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The Tao of Equus: A Woman's Journey of Healing and Transformation through the Way of the Horse

Linda Kohanov

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In The Tao of Equus, author Linda Kohanov intertwines the story of how she awakened to the spiritual presence of horses with compelling mythology, research, and personal anecdotes. The result is an extraordinary story of healing and communication that turns our conventional understanding of these amazing creatures upside down.
A horse trainer and equine-facilitated therapy practitioner, Kohanov first began exploring the horse human connection in the early 1990s. When her black mare, Rasa, became lame, Kohanov was plagued by a series of sinister dreams and premonitions. Finally, prompted by her dreams, she canceled a risky surgery to save Rasa's potential career in competitive riding. To relate to the injured horse outside conventional equestrian pursuits, Kohanov immersed herself in the day-to-day activities of the herd. In the process, she discovered that horses are intensely emotional, intuitive, intelligent beings. They are true reflections of our deepest souls. Over time, she discovered their extraordinary ability to awaken intuition in humans, while mirroring the authentic feelings people try to hide, makes these animals powerful therapeutic teachers.

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