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reviews. Eastern philosophy enters the stables in this unique guide to horsemanship. Allan Hamilton describes how horses understand and respond to the flow of vital energy around them.

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Zen Mind, Zen Horse is both practical and profound, offering sound advice for tapping the wisdom of horses as natural mindfulness teachers. Zen Mind, Zen Horse is far more than a book about how to care for a horse, though it stands out as one of the best

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on the subject. Rather, Hamilton has given humans a way to achieve our highest good by allowing horses to be our guides.

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Written by the award-winning author of *The Scalpel and the Soul*, and including forewords by Monty Roberts and Dr. Robert Miller, *Zen Mind, Zen Horse* shares safe, simple techniques to make you more...

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Zen Mind, Zen Horse: The Science and Spirituality of Working with Horses is a primer on spirituality, brain function, and the bonds between the equine and human species. It is written from my unique perspective as

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a Harvard-trained Working With
Horses By Ton Md Allan J
Zen Mind Zen Horse — Dr. Allan J
Hamilton Storey Publishing Llc 2011

Zen Mind, Zen Horse is far more than a book about how to care for a horse, though it stands out as one of the best on the subject. Rather, Hamilton has given humans a way to achieve our highest good by allowing horses to be our guides. This beautiful testament to the power and magic of equine energy captures the soul of a horse perfectly.

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Written by the award-winning author of *The Scalpel and the Soul*, and including forewords by Monty Roberts and Dr. Robert Miller, *Zen Mind, Zen Horse* shares safe, simple techniques to make you more receptive to your

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animal's chi, so you can develop a calm and effective training style that will not only help your horse follow commands, but strengthen the spiritual bond between horse and rider.

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Those who can sit perfectly physically usually take more time to obtain the true way of Zen, the actual feeling of Zen, the marrow of Zen. But those who find great difficulties in practicing Zen will find more meaning in it. So I think that sometimes the best horse may be the worst horse, and the worst horse can be the best one.

~~Shunryu Suzuki: Zen Mind, Beginner's Mind | Extravagant ...~~

Zen Mind, Zen Horse is far more than a book about how to care for a horse,

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though it stands out as one of the best on the subject. Rather, Hamilton has given humans a way to achieve our highest good by allowing horses to be our guides. This beautiful testament to the power and magic of equine energy captures the soul of a horse perfectly.

~~Zen Mind, Zen Horse Page A Day~~

Combining brain science, horse sense, and fine storytelling, this spiritual handbook points toward a special and completely real form of enlightenment. (Andrew Weil, MD, Author, Eight Weeks to Optimum Health) Zen Mind, Zen Horse is far more than a book about how to care for a horse, though it stands out as one of the best on the subject. Rather, Hamilton has given humans a way to achieve our highest good by allowing horses to be our guides.

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Zen is not the practice to be the best horse. If you think so -- if you understand Zen as a kind of practice to be a best horse you will have a problem -- big problem. That is not the right understanding of Zen. Actually, if you practice right Zen, whether you are the best horse or worst one doesn't matter.

~~Beginner's Mind Original Manuscript-
Ch6 - Horse Sense~~

Zen Mind, Zen Horse recently won the 2012 Gold Nautilus Award for spiritual non-fiction in the Animal/Nature category. Hamilton's first book, The Scalpel & The Soul, won the Silver Nautilus Award in 2009. The award's been won in the past by His Holiness

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the Dalai Lama, Eckhart Tolle, and
Deepak Chopra. Look for "Zen Mind
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Zen Mind, Zen Horse is a primer on
spirituality, brain function, and the
bonds between the equine and human
species. It is both a technical manual
for training horses and a guide to
extracting the deeper, spiritual lessons
we can learn from these animals and
applying them in our daily lives.

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