhelmed by it.

Mindfulness is training.

You can have your thoughts and your emotions without
being caught up in them.

Your thoughts and emotions are not as solid as they may seem.

They are continually changing.

One moment to the next.

Just like your breath- they move through you.

They are not you.

Your thoughts and emotions are not you.

Use your awareness of the movement

And the sensations of your breath in your body as an anchor for your mind over,
and over again.

Follow the breath all the way in, and all the way out.

Each time your awareness wanders, as it will,

simply observe

and return to your breath as an anchor time after time,
moment by moment.

It's OK to have to start again and again
a hundred times.

It's okay.

This is the training.

Each time you

notice your thoughts have wandered

is a magic opportunity for awareness,

a moment where you've woken up

from a distraction,

a moment of choice.

When you catch yourself having wandered off,

you're succeeding in the practice.

This is the magic half-halt.

That re-anchors your thoughts to your breath.

Now imagine that the most vibrant, warm color is coming into your toes and your feet.

It is climbing up your legs passing through your knees and up into your pelvis and hips.

This beautiful color is filling up your belly and ribcage.

It's enveloping your torso and filling your lungs.

This color is healing you and lifting you as you grow taller through the top of your head.

It fills your heart and you feel happy.

Allow the color to go across your shoulders and down each arm all the way to your fingertips.

Imagine sharing the color with your horse and allowing it to spread.

From your skin through your horse's skin.

From your body through your horse's body.

Take a few deep breaths while you let this warm, lively color envelop both of you.

Gently begin to bring your pre-ride practice to a close.

Open your eyes.

And be aware of the sounds around you.

Feel your whole body

gradually,

begin to move.

Your fingers, your toes, your shoulders, your neck are coming alive.

Allow your head to carefully rotate around on your neck.

Take a few minutes now to stretch whatever parts of your body are begging to move.

And take whatever you need along with you into your ride- sweet peace, grounded awareness, a focused mind, an inspired heart, a strong body.

They are all yours- to keep calling back again and again.