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FEELing Spring

The intensity of the sun light is so bright, the number of birds calling and singing is abundant, the snow and ice are gradually melting with snow blizzards refreezing the rivulets of water running down the paths and the horses are walking carefully in the paddocks. Yet there is undercurrent of life just waiting to burst forth! With the sun so warm, the horses lie down and soak up the rays and feel the deep vibrant energy from Mother Earth.



This winter has been difficult for our horses and the humans caretaking them, especially Andre, who kept the gates clear of mountainous snow, slippery pathways safe for them to walk on, keeping the water flowing in the barn for the horses to drink and then taking a pick axe to create a path for the water outside to run away from the barn.

Despite the chilling cold, we have hosted our first corporate workshop, a mother and daughter intensive, and more private sessions than ever before. The horses loved it!

I am so inspired by the powerful teachings and healings of our magical horses and the courage of people who are choosing to create a life aligned from their heart. I wanted to share an intimate and profound experience one of our participants had with Red Man

Red Man: Chiron - The Wounded Healer

Linda Kohanov refers to Chiron as the wounded healer archetype and a multidisciplinary genius. "A deeper integration of body, mind, and spirit sometimes emerges through an illness or accident. Healing requires accessing the wisdom behind the wound. The organic synergy of instinct, intuition, and reason gives rise to true brilliance."



How Red Man became the Wounded Healer

This perfectly describes Red Man. He has evolved into an incredibly gifted empath and healer through an illness last fall. Red Man is a 12 year old Spotted Mountain Horse who originally came to us as my riding horse. He is incredibly sensitive to the emotions of his herd and the humans around him. In order to protect himself he had developed an armouring of being a clown, lover boy, and overall foolish teenager. He engaged with people by pushing himself into their space with affection and constantly testing their boundaries. What we didn't realize - it was the intimacy he so wanted for himself but within a safe container.

Last fall Red Man's herd consisted of Contendor, Paris, and Aria. Red Man was the only male horse Contendor has ever allowed near his mares. Contendor is a wild stallion in spirit and very protective. Last summer Aria choose to become pregnant (Contendor is not the father!) and suddenly the herd dynamics changed totally over night! From being Contendor's best buddy and playmate, Red Man was shunned from the herd by both Contendor and Aria. He was literally driven away time after time. Suddenly Red Man succumbed to a very strange illness. He was running a fever of 104.5 (very high for a horse), his legs swelled up and his autoimmune system rebelled. Our vets, after numerous tests and consults with Guelph and other vets were stumped! They came twice a day and kept changing medicines, hoping something would work.

We asked in ceremony what was wrong with Red Man and we heard he was dying of a broken heart. He had been abandoned as a young horse and now this latest abandonment from his herd had triggered a strong PTSD reaction. Friends of Red Man around the world offered prayers for his healing. During our Black Horse Magic workshop all of us (horses and humans) performed many powerful and profound ceremonies for his recovery. We knew that unless we could heal him emotionally and spiritually, he would never recover his physical well being. Our vet still doesn't understand what caused or cured his illness. He says very strange things happen here at Horse

Spirit Connections!

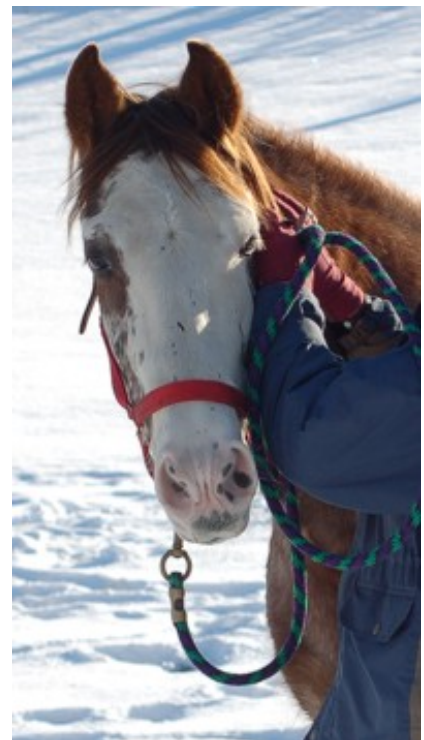


When Red Man was recovered we introduced him into Thor's herd where there were two male horses - Thor and Spirit. Red Man had to start all over again and carve out his place in the herd dynamics. His demeanor changed and he owned his wisdom. It has been wonderful to see him step in the teacher role with Spirit which has now evolved into the two of them playing together. What has been most intriguing has been the shift in his role of teacher and healer with humans. There is now a vast maturity and he is accessing wisdom gained from his own wounding and the Horse Ancestors to allow him to have a basis for understanding and meeting both the pain and the potential for healing in people.

Red Man and Laura

There was a recent private session that was so magical that I asked my client if I could share this incredible experience with you all. Laura had arrived at the farm on a cold and cloudy day. We had received a dusting of snow the night before and everything looked so pristine.

In her fourth session, we (the humans) decided to do a reflective round pen in the arena where we would be protected from the cold. The horses were out in the paddocks so Laura and I would go into the fields to meet the horses and determine which horse was her teacher that day. As we started to go into the fields where Red Man's herd of eight horses lived, the sun came out amid a backdrop of a brilliant blue sky. I had forgotten a halter so I went back to the barn and it just so happened I picked up Red Man's. Laura had already walked into the field and Red Man very deliberately approached her and the other horses kept their distance. Normally this would be a very clear indication that Red Man was to be her teacher that day. However, when I haltered him, he wouldn't budge. He was fully engaged but wouldn't come with us. I asked Laura to do a heart connection with Red Man and he moved his head closer to her body, but he would not come with us. Both Laura and I determined at the same time, that he was telling us he wanted to work with Laura in the field.



After taking the halter off, Laura stood still with Red Man and realized that she had a hard time initiating and feeling a heart

connection with another being whether horse or human. Further reflection led Laura to understand that it was resistance to claiming her power which is centered in her heart. By keeping her heart shut she limits her own power and doesn't own it or take responsibility for it.

As she was speaking the words, Red Man immediately dropped to his knees right beside her with no warning. Our horses use rolling or lying down in a teaching situation to speak about the strength in vulnerability - this is the most vulnerable position for a horse physically - however they usually move a little bit away and paw the ground before they lie down. In the meantime the rest of the herd held a very sacred place in an arc around them - at least forty feet away. Dusty was the closest horse (known for her huge heart) and she was licking and chewing for most of the time. We discussed spending time with different horses to see how the heart connections felt different with each one of them.



Red Man then lied down with his head resting on the snow and was making very funny movements with his lips in the snow. I invited Laura to kneel beside Red Man and feel this precious gift he was giving her. After fifteen minutes of deep stillness, she suggested going to visit the other horses and receive more teachings. As she started to leave, Laura realized it didn't feel right to leave this intimate connection with Red Man and that this was a pattern of not claiming her heart power. She learned it was important to pay attention and listen to her heart and not let it get "overruled" by her head (or by what she THOUGHT was going to happen).

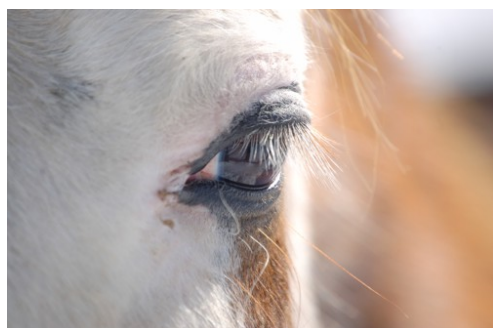
Laura knelt down again and Red Man whispered to her - a nicker but so different (I have never heard him speak this way!) and then he lied flat out on the ground with neck and head on the ground and his legs totally stretched out. Afterwards Laura shared that it was so intimate - like being in bed with your lover.

We don't know how long Red Man would have stayed lying down, but something was stuck in his throat and he started to cough and then stood up. At this point he did a lot of yawning (releasing) and then amazingly started to push Laura's boundaries. She learned how to set a firm boundary yet with her heart remaining open. At first this seemed so out of place however Red Man wanted Laura to learn that when she sets a good boundary in relationship it can be positive.

At this point Laura felt complete and we started to walk out of the field. As we were walking, Laura asked me if she could continue to stand in the field as she still felt the connection with Red Man. For another ten minutes Red Man stood still, facing her squarely, head on and connected with Laura from twenty feet away. Then he laid down again and did it in a kind of semi-circle curve, so that his back end was pointed at her AND he could continue to see her (which he did the whole time). Laura took this as a validation of her first experience - just in case she decided to doubt what had happened!

When Laura came out of the field she shared that the biggest message from Red Man was she had the courage to claim her power just as he had that day with his herd! His new herd embraced his leadership in that moment, and fully supported and honoured him. By doing so they recognized him in his new identity of Chiron - full of wisdom and grace. His willingness to be in service, through open heartedness and vulnerability, revealed his true strength and power.

From Laura:



There are so many lessons for me In Red Man's story, and in our experience together. In my own way, I've lived Red Man's story of rejection from his tribe; I've experienced that feeling of not belonging anymore. So his courage to claim his gifts of healing and teaching in front of his new herd (especially in front of Thor the master teacher!) inspire me in a profound way. But I think the most important message for me to remember, is that the path to freedom and power, and the path forward, is through an open heart. I believe Red

Man and I were both initiated that day into a new way of being in the world. I am forever grateful to Red Man, his herd, and you Wendy for this incredible learning and experience.

I am especially grateful to Laura for having the courage to share her experience with us all.

Many blessings

Wendy

FEEL Certification Program

Horses as teachers bestow powerful teachings and healings for humans who are seeking a path of greater well-being. The horses dramatically accelerate advanced personal growth and are masters of empowerment, creativity, inspiration, and joy.



We are thrilled to share that the FEEL training in BC is full and we just completed our first session with Hillary Schneider (a FEEL graduate) at her beautiful ranch, Epona Rise Retreat Centre, in Ladner.

Our May Training program in Ontario is also full. As this is the Year of the Horse, we are riding this energy and have created another FEEL class starting in June (three spaces left!!!).

If this is the year for you to empower yourself and your horses and take the FEEL Certification Program please learn more by visiting our website HorseSpiritConnections.com or email Wendy at wendy@horsespiritconnections.com.

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Our 2014 Calendar of Workshops

Our first workshop of the year Discover Your Self was an amazing weekend with six remarkable participants.

"Horse Spirit Connections did wonders for me this weekend. I arrived stressed, anxious and incredibly tense and am leaving today feeling grounded and calm. I grew up with

horses, I was amazed at how Wendy and Andre were able to completely reframe the simplest things, like how my emotional state impacts the way a horse walks with me, rather than grudgingly behind me.

Working with Paris was beautiful and intimate, she taught me that life only makes sense when we are calm, centered, and take it step by step, one foot after the other.

Meg Labron, Guelph, Ontario.

Check out our schedule and give yourself the gift of deeper personal insights with the horses.

To download the workshop description click on the workshop name.

Discover Your Inner Self (2 day workshop)

July 12 & 13, 2014

September 27 & 28, 2014

Heart Connections

(2 day workshop)

July 19 & 20, 2014

November 1 & 2, 2014

Horse Medicine (3 day workshop)

August 15, 16 & 17, 2014

October 3, 4 & 5, 2014



We also offer Private Sessions and Intensive Explorations. Please call us for details.

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Horse Spirit Connections, 1034, 10th sideroad, Tottenham, Ontario L0G 1W0 Canada

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