

RIDING TOWARDS THE LIGHT

An Apprenticeship in the Art of Dressage Riding

*Paul
Belasik*



Riding Towards The Light An Apprenticeship In The Art Of Dressage Riding

Sherry Ackerman



Riding Towards The Light An Apprenticeship In The Art Of Dressage Riding:

Riding Towards the Light Paul Belasik, 1990 The story of Paul Belasik's apprenticeship 13 years spent studying centuries of literature and observing the masters A wise honest and inspiring book Dressage in the Fourth Dimension Sherry Ackerman, 2010-09-07 Dressage is often seen as the most formal and controlled of the equine sports following an ancient standardized training progression For philosopher and dressage instructor Dr Sherry Ackerman dressage is much more It along with riding in general can be a transformational art and an avenue for reflection exploration and self knowledge through which a rider can experience liberation from the individual egoistic self This second revised edition of Dressage in the Fourth Dimension is a pioneer work in awakening dressage consciousness Drawing on such diverse sources as sacred geometry ancient Western and Eastern philosophies and esoteric spirituality Ackerman seeks to heal humanity's alienation from nature through riding She points us toward the liberation from societal conditioning and normative thinking and ultimately from our own egos Her concept of the fourth dimension requires us to leave the analytic objective mind behind and enter into the mystery of inspiration A short unique thought provoking work that has enjoyed a word of mouth reputation among horse people for years Dressage in the Fourth Dimension will challenge riders assumptions about their horses and themselves Dressage for No Country Paul Belasik, 2019-08-15 In the 1970s the sport of dressage was still in its infancy in the United States Unlike the countries of Europe there was neither an established tradition nor a written history to educate and inspire A rider intent on learning the discipline had to be prepared to travel to immerse himself in other cultures and to care only for what those who had already mastered the art might teach him Paul Belasik was this rider intent on learning all he could about dressage methodology and willing and able to compare and contrast the various means for achieving related goals beautiful movement lightness connection between two beings In these pages he shares a lifetime of searching and studying both through stories of his own adventures and thoughtful essays on the subjects he has pondered during the years he has trained and ridden horses Beginning in northern New York and traveling to Portugal and later Vienna Belasik serves as a tour guide of the various dressage paths he had the chance to explore including the German system the Portuguese art of equitation and the revered institutions of the Spanish Riding School Armed with the knowledge and experience he accrued over time Belasik debates whether classical dressage and competition dressage are at all compatible Then he considers the role of mindfulness how to become a good teacher and how to be a good student in today's horse world providing the guideposts needed to take dressage and riding in general the next step forward **Nature, Nurture and Horses** Paul Belasik, 2012-05-18 Follow along as four young horses Corsana Kara Elsa and Escarpa leave their babyhood behind and begin their training for future careers as sport horses well schooled in the art of classical dressage Renowned rider trainer author and equestrian philosopher Paul Belasik shares the daily schedule weekly events and his own musings over each horse's character physicality athletic ability and training as the months and seasons pass Belasik's honest

and enlightened journal entries give the reader an inside look at training horses according to the classical system he has used for almost 40 years His style of writing allows the reader to live the experiences as he did *The Cumulative Book Index* ,1991 A world list of books in the English language **The British National Bibliography** Arthur James Wells,1968
 Chronicle of the Horse ,1991 **Encyclopaedia Britannica** ,1929 **The Encyclopaedia Britannica** James Louis Garvin, Franklin Henry Hooper, Warren E. Cox, 1929 **The Encyclopædia Britannica** James Louis Garvin, Franklin Henry Hooper, Warren Earle Cox, 1929 *Encyclopædia Britannica* Walter Yust, 1960 *The Encyclopædia Britannica* Franklin Henry Hooper, 1937 **Encyclopædia Britannica** ,1951 AB Bookman's Weekly ,1986 **Private Independent Schools** ,1981 *Independent Schools* ,1978 Books Out-of-print ,1986 **The New York Times Magazine** ,1963
 Exploring Dressage Technique Paul Belasik, 1994 This long awaited sequel to *Riding towards the Light* is an absorbing biomechanical and philosophical treatise on riding and training dressage horses Using state of the art findings it debunks many commonly held dressage myths it also explores the artistic heritage and antique techniques of classical riding which have stood the test of time Each chapter offers fascinating discussion on a different aspect of riding training with many thought provoking ideas for today s riders Chapters include A fog of walks The hovering trot Rockin and rollin in the passage The piaffe Lateral work in search of the mother load Deep work Confucius and the canter pirouette Resistance and ethics The myths of the outside rein and Riding as a meditation Basing his theories on a study of biomechanics and rare historic literature the author begins to point a way through some of the contradictory and confusing tenets that exist in the world of dressage today In *Exploring Dressage Technique* Paul Belasik offers some refreshing new ideas and revives a few forgotten ones This book will be welcomed by thinking riders everywhere by those involved in the sport of dressage and above all by those who care deeply about horses *New York Times Saturday Book Review Supplement* ,1963-05

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