

When the Horses Whisper: The Wisdom of Wise and Sentient Beings

**By
Rosalyn W. Berne, Ph.D.**

Interviewed by Kristie E. Knutson

When the Horses Whisper: The Wisdom of Wise and Sentient Beings records Rosalyn's discovery of her ability to communicate with mn her conversations with a small herd of horses who live and work in a sanctuary retreat in Costa Rica. Once the horses realized Rosalyn was able to hear them they opened up completely, showing her a world of strength, beauty, love, and profound wisdom. As the story of each horse is revealed, Rosalyn discovers they are telling more than their own stories – they are teaching and helping her to rediscover and claim her authentic self.

As an academic, Rosalyn explores the intersecting realms between emerging technologies, science, fiction and myth, and between the human and non-human worlds. As a university professor, she writes and teaches about engineering and technology in society and the ethical implications of technological development, often using science fiction material in her classes.

In her personal life, she continues to discover the transformational nature of human-equine relationships and offers facilitation and translation services for enhancing communication between horses and their owners.

She is author of ***Nanotalk: Conversations with Scientists and Engineers About Ethics, Meaning, and Belief in the Development of Nanotechnology*** (Eribaum Press, 2005) and the novel ***Waiting in the Silence*** (Spore Press, 2012). Currently underway, ***Creating a New World: Biotechnology and Science Fiction*** brings the non-fictional writing of research scientists together with Berne's science fiction short stories (forthcoming from Pan Stanford Press).

INTERVIEW

Kristie: Rosalyn, your book is wonderful. I feel very privileged to be able to get behind the words on the page a bit and find out more about you and your experiences.

I'm going to start with the basics, but this just so intrigues me. What is it like to speak with horses? In the book you say:

"I begin each session with the horses by cultivating a state of awareness in which my mind is quiet and open to the soul-of-horse. This is the state I refer to as release, where I put aside language and reliance on the physical apparatus of the hearing sense in order to shift into the neutrality needed to believe and trust in a process that does not involve

words but instead is based on the connection of the mind and heart. God can be heard speaking to us only when we've centered ourselves in a deep state of silent being. The process works the same with horses, and if horse and human open themselves one to the other in the essence of an *anergetic* state of unity, real communication becomes possible."

And later you say:

"I'd finally come to accept that if I were going to do this, to truly interpret the speaking of a horse, I would have to trust exactly what I hear during my times of communion with the horses, and would sometimes have to accept as real exactly what I am shown.

What do you actually hear or sense? What does it feel like?

Rosalyn: So it's like today I was sitting in a chair waiting for a phone call from a radio station for an interview. And just before that I felt and thought about my son and how I wondered if he was going to respond to my email. And then it came in instantly.

It's what a lot of us have but we don't pay attention to it.

It's that awareness that something is speaking to you. And it's so quiet that we tend to just bulldoze over it. But if I am very intentional and I tell the horse I'm here for you, my only purpose is to listen and then to carry whatever you share with me to wherever you want me to take it, then I'm opening, opening. And one of the horses told me to center into my solar plexus. Isn't that interesting to do that?

Kristie: That is.

Rosalyn: I don't know why, but that's what I heard. And then I have to just trust, because for most horses it just starts flowing. And I just start talking.

So I would say that it opens some kind of channel and what it feels like is . . . well, it can be tiring, because I think I have to shift into another way of being [where] I have to suspend my judgments. And it feels . . . mmm, that's a really interesting question. [Sighs] It feels like I'm in a flow.

Kristie: Mm-hmm.

Rosalyn: Yes. It feels like I'm in a very quiet flow. Sometimes they'll show me images and sometimes it's just like a conversation. Like chattering. But I don't hear specific words like I can say that horse just said apple. Except sometimes I do. More it's like I'm picking up the meaning of what they're saying and I'm translating it. I don't have good words, Kristie, to describe what it feels like.

Kristie: There was work done on remote viewing by Doctors Puthoff and Targ at Stanford Research Institute back in the 1970s. Their protocol was very successful and repeatable, and they discovered that people actually became better at it the more they did it. They concluded that success is dependent on the distinction between left and right brain thinking.

When we let go of all the left-brained words, all the judgments, all the logic, and linear thinking, and we just reside in the right brain – in this other place with no words, just images, feelings, color, sound – we see, hear, feel and know things that we can't with our objective senses.

Rosalyn: Ah. That makes sense. And it makes sense that it takes a little practice [because] we're so oriented in the left brain. It's our culture.

Kristie: Your explanation of being in the state of release, kind of in neutral, where it just feels like truly you have no agenda is so powerful. You're just there with open anticipation.

Rosalyn: That's how it feels. And I have to sort of scan my ego state because it jumps in a lot. It wants to be recognized a lot. And I have to really scan that and keep releasing it.

Kristie: So can all people learn how to do this?

Rosalyn: Well, I would think that it's a birthright. I would think it's human nature. We've just lost our way in becoming so oriented around the [five objective] senses that we've decided are the legitimate ones. I think about it like this: I'm not that great at math, but if someone sits down with me and really takes their time and explains it and talks it through, I can get it.

And I think that that's probably the same with this kind of listening. With some support and coaching, we'll all be able to hear. I think it's where we're going in terms of our evolution.

And I think some of us are picking it up now and some of us are going to pick it up a little later.

Kristie: I was really moved – [laughs] actually, I was in tears over a number of the conversations you shared in the book. I feel as though I have a personal relationship with these horses now.

I am very touched by the revelation that so often the horses seem to want to be acknowledged for who they are and for their unique gifts, or want their pain or sorrow acknowledged. For example:

Titàn: Grieving the separation from his mare and child.

Dorado: His devotion to his original owner. His struggle with his new owner Erick overpowers vs mutual respect. Pride and ego vs an open heart.

Beauty: She is more important than her physical characteristics, especially her ability to feel the emotions of people and other horses.

Caretto: I am not skinny. I am a great horse.

Juano: I am Juano, a great stallion, and father to many horses.

Penina: No matter what happens about this pregnancy, will I still have a place here and will you still see me as me? And if a new foal comes, will you let it be who it will be?

This desire to be fully seen and accepted is the same driving force that humans experience. What does this say to you?

Rosalyn: Well, there are two possibilities. One is that I'm projecting all over the place and I'm anthropomorphizing animals.

Kristie: [Laughs]

Rosalyn: Or [laughs] what I actually believe, in my heart of hearts, is that part of the reason is because they've been domesticated.

They've come into the human community. We have taken them out of their wildness. We have broken them, trained them, put them in barns, tied them up. We've put shoes on them, we've put harnesses on them with bits in their mouth and we have forced them into our world. And I think that, from what I'm learning, this was on a full level of choice, because they are here to support us and to help us. To help us to awaken.

Now that said, I think that they are becoming aware as we are becoming aware. That they are becoming more conscious as we are becoming more conscious. And because they're in community with us, they want us to see them and to hear them, and not simply be an object of our needs.

It just makes sense to me that this would happen after, what, many thousands of years of being with human beings.

Kristie: Mm-hmm.

Rosalyn: I don't know that I'd get the same thing if I could grab a wild pony and talk to it. I don't even know that it would have the capacity to communicate with me in quite the same way.

Kristie: Something else that also struck me here was that the nature of horse consciousness appears to not have the same limitations that so many humans experience. For example:

<i>Conan said the horses knew you were coming and also knew when you were prevented from coming.</i>

<i>Penina said that she'd speak to Cendri in dreams regarding her pregnancy.</i>

<i>Caretto is aware of the agreement he and his owner Juan Jose's souls made before they were born to help each other remember who they really are.</i>
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<i>Beauty asked you to allow her to channel her message through you in the form of automatic writing.</i>
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<i>Juano sends healing energy.</i>

The horses live in a world that just doesn't have the same limitations like so many humans experience. What is that telling us?

Rosalyn: Well, I don't know . . . let's think. All the horses you mentioned are in Costa Rica [at the Leaves and Lizards (Arenal Volcano Cabin Retreat)], and I was wondering if they are different elsewhere. This particular herd is in the service of tourists but they also participate in therapeutic riding programs. They work with people who are sick in one way or another or who are emotionally distraught. That's their job and they take it really seriously. They're very connected and aware and very . . . they feel like they are really fortunate because their work has so much meaning for them.

I don't know if that makes them unique in this capacity or not. I would think not, but I would think that horses in different circumstances, just like people in different circumstances, would be more or less aware and sensitive.

Kristie: I have been involved with the Edgar Cayce organization, the Association for Research and Enlightenment, for many years. Edgar Cayce, in his readings, talks about human soul groups. That humans with a common purpose or mission may choose to reincarnate together, sometimes over many incarnations.

I'm wondering if this could also be true for horses? Perhaps this could lead to a group of horses who are more aware of their potential or abilities than other horses.

Rosalyn: That's really fascinating to me. Well, a couple of things I want to say first. When I was a very little girl, maybe barely two, I was experiencing and talking to disembodied beings, people who had already passed over. And my mother was really concerned, she didn't understand what was going on – this was in the fifties.

She talked to a psychologist, who said, "Oh, your daughter probably needs some real help. I think she might be mentally disturbed."

Kristie: Oh, my gosh.

Rosalyn: [Laughs] So then she thought, "Well I don't know, this doesn't really quite seem right." So she talked to another psychologist, who [told her to] read There Is a River [the story of Edgar Cayce by Thomas Sugrue] and you'll understand your daughter. Thank goodness my mother then became a real Cayce devotee. And thank goodness because then there was room for me to be who I'm going to be.

But you're saying this, and it's occurring to me that there's something about this herd and my feeling of belonging with them that would maybe suggest we are coming around again together.

I hadn't even thought of that. But Beauty came to me in a dream – well, I want to say it's that state between wake and sleep where my eyes were opening. And I saw her image and she said, "You need to come back, there's more. More for you to write, more for you to learn and to hear, and I'm going to help you. I've seen so much from human beings that I want to share, that's important to say."

[It took me six months to get back.] When I went back she was very annoyed that I had taken so long. [Laughs]. She said, "Are you going to do this or not? Are you here or not? Are you doing this or not?"

I was with Debbie, who owns the place and is now a horse trainer, and a woman named Nancy Coyne, who's a psychiatrist who now does therapeutic riding programs, and her partner Shelly Rosenthal, who's pretty well known for this. I told these women I'm here because Beauty asked me to come here, but I don't know what to expect. Come sit with me, I'm going to sit in meditation in the stable and I'm going to let her know that I'm here and ready.

So we actually went into the barn and brought Beauty in. We sat in a semi-circle, I went into meditation and spoke with her and told her I'm ready to receive whatever it is that you have you want to share. And I am sorry it took me so long, but I am here.

She came all the way across the barn and stood in front of me and these other women as we were sitting there. She stood there for an hour, and she spoke for an hour, and I translated. The flow was unbelievable, what she was talking about.

And now that I think about it, Nancy the psychiatrist later said, “You know, I’ve watched you with horses before and this time it was different. This time my impression is that Beauty was your muse and she was calling for information that you had very deep inside of yourself, that you weren’t able to release without her.”

And I’m thinking, you know . . . how would that be possible? Maybe it’s possible because we’ve come back together.

Kristie: How interesting that it may take the two of you to open certain doors – to go deep enough into a certain kind of wisdom that is not just human, not just animal, but something in between.

Rosalyn: Maybe we need each other because I don’t have the sense that she does . . .

Kristie: And she doesn’t have the skills that you do.

Rosalyn: That I do. That’s really amazing, isn’t it? The interspecies connection, commitment, and work. Because she calls it “work that I’m supposed to be doing.”

Kristie: My Rosicrucian studies have led me to believe that there is only the evolution of consciousness. And that as consciousness evolves, living beings choose the vehicle that best allows the expression of this expanding consciousness.

Rosalyn: Yes.

Kristie: To this end, Beauty spoke to you and she said – I just love this – that there are many humans who once lived as horses, but fewer horses have ever lived as humans. This really tickles me, because, in all the spiritual and mystical schools and traditions that I’ve explored, the evolution of consciousness has always been assumed to not allow transmigration of souls. A human can’t go into a horse because, of course, man is at the top of the heap. That has always irritated me no end.

Rosalyn: [Laughs] Oh well, that story.

Kristie: So what do you make of this? And, parenthetically, why do fewer horses live as humans? What are your thoughts on this?

Rosalyn: Well, Beauty says she really likes being a horse, she's very happy being a horse.

Kristie: [Laughs]

Rosalyn: I remember years ago sitting in a very large meditation hall when Swami Muktananda was giving a talk. And he said human birth is extremely hard to acquire. And it's rare in the universe to be able to acquire human birth. So many souls want human birth.

Kristie: Interesting.

Rosalyn: It seems to me that if that's true, it might just be a matter of the opportunity being there. But also it's what you say – and I happen to agree with – is that we choose what we need for our purposes. I don't know, I think human birth is a pretty difficult choice.

Kristie: In some respects, it really is the fall from grace, of moving from oneness into duality. At one time or another, I think many of us have felt that we're in hell – exiled from God and stuck here. And that this whole process of life is remembering.

Rosalyn: Yes.

Kristie: You know, putting the bits and pieces of ourselves back together, discovering we were never *separate* at all.

Rosalyn: Yes.

Kristie: What I'm learning from this conversation is that horses have the ability to fill gaps in humans from inside their own being.

Rosalyn: Ah, yes.

Kristie: Do you think other species can do this? Do other species have fundamental gifts they bring to their relationships with humans and other animals?

Rosalyn: Well, you know, from what I know about dogs and how much people have loved dogs and, in some ways, also brought them out of the wild, domesticated them – there's certainly that sense of loyalty and devotion. And now we know that dogs are very helpful in terms of people's loneliness and emotional support.

Horses, I think, have a unique capacity to reflect back to us where we are and to help support those gaps. Here's an example: When I got back to Costa Rica two weeks ago I had not been there since January and I was really exhausted. Just flat-out exhausted from my life. Nobody was there so I went into the stable alone to say hello to everybody. When Debbie showed up I told her it's been so

long I need for you to reintroduce me, I don't recognize anybody except Beauty. Debbie rolled her eyes, frustrated with me because I'd been there a number of times. I said Debbie you have to understand something, I have taught 700 students since I was last here. I can't remember everybody.

So then I go around to say hello to each one of the horses. I get to Titán who started all this with me when I fell off of him. I said, "Titán, hello sweet boy". And I gave him a big hug and a kiss on his forehead. I said, "You remember me. It all started with you".

And he looks at me, and he looks. He turns his head. Then he looks again. I hear him talk and he goes, "Hmm, let's see. I think so, but gosh there've been so many tourists since you were here last. It's always hard for me to remember everybody."

Kristie: [Laughs]

Rosalyn: [Laughs] Uh-huh. [Laughs]

Rosalyn: The next day they went to get their stallion Juano to take him back to the pasture. He'd been watching from up on the hill when Beauty was with me for that hour. He didn't want to go back, he said, "No, no, I need to talk to her too." Beauty had talked to me about feminine energy in the universe and what happens when people attempt to hold the feminine energy. Juano said, "Beauty didn't tell her the whole story, there's more."

So Debbie and I sat down, and Debbie's husband Steve came, who's been really having a hard time believing all this. I went into meditation and I waited. Juano came sashaying up. He stands there and starts talking about the male energy of the universe. He says, "You have no idea what it feels like or what it means." And then he starts talking about how most of the male humans who ride him are like geldings in the herd. They know they're male but they no longer feel their power.

Kristie: Oh, wow.

Rosalyn: Uh-huh. And then he dropped his penis, extended it and started swinging it back and forth!

Kristie: [Laughs]

Rosalyn: [Laughs]

Rosalyn: And Steve asks, "What is he doing?" And I said, [laughs] "Oh Steve, he's making a point!"

Kristie: You mentioned that Beauty said that horses are awakening to their purpose as humans are. And she said this means that both humans and horses are changing rapidly.

Rosalyn: Yes.

Kristie: What do you think of this? What are the implications of this rapid change for our world today, for humanity, for the global community?

Rosalyn: Well, you know, it's interesting. This morning I'm on an AM radio show out of Cleveland. I'm thinking to myself that this host is speaking to me as if we're not talking about anything particularly unusual. How can this be that we're having this conversation, on an AM station, as if we're talking about, you know, what the kindergarteners are learning today in class? It was so benign – there was no judgment, there was no criticism. It was just, "This is so exciting! What can we learn, what are they teaching us, what do you think is possible?"

And I was thinking this is huge change over well, 50+ years ago, when I was two and the psychologist said, "[Your daughter] needs help." Right?

We're having conversations that we weren't having before. There's an openness that's new. There's a capacity to consider possibilities that I think we were afraid of before, that we were afraid of in a big way. You know, we were burning people only a couple of hundred years ago, right?

Kristie: Mm-hmm.

Rosalyn: Now, on the other hand, Beauty did say that if humans don't change, they're going to find that [the horses] changed without them, and they are no longer what [humans] expect or want [the horses] to be.

So it's not just to assume that it's going to happen. We have a choice.

Kristie: I'm so encouraged by your willingness to be so public about your gift. As an academic, this could be a risk for you. How have your colleagues responded to this?

Rosalyn: Well, a couple of responses. The first person I went to with this is my former chair. She was just about to resign and go back to teaching. She said, "Well whatever you do, don't talk about this when you go to academic conferences. And by all means, don't use your name on this book!"

I understood she was trying to protect me and she didn't want me to sacrifice all that I had accomplished in these years as a scholar. Then I went to my publisher Bob Friedman and said, "Okay, let's do this but I'll use a pseudonym. We'll just come up with some other name." And he said, "Nope."

He said, "No, I'm not going to do that. Because your name is well respected, I need to trade on your name. Otherwise, people will not take you seriously. You'll just be some nut who came out and said she hears horses. You've actually established yourself in the world. You're a published scholar, and people know and respect you. So I'll only do it if we use your name."

So then I had to make a big decision. I had to really meditate, pray, think about it.

Then I went to the incoming chair and told him about the situation. I said, "I'm about to write a book." He said, "Oh great." And I said, "No, you don't understand. [Laughs] Let me tell you about the book."

So then he sat back, rubbed his chin and he thought a minute. And he said, "Is your writing very thoughtful?" And I said, "I think so. I truly think it's thoughtful." And he said, "Is your heart in it?" And I said, "My heart's in this more than anything I have ever written."

And then he said, "Okay, well then you have no choice, do you?" [Laughs] Now at that point I thought well that's huge, that my academic chair says if your heart's in it you have no choice. Which is how I felt. Then he said, "But you're going out into another world, a world far away from this one. So do me a favor, when you come back over here, write something that helps us to understand how we can connect the two."

Kristie: Hmm.

Rosalyn: Yeah. So what are people saying about me? It's like, oh well, that's just her. Whatever. But what are they saying about what the horses are saying? A few different things.

A couple of people have said, "Don't put on horses human qualities, they're not like that." And these are horse people who've said this. But then I've gone to their farms and talked to their horses, and they've seen what happens. They're saying very different things now.

These conversations are touching people's hearts very deeply.

And when I go out to my new clients, there are often tears. Often tears. Because the horse speaks truth. The horse touches places that people have not been able to go on their own.

Kristie: One of the things that really struck me was that you chose, in your career, to be a bridge between the world of science and the world of fiction and myth. And you chose to do this before you wrote ***When the Horses Whisper***.

From the beginning of your career up to today, have you noticed a shift in the nature, tone or content of your conversations with scientists and engineers?

Rosalyn: Part of it is that there's a shift in me. I'm no longer willing to keep a lid on it.

In the beginning, I was working really hard to gain acceptance into a world where I wasn't sure I belonged or that people thought I had any place. So I was doing, I was calculating what I could say, how I could say it so that I would gain acceptance. And I can't do that anymore.

It's not like it's a conscious choice. It's just that something keeps shifting inside of me. I don't know that I made a choice. I mean I think I had a choice, but I don't think I made a choice. I think that these things keep coming, and I'm . . . I keep saying okay, yes. I never set out and said, "I think first I'll do this, then I'll do that, and then I'll jump this huge gulley and reach for the horses and bring that in."

It didn't happen that way. But what's happening is the more I am unwilling to put a lid on it and to hide who I know myself to be in this world, the more these things keep happening.

I went to a conference last year, and I sat at the banquet table and I started sharing about this. The people who were willing and interested listened, and the people who weren't shut it out. But a couple said really? I have a horse. Or tell me more. But most people shut it out.

And so I'm not suggesting that we're [all] opening right now together. I'm suggesting that more and more of us have these messages about our interconnections, and it's just all part of the process. We just have to be patient.

If we have the time.

Beauty said when I was there that we are exhausted. And she can feel it and she can see it. And that we, because of our disconnections with the earth and her species, we don't any longer know how to resource ourselves energetically. And that what we're doing is we're depleting from our core and that we're killing ourselves.

And what's going to happen is we're going to have no choice at some point but to wake up.

And I don't know what else to do except to speak this. And, you know, what's the risk? I'll be disregarded. I'll be seen as irrelevant. I will be marginalized. What's the possible gain? Some people will hear it and resonate and . . . open. So there we have it. I'm too old to worry about being marginalized.

Kristie: Back in the 1980s, I was doing a lot of teaching in metaphysics and mysticism for the Rosicrucians. The content of these workshops was truly Metaphysics 101. We had to lay basic groundwork so the group would get the benefit of the exercises and experiments. I'd have a room full of people and as the day progressed, you could slowly, slowly see the light bulbs going on over some of the people as they gained valuable insights or had moments of transformation.

In the 1990s, I continued to teach across the globe. What was so interesting to me was that I had to deepen the content of what I was teaching – I had to go way beyond the basics to keep people engaged. And the light bulbs went on much faster and for many more people.

Recently, I've taken some classes in which the majority of students have no background in spirituality or metaphysics at all. The content is very deep, very sophisticated and nuanced. And everyone is having insights and experiences of transformation that are truly astounding. They are experiencing deep shifts that actually change their everyday lives and that maintain over time.

This speeding up, this shift that is happening is amazing to me.

Rosalyn: I think the speeding up may be because we're all connected, right?

Kristie: Yes.

Rosalyn: So here's another example. Last year I had a course of 350 students, and I [told them] every day before I start the lecture I'm asking you for three to five minutes, and I'm going to do a mindfulness meditation with you. Because that's what I think we need before we start this so we're all here and present together.

Last year there was a lot of resistance, giggling, people rolling their eyes looking at their computers, not doing it. This year I would say almost everyone is doing it.

Kristie: That is so heartening. It's almost as though the fabric of being, that which provides us this shared context, is . . . well, we are becoming far more alive to it. And far more alive as beings.

Kristie: Before we end, I want to ask a kind of a side question. Can you communicate with dogs or with other species in the same way? Have you had that experience?

Rosalyn: I have not had that experience, but ever since this started happening with horses and I started actually cultivating it and pursuing it, dogs are just glomming onto me. I've never been a dog person, you know. [Laughs] But now, I'll be walking in the park and here comes a dog to say hello. [Laughs]. Yes, so they're picking

something up. [Laughs] They're definitely picking something. It's noticeable how different it is.

Kristie: In the book, you recounted that while you were in Costa Rica, Beanie and the other dogs knew when you were lost in the pitch black and came to lead you home.

Rosalyn: Isn't that something? I was afraid. I was so afraid to go by myself. I couldn't see. I might be falling off that drop-off by the driveway. It was pitch black. And there they were. There they were. It's true.

Now, you know, I will say that there's been something going on with plants with me recently.

Kristie: Plants?

Rosalyn: [Sighs]. Yes, it's like the whole world is starting to talk. [Laughs]

Now I do not have a green thumb, but here's what happened. About two years ago I got six or seven orchids. When I first was divorced and living alone I thought I'm just going to put orchids everywhere for the beauty. And every morning I would get up – I'd never lived alone before – and I would greet each orchid individually and tell it how beautiful it was and how happy I was that they were with me and how much joy they brought into my new space. And then I moved into a new home and this year got very, very busy. I put them in the same orientation, but I didn't talk to them. And this was the first year they did not bloom. The first year that they have not bloomed.

I realized what had happened and I said [to them], "You know, I have been so disconnected from myself, let alone from you. I've been so busy, I've been a little bit sad. And I neglected you and I am so sorry." And I started to talk to them [again]. And within about a month four of those plants were blooming.

Well, so then the rest of the story [about plants] is I was working on a book this summer called **To Recreate Life from Life, Biotechnology and Science Fiction**. I'm writing short stories to go with scientific contributions, and one is about the genetic modifications of plants. I didn't know what to write. I went outside and I looked up at this magnificent black walnut tree in my backyard and I asked, "Can you help me, because I don't know what to write." And I was directly led to the film **The Secret Life of Plants**, which I wasn't familiar with.

So I go and I look for it and there it is! And I watch it, and oh my goodness gracious. That story poured out of me. So I went and thanked the walnut tree. Now I don't generally share about the plants with people, because I think it's enough for people to get their heads around the horses. But these species, plant

species, are definitely aware. And are definitely sensing something. It's not that I'm hearing words – it's more an energetic exchange.

Kristie: When we get down to quantum levels and get inside atoms to find quarks and charmed quarks and whatever, and we then get behind that – what's left is the fundamental “stuff” of the universe, which I think is consciousness. It's this fundamental “stuff” of the universe, this fabric of consciousness that is connecting us all. Cells and plants and rocks and horses and us.

So I find this quickening, this awakening, is tremendously reassuring in a world that is sometimes downright painful. [Laughs] When you look at what's happening in the Middle East and so on, it gives me great solace to think that something else much more positive might be in the flow right now.

Rosalyn: You say that so beautifully, and I'm very moved. And I'm also thinking as you speak, what if it's all becoming more alive because we need that help?

When you mentioned the Middle East and all the trauma right now on the planet with humans, maybe the plants and the horses and the dogs and the others are quickening to support our survival.

Kristie: And our ability to reach for an alternative.

Rosalyn: Yes.

Kristie: I'm going to wrap this up with the classic Thomas Jefferson question: So what is even clearer to you now since you completed the book?

Rosalyn: Oh. [Sighs] That we are not alone. And that the planet's alive. And all the species on it are connected.

You can find out more about Rosalyn and **When the Horses Whisper** at:

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