



## Horse Spirit Connections Newsletter - June 2013

### March 2013

#### In This Issue

[Juliette - therapy horse](#)

[Papilion - a tribute](#)

[Words from the Herd](#)

[Twin Hearts](#)

[Horse Medicine](#)

#### Upcoming Workshops

##### Horse Medicine

June 14, 15 & 16, 2013

- Only 2 spaces left!

October 18, 19 & 20, 2013

##### Couples Workshop

June 29 & 30, 2013 - 1 space left

##### Connected Riding

July 21 & 22, 2013

##### Heart Connection

September 7 & 8, 2013

##### Discover Your Inner Self

September 14 & 15, 2013

[To register click here!](#)



**HORSE**  
**spirit**  
connections

*"Your heart can be healed in the presence of the horse. Your mind can be free as you walk in their world. Hope and purpose and courage can be restored as your spirit becomes one with theirs. Pain and fear can disappear as you accept them as your friend. They are waiting for you.....will*

## Engaging with Life

Coming back from the dry deserts of Arizona last week to our incredible lush spring was such a contrast and a reminder of what an incredible gift nature shares with us. Spring is bursting forth here at the farm: vibrant greens, the brilliant yellow of dandelions, pink and white blossoms of the fruit trees, purple lilacs dazzling our senses, the delicate lily of the valley bells scenting the air, the bright red tulips waving in the warm breezes, and the horses contentedly munching the new grasses springing up.

Wouldn't it be wonderful to be bursting with this same bountiful energy as we live our lives from moment to moment!



Our wise horses continue to teach me to engage with life - not just once in a while, but to be mindful as I walk my path with heart each day. How do I show up? What draws my attention? Can I engage all of my senses with what attracts my attention in the moment? Can I fully experience the incredibly intimate moment of exchanging breath with Aria before I walk with her to the paddock. Am I fully present when gently rubbing the soft, silky spot on the tip of Contendor's muzzle and receiving the sensation of his lips vigorously rubbing back and forth on my body as he grooms me in return? Can I be fully sensitive to how this feels in my body, what emotions spring forth, what thoughts dance into my mind?

Most importantly not just how I receive the energy of the moment, but more meaningful is how I engage with the moment - feeling empowered when my heart and my body wisdom connects with my thinking mind to unite with that oneness of being.

How are you engaging with your life?

Heart Hugs,  
Wendy  
Horse Spirit Connections

## Juliette - a Therapy Horse!



Juliette came to us near death last May. She spent ten months quietly and purposely regaining emotional and physical well being. Due to near starvation, she was on autopilot when it came to eating and regaining her body mass and strength. This was her

*you come?"*

Chief Healing Tees FB



primary focus. As she regained balance and a sense of security, Juliette was able to 'hear' the teachings and wisdom from her herd mates and Monty - our wise master who guides the herd from the other side.

Now Juliette is engaging with our clients with her incredibly astute grandmotherly wisdom! Watching her in action brings tears to my eyes and joy to my heart! Casting aside the harm we as humans brought her, she is so compassionate and giving to those people she resonates with. One warm spring day when the sun was warming up the earth, Juliette was lying down in the top pasture - feeling safe to be vulnerable in her herd.

This is itself was a sight that made my heart sing. Bringing a client to the pasture, she chose Juliette (or Juliette chose her!). The whole session took place with Juliette lying down in the field. Her profound connection with the client was felt through non verbal communication consisting of changing head position, eye contact, snorts and nickers, and heart resonance. The client felt 'held' in this horse/human exchange and was able to access new perspectives so she could re-engage with her life.

## Papillon: A Tribute to our Honoured Teacher

Papi engaged with life and loved to help people empower themselves. She was a strong and direct teacher who suffered a fatal accident in April.

Papi is continuing her journey as a wise elder on the other side.

To read how Papi touched the hearts and souls of our FEEL Graduates click [here](#).



## Words from the Herd

Enjoy the following words written by Fotini Walton. Fotini took a workshop with us last fall which deepened her spiritual connection with the horses and inspired her to write a book called 'Words From the Herd'.

### FEEL

*The horse is the medium between the worlds.  
They can feel energy and intent from a distance.*

*With senses and intuition that are so strong,  
they can teach us humans about our own energy  
and emotions. They are a true reflection, a mirror, to what lies  
beneath our ego and in our authentic selves.*

*Feel your heart; Feel your truth; allow yourself to FEEL.*



Take a journey through the spirit of the horse in Words From The Herd. This poetry compilation is written from the horse's perspective as a teacher and healer. This book was published in order to raise awareness of the horse as a spiritual being as opposed to a tool for sport and recreation. It is available in various formats including pdf, pocket book and full version featuring color photography. To order the book, please visit [theBigRedBarn.ca](http://theBigRedBarn.ca) or [click here to purchase from Lulu.com](#)



## Twin Hearts Coming Together

At our recent "Discover Your Inner Self" workshop, a participant did an exercise in the barn with Spirit Walker (formerly called Buddy) who is a rescued race horse. She spent time with Spirit and then pulled a quote which follows. We are delighted she agreed to share her creative journaling with us following this profound and intimate connection.

*"There is no universal path between stimulus and response. One person can feel deeply traumatized by an experience that hardly registers for someone else"* - Deepak Chopra



"I am getting more and more irritated by Spirit's lack of response to me. Why does he keep eating, looking out the window and ignoring me?"

I am not known to be a patient person. I think he is doing this on purpose to let me feel the irritation and impatience, to really feel what they feel like, and to not be willful or do anything to make it more comfortable for myself. Stay with this feeling and respect that he needs his space.

Kisses, nuzzles, kisses on his soft face. I feel joy and happiness that this beautiful, damaged horse has let me into his world. Here is what he says to me -

"I am happy to have you with me today. It's nice to have someone work with me and want to be with me, someone who understands me. I want to do this work, but I'm on a journey. I have a big racehorse heart. I would like to share a meal with you."

Did I think or did he say to me -

"I want to do something right for a change. I miss my family"

I love his soft brown eyes that are curious and warm. I delight when he watches me write and then I show and tell him what was written.

Spirit and I have both been traumatized by life events. We are both using our strength to go forward and be brave. If there is no universal path between stimulus and response, then we need to feel that we are honouring our true feelings, and loving ourselves enough to feel them, and then let them go.

We don't have to have the 'correct' response to stimulus, we can be ourselves with all our flaws, warts and bumps, and create a space for all of it.

I love this horse."

J.H.



## Horse Medicine Workshop

In this magical workshop, we invite you to engage with Spirit. Spirit is the universal oneness we are all connected to. Our private life journey is affected by the way we let ourselves dream, by the way we allow ourselves to experience joy in every moment and by the permission we give ourselves to take the big leap.

We invite you to leap into this magical workshop where you will experience the healing way of the horses, including a guided journey ride on the back of one of our master horses. Feel the power of an aboriginal Sweat Lodge Ceremony where you can purify and rejuvenate your soul. It loosens and frees up the energy that no longer serves you and brings balance to your mind, body and spirit.

And dream in our underground Kiva, the womb of Mother Earth, where a drumming journey with the spirit horses, will guide you on your soul's journey to Spirit. Experience the incredible grounding energy of this sacred space as you soar into the infinite.

There are only 2 spaces left! Take the leap!

[Click here to find out more....](#)

[Click here to register!](#)

## Congratulations to our latest FEEL Graduates!



Top row: Martha and Colleen  
Bottom row: Bonnie, Sarah and Terri

## About Us

(Horse Spirit Connections is a not for profit corporation)

At Horse Spirit Connections we are committed to developing better ways for humans and horses to interact, in a manner that promotes wellness for both. We rehabilitate horses to step into an honoured and respected role of wise teacher, in an environment that is comfortable and safe for all. Creating an authentic community where people walk their talk, we nurture a joyful, energetic connection with the fabric of life. We are a sanctuary where the heart soars, passion sings and joy is shared between humans and horses.



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