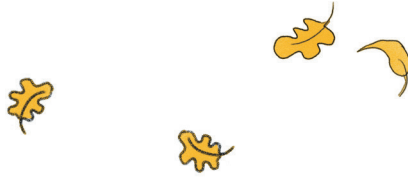


I Am Empowered  
*Freedom and Spirit of the Ride*



**Written by Douglas Macauley**

Illustrated by Valerie Bouthyette



As I gently awaken, feeling the warmth and bright glow of the sunshine entering through the window, I absorb the energy of the sun as it creates an organic spark throughout my body. I take in a deep breath with excitement and anticipation of my day, knowing I will be riding my horse, Freedom.

Freedom awaits me as I begin to feel a deep connection with him. He knows I will arrive at the stable soon to greet him with an open heart and loving embrace. I take in another deep breath and exhale with ease as my nervous system relaxes, my mind surrenders, and my body feels in the flow so that I may arrive in the presence of Freedom with my energy balanced and grounded. He deserves to receive me in my finest energetic state, just as I deserve his balanced and grounded presence.

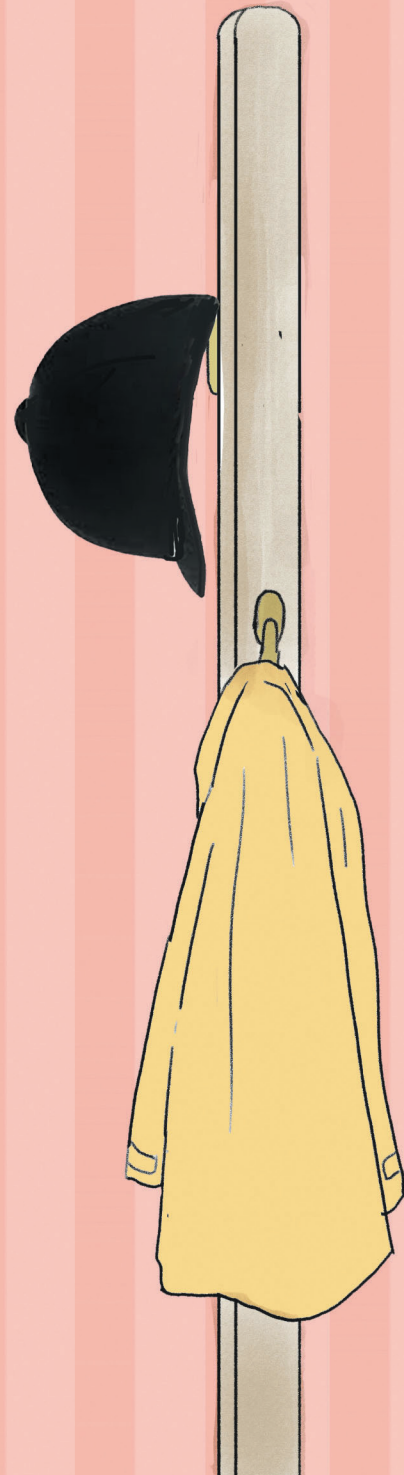




I am grateful for having Freedom in my life. His unconditional love and expanded heart are gifts to me that I feel deeply when we become one during our ride.

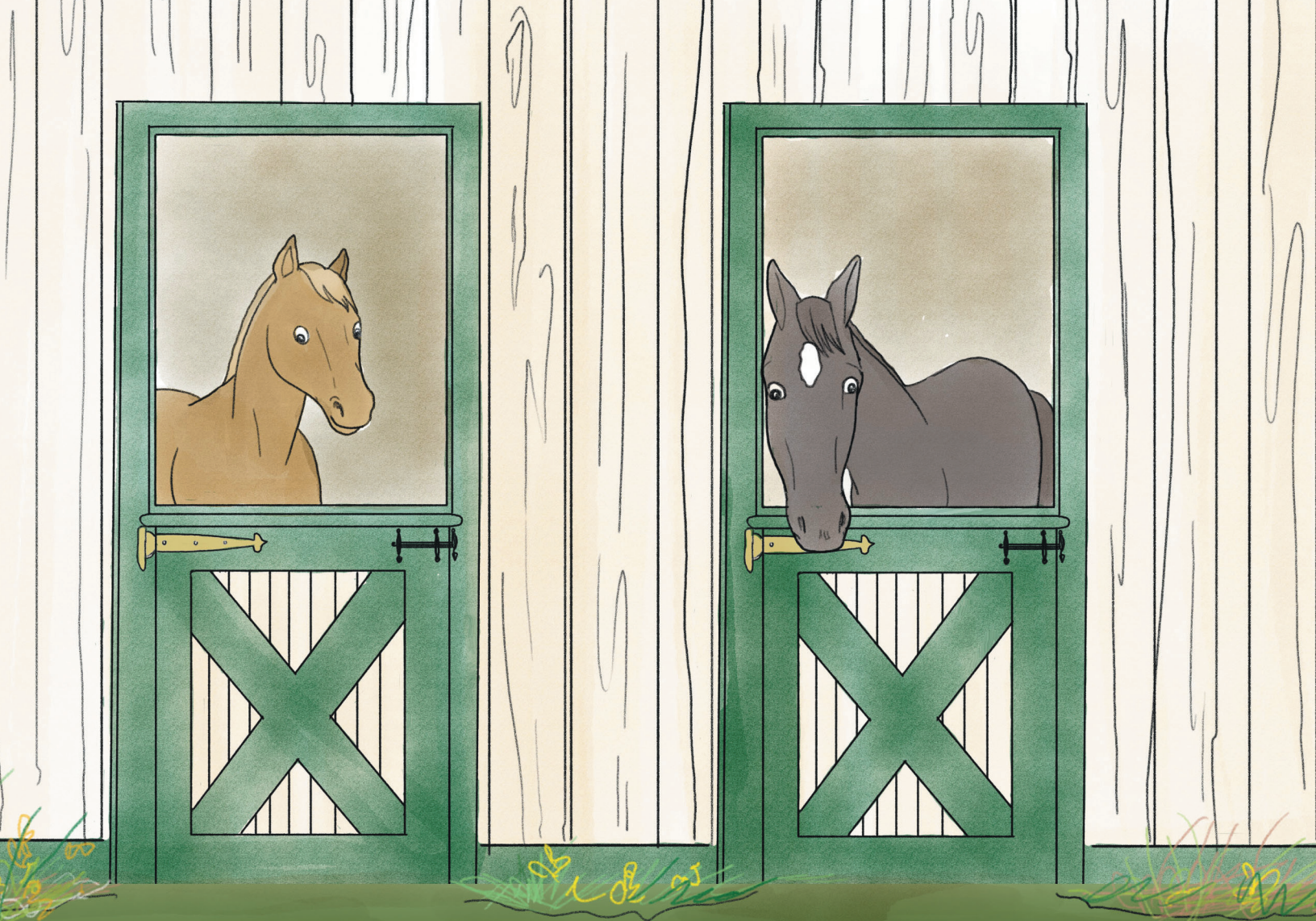
He teaches me that he is a mirror to me, yet he exemplifies his most amazing qualities when we are together.

I am blessed, for he is what makes my life so enhanced with profound joy.





Arriving at the stable, I pause and take in the multidimensional beauty of all the horses and feel their awareness of my presence. They each have their own unique and energetic state of being.



Horses are deeply grounded and have a strong connection with nature and humans, yet they continue to learn why they have chosen to experience this life with humans—it is a mutual teaching and learning relationship.