

## ***The Great Dance~In Horse Harmony***

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*~Inspired by my time with Franklin and the horses in Colorado~*

My senses are stirred, my pulse is quickened.  
My heart is open, my mind awake, willing to receive.

The message is arriving~I hear the call...  
strong as thundering hooves across the valley.

I listen, I wait...I am still, calm, patient, present  
willing to connect, I am available and free.

In this moment I sense the essence  
crystalline and pure~a mirror of reflection for all.

The desire to feel safe, the need to feel safe  
responded to in the gift of Love, Compassion and Trust.

Within the first reflection of all time  
the answer is revealed...

Pure energy to pure energy Horse and Human reflect each other  
nurtured in Source Consciousness, a multi-sensory knowing  
of only Truth, Love and Light.

Horse is here~calling us to listen  
to get quiet~to pay attention.

To just BE...to learn to expand our Heart Light  
our Love Energy into the greatest, farthest reaching realms.

To live in Truth...in Trust...in Peace...in Love  
Dancing the Dance, quietly, calmly, purely aware.

Deeply connected to the pulse of all, as all are ONE.  
One breath, one heart, one soul, one LOVE.

Pulsing in rhythm through the journey of life  
pulsing ~ in ~ rhythm...

Cantering on with forward thrust  
a floating suspension of GRACE manifest.

My heart sings, my soul soars

as I dance the dance.

Connected, ever more deeply  
filled with boundless gratitude.

For Horse, for his strength, for her wisdom  
for his gentle being, for her eternal grace.

For the message deeply embedded in us all  
and for the promise of Hope and Love ever-lasting.

We are safe. We are Loved.  
In this moment, in every moment...this is true.

Horse continues to call~asking us to remember...  
to see it all in the first reflection, the ONE reflection.

In the Great Dance there is only this...PURE LOVE.  
And in Pure Love we find all that we will ever need.

I am still, calm, patient...present  
connected ~ I have heard the message.

Great Horse Spirit I thank you, my friend.  
I continue to listen ~ I hear your call.

I am open to receive.  
I am willing to give.

I am free as I dance the Great Dance  
in Harmony with Horse, in Harmony with Life.