



Dressage in the Fourth Dimension (2nd)

By Sherry L. Ackerman

New World Library. Hardback. Book Condition: new. BRAND NEW, Dressage in the Fourth Dimension (2nd), Sherry L. Ackerman, Dressage is often seen as the most formal and controlled of the equine sports, following an ancient, standardized training progression. For philosophy professor and dressage instructor Sherry Ackerman, dressage is a transformational art, an avenue for reflection, exploration, and self-knowledge through which a rider can experience liberation from the narrowly individual, egoistic self. This second, revised edition of "Dressage in the Fourth Dimension" is a pioneer work in awakening 'dressage consciousness'. It requires readers to deconstruct every assumption they have ever held about riding - to ask 'Why?' and to become okay with not knowing. Drawing on such diverse sources as geometry, ancient Western and Eastern philosophies, and spirituality, Ackerman seeks to heal humanity's alienation from nature through riding and dressage. She points readers toward liberation from societal conditioning, from externally legislated morality and normative thinking, and ultimately from their own egos. Her concept of the Fourth Dimension requires the reader to leave the analytic, objective mind behind and enter into the mystery of inspiration. A short, unique, and enigmatic work that has enjoyed a word-of-mouth reputation among horse people for years yet...



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