



Dressage in the Fourth Dimension

Sherry L. Ackerman

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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.

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