

Wild and Broken Horses

A Gentle Spiritual Reminder

by Jennifer Smolinske

ADHD
Friendly

This book has been written, illustrated, and
formatted to be easy to read for people with
ADHD or other attention issues

This book is dedicated
to those who experienced
childhood trauma.



In every person there is a sun.
Just let them shine.

- Socrates

(about 2,400 years ago in Athens, Greece)

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Photo 1 - The Sun Rising Over Lake Michigan

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Photo 2 - Temple of Poseidon on Cape Sounion, Greece

You Already Know

(An Introduction)

Chapter 1

Most of us have lived many times before. During those many lives, we have all experienced many things and accumulated much wisdom.

This book is intended to be a gentle reminder of your own soul's wisdom. This wisdom is typically an understanding of a number of truths about this universe we live in. One of the most basic universal truths is:

Spirituality is an experience. A book or teacher can only point the way. You must be the one to go there, to be the one to experience it.

Body-Soul Communication

A person's soul typically contains wisdom accumulated over many lifetimes. In order to help you to access this wisdom, this book encourages you to communicate with your soul, to significantly strengthen your body-soul communication.

Having good body-soul communication is the very foundation of being spiritual.

Good body-soul communication opens a gateway to finding your true self. It also opens a gateway through your soul that can enable you to explore and learn more about this universe we live in.

Most of us already know how to strengthen our body-soul communication. We've done it before in past lives.

This book describes several simple, visual, and non-meditative ways to improve your communication with your soul.

Experiencing This Book

Some of the chapters in this book describe methods to try out, to experience.

Please take the time to try the methods and patiently experience them. If they help you, please keep using them regularly in your life.

The Methods in this Book

As you begin to get good at any of the methods in this book, it will likely become easier to do the others. Find what works for you.

As with everything else on this Earth, it can take time to strengthen one's body-soul communication. Patience is called for. But patience can be hard to summon up in today's rapidly changing and distressing world.

Simply finding the time, and the peace and quiet, to communicate with your soul can often be a big challenge.

Even though it may be difficult, it can be done. Find a way that works for you.

A Good Place to Start

The next chapter, Wild Horses, introduces several universal truths in a way that many people can readily understand at this moment in time.

The rest of the chapters in this book sometimes build on the information presented in that chapter.

An Even Better Place to Start

Early in your exploration of this book, I highly recommend experiencing and practicing the methods described in the Self-Protection chapter on page 44. This is page 10.

Visually Oriented Spiritual Self-Protection

If you don't currently have a spiritual self-protection practice, it is important to learn some ways to protect yourself from all of the negative energy out there.

Try to learn and practice the methods described in the Self-Protection chapter on page 44. This is page 11. If these visually oriented self-protection methods work for you, they can change your life in very healthy ways.

If you already practice some form of spiritual self-protection, the methods in the Self-Protection chapter may not be needed but may still be of some interest.

Non-Visually Oriented Self-Protection

If the visually oriented self-protection methods do not work well for you, there is nothing wrong with you. Non-visual spiritual methods may work better for you.

There are many good books available on how to protect yourself.

Go to the website of your preferred bookseller. Search for "psychic protection" or "spiritual protection". A selection of books should appear.

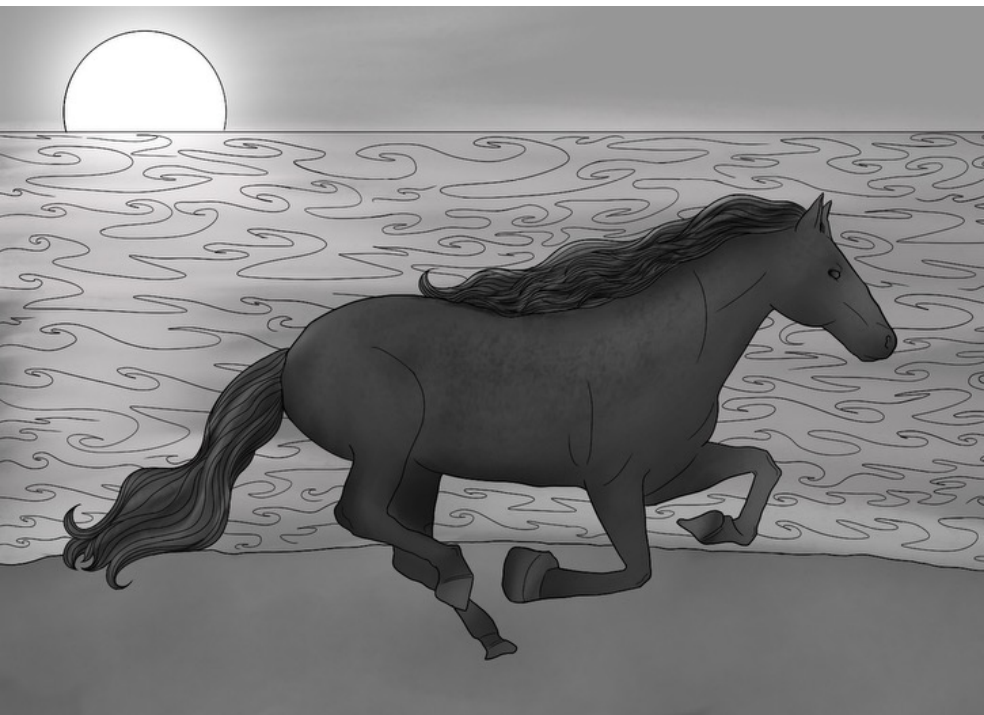
It may work best to temporarily put logic aside and let your intuition choose a book that resonates with you.



The City by the Lake

Wild Horses

Chapter 2



Artwork 3 - Wild Horses

Alexei Phoenix, 2024, aconiteillustrations.wixsite.com/website

Humans consist of three basic parts:

- body
- mind, and
- soul

The Body and the Mind

The body is clearly seen and somewhat understood by most people. Most everyone is well aware of their own mind.

The Soul

One's own soul is often a fuzzy, hard-to-pin-down concept. It doesn't really seem to play much of a role in most people's day-to-day life.

Since the soul cannot be seen and its effects on life are not well understood, many people do not believe in the concept.

The reality is that one's soul plays a major role in day-to-day life, but its role is often taken for granted.

The soul is the source of life. Attaching of the soul to the body during gestation is the beginning of life. Disconnection of the soul from the body is the end of life, or death.

Strong Body-Soul Communication

The soul can play a much larger role in day-to-day life than simply providing the source of life.

If the mind is quiet, the communication between the body and soul tends to be strong. The soul and mind can cooperate in choosing and experiencing life experiences.

This experience of being a living, breathing soul is a wonderful experience and a truly lovely and fulfilling way to live.

Everything Going Right

Most people have experienced strong body-soul communication at one time or another.

Strong body-soul communication is often a feeling of everything going right, everything going your way. It's the feeling of all the traffic lights being green for twenty blocks in a row.

Athletes sometimes experience strong body-soul communication during amazing performances. Artists often experience it during moments of profound creativity.

Awareness is heightened. One feels strong. Everything is in alignment. Everything is just right. "In the groove." This is good body-soul communication.

How to Bring It On

Strong body-soul communication doesn't happen often for most people. Some people find ways to bring it on. For some, playing vigorous sports, rock climbing, or some other dangerous activity can bring it on.

For most people most of the time, it just doesn't happen very often.

Reducing Fear

Having good body-soul communication reduces or suspends fears and anxieties. Poor body-soul communication allows the mind to become full of fears and anxieties.

How much fear and anxiety a person experiences depends on both their previous experiences and their level of body-soul communication.

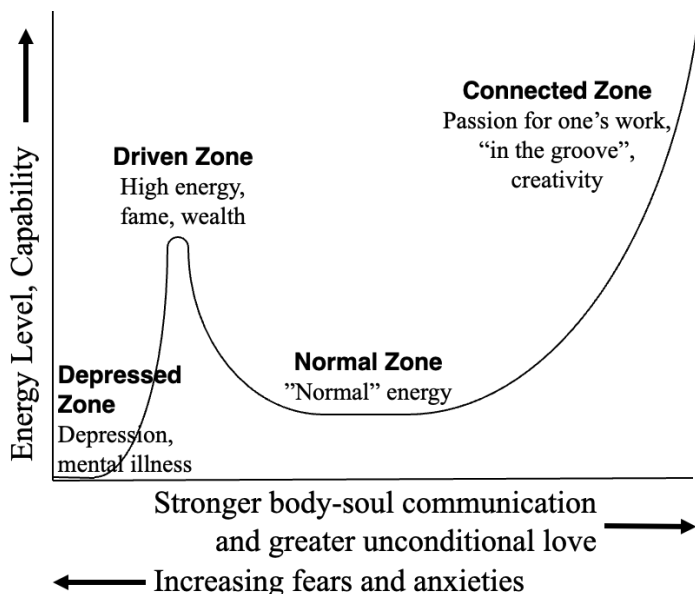


Figure 4 - Energy Level vs. Body-Soul Communication

Energy Level

A person's energy level and capability depend to a large extent upon their body-soul communication. This is not a simple relationship and is shown in Figure 4 at the top of this page.

Creativity

Creativity also depends on the level of body-soul communication. Creativity generally only happens when there is the higher level of body-soul communication that occurs in the Connected Zone shown in Figure 4 at the top of this page.

Wild Horses

Wild and free horses live mostly in the Connected Zone. In fact, many healthy and free wild animals tend to exist primarily in the Connected Zone. See Figure 4 on the opposite page.

Wild horses typically have a great inner connection to their soul. They derive their sense of purpose and well-being from their soul via strong body-soul communication.

Wild horses typically have a great sense of “being in the groove”, everything being in alignment, everything being right with the world. They often do amazing things, are amazing jumpers, and are often fearless.

Breaking a Horse

“Breaking” a horse moves it from the Connected Zone to the Normal Zone. See Figure 4 at the top of the opposite page.

“Breaking” a horse, also known as “breaking its spirit,” consists of techniques designed to significantly reduce the horse’s body-soul communication.

To break a horse’s spirit, the horse is typically subjected to repeated frustrations and abuses. For most horses, this increases their baseline level of fear and anxiety and moves the horse permanently to the left into the Normal Zone.

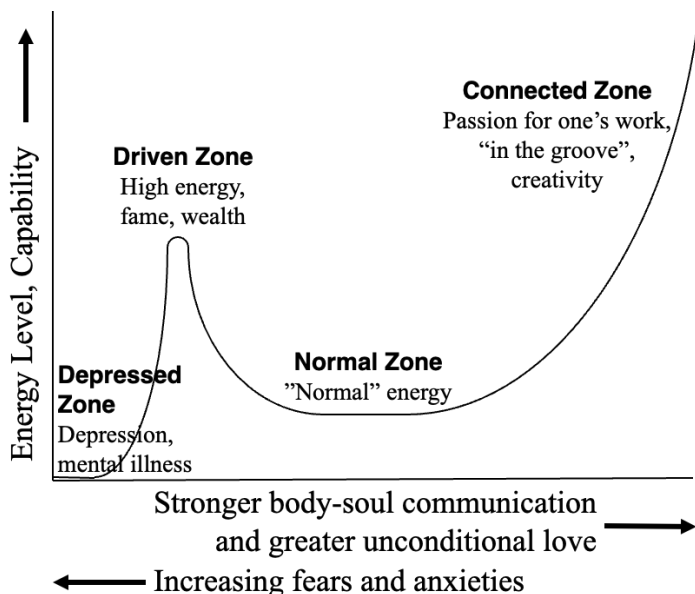


Figure 4 - Energy Level vs. Body-Soul Communication

A Broken Horse

This “breaking” of the horse’s spirit causes it to lose its sense of purpose and makes it docile and far more easily bossed around.

The horse no longer looks inside itself to its soul for its sense of purpose. Instead, it looks to its human owner to provide a sense of purpose.

A horse that has been “broken” does not have the same energy or passion as a wild horse in the Connected Zone. This difference in energy level between the Connected Zone and the Normal Zone can be clearly seen in Figure 4 at the top of this page.

Resistant Horses

A small fraction of horses is resistant to the traumas that “break” most horses. They do not experience a large enough increase in their baseline fear and anxiety to move them permanently to the Normal Zone. See Figure 4 on the opposite page.

Such horses are typically subjected to repeated traumas that are severe enough to induce a high baseline level of fear and anxiety.

This high baseline of fear reduces the horse’s body-soul communication sufficiently to move the horse to the Depressed Zone.

Such horses tend to be miserable and have less energy and are less capable than horses in the Normal Zone.

Driving a Broken Horse

It’s possible to get higher energy or performance out of a broken horse by “driving” it.

A broken horse can be driven by inducing a high level of fear in the horse. As a result, the horse’s body-soul communication decreases significantly and the horse’s fear and anxiety increase.

The horse winds up in the Driven Zone. In the Driven Zone, the horse now has a much higher energy level.

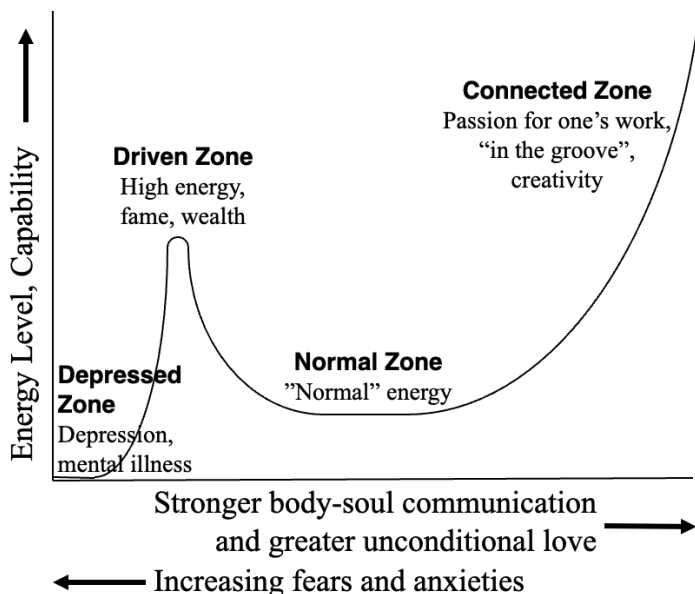


Figure 4 - Energy Level vs. Body-Soul Communication

Fear as a Motivator

Fear can be a powerful motivator. Imagine a "broken" horse pulling a wagon and the human driver is terrified of what's chasing them.

The horse picks up on the driver's fear and the driver whips the horse into a panicked frenzy. The horse runs like mad, not always paying attention to where it's going, foaming at the mouth, and shaking its harness, trying to get loose.

That's a driven horse.

Wild and Broken Humans

Chapter 3

Humans can be born in any of the four Zones in Figure 4 on the opposite page.

Born in the Normal, Driven, or Depressed Zones

Many humans are born into the Normal Zone. Their body-soul communication is typically normal, and they tend to behave and develop normally.

Some humans are born into the Driven Zone or the Depressed Zone. These infants have high levels of fear and anxiety and are often difficult or challenging children.

Children born in the Normal, Driven, or Depressed Zone typically have intuitive guidance from their soul that is not adequate to successfully guide them in a complex human civilization.

How Children Are Raised

The ways in which children have been raised for millennia in most human cultures tend to “break the spirits” of these children during their first few months or years of life.

This “breaking of their spirit” increases their baseline level of fear and anxiety and moves them toward the left in Figure 4 at the top of the opposite page.

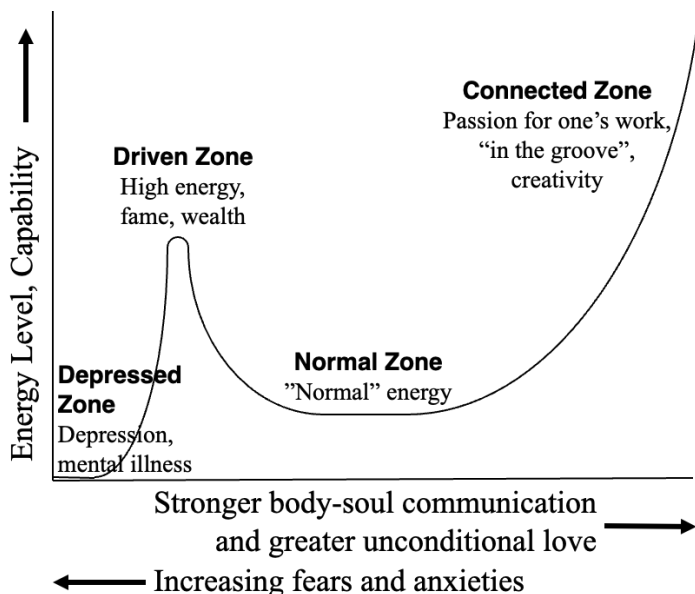


Figure 4 - Energy Level vs. Body-Soul Communication

These children typically lose their intuitive sense of purpose and guidance from their soul. They then tend to look to their family and culture for a sense of purpose and guidance.

For these children, this "breaking of their spirit" tends to help them fit into their culture and function somewhat normally in complex human societies.

Born in the Connected Zone

Some humans are born into the Connected Zone. These infants have good body-soul communication and are typically alert and quite passionate about learning about their environment.

The ways in which human children have been raised for millennia tend to “break the spirits” of these children born into the Connected Zone during their first few months or years of life.

For these children, this “breaking” of their spirit tends to move them toward the Depressed Zone. They tend to lose their intuitive sense of purpose and guidance from their soul.

Loss, Anxiety, and Despair

These children born into the Connected Zone tend to experience a profound sense of loss, anxiety, and despair throughout much of their lives. They typically do not look to their family and culture for a sense of purpose and guidance.

They often become miserable and difficult children. Some may become rebellious. Some may pretend to conform to society’s norms. Others may tend to isolate and withdraw. Most tend to get stuck in one or more of the fight, flight, fawn, or freeze trauma responses.

Most such resistant children feel a constant sense of not being themselves, not being whole. Being different.