



## Introduction

Welcome to Ride by the Stars, a guide to understanding how astrological patterns can influence the way you ride and the way your horse responds.

This book explores riding through awareness rather than belief, offering a framework for noticing patterns in energy, behaviour, and communication between horse and rider. It adds another layer of insight to help you ride with greater clarity, presence, and intention.

Inside these pages, you'll explore how your zodiac sign can influence your energy in the saddle, your riding style, and the way you approach challenge, progress, and partnership.

You'll also learn how different zodiac horses express their nature through movement, sensitivity, and response. This explains why some combinations feel effortless and others need more awareness.

Each sign brings a distinct rhythm, with strengths to build on, challenges to navigate, and patterns to become more aware of.

In this book, you'll find:

- In-depth profiles for each of the twelve Zodiac Horses and twelve Zodiac Riders
- The strengths, shadow traits, and lessons of every sign, both human and equine
- A guide for evolving your connection with your horse through astrological insight
- Compatibility insights to help you understand and harmonise with your horse
- How your zodiac sign shapes your riding style and communication in the saddle

For those who believe that the barn is sacred, that intuition matters, and that horses carry something ancient and wise in their gaze, this book was written for you.