



A Communication with Quiet Soldier

by

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Dear Maureen,

Thanks so much for giving me the opportunity to meet with Quiet Soldier.

First, let me tell you a bit about how the session with him was done. I always start by asking the animal if they are willing to communicate with me. Doing this sets up our relationship as one of respect for each other, which is important if I am to get the most out of the session. I then explain that I was asked to speak to him by you and I'll be asking him some questions that you would like answered. I also extend an invitation for him to tell me anything that he would like me to pass along to you.

Animals communicate among themselves and with people by sending thought patterns. The thought patterns come to me primarily as a conversation with the animal, although this conversation is also supplemented with pictures and emotions they send. So the report consists of the messages Quiet Soldier sends to me, as well as any pictures and emotions he shares.

Here's the communication with Quiet Soldier after he agreed to communicate with me.

The first thing I asked Quiet Soldier is if I can call him Soldier for short or does he wish to be called by another name. He said that Soldier is fine.

Soldier said that he really wants you to know how much he appreciates being cared for by you. He said that he can tell you are genuinely concerned about him and this makes him very happy. Soldier said that he's a realist in that he knows he won't be able to survive long without someone who will care for him. He said that he wants you to know that he's glad that it's you because you seem to care for him because you really want to.

I told Soldier that you want him to have a good life and that's why you are so concerned about his health. I explained that in order to have a good life and live comfortably, he needs to be in good physical condition. I told him that you'd like to ride him more and take him out on the trails and even have him gallop if he'd like. However, you need to get his body into a better state of health.

Soldier said that he hasn't felt good for quite some time. He said that in the past his people did not know how to care for him properly since he's more of a high maintenance horse. I thought that the phrase "high maintenance horse" was an interesting one for him to use and asked where he got that from. He said that people in the past have said this about him and so now he thinks of himself that way.



I explained to Soldier that this phrase usually means something negative and I think it would be good for him not to think in negative terms, since this may keep him from healing and getting better physically. I told Soldier that perhaps he was described this way because the people who cared for him just didn't know how to care for him properly. I reassured him that you are trying to get to the bottom of his physical problems and fix them, so he can have a good life.

I told Soldier that you recently changed his diet and feel that this may be helping him already. I asked him if he's feeling any better and if the diet change agrees with him.

Soldier said that he knew his diet was different but he didn't realize that this was the reason for the changes in his body. He said that he is definitely feeling different. I asked him to describe what he means by different. Soldier said that his muscles have felt stiff for quite some time. He said that he feels he can't stretch them without having some pain. (Maureen he was sending me pictures of him being very stiff and even though he wants to stretch, he can't.) Soldier said that this has been painful for him, even when he is not doing much of anything. He said that he's tried to ignore it but it's hard to ignore.

Soldier said that he's beginning to feel like he can stretch out some. He said that he feels looser and is starting to feel more flexible. Soldier said that it's not a huge difference but after the discomfort he's been in, he can definitely feel something positive happening.

(Maureen, this all seems to be muscle related.)

I told Soldier that you also noticed that he sweats like he might be having colic, but yet he isn't. I asked him what this is about. Soldier said that he thinks there is an imbalance in his system, which was not being corrected by his diet. He said that when the imbalance gets particularly bad and many different parts of his body are fighting over what little he has in his system, he sometimes sweats. He said that his body gets very confused because different areas want the nutrients and his body gets stressed. He said that he himself does not feel stressed but his body does. Soldier said that it's like different parts of his body are playing tug of war and when it gets overly tense he starts to sweat.

Soldier said that he feels different now. He said that different parts of his body are still competing for the nutrients but his diet change is causing this to lessen. Soldier said that he's glad this is happening because it's very difficult on him when his body gets tense like it has in the past.

I told Soldier that you know he has problems with his feet, plus his stiffness, but you want to be sure that you haven't missed any other problems that he might have. I emphasized that you really want to help him, so you want to be sure that you haven't missed anything that you might be able to help.



Soldier said that it makes him so happy that you care so much about him. He got extremely emotional over this. He said that he was so sure he would not have a good home again where he would be cared for well. Soldier said that he just can't thank you enough for caring for him like you do.

Soldier said that his body in general just does not feel as if it is all that healthy. He said that he feels if he were to get ill, he would not be able to fight it off. Soldier said that even though you have been feeding him well, his body is still weak and has trouble staying healthy. Soldier said that he hopes that the diet he now has will allow all of his body to get stronger and healthier. (Maureen, from what he's describing, it's almost as if he's lacking a particular nutrient or mineral. He seems to be describing an immune system that has been compromised and it will take him a while to get back into good health.

Soldier said that his body has been so out of balance that even when you were feeding him well, his body wasn't using his food efficiently. He said that he just felt tired a lot and also stiff. I asked Soldier if this has anything to do with him not keeping weight on. He said that it has a lot to do with this. He said that his body wasn't getting everything out of the feed. Now he feels that there is something else in his feed that is letting his body gain the benefit of his food. Soldier said that he doesn't know if this is perfect for him, but it is certainly much better.

I asked Soldier if there's anything else that can be done for him to help his health. Soldier said that the biggest thing is for him to get his body back in balance. He said that this will solve many of his problems. He said that the key to his health is the proper food and nutrients. Soldier said that once this is solved, then the physical problems he has will go away and new ones will be prevented.

I asked Soldier what his life was like before you got him. Soldier said he had some very good times in his life and then he also had some times where people did not know how to care for him well. He said that he has always tried to stay positive and keep hoping that as he got older, in particular, he would have a good home for his later years. Soldier said that his one big fear is that his last years would not be good. He said that he's always felt if his last years were good, then he could forgive the rest.

Soldier said that he doesn't really want to dwell on his past. He said that this is behind him and he doesn't want to concentrate on negative things. He did say that his young years were a lot of fun. He said that he good times with his mother, who taught him a great deal about people, and he liked having a lot of room to run when he was very young. (It seems like he was with some other foals or yearlings, as he sent me pictures of them all running and having a good time. He really liked to play.)

(Maureen, he really didn't want to talk that much about his past, especially where there seemed to be some time when he wasn't handled all that well. If you have some specifics about his past that you want me to focus on, please let me know and I'll try to get more



information from him...no extra change. I just felt he was really closing up about this and didn't want to talk about it. There seem to be some bad memories that he didn't want to discuss.)

I asked Soldier if he's happy now. He said that there is absolutely no doubt about this and he thought it was funny that you asked. Soldier said that his body is not fully content yet but his mind is. He said that he knows he will be well cared for and safe where he is now.

I asked Soldier if there's anything you can do to make him happier. Soldier said that happy for him is to be content in body, mind and spirit. He said that his mind is at ease and so is his spirit. He said that his body is making good strides but has some way to go. Soldier said that when he can feel fully useful again then he'll be happiest, so whatever you can do to help his physical problems will be important.

I told Soldier that you plan to ride him on the trail and he said that he really enjoys this. He said he likes to feel close to his rider and trail riding is one of the best ways for the rider and horse to be joined. He said that he wants to feel good enough to really enjoy the ride and look forward to them. Soldier said that it's very important that he feel useful. He said that he needs to have a purpose in his life, whether it's taking someone for a ride or keeping other horses company. He just wants to have a purpose and then he will feel happy and satisfied.

(Maureen, Soldier has a very, very strong sense of having to do something with his life as he gets older. You can speak out loud to him in short, simple sentences and he'll understand you if you want to tell him what his job is. Even if he retires, he'll need a job, like watching over the other horses or being a mentor for new horses. He doesn't want to just waste away.)

I told Soldier that those are all the questions you had for him today and asked if there is anything else he'd like to tell you before we close.

Soldier said that he wants to thank you for watching over him so well and making his life a safe one. He said that he hopes he can repay you by getting stronger and doing whatever it is that you'd like him to do. He said that he owes you a great deal already and he likes to repay his debts. I told him that I'm sure you don't expect repayment, however, you would very much like to see him healthy and happy. Soldier said that he wants this for himself also and he wants you to be happy with him.

And with that, the communication ended.

As you can see, Quiet Soldier had quite a bit to say. At the end of the session, I told him that he may contact me at any time in the future if he needs me to get a message to you.



I hope you found the session helpful. If you have any questions about it, please feel free to email me. If you found it of value, please let others know of my service. If the session did not meet your expectations, please let me know, so I can make it right.

I would also appreciate the opportunity to use Quiet Soldier's insights from this communication in any articles or books that I may publish in the future. I publish a newsletter for my clients and many times, I use information gathered during the sessions as the basis for the articles. If I do not hear to the contrary, I will assume that you are agreeable.

Thanks again for this opportunity to meet Quiet Soldier. You are both very fortunate to have each other in your lives.

Danielle Sender
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