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Hi, just a reminder that you're receiving this email because you have expressed an interest in Horse Spirit Connections. Don't forget to add andre@horsespiritconnections.com to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



A Time for Reflection!

In this shift of seasons, we have been kissed by winter. A blanket of snow covers the land, providing a sense of protection, a time of cocooning, as we align with nature as she pulls her energy deep within the land, drawing back into the roots of the plants and trees. It feels natural to pause and reflect on our lives -who are we; where are we going; what are our roots?

The horses instinctively align with nature and help us go into an introspective space where we can reawaken our intuition and touch our soul. We invite you to connect with the spirit of horse to help you quiet your mind and crystallize your soul's journey.

Join us
Wendy



Horse Spirit Connections is featured on Free Rein at OASIS HDTV

Just announced! Free Rein Series is an award winner at the 2014 Equus Film

Festival in New York City.

Free Rein is a pilot television program focusing on the horse human bond. Their plan was to portray three horse stories making it a half hour pilot. They approached Horse Spirit

Connections and the result is a beautiful eight minute clip that follows a young boy Olin as he works with our herd. Olin is an incredible young person who was very brave and patient during the shooting of this film. He overcame his separation anxiety and increased his self-confidence during his poignant experiences with the horses.

Here's the [link to the video](#) - you may have to copy and paste into your browser. At the end of the video there's a "share" button so you can spread it around! And do watch the other two stories, they are beautifully produced.

<http://bcove.me/o0ghbil5>



Like us on Facebook!

Horses Bring New Meaning into our Lives

What a precious gift the horses have bestowed on me. They've created the space in my own heart to live my life authentically in beauty. Sharing my passion with others brings tremendous joy. Day by day, seeing our incredible horses work their magic and create transformation in people's lives, allows my heart to sing and tears of gratitude to glisten in my eyes. I honor them for their depth of wisdom and generosity of spirit.

Come and gaze into Thor's eye and see your soul reflected there. Experience a horse hug as he wraps his long neck around your shoulders. Feel your heart open to the unconditional love from Rosa as she licks your hand.



Select (and click) the workshop that's right for you!

[Discover Your Inner Self](#)

[Heart Connection](#)

[Horse Medicine Workshop](#)

then check our website for upcoming dates in 2015!

Yes, we continue to offer private sessions throughout the winter.

The Weekend That Changed My Life

By Fotini Walton

It was a cool but sunny weekend
And little did I know
The farm down the street
Would plant seeds that would grow

Grow into healing
Grow into dreams
Grow into transformation
Grow into self-belief.

Through the way of the horses
Through the safety of the space
Through the warmth of the people
Through the heart's embrace.

On that cool but sunny weekend
It became very clear
That it was in the depths of my soul
The spirit of the horse would appear.

It was in October, 2012, when I found your farm, ironically, just down the street from my home. This couldn't have come at a better time as I had been traveling from barn to barn trying to find my way with horses. I've never felt right about riding, which would explain my hesitance to really dive into the sport or even get comfortable at any given facility. I kept searching.... Until I found Horse Spirit Connections and experienced the weekend that would change my life.

After this weekend, there was a spark left inside of my spirit that quickly become a fire. This fire led me deep into a healing journey that involved diving into my passions for poetry, yoga, meditation, expressive arts and, of course, the spirit of the horse. Now, two years later, I am the Guardian of three unique horse healers and teachers, each with their own stories to share.

Ed. Note: We are delighted to welcome Fotini into our 2015 FEEL Certification Program. It is heartwarming to have her come back full circle to Horse Spirit Connections to continue her incredible journey with the horses.



Wisdom Circle Program

I look back on my journey to see how I came to be in this rich, powerful time of my life. Definitely the horses made a huge impact, however I don't think I could have embraced their teachings and wisdom without having made a strong connection to my spiritual life. Embracing shamanism created the space for my mind, body, and spirit to come together as

one. The horses opened up my heart and brought joy.

Wanting to share the magic of the powerful transformation available to us all, Andre and I created the Wisdom Circle Path two years ago. We combined ancient shamanic teachings with the compelling medicine of the horse so that everyone could find the power within themselves to create beauty and harmony within their lives.

Our next Wisdom Circle class begins this February!

Take the step that will forever change your path through life. For more information download [our flyer here](#), visit our website HorseMedicineLodge.com/circlepath and [download your registration form here!](#)

"I've been searching a long time for some way to connect more deeply with my spirituality. The past two years of Wisdom Circle have been a dream come true, one that I have been able to bring into my reality. I see the world, myself, and all that is around me with new eyes - everywhere there is beauty and spirit. Relationships have more depth, life has more meaning, and personal growth is a wondrous adventure. My heart is full."

Janis Mirynech, Earth Womb Guardian



Congratulations to our FEEL Graduates!

We have had three FEEL training programs graduate this fall, one from British Columbia and two from Ontario.

We are so proud of each and every one of these special women as they finished a very intense and transformative six month training program. What a blessing to be part of their journey as they move forwards with the incredible healing potential of the horses.



Hillary (FEEL host), Marie, Brenda, Lucy, Joanne, Kamille, Michelle, Lorraine, Cindy & Brenda



Lindsey H., Sandy, Jennifer & Lyndsey M.



Cheri, Victoria, Maria, Dorothy, Linda, Diana & Samantha

"My time and experience in the FEEL Certification program has been life changing to say the least. I walked in my old self and am emerging a new wholly transforming person.... I

have been able to literally witness myself evolving and changing more often than not moment by moment throughout this 6-month course. This program has enhanced my life on so many levels and has also helped to bring the JOY back into my life that has been missing for such a very long time... My experience in your program has fueled this joy that this work brings to me. This is why I want to do this work to help to re-spark the JOY and help to re-ignite the fire of passion in others... That is why I became a Certified FEEL Facilitator!

Your program is one of the most comprehensive, well laid out programs I have participated in. It has filled in the gaps missing in other programs. The way in which you bring this work to your clients and trainees is with a tremendous amount of integrity, authenticity, and respect which deeply honors all who participate, both horses and humans. What you and Andre do is a great gift that I hope to watch you continue to share and also be a part of... Thank you, Thank you, Thank you for a most wonderful and life transforming experience and opportunity to take this amazing work with horses out to others."

Kamille Hottinger, FEEL Graduate
Arlington, Washington, US

A Letter To the FEEL Herd

By Jennifer Steers, FEEL Graduate

We are thrilled to include this letter written to our horses by a FEEL Practitioner following her recent graduation. It was so inspiring to have our horse teachers honored in such a manner.

My biggest teachers over the last 6 months! Thank you Aria, Starlight Dancer, Contendor, Paris, Juliette, Lady, Thor, Dusty, Rosa, Spirit Walker, Angelina, and Red Man. Thank you for teaching me, for teaching us our group of FEEL trainees. Each one of us hope to bring this work out into our respective herds and corners of the world. We all have felt the power of the horse, the healing, the heart connections, and the way to becoming more horse like. Each one of us are committed to sharing your healing energies, consensual leadership, authentic living, and open hearted lessons out into the world.

Thank you my teachers for teaching in ways that I will never forget, your lessons have been deeply felt and will always be with me. Every one of you has taught me important lessons and has deeply touched and forever changed me. Over this 6 month period, I have been challenged, I have laughed, I have cried, I have been moved beyond words, felt



love and compassion and a sense of stillness and peace. The compassion and wisdom and the wide open hearts have touched me deeply. I honestly have no words to express how grateful and how honoured I am.

Thank you, each and every one of you. You will be in my heart forever and I will share your teachings with love, respect, and care.

*Thank you
So much love
Jen*

New for 2015!

FEEL Training in Alberta!

We are so excited to bring this new way of being in relationship with horses to a serene and beautiful ranch located in the foothills outside of Cochrane. Laurel Griffin is the owner of this gorgeous land and she is currently taking the FEEL training in Ontario. She is excited to host Horse Spirit Connections as we bring this powerful healing modality to the West.



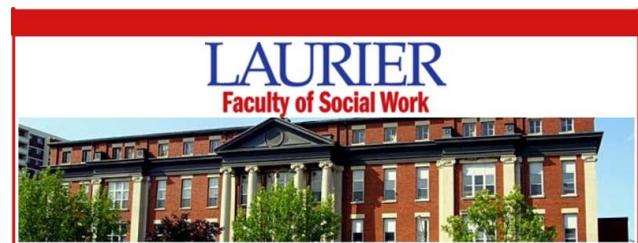
The training program starts in April 2015. For more information [click here](#)

<http://horsespiritconnections.com/learning/feel-certification-program.html>

FEEL Training through Wilfrid Laurier University

We are very proud to be in this unique training partnership with Wilfrid Laurier University. In 2015, Wendy and Shoshana have joined together to develop a unique program called FEEL Certification for mental health professionals. The program was created for mental health professionals working with individual clients who would like to broaden their therapeutic practice to include a new partner - the horse!

[Click here for more information on this training!](#)



Shoshana's Horse Tale

By Shoshana Pollack, MSW, PhD
Professor, Faculty of Social Work
Wilfrid Laurier University, Kitchener, ON

Although I spent a fair amount of time riding recreationally when I was a young girl, I did not return to connecting with horses until 8 years ago, when I was introduced to the field of Equine Facilitated Psychotherapy (EFP) by a doctoral student. That same year, I took my first training workshop in EFP and during it I witnessed something very powerful; horses seem to respond to our physiology, such as heart rate, body odor, body language, and breathing. I discovered that horses can be incredible mirrors, reflecting back to us parts of our selves about which we may be unaware or to which we are not connected.



During my first EFP training - which was geared towards psychotherapy - we were asked to partner with another trainee and do a 'clinical role play' in which one person was the 'therapist' and another was the 'client'. My partner played 'the client' and my job was to ask him to take the horse by a lead and walk around the indoor arena. Prior to beginning this role play, my fellow trainee had walked the horse around the arena without problems. This time, however, as he played 'the client', the same horse wouldn't budge; his four feet were planted firmly on the ground and he was clearly not going anywhere. After a few moments, the horse began gently nipping at the man's chest. This occurred over and over again as the 'client' tried to get the horse to walk around the arena. I asked the man what he was experiencing in his body. He said "my heart is racing, I'm very anxious, and I'm thinking maybe I am not ready to do this type of work, because of my own personal issues and unhealed wounds". As soon as he spoke these words the horse stopped

nipping and they began walking side by side around the arena. Later, my fellow trainee said that during the role play he felt he was pretending to be okay, even though he was sweating, felt lightheaded, his heart was pounding and his body was shaking. When he became congruent - when his words and emotional presence matched what was happening in his body and mind - he felt the horse become a connected partner. Reflecting on the experience, he said to me: "I felt the horse was telling me to listen to my heart". To be honest, I don't know what the horse 'was telling him'. But I do believe that the horse was responding to the man's anxiety and focusing on a part of his body that needed attention. And the man listened - both to the wisdom of the horse and to the wisdom of his own heart.

Later the following year, I met Wendy Golding and discovered that the FEEL approach was a good fit for me. At that time, as both a clinician and as a professor, I was seeking ways of working that were less confining and rigid than current approaches to clinical work and education. In my personal life, I was finding yoga and mindfulness exceptionally helpful

for my own wellbeing. The FEEL training offered at Horse Spirit Connections was an opportunity to be with people and horses in ways that felt connected, mindful, and authentic. As someone who makes a living through words - writing, lecturing and counselling - I welcomed the opportunity to shift out of the intellectual and be with people and horses in intuitive, nonverbal ways. I have added FEEL work to my 'talking therapy' practice and have continued to experience the powerful impact of working with horses. I have noticed that working with the horses help people become more present and connected to themselves and their environment - a connection that quiets the body and the mind and seems to offer fresh insights, emotional awareness and cognitive and behavioural changes. My experience has been that these therapeutic processes occur at a much quicker pace than in conventional talking therapy.

I am very excited to be offering the FEEL Certification for Mental Health Professionals with Wendy at Horse Spirit Connections. This will be an experiential training during which participants will learn the FEEL approach to working with horses and people, therapist self-reflexivity in this model, and how to use the different activities for issues such as anxiety, trauma, self-esteem, boundary setting, relationships challenges and communication strategies. For more information and please see
http://legacy.wlu.ca/page.php?grp_id=1690&p=26989

I look forward to seeing some of you there

Only a couple of spaces remaining in our March 2015 program!



In closing, I would like to bring forth Starlight Dancer who is now three and a half months old. What a delight to watch this young horse captivate humans and horses alike! Dancer is now in his herd with Aria, his mother, Contendor, and Paris. Contendor is taking his role of father very seriously - he has his work cut out for him with this little guy!

Many blessings for your Journeys to Wellness

Wendy & Andre



Aria warning and protecting Starlight Dancer.



Starlight resting under the watchful eye of Aria, while being introduced to Paris and Contendor

Quick Links:

[Horse Spirit Connections website](#)

[Horse Spirit Connections Facebook page](#)

[Horse Spirit Connections You Tube channel](#)

[Horse Medicine Lodge website](#)

FEEL Alumni webpage

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