




Steadfast Steeds



Invoking the magic of mustangs to transform personal obstacles into positive opportunities

Lifestyles of the Wild and Free Thriving Habits of Wild Horse Family Bands

 Why Mustangs? In multi-sensory awareness (MSA), one is mindful of energy within, while at the same time observing the energy and activity of others. Wild horses are masters of MSA. They utilize their entire body to perceive their surroundings: thick hide protects them from harsh weather and is sensitive enough to feel a fly on their back, each ear hears multiple sounds, each eye sees a panoramic view, and their nostrils contain 3 times more nerve senses than humans. Their very survival depends on their MSA. And the complex social system of the wild horse demonstrates instant, non-judgmental feed-back for all.


Years of observing, studying, listening, recording, and relating with the wild horses has taught us many life skills; ways of being and relating, that expand our human potential and capacity toward authentic communities. Some of their thriving habits, listed below, parallel our human needs.

 **Save energy for true emergencies** (cease using so much energy on worry & anxiety)

Swiftly discern whose emergency it is


Then focus on returning to a safe being.

Move quickly without being in a hurry

 **Get back to grazing** (when triggered or upset, don't dwell on the problem)

Release unhelpful feelings and thoughts


Focus on being only in the present moment and how you want to be feeling

 **Graze as you go** (stop stressing up or burning out & getting ill in order to slow down)

Feed yourself (healthy hobby, friends, spiritual practice) in bite-sized minutes frequently

Reclaim positive feelings and memory scenes


Mindful and spiritual habits that fill your tank

 **Stay safest in the herd** (resist the instinct to flee or fight, be mindful of others' needs)

Clear communications through challenges

Staying in step with the group

Congruent words, behaviors, and beliefs

 **Grow some hide** (cease over-reacting when others hurt you, focus on healing yourself)

Increase capacity to take hits without being harmed

Remain sensitive, connected, and engaged with your environment

Adapt with the seasons for self-protection and safety (e.g. winter coat)

For an electronic copy of this material, please visit

<https://www.steadfaststeeds.org/liberty-coaching.html>