



The Science behind EFP/L

Why it Works

"We should take care not to make the intellect our god; it has, of course, powerful muscles, but no personality." *Albert Einstein*

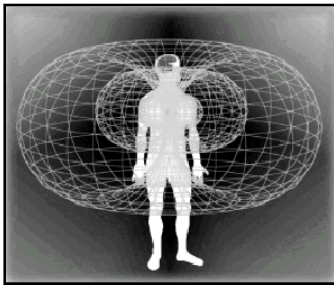
As humans, our brains are unique. The part of our brain that "thinks", the neocortex, gives us language, allows us to process and connect highly sophisticated concepts, and is more developed than that of any other mammal. As modern humans, we spend a great deal of time thinking and living our lives from that rational part of our brain. The linear, rational neocortex excels at some tasks, but often fails at the emotional responding needed for relationships, which has often been called "emotional intelligence". "The heart has its reasons, of which reason knows nothing."⁽¹⁾

"To understand love, we must start with feelings."⁽²⁾ Another part of our brain more pertinent to human relationships and to EFL, is the limbic system. That part of the brain determines our emotional, intuitive and interpersonal functions. Its neural pathways are largely patterned in early life. These patterns once helped us to survive. Over the life span, these same patterns can limit us, and prevent us from thriving and living creative, fulfilling lives.

The good news is that the limbic system can be "re-wired". When we have experiences that trigger emotional patterns and behaviors in an environment where they can be consciously experienced and considered, we can begin to find more authentic ways of behaving that truly serve us. Each time we have such an experience, we create new pathways in our brains that allow us to behave in new ways that serve us. "When a limbic connection has established a neural pattern, it takes limbic connection to revise it."⁽³⁾

Horses live their lives from their limbic systems. They are guided and survive by trusting the information that their bodies, their intuition and their emotions provide. In that respect they model authentic behavior for humans. In addition, they respond to inauthentic, incongruous states in humans. If a human is exhibiting adaptive behavior to mask their true feelings, the horse will reflect that back to the human through gentle and

non-judgmental behaviors. In this, they teach us to acknowledge our own feelings and allow us to begin to create new pathways in our own brains.



Beyond our brains, all of our world is energy. We are made of energy and are surrounded by energy at all times. Awareness of this energy is innate to a horse. They are able to sense minute changes in energetic arousal in their surroundings. As humans, we are so bombarded with information (energy) that we have become desensitized to changes around us or even within our own bodies. Again the horse becomes our model for energetic awareness. In their presence, we can learn to tune back in to the awareness in our own bodies - become conscious of our own states of arousal as we encounter changes in our environment. The horse will reflect back to us our own state of arousal. We can learn to use this as information.

Both the energy fields and the brain waves of humans have been measured in the presence of horses. Assuming a safe environment, the human's level of arousal and their brain wave activity calms in the presence of horses. This is our gift from these animal partners.

Resources:

[A General Theory of Love](#) by Lewis, Amini & Lannon (1) p.4, (2) p. 34, (3) p. 177
[Institute of Heart Math](#) & [IHM Newsletter](#)

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