

The Tao of Equus: A Woman's Journey of Healing and Transformation Through the Way of the Horse

To Download this book in many format Visit :

<https://wocoentala.org/source1/7046eb7340044ff310b785447d2f6839>

The Tao of Equus considers the mystical nature of horses and the magical connection between horses and humans. Equine therapist Linda Kohanov tells of an extraordinary spiritual awakening she experienced with her black mare, Rasa. This incident led her to investigate the apparent metaphysical as well as scientific aspects of the human-horse bond. Using neurological research, cultural history, mythology, and firsthand anecdotes from years of teaching and facilitating equine therapy, Kohanov examines the profound communion that people, and women in particular, often experience with horses. Some of the areas Kohanov explores are how the equine mind compares with the human mind, and what horses can teach humanity.

The Tao of Equus, which literally translates as "the way of the horse," explores the possibility that horses are highly evolved, spiritual beings who offer humans opportunities for healing and personal growth. Linda Kohanov is the owner of Epona Equestrian Services, an Arizona-based collective of trainers and counselors that explore the therapeutic potential of equestrian pursuits. Although she does discuss horse training and horse behavior, Kohanov is most interested in what horses can teach us. Moving beyond the realm of horse whispering, Kohanov studies how horses awaken intuition in humans while also mirroring our unspoken feelings and fears. At its core, this book reminds us to be mindful as we approach the horse-human relationship. Like human-to-human relationships, we have to do our own personal and spiritual work before we can expect to create a meaningful and cooperative interspecies connection. Kohanov is a steadfast writer who isn't shy about claiming a strong feminine approach, showing how mythology and history are filled with examples of powerful woman-horse connections. She also has the courage to reveal her paranormal experiences with these intensely emotional and intuitive animals--stories that may sound familiar to anyone who has ever loved and dreamed of horses. --Gail Hudson "A startling challenge to anyone wishing to limit consciousness to humans."

-- Larry Dossey, MD

"Linda Kohanov's stories about the mystery of healing and transformation between human and horse are extraordinary, magical. Linda has done her homework, and her book stands well on its research, but it dances on its stories. A book that can change minds, hearts, and attitudes."

-- Susan Chernak McElroy, author of *Animals as Teachers and Healers*

"This work represents an extraordinarily moving account of a gifted thinker, writer, teacher, and horsewoman who dares to venture deep within to explore the truth of the connection that merges horse, human, emotion, and spirit."

-- Riding

"The Tao of Equus is part memoir, part literature, mythology, and philosophy lesson, and part psychology text. More than anything, [Linda Kohanov] had the courage to investigate dreams and visions many may dismiss. As you read, you'll ponder your own dreams and coincidences, and consider what your horse may be waiting to teach you."

-- Horse & Rider

"This articulate, well-researched story brings together many disciplines of learning and weaves a magic carpet for discovery with our horses. The Tao of Equus will allow your

imagination to take flight, and give you insight into yourself and your equine partner."
-- The Equestrian News

"This inspirational book would make an excellent gift not only for horse lovers, but for anyone dealing with fundamental questions of grief, sadness, and healing."
-- BookPage

"Effective psychotherapy 'contains' a mysterious energy that synchronously interweaves the interaction of therapist and client. Linda Kohanov takes us on a marvelous excursion of her evolutionary relationship with horses, highlighting equine-facilitated psychotherapy and the Tao energy that horses have to offer in the service of this work. I highly recommend this book to everyone interested in innovative psychotherapy and more than just a superficial look at horses."

-- Fred P. Gallo, PhD, author of Energy Psychology, Energy Tapping, and Energy Psychology in Psychotherapy

Other Books

Toko Buku Kecil Di Paris (The Little Paris Bookshop), Monsieur Perdu menyebut dirinya apoteker literatur. Dari toko buku apungnya di Sungai Seine, ia meresepkan novel-novel untuk membantu meringankan beban hidup. Sepertinya, satu-satunya orang yang tak mampu ia sembuhkan hanya dirinya sendiri; ia masih dihantui patah hati setelah kekasih hatinya pergi, meninggalkan surat yang tak pernah dibukanya. Akhirnya Perdu tergoda untuk membaca surat tersebut, lalu ia angkat sauh dan berangkat ke Prancis Selatan demi berdamai dengan kehilangannya. Bersama pengarang yang sedang mengalami kebuntuan menulis serta chef Italia yang sedang gundah dirundung cinta, Perdu berlayar sembari membagi-bagikan kebijaksanaannya, membuktikan bahwa buku dapat memulihkan jiwa manusia.

❓ ❓ ❓ ❓ ❓ . Monsieur Perdu menyebut dirinya apoteker literatur."