



KEY TAKEAWAYS: THE POWER OF INTENTION

One of the most rewarding aspects of our work here at Think Like a Pony is the positive feedback we get from the families who have attended our Empowered Parenting courses. Time and time again, we hear success stories regarding the tips and techniques parents and children have learned on our course that has had a beneficial effect during daily life. If you read our post about breathwork and body language, you will have realised the impact that our course has, and today we want to talk about intention, another key takeaway from our Empowered Parenting courses.

What Exactly is Intention?

Intention is a powerful tool and one young people can utilise to set boundaries with loved ones. It is also particularly useful when establishing authentic communication with others. Used alongside positive body language and controlled breathing, your intention can help you approach situations in a calm and collected way. It relies on the idea that positive thinking can change the way others perceive you. Each one of us has a magnetic field, and when someone enters yours they can pick up on your energy. Your intention will determine whether or not the other person gets a negative or a positive vibe from you. If you approach a situation at home, with friends or family, with a positive intention, the situation is less likely to be explosive or get out of control.



How to Set a Positive Intention

Sometimes it can be hard to know if you're truly being positive or not. After all, you can't see, or touch an intention. But you can feel it. In practical terms, your bodies nervous system can tell you all you need to know about whether your intention in a situation is truly positive. Your body doesn't lie, so we teach children and parents to listen to their 'gut' on how a planned course of actions makes them feel.

If your plan gives you a sense of light heartedness, comfort, relief or joy, that's a positive intention.

If your plan makes you feel tight, guilty, shameful or defensive, it's probably not right.

So the simplest answer to how to set a positive intention is:

Make a plan, listen to how it makes you feel and adjust that plan until it resonates with you in a light hearted, joyful way.

Used alongside positive body language and controlled breathing, your intention can help you approach situations in a calm and collected way.

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For more information email info@thinklikeapony.co.uk

Connecting with your Pony Through Intention

One way to test the power of intention is to enter your pony's magnetic field. In our sessions, you will learn how to communicate with your pony via breathing, intention and body language. If you arrive with a positive intention, your pony will feel safe, relaxed and reassured in your presence. If your horse is guarded or unresponsive in your presence, it could be that you haven't set a positive intention and this is your pony's way of giving an authentic and honest response in return. Their reaction, which can be established from their body language, speaks volumes about how your intention was received.

Intention in the Home

So how does intention translate to a home setting? It teaches young people and parents how to approach a conversation with care and gives them an appreciation of the many benefits that come with that. Showing care and respect to others increases the chance that you will be treated with respect and care in return and this makes for a more harmonious home setting.

So when you empower your pony via positive intention, body language and breathing, you will notice that they are calm and focused when you ask them to do something. Likewise, a positive and authentic intention can also diffuse any conflict within the home and help to build a relationship built on mutual respect and trust.



Intention is something that fuels your everyday interactions and we help young people become aware of their intention as this won't only help them when communicating with their pony but it will also help them when communicating with anyone else at school or at home.

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If you would like to see how the power of intention could benefit you and your family, get in touch to book a place on our Empowered Parenting courses.

Something we teach on our courses is how to set positive intentions and be more self aware of how this can be utilised in a challenging situation at home. Intention is something that fuels your everyday interactions and we help young people become aware of their intention as this won't only help them when communicating with their pony but it will also help them when communicating with anyone else at school or at home. Ponies are empathic creatures and they can see and feel your true intention when they meet you. In order to build a harmonious relationship with a pony, your authentic intention has to be a positive one, and we can teach you how to be as clear as you can with your intention and open you up to the many benefits authentic communication brings.



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