



Horse Spirit Connections Newsletter - August 2013

August 2013

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Upcoming Workshops

Horse Medicine

Special 2 day workshop

October 20 & 21, 2013

Please call for details

Heart Connection

September 7 & 8, 2013 - FULL

Discover Your Inner Self

September 14 & 15, 2013-FULL

November 9 & 10, 2013

[To register click here!](#)

Private Sessions

We are available during the week to work one on one with clients who desire to experience Facilitated Equine Experiential Learning outside of the group experience. Please call 905-936-4450 to make an appointment



HORSE
spirit
connections

The Word is OUT!!!

Have you seen it in Oprah, newspapers, TV or radio recently? There is a new path to human wellness and it's partnering with horses!

In the August Oprah magazine Phyllis Lane writes "You stand near a horse. You gesture to that horse. It gestures back. For a while, it all feels strange and random. But eventually, in a process beyond verbal description, you begin to feel a cell deep, almost telepathic communication between you and this creature. Awakening your ability to connect with the horse allows you to understand yourself in entirely new ways." [Read the full article here.](#)

Two of our FEEL Graduates Suzanne Latchford and Michele Mihalik were featured in a Toronto Star article called 'Horse therapy helps people surmount personal obstacles' by Carola Vyhnaak at the end of July. Here are excerpts from the article "Suki is one of a small but growing number of Canadians who are discovering the healing power of horses. ...Why horses? The intuitive animals are able to read and mirror the emotions and energy of the people around them, according to facilitators. Clients, in turn, learn to make positive changes in their lives." [Read the full article here.](#)

We are thrilled to see how the word is spreading about the powerful healing horses facilitate. Here at Horse Spirit Connections, we communicate with the horses in their own language. From being in relationship with these wise teachers and by providing 'choice', horses become more sentient and develop their therapeutic skills. They attune to people and pay attention to their emotional state and their body language. Horses actually listen to us at a much different and deeper level. This resonance is a palpable sense of connection. The horses respond to this moment of deep connection and allow people to 'hear' and respond to their insightful reflections.



While continuously busy, the horses have been unfailingly supportive of the people who have come to the farm in the last couple of months - even in the hot, hot temperatures we had at the beginning of July. They inspired me to keep going- they were so willing to be present and help others.

I love to watch how Contendor, Paris and Redman team up together when someone comes into the barn to meet the horses. Their stalls are all together at the end of one of the aisles with Redman across from Paris and Contendor beside Paris. With one accord, they attune to the person and put their combined concentration out in such a way that the person receives energy to the front and back of their bodies simultaneously. Then by mutual agreement, one of them will continue the interaction. It is so powerful and magical!

Discover for yourself how the horses can change your life!

Heart Hugs,
Wendy
Horse Spirit Connections

Empowering our Youth

by Julia Morch, B. Ed. M. Ed.
Executive Director, Trails Youth Initiatives

How can I describe the feeling of joy as I watched two young boys who have ADD, do a heart transmission with one of the horses, and their complete reverence for the experience? How can I describe the feelings of wonder as I observe two girls who had been fighting the day before, laughing and communicating as they lead the horses around their obstacles course? Words seem inadequate to capture the magical experience of our day workshop, July 7, 2013 at Horse Spirit Connection and our 20, (10 boys and 10 girls) aged 12 from Trails.



What I can say, is that, our approach of focusing on an adolescent's long-term development, and the segment of youth who face a questionable and uncertain future because they are ill-prepared, lack support systems and confidence, will now include Facilitated Equine Experiential Learning as one of our intervention strategies to empower youth to transform. We look forward to building our partnership with Wendy and Andre and collaborative goals to help youth who have all the odds stacked against them realize their potential and become contributing leaders of their communities.



Why I am attracted to the field of Facilitated Equine Experiential Learning?

By Jennifer Steers

I have always had a deep connection and love with all animals. I believe that they have so much to teach us about living in the moment, living authentically, living with an open heart, unconditional love. Horses are amazing teachers, and have so much to share.

I have had personal experience with this, working with a young horse named Zena who helped me learn how to look at myself with compassion and to look at my skills and gifts. I have dyslexia and some other learning difficulties which has created a story in my head that I am not intelligent, good enough and I have general lack of confidence issues.

Zena had not
been kindly
treated and was



quite scared; when she felt overwhelmed she would resort to acting up. She had been written off as a bad and possibly dangerous horse. I took lots of time with her, worked on skills at her own pace, if she became overwhelmed (instead of what I



had been told by coaches to push her forward, to not put up with this) I listened to my intuition. I felt that she needed to go back to where she was confident and we would take more time. I learned to pay attention to her energy and my own, to be creative and patient, to reward successes even if they were small, to go back if we hit a place where she felt overwhelmed and started to act up. In the time I worked with her, we developed a deep love and trust. She mirrored how I had felt in school when people were telling me in frustration to pay attention, to focus and try harder. That feeling of dread and despair that I would never get it even though I was trying, that I would never be good enough.

Zena acted up not because she was bad, but because she was overwhelmed. I taught her the way I would have liked to have been taught. I taught her with patience and love and she thrived. It helped me to realize that my dyslexia and other challenges were a gift, it has helped me become a compassionate and creative teacher that wants to support learning in a way that maintains dignity and self esteem.

Zena was not mine, but I loved her and when the owners told me she was going to go to auction I bought her. I didn't have the money to keep a horse but my friend in Saskatchewan had a farm where she rescues animals and agreed to take her. The universe was working to help create this. Now called Beauty, she lives on the farm with other horses, cows and goats. It's a non profit farm where animals are rescued and school children come to visit. She is very popular and loved and her role is to help school children learn about animals. She will live there free until the day she dies. When I think of her, I feel the love and it can still bring me to tears, her gentle and powerful lessons.

Interesting how a so called bad horse can help heal and teach me and then go on to teach hundreds of school children.

I believe that when we learn to listen to our intuition and our hearts there is no more powerful form of healing. Horses, as well as other animals and nature are brilliant, non judgmental and compassionate teachers.



FEEL Certification Training

The next session starts this November!

Discover how to facilitate this dynamic work with others through our comprehensive training program.

Over 80 FEEL graduates have taken the FEEL Training for a variety of reasons - personal development, deepening their relationship with



horses, wanting to help others, adding to their credentials, and making it a secondary career.

Are the horses calling you to join them on this journey and new way of being?

Find out more by visiting
HorseSpiritConnections.com/learning

"I started a journey 10 years ago with horses, which in its beautiful way transported me to a piece of magic for 6 months. The FEEL program took me from uncertainty to defining who I am, what it is I love to do and how I have learned to love my shining self. The knowledge and wisdom and teachings of Wendy, Andre and Janis were stellar and the compassion, support and love in which they gave the teachings was always felt by me. But it was the incredible magic of the horses that truly changed my life. Their teaching and wisdom will fill my heart forever and will have spilled over to my own horses."

Terri Bowhey, Barrie, Ontario

"The FEEL program taught me a great deal about myself and horses, as well as the incredible connections that can happen between horses and humans. It exceeded my expectations by a large margin. I could never have imagined all that FEEL could bring into my life: renewed faith in myself, an incredible bonding process with horses and the beginning of a new adventure in my life that resonates deeply in my heart and soul as being the right one for me. A transformational and life-changing experience."

Dominique Davies, Toronto, Ontario



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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