

#BreakingFree Method Program

by Anna & Pawel Marciniak

Life is governed by Awareness.

It may sound philosophical and esoteric at first, but it's the most down to Earth and real process that you can experience everyday in your Life.

Everything around you, everything that you have access to, everything that you can do — is within the range of your awareness. If something is not existing around you, if you cannot do something, if something is out of your reach now — it only means that it is outside of your awareness today.

You can experience these processes everyday, for example when you apply for a job: you are invited for a job interview, you are asked many questions and you give answers to them. The best answers that you can give at the given moment. Simply because you want to get this job, and you do your best to get it. But when you come back home from your job interview, you suddenly think: "Oh, I could have added this to that answer...", or "Shame I haven't mentioned about that, it would have made a difference".

How is it possible that at 11 AM when the interview was taking place you could not think about these answers, and now, at let's say 4 PM all the good answers and even better ideas to share with your future boss are coming to you so easily?

It's because now, when the interview is over and you are at home, you are more relaxed.

Tensions make our awareness smaller, and although the nature of the awareness itself is that it's unlimited and have no boundaries, with our Life, with the way we live it, with the way we respond and act upon everyday Life challenges - we can make our access to the unbounded nature of the Awareness bigger or smaller.

The more tensions we gather everyday, the smaller our access to the awareness is.

In practice, this means that due to the stress that we gather everyday and don't release it properly, or don't release at all, we have smaller access to NEW actions, to the NEW ideas, to the NEW possibilities.

This very subtle process at first is reflected only by our awareness and how much we can think of, how many new ideas we have and how we respond to different situations happening around us. But with time any emotional and psychological tension is going to have a very real, very physical representation in our body, and this is usually the moment people start to realize that something must have gone wrong: they see that their bodies changed, that the abilities of their bodies changed, that the range of the movement they had - changed.

And this is the moment people start to look into their bodies more, and try to look for the answers outside of them to fix this situation, as they intuitively know that something is not right, and it needs their attention.

But, if in your Life until now you were gathering stress and unawaresly collecting tensions, and using the patterns of applying an even bigger tension to make the smaller one not as visible and “under control” — it’s very probable that now, you will use the same pattern to “help” your body:

You will either commit to a demanding fitness routine, or do severe physical exercises everyday, or follow a diet that is hard to keep up with and that is built of thousands of “do-s” and “don’t-s”, simply because you will seek what you did before: applying bigger tensions to resolve or hide smaller tensions.

It’s like putting a double bit in the mouth of the horse that was escaping contact on the midl snaffle bit. It will hide the problem for some time, but with time it is very likely that it will make the problem worse.

The same patterns are later transferred to the time people share with horses.

We see that something is not working: maybe we are frustrated with our horse, maybe we see that our horse lost his engagement and motivation, maybe we see that dressage or jumping is no longer fun for us and our horse. Essentially, we see tensions.

But instead of releasing them, we apply even bigger tensions to hide or control the smaller ones, that we have just seen:

- We decide not to do dressage or jumping at all, since **THAT** (in our eyes) was the reason why we and our horse disconnected,
- We decide not to use treats, sticks, flags, or pressure or rewards, since **THAT** (in our eyes) was the reason why we and our horse disconnected,
- We decide to change trainer, since **HE** (in our eyes) was the reason why we and our horse disconnected,
- We decide to change the training philosophy, since **THE ONE WE FOLLOWED SO FAR** (in our eyes) was the reason why we and our horse disconnected,
- We apply on ourselves even bigger and higher demands, since **WE THINK** that the reason of our disconnection from our horse is because **we didn’t control ourselves enough.**

And in effect, we start to control all aspects of our environment even more:

We control ourselves with the mood-making and mood-controlling practices. We feel guilty when we are angry or upset with our horse or the training, and we blame ourselves that we did not try hard enough to stay the person we planned to be, or which we pushed ourselves to become. We feel disappointed, and we promise ourselves to try even harder and control ourselves even better the next day.

We control our horse, what he eats and in what amounts. We weight the hay, to give exactly the given % of it to our horse daily. We choose the minerals and supplements. We put the food in nets, and we separate horses for the feeding time so everyone gets exactly what was prepared for him by us.

We control our training: we agree only for certain ways and we accept only certain behaviors from us and our horses. We create lists of “I will always do...” and lists of “I will never do...” and we follow them. The more strictly, the better.

With time, the amount of control we applied on ourselves is not enough to cover the smaller tensions which, without getting any real attention from our side, grew even bigger, so the tensions we used to cover them are not enough.

So we start to apply even bigger tensions, using even more control:

- We decide that not only riding on the horses is bad, but also training them.
- We decide that not only riding with the bit is bad, but also riding with the bit-less bridle.
- We decide that all pressure used by the horses is bad, and we forbid ourselves to move away the horse even when he is clearly crowding us, pushing us or biting us.
- We decide that we clearly must not have tried hard enough to be the person we want to be (or which our horses deserve), so we develop even more complex routines to follow before we go to horses: meditation, then asanas, then walking in the forest, etc.
- We create even longer “I will always...” and “I will never...” lists.
- We follow even more strict diets, and take many supplements, minerals and herbs that we **THINK** our body needs, but in fact we never connected with our body to check it with it...

Here, we can ask ourselves ONE VERY IMPORTANT QUESTION: “How many processes my body governs everyday?”

The answer is: MANY. Many of them are governed totally unawarely, like: the movements of the digestive system, heart beats, breathing, rebuilding the skin and tissues when they get damaged, creating new cells of the skin, digesting things we eat and using the elements they deliver to make our body healthier, releasing right hormones in the right time to the blood, governing the immunity system, etc.

Here, we can ask ourselves another very important question: “How much do I know about all of these processes?” and “Do I want to govern them instead of my body?”

I suppose, answer to both would be: “No”.

We don’t know, with our thinking mind, more about our body than it knows about itself. We won’t be able to govern all the subtle process that our body takes every single second of our life, and that are later seen through the bigger processes.

So why can’t we trust our body to govern the bigger processes as well?

First step to the #BreakingFree Method Program is BodyMarc Diet.

BodyMarc Diet is not really a diet. It’s a way to support the body in releasing the tensions connected with food and eating, that are being manifested through the ways we eat, choice of the things we eat, selection of our eating habits and choices, and by the amount of control, judgement, guilt and other negative emotions that are involved in this processes.

#BreakingFree Method Program by OneHorseLife.

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BodyMarc Diet is strictly connected with BodyMarc practice, so it's possible to commit to it and see the results only when you are familiar with BodyMarc exercises and only when you are doing them on a daily basis.

I am not saying that you have to do BodyMarc exercises, and follow BodyMarc Diet.

I am saying that BodyMarc Diet is the best way I know to experience first-hand yourself how the processes or seeing, noticing and releasing the tensions connected with food and eating look like. I am also saying that BodyMarc exercises are a great support in that, and that by doing them together with BodyMarc Diet will support you to experience BodyMarc Diet deeper and further, and therefore you will be prepared even better to experiencing our #BreakingFree Method Program Exercises, when we move on to practice them with your horses.

BodyMarc Diet is built of two phases:

First Phase is releasing, and the Second Phase is applying conscious tension. You probably are already familiar with these phases thanks to your BodyMarc practice. So, during BodyMarc exercises you could experience growth of your body awareness, and thus general awareness, thanks to you relaxing your whole one side of body, in response to conscious tension of one given part of the body on the other side of the body. You could experience what a deep emotional and physical relaxation it brings, and how in effect that was not aimed for, your body is changing for the better: you have bigger access to your body, can enjoy a better balance, you have less pain in your shoulders or ankles, or lower back, etc. All of that was the result of releasing tensions which were present in the body.

With BodyMarc Diet we address the same processes, but our attention is put on the food and eating. We also have two phases: Releasing and Applying Conscious Tension. And in both of them we seek pleasure, lightness and we do them following our bodies:

During the first phase, we call it the Following Phase, we follow all the cravings and desires our body expresses, and we allow ourselves to eat everything body wants in the amounts it asks for.

During the second phase, which we call the Connecting Phase, we connect to our body by finding pleasure in eating less than what we would eat normally. For me, the connecting phase is about eating 600-1200kcal, but I never focus on the kcal, I always follow my body and how it feels but with this simple intention that I will find pleasure in eating less on this day.

The Connecting Phase is always followed by the Following Phase, and the Following Phase by the Connecting Phase again. Each phase should last for one day only, so after the Day of following your body and eating everything it wants and in the amounts it wants - the next Day we focus on connecting to our body and finding pleasure in eating less than normally.

Usually, this process alone, bring up on the surface many tensions and allow us to speak about the processes of releasing them in detail, before we move on to practicing with your horse.

You will discover many interesting things about yourself, your convictions and ideas that put a stamp on how you see your body and how much control you can give back to it. You will also discover that many things that you were craving for at the beginning, will disappear from your food-desires list after few days of allowing your body to express the tensions it had, and replace them with the feeling of relaxation, fulfillment and support.

Your body, just like your horse, needs to see that it can trust you.