



HOMECOMING 2.0 SUREÑO PRACTICAL DEMO HOMEWORK

**ALLOCATE AIDS AS YOU SEE THEM BASED ON THE
RECORDING!**

LET'S BEGIN TO APPLY OURSELVES!





Straight

Legs and hands square



Curve

Outside hand forwards
Inside hand over shoulder
Outside leg back
Inside leg forwards



Curve

Hands and Legs Square



Curve

Legs Square

Outside Side Forward

Inside Hand Over Shoulder

Mild Spinal Spiral



Curve

Hands above withers

Outside leg square

Inside leg backwards

Mild spinal spiral



Curve

Outside hand forwards
Inside hand over shoulder
Outside leg forwards
Inside leg back



Spiral

Inside Hand Above Shoulder

Outside hand forwards

Outside leg forwards

Inside leg back



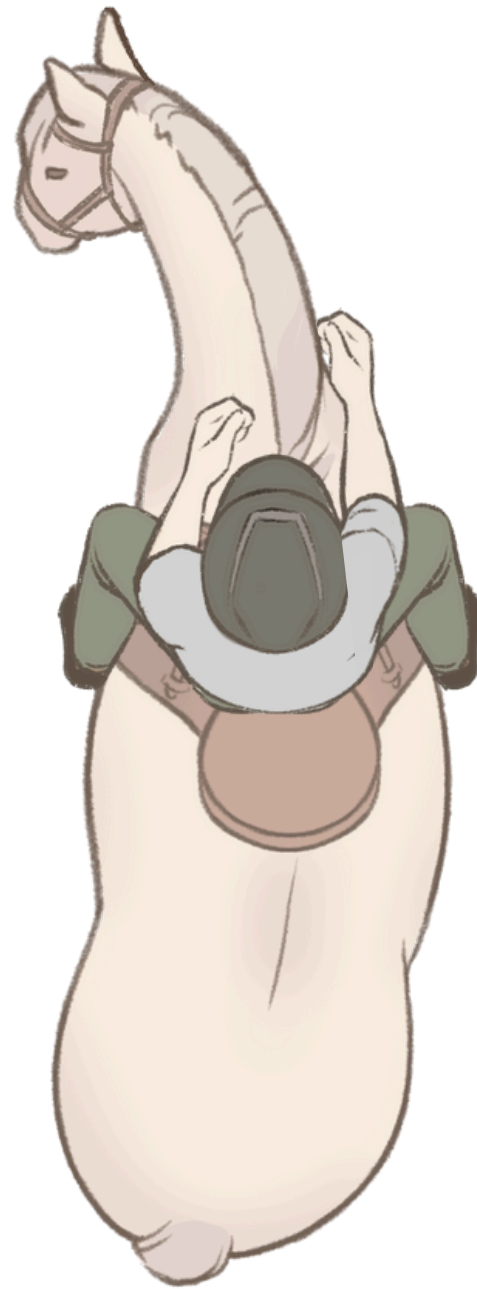
Spiral

Inside Hand Above Shoulder

Outside hand forwards

Outside leg square

Inside leg back

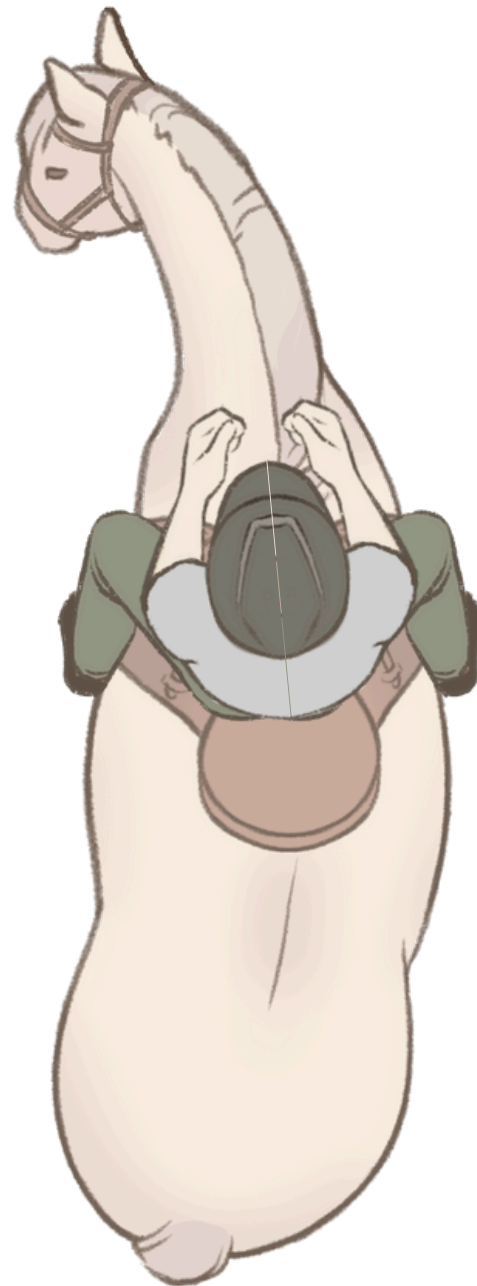


Spiral

Inside Hand Above Shoulder

Outside hand forwards

legs Square



Spiral

Hands Above Withers

legs Square

Mild Spinal Spiral



Spiral

Inside Hand Above Shoulder

Outside hand forwards

Outside leg backwards

Inside leg square



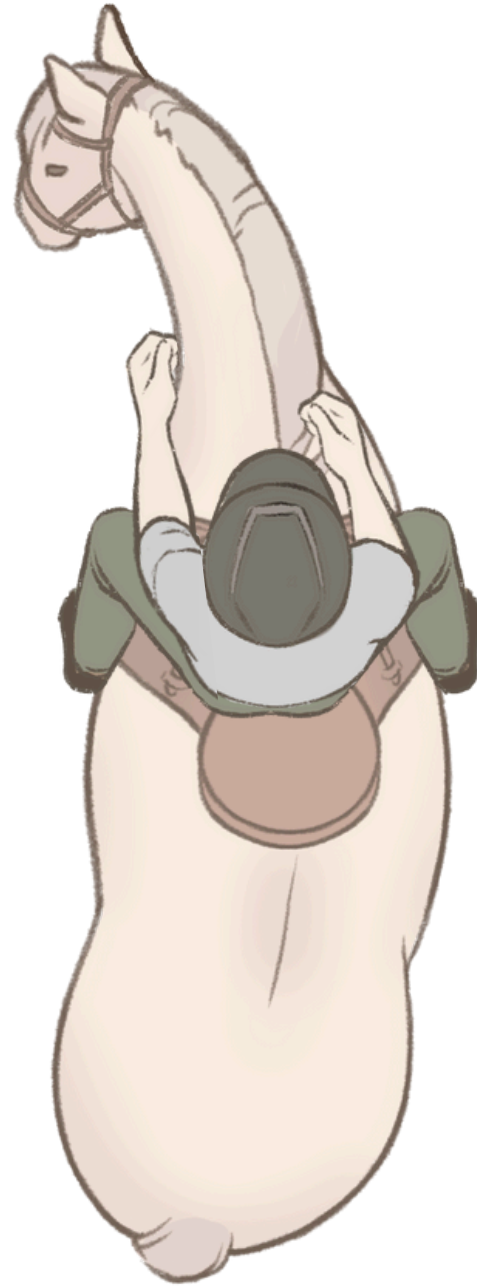
Spiral

Inside Hand Forwards

Outside Hand Above Shoulder

Outside leg backwards

Inside leg square



Spiral

Inside Hand Forwards

Outside Hand Above Shoulder

Legs square



HOMECOMING 2.0

SELFLESS RIDING

PART 4

A SELFLESS RIDING SYNTHESIS
COOKING THE SELFLESS SOUP



SELFLESS RIDING

PART 4

WEEK 11

WE PUT TOGETHER SELFLESS
RIDING INTO A SYNTHESIS

WEEK 12

WE SUMMARISE
MODERN/CLASSICAL VIEW ON
EMOTION

WEEK 13

WE REVIEW THE RIDING AIDS.
WHAT POSSIBILITIES THEY CAN
ILLUMINATE FOR YOU

Inaja Samira
INAJA TARK
PHOTOGRAPHY



SELFLESS RIDING

PART 4

SYNTHESIS

OF SELFLESS RIDING

SYNTHESIS:

THE COMBINATION OF COMPONENTS OR
ELEMENTS TO FORM A CONNECTED WHOLE.

BECAUSE NO DOUBT, **MANY** COMPONENTS WOULD
NEED TO BE IN PLACE PROPERLY FOR US TO
CONSIDER A RIDE TO BE A SELFLESS, RATHER
THAN SELFISH, ACT.

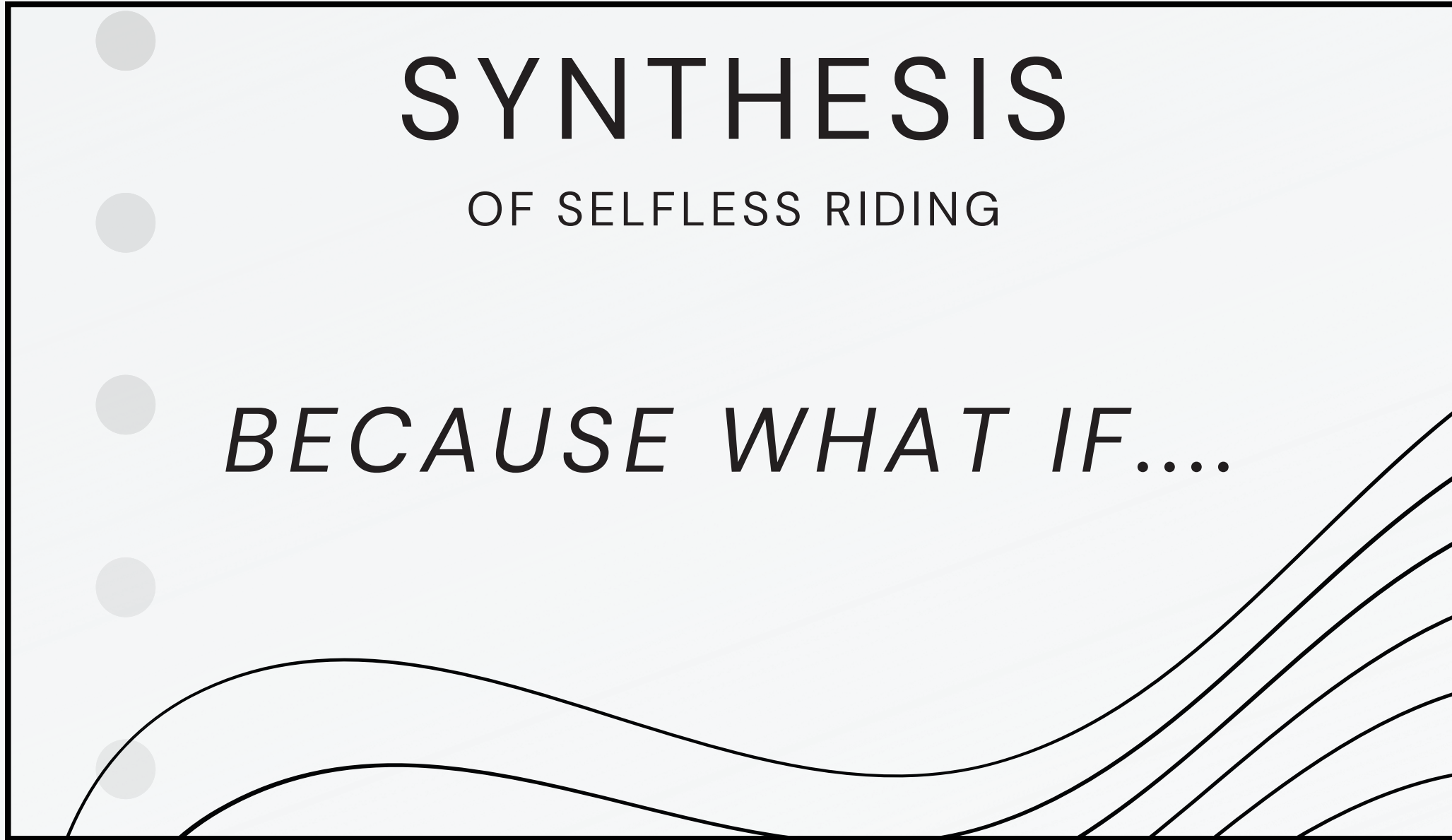
SELFLESS RIDING

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SYNTHESIS

OF SELFLESS RIDING

BECAUSE WHAT IF....



SELFLESS RIDING

PART 4

MOST PEOPLE WON'T ACHIEVE RIDING AS A SELFLESS ACT?



SELFLESS RIDING

PART 4

**NOT BECAUSE THEY MEAN THE HORSE HARM, OR WANT TO
ACTIVELY EXPLOIT THE HORSE...**



SELFLESS RIDING

PART 4

**BUT BECAUSE MOST PEOPLE WON'T MANAGE TO ACCUMULATE
ALL THE ELEMENTS REQUIRED, FOR THE SELFISH RIDE TO BE
TRANSFORMED INTO SOMETHING SELFLESS?**



SELFLESS RIDING

PART 4

PERHAPS, BECAUSE THEY ARE TOO STUCK, OR INERT, OR APATHETIC, UNABLE (OR SOMETHING) TO TAKE RESPONSIBILITY FOR TAKING CARE OF ALL THE ELEMENTS THAT NEED TO BE IN PLACE, FOR THE HORSE TO THRIVE BEFORE THE RIDE, DURING THE RIDE, AND AFTER THE RIDE.



SELFLESS RIDING

PART 4

SO THAT THE RIDE IS THE THING THAT TAKES THRIVING, INTO
PURE JOY FOR YOU BOTH



SELFLESS RIDING

PART 4

DON'T YOU WANT THE HORSE TO THRIVE BECAUSE OF THE RIDING YOU OFFER?



SELFLESS RIDING

PART 4



IF YOU OFFER IT?



SELFLESS RIDING

PART 4

DON'T YOU WANT THAT RIDING BECOMES A SELFLESS ACT OF CARE, DEVOTION AND FUN, FOR BOTH OF YOU?

**IS IT OK FOR YOU, TO USE THE HORSE... SELFISHLY?
AND IF WE ARE, CAN WE BE BRAVE ENOUGH TO ADMIT THAT?**



SELFLESS RIDING

PART 4

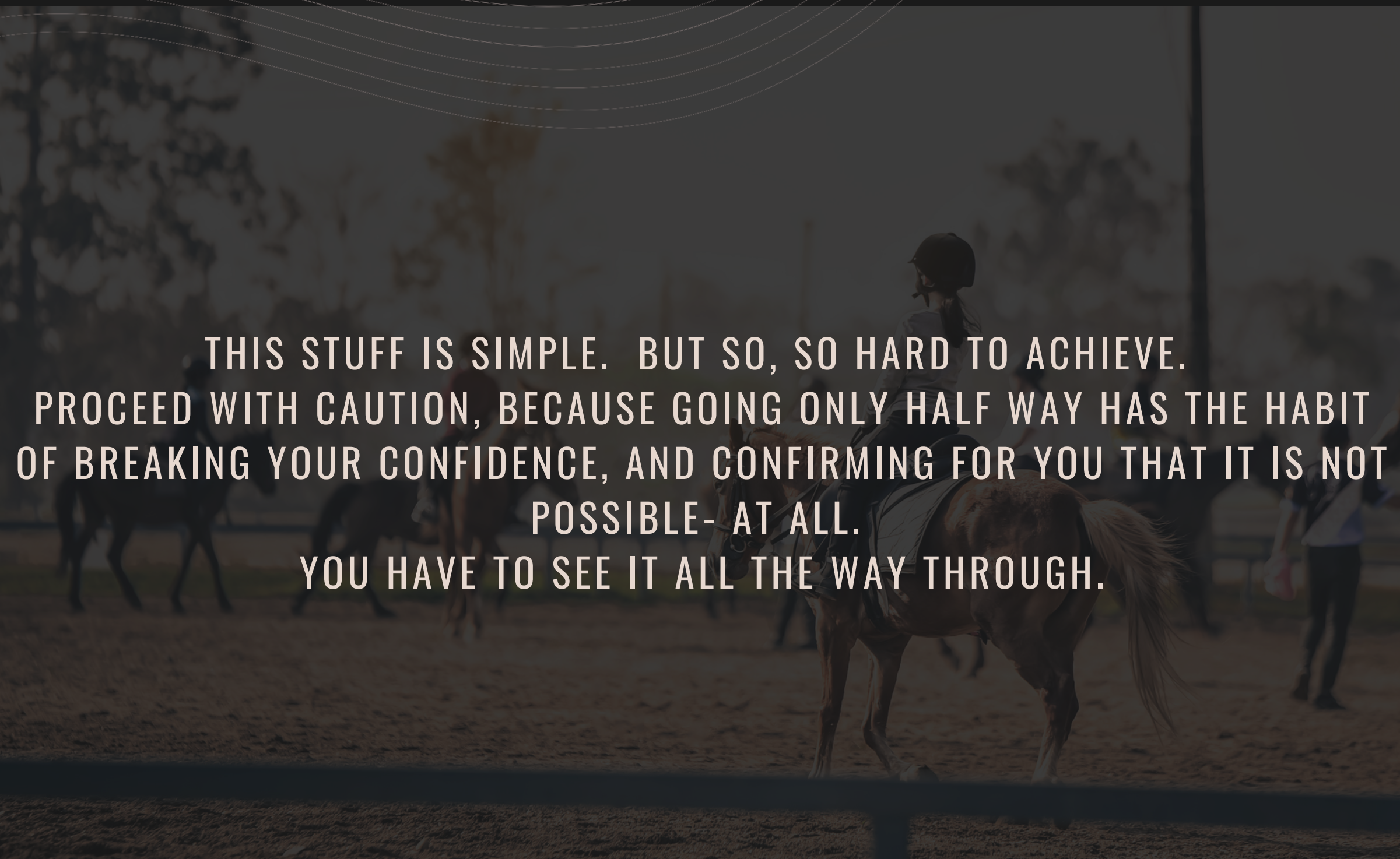
BECAUSE RIDING WITH A HORSE, THAT IS TRUELY DELIGHTED TO DO THAT WITH YOU, FROM THEIR PERSPECTIVE, IS NOT SOMETHING THAT WE CAN APPROACH WITH A DILETTANTE ATTITUDE.

DILETTANTE: A PERSON WHO CULTIVATES AN AREA OF INTEREST, SUCH AS THE ARTS, WITHOUT REAL COMMITMENT OR KNOWLEDGE.



SELFLESS RIDING

PART 4

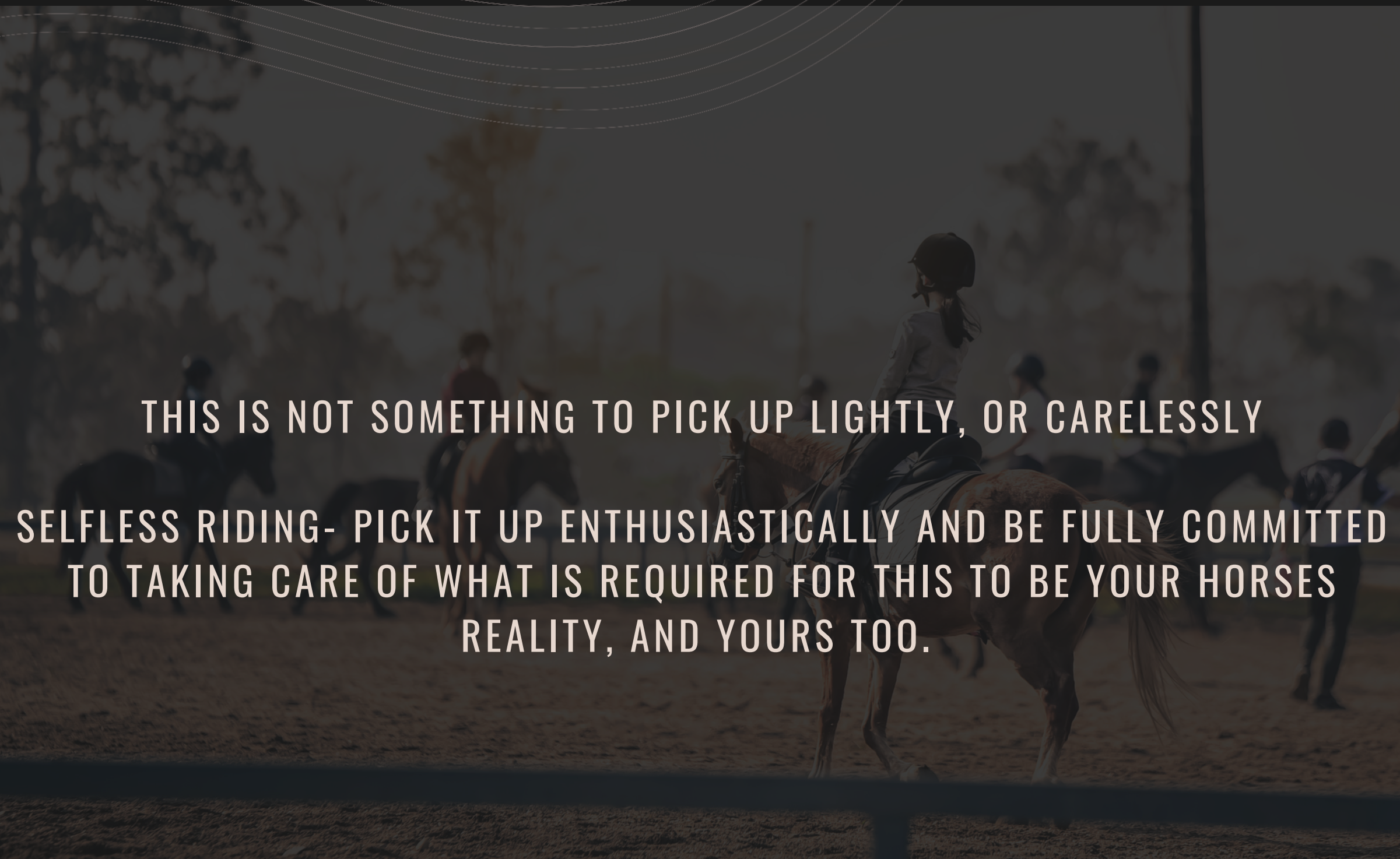


THIS STUFF IS SIMPLE. BUT SO, SO HARD TO ACHIEVE.
PROCEED WITH CAUTION, BECAUSE GOING ONLY HALF WAY HAS THE HABIT
OF BREAKING YOUR CONFIDENCE, AND CONFIRMING FOR YOU THAT IT IS NOT
POSSIBLE- AT ALL.
YOU HAVE TO SEE IT ALL THE WAY THROUGH.



SELFLESS RIDING

PART 4



THIS IS NOT SOMETHING TO PICK UP LIGHTLY, OR CARELESSLY
SELFLESS RIDING- PICK IT UP ENTHUSIASTICALLY AND BE FULLY COMMITTED
TO TAKING CARE OF WHAT IS REQUIRED FOR THIS TO BE YOUR HORSES
REALITY, AND YOURS TOO.



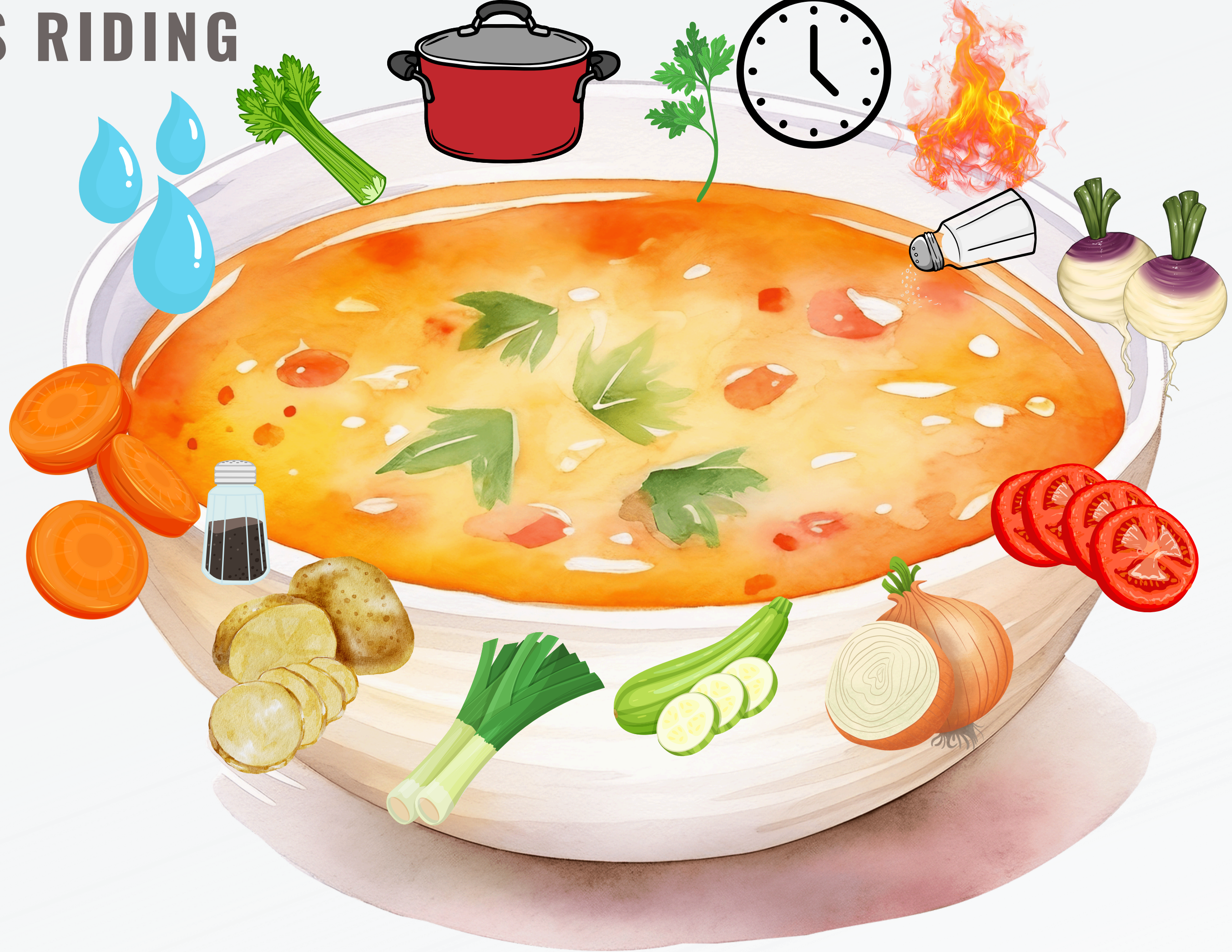
SELFLESS RIDING

PART 4



SELFLESS RIDING

PART 4



SELFLESS RIDING

PART 4



SELFLESS RIDING SOUP

WATER= DUTY OF CARE

BECAUSE ATTEMPTING TO EXACT RIDES FROM HORSES WHO LIVE WITH INSUFFICIENT CARE, COULD BE A SLIPPERY SLOPE TO SELFISH ACTIONS TOWARDS THE HORSE. HORSES NEED TO BE ENVELOPED, ALWAYS, WITH SUFFICIENT CARE, BEFORE WE SHOULD CONSIDER ASKING THEM TO PUT FORTH AN EFFORT, WITH US.

- OR- YOU'RE DEPLETING THEM.
- OR- YOU'RE HARMING THEM
- OR- YOU DON'T CARE
- OR- YOU'RE COVERING UP POOR CARE AND USING RIDES AS A SUBSTITUTE

NONE OF THESE THINGS IS HORSE FIRST.

ALL OF THE REASONS TO RIDE HORSES WHO ARE NOT CARED FOR PROPERLY, ARE SLIPPERY SLOPES TO BEING SELFISH TO THE HORSE.

YOUR DUTY OF CARE IS THE WATER OF THE SOUP- UBIQUITOUS, ALL AROUND YOU. IMPOSSIBLE TO GO WITHOUT.

BUT YOU CANNOT BE HORSE FIRST WITHOUT PUTTING THE HORSE- FIRST.

SEE WEEK 10 TO BEGIN ASSESSING YOUR DUTY OF CARE.

SELFLESS RIDING SOUP

THE HEAT ELEMENT: THE BIO-WINDOW

ALL CREATION REQUIRES AN ELEMENT OF HEAT. THE FIRE OF THE STOVE COULD BURN, OR PRODUCE A NOURISHING MEAL, IF IT IS CORRECTLY CONTAINED, ADMINISTERED AND UTILISED.

THE BIO-WINDOW IS THE HEAT ELEMENT IN THE SELFLESS RIDE. THE TEMPERAMENTAL NATURAL-FORCE, THE PRIMAL NATURE WE GRAPPLE WITH. IN THE WRONG HANDS, IT COULD BE THE DRIVING FACTOR BEHIND SERIOUS HARM.

IN THE RIGHT HANDS, IT CAN BE THE CRUCIBLE, THE PRESSURE ADDED TO ALL THE INGREDIENTS WHICH TRANSFORM EVERYTHING INTO BEING GREATER THAN THE SUM OF ITS PARTS.

A LITTLE CURVE HERE, A LITTLE STRAIGHT THERE. A LITTLE AID HERE, A LITTLE WEIGHT THERE. WITH THE CORRECT DEPLOYMENT OF THE BIO-WINDOW, AND THE RESPECT THAT HEAT CANNOT BE APPLIED INDEFINITELY OR UNSCRUPULOUSLY, YOUR HORSE COULD TRANSFORM FROM NATURAL, TO SUPER-NATURAL, UNDER YOUR CARING HANDS AND EYES.

SEE WEEK 8 TO BEGIN ASSESSING THE BIO-WINDOW.



SELFLESS RIDING

PART 4



SELFLESS RIDING SOUP

THE CONTAINER: SUB-MAXIMAL BURDENS

ALL RIDING HAS A BEGINNING AND AN END. WHEN YOU START AND WHEN YOU STOP, AND HOW MUCH IS CONTAINED WITHIN THAT, IS THE CONTAINER.

IF YOU OVERFILL A POT, IT BOILS OVER INTO A MESS. IF YOU OVER-LOAD A HORSE, YOU CAN DO GREAT HARM.

IF YOU FILL IT TO THE BRIM, AND APPLY A HEAT ELEMENT, YOU MUST APPLY A VERY GENTLE HEAT, PREFERABLY FOR A CONTROLLED PERIOD OF TIME, OR IT BOILS OVER INTO A MESS. IF YOU LOAD A HORSE TO THEIR MAXIMUM, YOU NEED TO RIDE VERY GENTLY, AND FOR SHORT PERIODS. UNTIL THEIR CONTAINER EXPANDS.

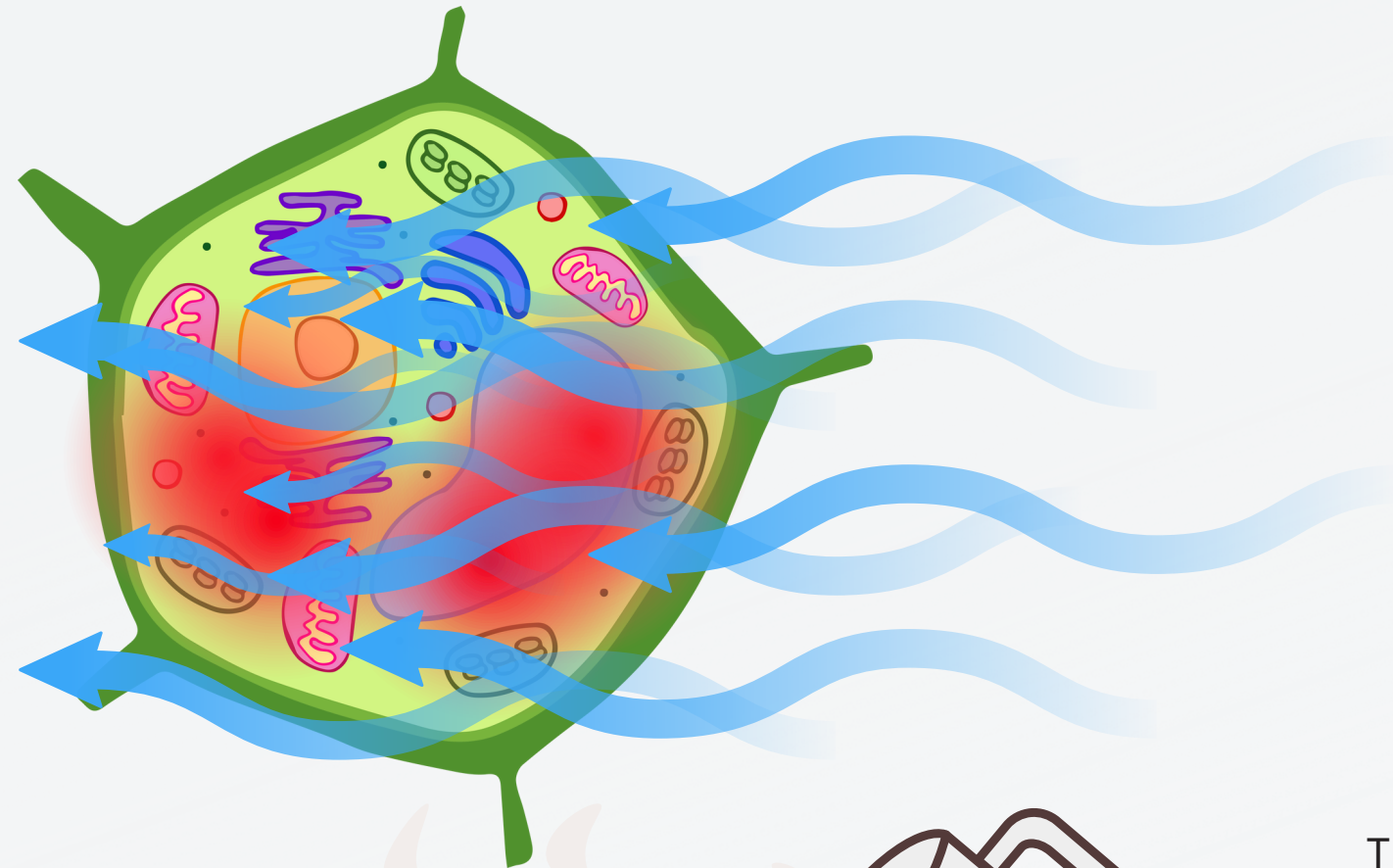
SUB MAXIMAL BURDENS ENSURE THAT WE NEVER OVER-FILL THE POT, OR ASK THE HORSE TO HOLD MORE THAN THEY CAN HOLD, ESPECIALLY IF THEY ARE PLACED AGAINST THE HEAT.

EXPANDING THE AMOUNT THEY CAN CONTAIN, IS SOMETHING TO DO WITH SKILL, USING YOUR TOOLS, SLOWLY, CONSISTENTLY.

SEE WEEK 9 TO BEGIN ASSESSING SUB-MAXIMAL BURDENS.

SELFLESS RIDING

PART 4



SELFLESS RIDING SOUP

WHY?

THE HYDRATION: WEIGHT BEARING EXERCISE

THE BENEFITS OF WEIGHT BEARING EXERCISE, WHEN LOADED SUB-MAXIMALLY, IS THAT YOU WILL SEE CELLULAR HEALTH MAINTAINED "INVISIBLY".

WE CAN GO 3 DAYS WITHOUT WATER, AND 3 WEEKS WITHOUT FOOD.

THE MOST IMPORTANT THING TO THE BODY BUDGET IS THE MAINTENANCE OF BODY HEALTH. THE BODY BUDGET IS THE BODIES WARNING SYSTEM OF PROBLEMS OCCURING IN ONE OF THE BODY SYSTEMS.

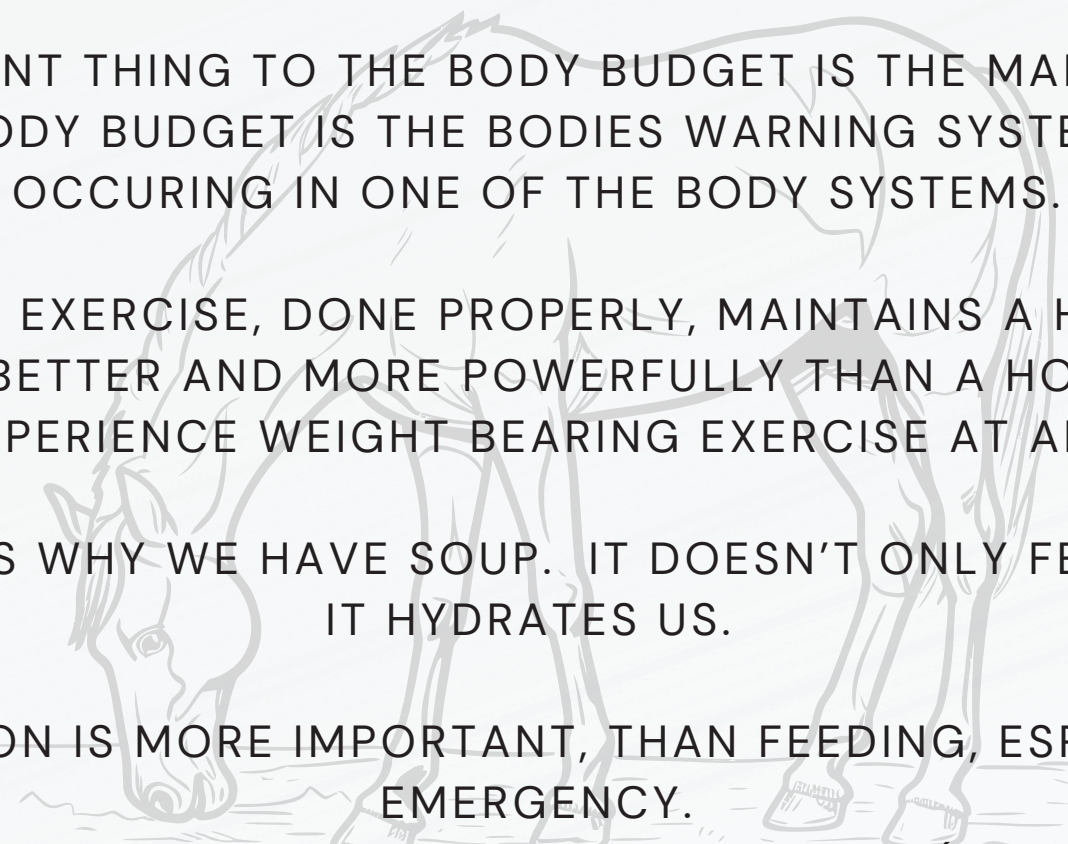
WEIGHT BEARING EXERCISE, DONE PROPERLY, MAINTAINS A HORSES CELLULAR HEALTH, FASTER, BETTER AND MORE POWERFULLY THAN A HORSE WHO DOESN'T EXPERIENCE WEIGHT BEARING EXERCISE AT ALL.

THAT IS WHY WE HAVE SOUP. IT DOESN'T ONLY FEED US.
IT HYDRATES US.

AND HYDRATION IS MORE IMPORTANT, THAN FEEDING, ESPECIALLY IN AN EMERGENCY.

CELLULAR HEALTH IS MORE IMPORTANT THAN... (NEXT ELEMENT)

SEE WEEK 9 TO BEGIN ASSESSING THE BENEFITS OF WEIGHT BEARING EXERCISE.



SELFLESS RIDING

PART 4



SELFLESS RIDING SOUP

WHY?

THE NUTRITION: SHARING MOVEMENT TOGETHER

PROBABLY THE LEAST URGENTLY NEEDED ASPECT OF A SOUP, BUT THE REASON WHY WE WOULD ALL WANT A SOUP, IS THE NUTRITION IT PROVIDES VIA THE INGREDIENTS INSIDE.

NUTRITION COMES FROM THE ADDITION OF DIFFERENT INGREDIENTS, PROCESSED BY HAND AND ADDED TO COOK IN THE WATER. SUSPENDED IN THE WATER, THE INGREDIENTS BECOME GREATER THAN THE SUM OF THEIR PARTS. TRANSFORMED.

A SELFLESS RIDE IS MADE A BENEFICIAL NURTURING DANCE, BY MANY HAND-CRAFTED ELEMENTS BEING ADDED- YOUR AIDS. ADD YOUR AIDS, SUSPEND THEM IN THE DUTY OF CARE, ADD SOME HEAT OF THE BIO-WINDOW, CONTAIN THEM APPROPRIATELY, TEND TO IT, AND WAIT, AND THE TOTAL BECOMES GREATER THAN THE SUM OF ITS PARTS.

WITHOUT INGREDIENTS, SOUP IS JUST HOT WATER. WITHOUT AIDS THAT TRANSFORM (AIDS: ACTION-INSIDE-DANCING-SIGNALS), YOUR RIDE IS JUST A CARED-FOR HORSE, UNDER PRESSURE THAT HAS NO TASTE.

FOR RIDING TO BE SOMETHING THAT IS NOT JUST A PERFUNCTORY TASK OF HEALTHY MOVEMENT, BUT SOMETHING TASTY THAT YOU **AND THE HORSE** WANT TO SAVOUR OVER AND OVER AGAIN, COMMIT YOURSELF STEADFASTLY TO BEING A GREAT COOK, A GREAT HORSE PERSON, THAT TENDS TO THEIR HORSES ELEMENTS LOVINGLY AND SUFFICIENTLY.

SEE WEEK 10 TO EXPLORE SHARING MOVEMENT TOGETHER

SEE WEEK 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 & 13 TO EXPLORE THE AIDS AND THEIR CATEGORIES





WEEK 11 WORKSHEET

ACCOUNT FOR YOUR "INGREDIENTS". WHAT HAVE YOU CURRENTLY GOT, WHAT DO YOU NEED TO CREATE, FOR YOUR RIDE TO POTENTIALLY TRANSFORM INTO SELFLESS?

WHAT ARE YOUR PERSONAL REASONS WHY, YOU WOULD AVOID RIDING SELFISHLY IN THE FUTURE?

