

Are You Too Heavy To Ride A Horse?

In the current issue of the British Horse Society's Magazine there is a double page spread covered in furious letters from some seriously upset readers. The cause of all these ruffled feathers is a controversial letter that was published in a previous issue. The letter writer was of the firm conviction that overweight riders should not be allowed anywhere in the vicinity a horse's back. She stated categorically that this could do immense physical harm to the horse. Further more, the writer claims, overweight riders who get injured in remote areas put a heavy load on the emergency services as it would be impossible for them to be rescued without spending a lot of money. She implied that an air-ambulance might be needed etc. etc. It is true that one should always have one's horse's best interest at heart, in the first instance. A 22 stone rider on a 13 Hh pony would be absurd and such a situation could be dangerous to both horse and rider. But a 22 stone rider on a Percheron - I doubt very much that the Percheron would notice specifically or that he would mind, considering this breed used to carry knights in full armour to the Holy Land and back. If you are an overweight rider who loves horses and loves riding, the only thing you need to make sure of is that you do not weigh more than 20%(17% is even better) of your horse's total weight. Choose your horse wisely, use your common sense and pay attention to your horse's physical reaction and condition. As for the rest, pay no attention. And keep an open mind. People with closed minds, like the original letter writer, grasp a concept without much concern for practical evidence. Even when they are presented with evidence that is totally contradictory to their ingrained belief, they refuse to reassess their opinion and immediately dismiss the evidence, without giving it a second thought. People with open minds weigh all the evidence before reaching a conclusion, approving or disapproving the many interpretations of the behind the belief. Another reader picked up the phone and rang her local ambulance service to ask if all this was true. They reassured her that a person's weight makes no difference to how he/she is treated, unless in the case of extremes (weight or surroundings). People with open minds form their opinions based on sound evidence. They reflect on what they have discovered and work towards reaching a decision or conclusion that is based on fact, not feeling. An open mind allows one to magnetize opportunities. A receptive mind is open to all possibilities, big or small. A closed mind is a stubborn mind, wanting immediate gratification and wanting it as exactly as what the mind perceived it to be, not willing to accept or try alternatives. Whatever the mind can envision, the mind can create. What the mind sees, believes, feels and thinks is all conveyed to the subconscious. Your subconscious then establishes your reality based on the filtered information from the conscious mind. Bear in mind though, that it is not sufficient to merely imagine and hope your dreams materialize. You can achieve any thing you want when you open up your mind to success and get rid of limiting thoughts. Even losing all the extra weight should you desire to do so. When you decide to change your attitudes and thoughts, and begin to think without notable limitations, your life's direction will begin to change. Whatever your dreams are, whether it is losing weight, riding in a dressage competition, buying you own horse...you can make them come true if you enlist the power of your own conscious and subconscious mind. Under no circumstances pay any attention whatsoever to the opinions of people with closed minds. Focus on possibilities, rather than limitations and expand your thoughts to what you believe you and your horse are capable of. And should you need any help, rest assured that access to the internet now also provides you with access to e-courses, online coaching and several e-books created especially for equestrians, and not just for thin ones either. Thoughts hold great power; yours as well as those of other people. Be conscious of the thoughts that comes into your mind; let the positive in, never entertain the negative. Open up your mind to possibilities and opportunities and never be afraid to try.

About the Author

Dr M de Clermont wrote "Ride with Supreme Self-Confidence" and edits the Equestrian Inspiration Newsletter about the mental skills needed to master the art of horsemanship. Subscribe at <http://www.equestrian-life-coaching.com/newsletter.html> to receive 2 FREE e-courses

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