



Introduction

Welcome to *Ride by the Stars*, a guide to understanding how zodiac archetypes and natural cycles influence the way you ride and the way your horse responds. This book explores riding through awareness rather than belief, offering a framework for recognising patterns in energy, behaviour, and communication between horse and rider, so you can ride with greater clarity.

Inside these pages, you will discover how your zodiac sign shapes your energy in the saddle, your leadership style, and your approach to challenge and partnership. You will also explore how different zodiac horses express their nature through movement, sensitivity, and response, revealing why some combinations feel effortless while others require deeper awareness.

Beyond personality and compatibility, this book considers the wider rhythms that shape partnership. The seasons influence hormonal balance, pasture quality, conditioning, and recovery, while the lunar cycle subtly shifts sleep, nervous system regulation, and focus in both horse and rider.

These cycles do not dictate behaviour, but they form the backdrop against which partnership unfolds. When you begin to recognise these patterns, what once felt confusing often becomes understandable.

In this book, you will find:

- In depth profiles for each of the twelve Zodiac Horses and Zodiac Riders
- The strengths, shadow traits, and lessons of every sign.
- Compatibility insights to help understand and harmonise with your horse
- Guidance on working with seasonal shifts and lunar phases
- A framework for deepening partnership through rhythm and awareness

For those who believe that the barn is sacred, that intuition matters, and that horses carry something ancient and wise in their gaze.

