

WHY IS MY HORSE DOING THAT?!

7 SIGNS YOUR HORSE IS TRYING TO
COMMUNICATE WITH YOU



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Do you sometimes see your horse staring at you? And you wonder why and what your horse is thinking?

Do you ever feel like your horse is trying to tell you something and you're just not sure what?

Your horse probably IS trying to communicate with you!!

Our horses love us and there are many ways they try to communicate with us. You don't have to be an animal communicator to pick up on their communication with you.



7 Signs Your Horse is Trying to Communicate With You

In this e-book, I share 7 signs that your horse uses to try to communicate with you; and some invitations on how you might acknowledge that communication and go deeper.

My hope is that this e-book will give you some insight into your horse and the connection you two share. It may even bring a smile to your face as you recognize your horse trying to communicate with you!

Here are 7 signs your horse is trying to communicate with you (there are many others too!)



7 Signs Your Horse is Trying to Communicate With You

1. Staring at You



Do you find your horse staring at you when you're out at the barn? You look up from what you're doing to see your equine friend just staring at you?

Your horse seems to be really focused on you; and you're wondering what's going on -

Your horse is trying to communicate with you!

Invitation: Take a moment to PAUSE, focus on your breath, and just BE in the present moment. Notice any changes in how your body feels, any 'random' thoughts or ideas that 'pop' into your head, any images that show. up. These are communication from your horse!

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2. Repetitive Thoughts

Do you keep having the same thought(s) over and over again? Or an idea about your horse that keeps “popping up”? That can be your horse trying to communicate with you.

We often think these are our own thoughts, but our horses can share their thoughts and ideas with us too.

It does take practice to discern your own thoughts from your horse's shares, but in the beginning just allow yourself to receive.

The beauty of communicating with our own horses, is that when you act on the idea or suggestion, your horse will validate that it came from her by her response.

Invitation: Notice any repetitive thoughts you are having regarding your horse. Take note of them and maybe even follow the suggestion or idea and see what happens.

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3. A Song playing Over & Over

Have you noticed a song that just showed up in your head and keeps playing over and over? Similar to sign #2, this can be a communication from your horse.

You may even keep hearing a song on the radio or social media. This too, can be a communication from your horse!

Don't dismiss it... Check out the invitation below.

Invitation: What does that song remind you of? A memory, a specific time in your life? Something with your horse? How do you feel when you hear this song? That is the communication from your horse.

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4. A Funny Feeling

When you are around your horse or thinking of your horse, do you get a funny feeling? Or an unexpected feeling?

Example: When you are thinking of your horse, do you get an upset stomach or a certain part of your body hurts? Or maybe you feel happy and content.

These are communications from your horse.

Invitation: Consider this is communication from your horse. How would you address it?

Your horse will let you know if you responded appropriately to the communication, i.e. less anxious after getting ulcer or stomach medications

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5. Body Language

Horses have become very good at communicating with us humans using their body and body language. Especially our own horses. This is their predominant way of communicating with us, because it is the one we most recognize.

Our horses can make it so obvious, that we don't need to know animal communication to understand what they're saying. Example: my senior horse Amigo, will look at me and then lower his head to his feed bucket, and then back at me - clearly indicating that he wants his dinner and where to put it!!

Invitation: Think about the ways that your horse is already communicating with you thru body language. Then look even deeper to see what else your horse might be communicating to you.

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6. Seeming to Ignore You

Is your horse ignoring you? Maybe even turns away from you? Or won't let you catch her all of a sudden?

We often interpret this as being 'bad', but it's just communication from your horse about how s/he is feeling in the moment. Our horses communicate to us the best that they can.

Invitation: Consider that your horse is communicating with you. Stop. Pause. Take some deep breaths. Notice what you've been thinking. Take a moment to set your intention on what you'd like to do with your horse and the energy which you'd like to do it.

Example: I'd like to play with my horse today during groundwork. Notice the change in your horse as you change your energy & intention.

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7. Nuzzling You or Nibbling Your Clothes

Is your horse nuzzling you more than usual? Or does your horse like to nibble or taste your clothes or lick your hands?

Different from nipping or biting, nuzzling and nibbling can be communication from your horse.

Maybe your horse is trying to get your attention or wants more attention from you. Licking or nibbling can even be a way the horse clears some of your energy.

Invitation: Consider that these behaviors might be communication from your horse and experiment with giving them more attention or allowing them to “work on you” energetically.

As always, safety is the #1 priority around horses, so keep that in mind.

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Want to Learn More about ways your horse is trying to communicate with you? And what she has to say?

Consider an animal communication session with Lauren where she will talk with your horse and you, so that you can have deeper understanding and new perspectives with your horse.

This can be especially helpful with unexplained behavior issues, sudden eating habit changes, new horse or health issues.

For more information on Lauren's Animal Communication Service, click below:

[Animal Communication Service](#)

[Lauren's Facebook Page](#)

[Heart2Heart Animal Communications website](#)

Meet Lauren

Lauren Lee Sarlya has been an animal lover her whole life; and animals were her best friends and stable relationships during childhood when the family relocated often. There was always 'communication' going on between Lauren and her dog and later, Lauren and her horse.

Decades of personal development work & training including clairvoyant program, meditation, healing, Reiki, Whole Foods, EFT, and spiritual life coaching have culminated in Lauren living in service to the animals thru animal communication.

It is the deep love of animals and their love for us humans, that she brings to her animal communication sessions.

