

## **Conscious Riding: A Horseman's Diary**

Paul Striberry



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When I was eleven all my prayers began and ended with asking God for a horse. My father bought me a bike and said, "Seek and ye shall find." I found a stable and a job guiding riders in Forest Park. With a short attention span and low frustration tolerance, I left school to ride my questions into the answers. Foxhunting, Horse Shows, Racing or Eventing, I took any work that put me in a saddle. Along the trail, I learned how horses live in the here and now, and I traded competition for Conscious Riding. The horse brings us back when we're stuck in the past and retrieves us from our fears of the future.

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