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Horse Spirit Connections

January 2013



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Manifesting Your Dream

The year of 2013 is full of magical possibilities. We are in a time of galactic alignment which creates the vibration for a higher consciousness or awareness. More than at any other time, the gateways are open to see and manifest your dreams.



We are blessed to be in relationship with our wise horses during this time of powerful, transformational energy awakening in the world. The horses help shift our energy to the highest frequency for optimal wellness. They work with us in ways to change our relationship with life, one that follows our heart. Our heart opens the door to our inner guidance system or intuition allowing us to see without filters.

Are you living your life with passion? It is a wonderful gift to manifest your life's purpose.



The fall and winter have been an incredible adventure. We started the fall with our second annual Polo for Hope fundraiser which was an enormous success. Our son arranged for an introduction to Susan Hay of Global TV. She came to Horse Spirit Connections and filmed a segment for her show "Making a Difference" showing how the horses help people transform their lives. We received a call in December telling us it was chosen as one of her top eight shows for her Holiday Special which aired over the holidays! You can see it on YouTube at our channel "Horse Spirit Connections" or right here!



Horse Spirit Connections on Global

In October I was thrilled to visit Linda Kohanov in Arizona. Linda shared with Epona graduates some of the new insights and exercises coming out shortly in her new book "The Power of the Herd".



Andre and I had a dream of building a Kiva - a pueblo structure built inside the ground to do ceremony. You might recall our trip to Arizona and Colorado last January where we met with a Hopi elder and Navajo Shaman to receive teachings and blessings to manifest our dream. We are in absolute awe of what has been created, how our community came together to support us and how magical it is to spend time in the sacred earth temple. We came together in celebration of the winter solstice as the gateways opened.

We also had a dream of creating a retreat here at our horse sanctuary. This is being manifested as I write this newsletter. Our building that housed our meeting place is being expanded to include a kitchen, dining room, bathroom facilities and a bedroom. In addition 3 sleeping cabins will allow participants to dream with the horses and hear their gentle nickers and munching through the night.



New: Wisdom Circle Path



Andre and I are so full of gratitude for living our passions. We started our journey studying Shamanism (Earth Based Medicine) thirteen years ago. Through many teachings and ceremonies we came into alignment with our true selves.

During a rites of passage ceremony with a focus on the future, a 'vision' was received of working with horses for healing. After research and intensive training, we created Horse Spirit Connections eight years ago. We live our lives with joy through this incredible weaving together of Shamanism and horse wisdom.

We are so excited to share this knowledge in our new "Wisdom Circle Path" program. Ancient Shamanic teachings and ceremonies combined with the present day wisdom of the horses help awaken the seer within you and create a life of passion. The time is NOW to manifest your potential. This one year program starts in February. For full information read more by [downloading the brochure here!](#)

2013 Workshop Schedule

Our 2013 Workshop schedule is up on our website
www.HorseSpiritConnections.com

The March and April 'Discover Your Inner Self' workshops are filling up quickly.

"The Discovering Your Inner Self workshop provided me with an opportunity to reconnect with who I really am. The beautiful horses provided a safe, reflective and loving space to explore tender areas within and uncover treasure that awaited me. "

Kim R., Michigan

Our next FEEL Certification Training starts in May. This is an incredibly profound journey learning how to provide Equine Guided Healing. New this year we are offering the FEEL training in British Columbia. Hillary Schneider, one of our FEEL Graduates is hosting it at her beautiful facility outside of Ladner.

FEEL Graduates



We are immensely proud of our recent FEEL Graduates: Louise Violette-Beaulieu, Raymonde Violette, Jocelyn Grey, Janice de Ville, Greg Black, Dominique Davies, Jennifer Schramm and Sandra Reed. Great kudos to Greg for being the first 'guy' to graduate!

"What an incredible experience taking the FEEL Program. This program opened the door for me to step into becoming more of the type of leader I have always wanted to be. I gained invaluable insights that will empower me for the rest of my life. Wendy and Andre, along with other co-facilitators, and the horses, created a very safe place for me to learn the skills needed to facilitate equine based learning experiences for others. Through this program I developed more confidence, trusting, and believing in myself. It was an honor to be a part of a certification program that held such high integrity. I would highly recommend this program!"

Janice de Ville, Colorado

Contendor's Wisdom

Many who step onto the land at Horse Spirit Connections for the first time say they feel a sense of peace or serenity enfold them. Others feel a connection to the heart and healing spirit of the land. And those with a little more awareness feel something much more . . . magic.

In the green pastures, twelve horses serenely graze. Each of those twelve brings unique gifts to the work they do with humans. Together, they hold the space for all possibility to unfold. This is my story about one of those horses - Contendor.



Redman & Contendor

His name conjures up images of strength, virility and leadership. The first time I saw him I felt his strong masculine presence and was awed by his beauty. I also recall feeling somewhat afraid of him - as if all that strength and energy posed a threat to me of some sort. In spite of that, there was an irresistible attraction - an inner knowing that Contendor had much to teach me.

Over the course of several workshops and a six-month FEEL training program, that inner knowing proved to be more than true. In some of our first interactions I learned to shift how I perceived masculine energy. Up until that time, I had a very slanted view of the masculine - the very word brought to my mind thoughts of dominance, rigidity and macho ego. Contendor taught me to see that my perspective was of the masculine when it is out of balance. He showed me how beautiful the masculine could be when it was in balance by allowing me to experience his gentleness, his heart and vulnerability. I took that new learning forward into my relationship with my partner and our connection grew deeper.

In a Couples workshop, Contendor was the one to show us the power and beauty of heart connection. He showed us that being vulnerable with each other allowed us to grow together. And most importantly, he brought us magic - a connection to mystery and spirit. That connection has put us on a path filled with possibility, heart and magic. . . and as we journey that path together, Contendor walks with us.

Janis Mirynech
Director, Horse Spirit Connections

Book Report from a FEEL Participant

I wanted to include this book report by one of our FEEL graduates as it speaks so eloquently of the role of horses as teachers and it is one of our favourite books.

-
The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz

Book Report by Dominique Davies,
FEEL Graduate

I chose to read this book because I wanted to learn about the Toltec approach and to see how I could apply their wisdom to the FEEL work. I found an abundance of knowledge that I can take into my practice. Here is some of it. The essence of the book is made clear in the first agreement. Being impeccable with your word is another way of striving to be authentic in every aspect of your life. Horses are always impeccably themselves, at rest, at play, while teaching. We are often stuck in belief systems due to our upbringing and society, caught in "the dream of the planet" as the Toltecs describe it. While we learn from a young age to judge others and ourselves, horses are non-judgmental. They enter into relationship with us with open hearts and no agenda. They are responding to our true self, the authentic being we came into the world as, not the "dream" version the false self has created.

In reading this book, I learned a lot about facilitation by applying what I was learning to the world of FEEL. I think part of the work of the facilitator and horse is to have the client realize who they are beyond the imposed expectations of society's dream. Often people come to a session feeling stuck in some situation or way of being. I realized in reading this book just how strong our conditioning is and why, as well as how it can lead to feelings of helplessness. When we are taught from a young age to please others, it is easy to feel stuck when where our spirit wants to go does not mesh with the outside dream constructed by others.



Dominique leading Dusty

When we lead people to the horses and facilitate interactions with them, clients soon realize that the horse places no demands on them, does not ask to be pleased. The realization that no acting is required to be accepted leads to an authentic connection between client and horse, between client and self. Having a sense of how a client has been conditioned can give clues as to how best to work with them, in terms of what activities they may best benefit from to rendering us more sensitive to their actions and reactions as the horse teaches and we facilitate.

Ruiz writes that "All of humanity is searching for truth, justice and beauty" (p.15). He adds " We keep searching and searching when everything is already within us" (p.15) I see now that this search is in large part what brings the clients to the FEEL work, and what I've experienced is that they find what is within first in their connection with the horse and then within themselves. This is a very positive outcome of a session, when the client touches their own core through the heart connection and has their authentic self revealed. I am learning through facilitation that so often that what people seek as their heart's desire is connection, with the horse, with others and with themselves. In finding the right questions and activities to aid them in their search, the facilitator and horse can begin to help the client dismantle the dream and live life on their own terms.

The horse/human bond is of course not a topic of this book but I found that horses can help us understand and apply The Four Agreements by modeling the loving, self-loving, non-judgmental way of life we can strive for as outlined through the book. When we begin to believe that "Nothing other people do is because of you" (p.48), we can see how this is true with horses, as they do not take anything personally in an interaction between another horse or with a person. As soon as that interaction is over, the horse goes back to grazing, teaching us the freedom that comes with their emotional agility. The horses show us how their way of living offers the state of bliss that we can attain ourselves: "Because you like the way you are. Because you are content with you. Because you are happy with your life...You are at peace and you are happy"

When we walk through the fields and are with the horses, we see and feel that they are in the state mentioned above. When we are in a round pen with a horse, or facilitating a session, we see it there too. Whenever we are near horses the bond is formed, because I believe that horses can truly teach us to let go of "the dream of the planet". By seeing and feeling how they act and react they can show us how to be as true to ourselves as they are. They, like the Toltecs, show us

what is possible: to live in the present and experience "heaven on earth".

A Poem By Angelina

(An Inspiration from a participant in our Discover Your Inner Self Workshop)

Be still and open
Trusting is okay
Set some healthy boundaries
And be on your merry way

On your way to a life
With and ever so vibrant glow
On your way to a life
That goes with an easy flow

It is my wish to teach you
But only if you will let me
Teach you to surrender
And live your life as it was meant to be

Nothing has to be perfect
Nor written in stone
Let your life flow my friend
Your heart will always be your home.

Thank you Angelina, thank you Wendy and Andre, thank you fellow participants and thank you Universe for showing me the way to 10th Sideroad in Tottenham. A true spiritual sanctuary.

Fortini Walton



Thank you Tom!

We all love surprises and this one touched our hearts. Last September we received a donation through our [Polo For Hope](#) website. It reminded us of how the horses are masters at healing our hearts!

"This donation is made to honour the memory of "Tom"-equine friend to Denise Smith for over 33 years. Tom and Denise have taught all of us who have known them about the love possible between horse and human and the beauty of caring for a friend throughout his life.

"Denise said today-"I held him when he foaled and today I held him when he took his last earthly breath". A special way to honour this amazing partnership is to contribute to helping other horses in Tom's name - a special horse - well loved and always remembered."

Thank you Tom, Denise and the Newhouse Family.

*Wishing you all great dreaming as you travel through 2013!
Wendy Golding*

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