



Can Horses Heal the Human Spirit?

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For a growing group of enthusiasts, the answer is a resounding “yes.”

We’ve all been awed by the beauty and majesty of horses. For many of us, horses hold a special fascination — their size and speed affords them freedom we can only imagine.

But beyond their dignity and power, horses are also gifted with a strong natural desire to be of service. Over the years they’ve helped shaped our culture as a means of transportation, a work partner, an athlete, and a companion. They give of themselves generously, both physically and emotionally.

What some may not realize is that horses also possess a

keen sense of perception and intuition. As prey animals they have developed a heightened sensitivity to their environment and those within it — a necessity for self-preservation and to protect the herd. Horses see through the slightest incongruities in emotion and intent — and this makes them exceptional teachers and healers. They are, in fact, consummate facilitators in the work of human development.

In recent years, much interest has been generated in healing humans with horses. As we look to more natural ways to empower and rejuvenate our bodies, minds and souls, the horse offers us an opportunity to connect with the animal kingdom and to tap into its vast spiritual resources. Some say these horses have even taken on the roles of guides in our human struggle for emotional stability. Whatever the case, equine-based therapy offers a unique and intriguing alternative for personal growth.

Recognizing this, therapists and companies are beginning to incorporate horses into their work. Horse Spirit Connections is one such company. They are a non-profit company that brings horses and humans together for self-development, problem resolution, and even leadership training. Based in Tottenham, Ontario, just north of Toronto, and housed at a tranquil, peaceful horse



Photo courtesy of Horse Spirit Connections

More and more people are recognizing the value of horses for human learning and therapy.

ranch, it is the practice and passion of Wendy Golding and her co-facilitators. This equine-based therapy uses Equine Facilitated Experiential Learning (EFEL), which encourages learning by doing as a means to acquiring and retaining new skills and life guidelines.

Their workshops, explains Horse Spirit Connections, offer an opportunity for participants to learn more about themselves on a deeper level; and to seek the reconnection of heart, soul, and body. The horses lead the

way, reflecting what they see and feel from participants. These sensitive, intelligent animals mirror the emotions and energy of the people around them, providing instant, non-judgmental feedback. Horses detect everything from a broken heart to an injured knee — and then provide a compassionate space for healing. Always honest and direct, the horses show people how to create new possibilities for their lives.

To learn more about Horse Spirit Connections, visit www.HorseSpiritConnections.com. ●