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Sacred Space + Supportive People + Horses = Shared Success for All In 2013 attended a Zen Mind Zen Horse Workshop with author and brain surgeon Dr. Allan Hamilton and his psychotherapist wife Jane at Rancho Bosque in Tucson, Arizona.

Beginner's Mind Original Manuscript- Ch6 - Horse Sense

Zen is not the practice to be the best horse. If you think so

– if you understand Zen as a kind of practice to be a best horse you will have a problem – big problem. That is not the right understanding of Zen. Actually, if you practice right Zen, whether you are the best horse or worst one doesn't matter. That is not the point.

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