

Horses Share the Wisdom of Late Summer and Autumn

By Amy Snow & Nancy Zidonis, Authors of *Equine Acupressure: A Working Manual*



Family unit.

The ancient Chinese were keenly aware of subtleties in the quality of energy. The energy expressed in the fullness of summer is different than in the waning of summer. In Chinese thought, late summer is a season unto itself with its own distinct characteristics and autumn other distinguishing energetic characteristics.

Late summer is associated with the Earth Phase of Transition, or Earth Element, in the Five Phases of Transition also known as the Five Element Theory. In late summer, the earth is yielding its bounty; the crops have come to fruition and are ready for harvest. Orchards are ripe with heavy, succulent fruit. It is time to begin the process of in-gathering.

Horses are as astute as the ancient Chinese. The equine tribes share the wisdom and understanding of this seasonal transformation of their pastures from verdant, fat blades of grass to tougher, yellowing stalks. As the summer folds into late summer the quality of light shifts, the smell of yellowing grass and ripening fruit creates a heavier fragrance, the nights are cooler and the days slowly reawaken with a chill in the air. Horses are of this Earth and they know it deeply.

Earth Balance

Within moments of birth the foal steps under his mother and

suckles with contentment. During the next many months of his life, he never strays too far from his mother's side. This colt watches everything his mother does and learns the way of horses. The mare corrects him when he is too rambunctious for his own wellbeing. This mare is a good mother: she nourishes her offspring, guides him, and keeps him safe. This mother is providing all the nurturing Earthly Chi (life-promoting energy) to grow physically and emotionally into a well-balanced, confident horse.

It is in the formative years that horses develop their sense of security, stability, and connection to what this Earth has to offer. A horse balanced in Earth Phase projects a sense of his knowing how to take his place on this Earth. His steps are sure, his muscles are full, he feels solid and he takes good care of his rider. He is a well-grounded and forgiving mount.

The Earth Phase is connected to the balanced functioning of the Stomach and Spleen organ systems. They are the source of Nutrient Chi, also called Ying Chi, which the horse dearly needs to sustain strong muscles and move quickly to protect himself at the hint of danger. Nutrient Chi is essential for the proper functioning of the entire body. A horse with strong Stomach and Spleen Chi is a powerful, healthy animal.

The foal that does not receive adequate nourishment and nurturing from his mother during the early part of life will most likely suffer from a wide-range of ills. His sense of security may



**TALLGRASS ANIMAL
ACUPRESSURE INSTITUTE**

Equine Acupressure

1000s of years of health
at your finger tips

**Hands-On Animal
Acupressure Clinic in Arizona
February 2008 - Check for Details**



**Hands-on and
Online Training**

**Practitioner
Certification
Program**

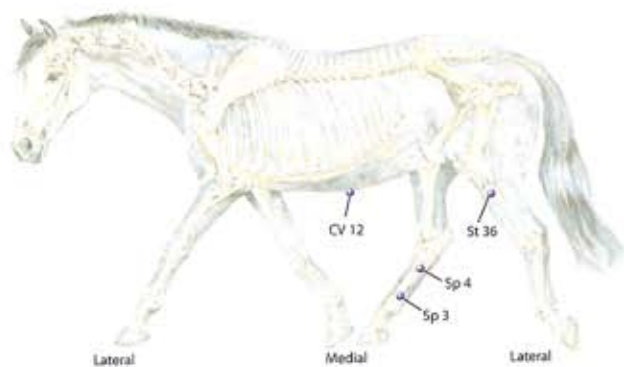
**Books,
Meridian Charts,
& Videos**

www.animalacupressure.com

1-888-841-7211



Maintenance Session For Late Summer



Point	Location
St 36	One finger width from the head of the fibula, on the lateral side of the tibia.
Sp 3	Located on the distal end of the medial splint bone.
Sp 4	Located in a depression on the hind limb, just below the head of the medial splint bone.
CV 12	Found on the ventral midline, 1/2 way between the xiphoid process and the umbilicus.

be seriously undermined. He may not feel grounded and struggle with focus in training. His muscles could well not be able to stay toned. He may have frequent bouts of colic and have difficulty with breaking down grass hay into absorbable nutrients. A horse that is not balanced in Earth can appear worried and demonstrate obsessive behaviors such as cribbing and weaving. He does not know his place on this Earth.

Transition into autumn

As the days become shorter and the nights longer and colder, horses know that the season has transitioned into autumn. Their coats grow longer to retain body heat and protect them from the cold. The yellow grass is matted down by morning's dewy dampness and holds little nourishment. Now they must begin to rely on the stores of harvest and slow their physical activity. Horses are conscious of the shift from Late Summer to autumn.

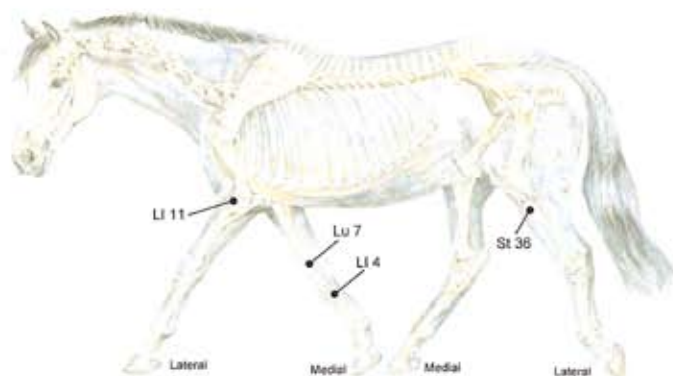
In Chinese thinking, autumn is associated with the Metal Phase of Transition. The organ systems of Metal are Lung and Large Intestine in Chinese Medicine. The Lung is the most vulnerable internal organ since horses and all other mammals must breathe, that is, we all must take external air into our bodies. The Lung is the most important organ system – from the very first inhale to the final exhale, the Lung is in charge of the body's ability to live. If the foal does not take his first breath he will not have the spark of life called Chi.

The horse must have healthy Lung Chi to have a strong immune system. The Lung creates Protective, or Defensive, Chi, the armor of the body, which protects the horse from the dry, whipping winds and lashing rains of fall that could invade his body. Whatever the environment presents, a horse with balanced Lung Chi can withstand it as long as his Metal is strong.

Both the Lung and the Large Intestine are responsible for excreting toxins and waste. Keeping this balance of taking in air, food and water, followed by the bodily processes of converting these raw materials into refined forms of Chi so that the body is nourished, then the Lung and Large Intestine do their part to remove the waste products to maintain health.

The horse balanced in the Metal Phase breathes freely, seems independent, and can easily survive in the wild. This horse has a clear sense of life and death and accepts things as they are. Very

Maintenance Session For Autumn



Point	Location
LI 4	Located distal and medial to the head of the medial splint bone.
LI 11	On the lateral side of the elbow.
St 36	Lateral aspect of hind leg, one finger width from the tibial crest and head of the fibula.
Lu 7	Located on the front edge of the radius, level with the distal end of the chestnut.



often, he seems to have rugged elegance about him that is not disrupted by humans; he is his own horse and demands respect. Horses not balanced in Metal often fall prey to respiratory issues such as shortness of breath, raspy breathing, allergic reactions, or chronic infections that are worse in the fall. Since their Defensive Chi tends to be weak they can have skin irritations and coat irregularities. This animal may experience lower bowel impaction colic issues or the opposite such as loose, watery manure. His physical and emotional stamina could be easily compromised. He is not resilient, he struggles to endure, and life is a challenge.

Horses depict the energetics of the Five Phases of Transformation so clearly because they are so connected to the natural flow of the progression of life. When a horse is balanced in Earth and Metal he is well-muscled, well-directed, sound in mind and body while also being able to contend with whatever his environment presents. We can do our part in supporting this balance during Late Summer and autumn by offering our horses an acupressure maintenance session that specifically addresses the physical and emotional issues of Earth and Metal.

Nancy Zidonis and Amy Snow are the authors of: *Equine Acupressure: a Working Manual*, *the Well-Connected Dog: a Guide to Canine Acupressure*, and *Acu-Cat: A Guide to Feline Acupressure*. They own Tallgrass Publishers, which offers Meridian Charts for horses, dogs, and cats, and acupressure videos. They also provide hands-on and online training courses worldwide including a Practitioner Certification Program. To contact them: phone: 888-841-7211; web: www.animalacupressure.com; email: info@animalacupressure.com