



Be Horself

Horse Assisted Wellbeing

Be Horself Limited
Established 2019
Company Number 12358244
Director Loredana Caminiti

BE HORSELF ANIMAL WELFARE POLICY

Be Horself Limited subscribes to the principles outlined in *The Compassionate Equestrian*, by Schoen and Gordon (2015). These principles are reproduced below. The full reference for the text can be found in the Recommended Reading List.

1. We recognize the sentience (ability to feel pain/pleasure) of horses, as well as all beings. We acknowledge that the horse is a willing, thinking, living being with most of the identical emotion-creating molecules found in human beings. We recognize that the horse has bones, muscle, nerves, and organs, as does a human, and that these structures are just as susceptible to injury, damage, and disease as those of people.
2. We treat animals as we wish to be treated ourselves, with respect and compassion, to the best of our abilities.
3. Compassionate Equitation is based on an underlying foundation of respect, compassion, and loving-kindness.
4. Compassionate Equitation is based on the latest in neuroscience and equitation science, and the benefits of a compassionate brain and heart for all interactions.
5. We make time for self-reflection and re-evaluation of various areas of horsemanship. Do our choices meet basic humane standards of respect for all life?
6. We take a few moments of silence to become heart-centred, allowing for the release of any destructive emotions, prior to working with any horse in any way. This allows both the individual and the horse to



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interact from a place of inner calm, peace, awareness, and mindfulness, thereby allowing for the most positive, constructive outcome from all interactions between humans and horses.

7. Compassionate Equitation accelerates the evolution of joy, respect, and gratitude between humans and horses, and allows for a more expansive conscious interaction between

humans and equine companions.

8. We acknowledge that a peaceful, quiet environment is of benefit. Research suggests that classical and country music are conducive to a peaceful environment for animals.

9. We agree to act with patience, kindness, and consistency, avoiding any intentionally harmful, aggressive, violent behaviours, including actions out of anger or egoic self-interest.

10. We allow for the creation of new, more respectful, humane, and considerate approaches to horsemanship and all training methods.

11. We acknowledge that common sense is a component of compassion. We agree that our hearts be open to the bigger picture of how the horse industry has evolved, and how it will evolve into the future, as kindness, tolerance, and forgiveness are restored to all aspects of the equestrian world.

12. We are committed to educating everyone involved with horses in the understanding of how pain and discomfort are expressed by a horse.

13. We recognize that horses may exhibit subtle behavioural signs of discomfort and pain. These signs could indicate the early onset of potential lameness and lead to chronic, serious problems. We agree to



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increase our mindfulness, awareness, and understanding of such subtle signals conveyed to us by the horse's silent language.

14. We acknowledge that all beings deserve to live in a holistic, balanced, healthy environment. This is imperative to preventive health care, both physically and mentally, of humans and horses, and includes the creation of barns and environments free of toxic compounds.

15. We embrace a holistic, integrative approach to equine health care, merging the best of conventional and complementary approaches that help horses heal, and relieve their pain and suffering as quickly as possible.

16. We offer the most natural food sources and supplements available.

17. We acknowledge neurobiology and quantum physics as a foundation for interspecies communication, the Transpecies Field Theory, and the Compassionate Field Theory.

18. We acknowledge that compassion is the common foundation shared in the world of equestrian activities. Grounded in individual responsibility, respect, loving-kindness, and a true willingness to alleviate another's suffering; compassion is the unifying force that transcends all labels, beyond breeds, discipline, health care, and medications. The essential question is, "What is the most compassionate choice for our horses and all involved, in this moment?"

19. We embrace compassionate rehabilitative programs. A cradle-to-cradle equestrian model ensures a humane life from birth to death for all horses.

20. We choose to restore compassion to the centre of all equine-based facilities, horse training techniques, and equestrian sports, and to clearly understand and acknowledge the difference between what



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constitutes kindness to horses and what does not. We cultivate responsible compassion toward all horses, including those deemed feral, unwanted, “homeless”, aged, or unrideable for any reason.

21. We allow for an authentic bond based on compassionate care to form between horses and humans, leading us into a new paradigm of training and understanding that brings our worldwide community of horse lovers together with peace, awakened compassion, and loving-kindness for the good of all.

22. We recognize the importance of applying a life-cycle assessment and sustainability model to the equestrian industry.

23. We acknowledge the importance of healing “old wounds” as an integral foundation of heart-centred horsemanship. Healing old wounds allows us to be the absolute best human beings we can be. Removing these harmful “filters” allows us to see the world with clearer vision, unobscured by destructive patterns and emotions.

24. We acknowledge that by the acceptance and practice of the 25 Principles of Compassionate

Equitation, we are on the path to becoming compassionate global citizens and extending the message of The Compassionate Equestrian to the entire world.

25. We acknowledge that forgiveness is a key to healing emotional and psychological wounds, and pain and suffering within ourselves. We recognize the importance of forgiving ourselves, as well as forgiving all others – horses and humans – as a foundation for improving health and happiness. We commit to working on forgiveness within ourselves for the benefit of all beings.



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Schoen, A.S., & Gordon, S. (2015). The compassionate equestrian: 25 principles to live by when caring for and working with horses. North Pomfret, Vermont: Trafalgar Square Books.

PROTECTION FROM PAIN AND SUFFERING

1. All animals will have an individual feeding requirement and this will be reviewed on a seasonal basis, i.e spring, summer, autumn and winter to run alongside their worming programme. Issues to be addressed weight gain/loss, amount of work each animal is in, breed, weight and current medical conditions.
2. Each animal is entitled to a clean living environment be it a stable or field. Stable will be skipped out (or mucked out depending on type of litter) each day and fresh drinking water available. Fields to be poo picked every day and droppings checked. Stables and tools will be deep-cleaned every 6 months (if no infections on the yard then infectious disease process applies) and disinfected using a recommended stable disinfectant. Water and feed buckets will be scrubbed out every day. Hay nets will be checked for holes which could cause injury to the animal.
3. Each animal is entitled to safe transportation, lorry/trailer floors will be checked before and after each journey. Lights and indicators will be working to ensure safe road travel and to avoid injury to ourselves or other road users. Tie rings and partitions will also be checked for safe usage.
4. Contagious diseases are a danger to every animal in a confined space – any change in appearance/behaviour will be taken seriously and measures taken straight away. An isolation stable and paddock is



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available and if in any doubt said animal will be moved there without delay and warning signs put up to stop anyone entering the immediate area.

5. Monitoring all animals wellbeing is part of ownership, using grooming and tacking up as part of the animals daily checks. Eyes, ears, nostrils and genital area will be checked and make sure no cuts/injuries anywhere on the animals body.

6. Escaped animals – call the police 101 to advise straight away. Find out where the animal escaped and make good straight away to stop any more taking the same escape route. Try to let the immediate area know you have an escapee and are now working on catching said animal. Have a vet on standby if sedation/treatment is needed (Wendover Heights Veterinary Centre, Tring Road, Aylesbury HP22 5PN, 01296 623439).