

FINDING THE BALANCE - *By Diana Jamieson, Chester Farm.*

Working with horses is all about finding the Balance...

Between holding on and letting go,
Between going too fast or going too slow.

Between leaning too far forward or leaning too far back,
Between doing endless circles versus going for a hack.

Between applying too much pressure or not applying enough,
Between giving up in good time or making a situation tough.

Between staying in your comfort zone versus finding out what you don't know,
Between seeking lightness and response but not an over-reactive go.

Between asserting yourself calmly versus domineering with too much emotion,
Between remaining completely still but staying fluid in the motion.

It is in our search for balance
That we have to test both sides,
But what remains the most important
Is to enjoy the journey of the ride.