



HORSE
spirit
connections



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Horses Help Us Find our Stillpoint



As our worlds continue to connect and collide at a faster and faster pace, how can we find our stillpoint: that place of profound calm and deep relaxation felt in our mind, body, and spirit?

Being in heart resonance with a horse effortlessly creates this place of stillpoint. It is the pause where you find perfect peace and clarity. You feel at one with everything! There is flow and connection; awareness of everything and nothing.

We recently changed the placement of our twelve horses amongst the stalls in our old bank barn. In the switching around of the horses, we chose to put Encore, our big Clydesdale, at the top of aisle on the opposite side of the barn. Prior to this he was at the very back of the corridor of stalls. Now Encore enjoys greeting everyone as they come into the

barn. What we didn't count on, was his huge, long head inquisitively checking everyone as they pass by. What a blessing he is a gentle giant.

As part of our FEEL training workshop we had people come into the barn and meet with the horses, as they would be their teachers for the next six days. What is marvelous about horses is how they can mirror and direct energies. We saw this first hand. At the beginning the horses, especially Encore, were very curious responding to all the energies as people went from horse to horse, connecting with each one. Heads were reaching out, ears were flicking back and forth, their sensitive nostrils breathing in all the different scents. Then everything changed! All the energies shifted - for the horses and people.

The horses, as one herd, dropped into a deep place of trance including Encore. It was so dramatic to contrast his previous excited greetings with this quiet being, who stayed perfectly still with large dark eyes softly focused inward, yet very connected to the person standing with him. As the people moved from horse to horse the connection deepened. The shift in energy was palpable - the atmosphere in the barn became a quiet, zen like state. The horses opened a space for everyone to drop into - a group stillpoint!

How does this happen?

The horses help you become aware of your breath - you feel, hear, and 'see' your breath as you consciously inhale and exhale throughout your body. You can attain stillpoint by increasing your awareness of the top of your breathing and connect to the beating of your heart. As the horse's heart rate is three times slower than a human heart, the horse can slow your heart beat very quickly and take you into an alpha rhythm. Opening your heart to this place of all time/no time allows your right brain consciousness to come to the forefront- the place of dreaming, intuition, and creativity.

As your energy drops further down into your body, you become aware of a density and lightness at the same time. This place of stillness allows the harmonics of life to pulse through you, increasing your vibration not only in your physical body but your energy body surrounding it. With ease the horses release any blockages or stuck emotions as our normal fight or flight response steps down.



The horses invite you to step out of your world and join them in theirs. In the stillpoint between your mind and heart you find yourself. Dance within yourself feeling safe and held.

Here is an apt excerpt from 'Burnt Norton', the 'Four Quartets' poems of T.S. Eliot

*At the still point of the turning world. Neither flesh nor fleshless;
Neither from nor towards; at the still point, there the dance is,
But neither arrest nor movement. And do not call it fixity,
Where past and future are gathered. Neither movement from nor towards,
Neither ascent nor decline. Except for the point, the still point,
There would be no dance, and there is only the dance.*

*I can only say, there we have been: but I cannot say where.
And I cannot say, how long, for that is to place it in time.
The inner freedom from the practical desire,
The release from action and suffering, release from the inner*

*And the outer compulsion, yet surrounded
By a grace of sense, a white light still and moving.*

Remember to **Like us on Facebook!**

Have your own stillpoint experience at our upcoming

'Discover Your Inner Self' workshop

May 6 & 7, 2017

[Click here for workshop details](#)

"The elegance and flow of the 2 days created a magical container of invitation providing safety to go deeply within to discover our inner self and allow that to shine more brightly. I am in awe (again) of the wisdom of the horses, their willingness, their huge hearts, and the gift of this land. Thank you so much Wendy and Andre for allowing more layers to be shed and for taking me deeper into the truth of my being."

Jean Westney, Ontario.

"This has been a truly life changing and life saving experience, as I faced some of the most difficult challenges of my personal and emotional journey. What the facilitators and horse-teachers taught and allowed me to discover have been invaluable components in my personal and spiritual growth."

Manoosh Valipour, Quebec.



Read our recent Blog

Horse As Teacher

The extraordinary capacity of a horse to elevate the human spirit.

[Click here to read blog](#)

FEEL Certification Training

Are the horses calling to you?

Do you want to deepen your connection with horses and yourself?

Do you have a strong yearning to help others?

Do you want to be at the forefront of a new healing modality?

Attain your dreams of a fulfilling career with horses. The FEEL Certification program is not just a training program, it leads you to an inspirational career bringing profound change to people's lives.

I transitioned from a hectic, stressful life in the corporate world to the world of horses and nature. I now live a life where my heart sings from seeing the transformation in people

after a compelling connection with one of our horse teachers. I experience joy seeing our horses grow and develop into their unique gifts. What a beautiful way to continue my life's journey!

The FEEL (Facilitated Equine Experiential Learning)® Certification program is suitable for coaches, educators, facilitators, equine professionals, wellness practitioners, and other individuals who are looking for practical training and experience in developing FEEL programs in the expanding field of Equine Facilitated Learning and Equine Facilitated Psychotherapy.



Participants learn to create a horse-centered, experiential learning environment that supports personal discovery. The FEEL approach supports a deep spiritual connection with these incredible beings. Throughout the training, prospective FEEL Practitioners gain self-knowledge and acquire skills and experience to develop their own FEEL programs where horses are valued for their roles as teachers and healers. Over 160 graduates are practicing across Canada, the United States and abroad. The support available to our FEEL graduates after completion of the training program is exceptional from both Horse Spirit Connections and the FEEL Alumni association.

Upcoming FEEL Training: Only two spaces available!

At Horse Spirit Connections
Tottenham, Ontario, Canada
Includes all three on-site sessions
April 26 to 30, 2017
July 19 to 30, 2017
October 18 to 3, 2017

"The FEEL program has been a personal transformational journey for me. Through attending and completing the program, I feel I was able to finally bring forth myself and step into a role in my life that I had felt called to but felt was always out of my reach. Wendy, Andre, the horses and the structure of the program created a vessel of learning, growth, and transformation that gave me the skills necessary to do this work and to be able to bring it out into the world. The process brought out my true and authentic self and I truly feel like a different person because of this. Thank you so much for all of your support in this journey."

Sarah Schatz, Baltimore, Maryland, US

"I came to gain the skills for a new job and I walk away with so much more. I gained a stronger insight to myself and I know this self-discovery will continue as now I have skills to see that grow. FEEL has taught me how to have a much stronger relationship with my horses in a way I never could believe. Asking my horse to ride is now what I do and now that ride is a partnership. I cannot explain the joy and happiness that brings. Yes I now have skills to start up a new business but I have so much more."

Joan Marie Gjos, Ontario



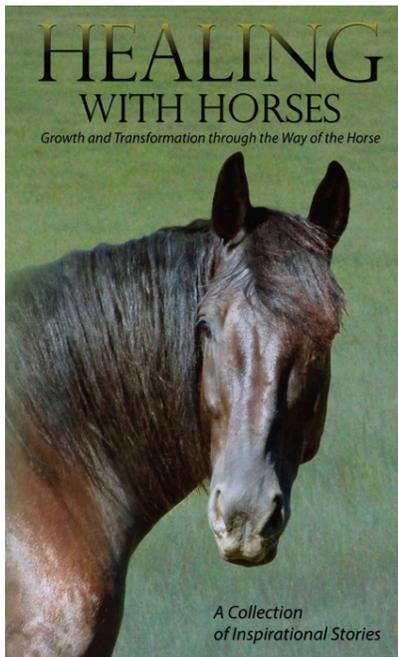
It is so gratifying for us to be instrumental in bringing such a powerful and healing modality into the world for both humans and horses.

Empower your life and others by partnering with horses

Visit the [FEEL Certification](#) section of our website, download the [FEEL brochure](#), email Wendy@HorseSpiritConnections.com or call Wendy at 905-936-4450 to learn more about this exciting program and change your life!

[Register NOW!](#)

Horse Spirit Connections is the founder of the FEEL (Facilitated Equine Experiential Learning)™ Approach and has created specially designed programs to benefit people looking to create change in their lives and find fulfillment. The horses are honoured by people as teachers and healers.



Healing With Horses
Wendy Golding & Andre Leclipteux, co-authors.

Get your signed copy today!
Only \$24.95 including Canadian shipping
(US shipping add \$10, International add \$20)

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