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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!

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Mystical Connections

I am so excited to share with everyone a recent spiritual experience I had with Contendor, one of our incredible and amazing horse teachers. It is no mistake that we named our company Horse Spirit Connections 10 years ago. There continues to be such a resonance with our name and it speaks of the incredible relationship between our two species. Horses dance with our human spirit and allow us to connect more deeply to ourselves. What is fascinating is the very profound and mystical experiences we can have with horses while so much of it is grounded in scientific, logical reasoning that continues to appear over the years.

First off let me give you some background on Contendor. He is a magnificent white Paso Fino which is a breed of horse that has a smooth, dancing gait with a lot of "brio" or presence. He has very stallion like energy and is the protector of his herd.



Contendor is the closest to a wild horse that I have come to know. He is incredibly sensitive to everything within his environment. Some traditional horse people view his mercurial behavior and say he should be desensitized. This is his incredible gift! Being so sensitive, he does not like to be touched especially around his head and ears. Years ago we haltered the horses by bringing the top of the halter up and over their head and ears. One day, one of our staff was not paying attention and pulled it over his head and he reacted unintentionally by hitting her head with his head. She ended up going to the hospital with a mild concussion. Needless to say we changed our method of haltering with all of our horses, creating an invitation for them to put their nose in the halter and then buckle it over the neck.

However if Contendor feels connected to you or wants to be a teacher with you he will touch you and it is such

an honoring to receive his attention. Earlier in the week I wanted to just spend time with the horses. I went into the paddock where Contendor, Paris, Aria and her son Dancer live. Usually Contendor will acknowledge your presence in his space but not necessarily engage with you. I was actually hoping to connect with young Dancer. When Contendor turned his body to face mine I took a couple steps forward and then just relaxed and waited. To my surprise he came right over and stood a couple of feet away from me. I stood still and quieted my breathing, opened my heart to his heart and felt this energy starting to surround us both. I opened my chakra (or energy center) at the top of my head and the bottom of my body allowing universal energy to flow through me. This was accentuated by the heart chakra energy flowing horizontally through my chest.

Contendor moved closer, inviting me to gaze deeply into his eye. Time stood still as my mind became quiet. He then moved his head right next to mine. Here is this sensitive being that is deliberately putting his face so close to mine. I could feel his eyelashes sweeping my cheek. I continued breathing and allowed myself to be be in the experience! I felt a deepening: an intense connection allowing this magical experience to unfold. He then placed his muzzle on my heart: I could feel his warm breath pulsing into my



heart. The movement of his head so close to my body brought my nose inside his ear! I could feel the fuzzy short hairs tickling my nose. This was incomprehensible to me!

Here is this horse that you cannot touch his ears and he invited this incredibly intimate physical proximity between the two of us. It felt otherworldly as I continued to breathe and feel this extraordinary connection. I remained in this position. Then I heard, "We are one. Continue to develop this way of connecting with horses. It is a way to increase our own human consciousness, to expand further than we've ever gone before and an invitation for

the horses to expand their consciousness as well. Together, horse and human, we can open up spiritual gateways to further the evolution of both species."

I was so excited but I wanted to stay in this "felt" experience as it was beyond anything I had previously experienced especially with Contendor. During this entire experience the other three horses held the space around us recognizing the sacred connection. This was surprising because Dancer, our young gelding, is normally so inquisitive, but he waited until he received a signal from Contendor before he came over to engage with me.

Horses make conscious for us what is unconscious, allowing for unacknowledged feelings and insights to surface. They create the space for us to "be" with our soul.

I invite you to experience this exquisite soulful connection with horses yourself. Our Horse Medicine workshop creates the perfect space for this to happen. Over three days, immerse yourself in the spirit of horse. Book now for August 7 to 9! We will guide you on a drumming journey, guided meditation on horse back, purification ceremony, sacred Kiva experience and many more!

Blessings *Wendy*

Experience the magic of the horses while deepening your spiritual connection with your self and the horses at this 3 day workshop "Horse Medicine". August 7, 8 & 9, 2015

See the attached flyer for details.

Call 905-936-4450 to book your space for this incredible journey before Monday July 27, 2015 and **receive \$100 discount!** (Space is limited.)



Remember to Like us on Facebook!

Media News

Going Shamanic radio show is hosted by Jennifer Engracio from Calgary, Alberta. Jen recently interviewed Wendy about the wisdom and therapeutic qualities of horses. That interview is now available on line and if you listen to it you might just see horses in a whole new way-as the sentient beings and teachers they are.

http://tobtr.com/7694153

Repeat customers, new wonders!

The 407 ETR Customer Service Team spent a "team day" at Horse Spirit Connections. The day started with a few participants reflecting on their previous positive and enriching experiences 7 years prior - talk about setting expectations! At the end of the day, it was wonderful to hear the positive feedback and how much each participant had gleaned from the day with the horses!

"The Horse Spirit Connection Workshop is all about learning about yourself and the impact you and your behaviors/actions have on others (in this case the horses, however completely relatable to everyday interactions you have with people) The experience was very rewarding, through the nature of the exercises, you expose your own personal strengths and weaknesses while looking for opportunities to improve them. I am much more aware of my own personal tendencies, and will use the very simple primal skills, discussed in the workshop, to better communicate with others."

Katherine, 407 ETR Express Toll Route

FEEL Certified Graduates

We are so proud of our FEEL graduates who graduated in June. What amazing journeys they so courageously undertook in the six month program as they learned how to facilitate this powerful healing modality. Each graduate has a special gift and way of taking out this work with the horses. See our website under Links for contact information for these brave pioneers.



(Left to Right) Pam, Laurel, Marnnie, Marleen, Kebbie, Pat, Janice

"I came to the FEEL program at a time in my life when I thought most of my growth was complete. I had raised a family, retired from my job and figured I'd just live my life as it unfolded. What an incredible discovery when I realized I had only just begun!

The FEEL program has unequivocally been the most profound, powerful yet gentle journey of self discovery I have ever taken! The passion I have for the innate abilities of the horses to touch my soul and bring forth gently, that which resided in the subconscious will never be adequately described in words. It must be experienced. Wendy & Andre hold a sacred space for those called to take this journey."

Pat Hutchinson

My experience at Horse Spirit Connections expanded my potential to enrich the lives of others - both humans and horses. Working with experiential learning broadens my skills as a psychotherapist."

Marnnie Blair

Become a FEEL Certified Practitioner

Horse Spirit Connections founded the FEEL (Facilitated Equine Experiential Learning)® Certification Program in 2008 to explore, expand, and share the incredible teachings of the horses.



This comprehensive six month training program is a leadingedge modality for developing human potential where participants learn to create a horse-centered, experiential learning environment that supports personal growth and connection. 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 therapists.

Graduates have taken the FEEL Training for a variety of reasons - personal development, deepening their relationship with horses, wanting to help others, adding to their credentials, or/and making it a secondary career. It is so gratifying for us to be instrumental in bringing such a powerful healing modality into the world for both humans and horses.

Since 2008, over 140 people from across North America have joined the rank of FEEL Practitioner. Our next training program in Ontario starts this November! And there is only **ONE** spot left!

Also this November we are offering the FEEL Certification program in the stunning foothills outside **Cochrane**, **Alberta** at **Spirit Winds Retreat Centre**. Let us know if you are interested as we do limit enrollment to eight participants.

Are the horses calling you to join them on this journey and new way of being in relationship?

Visit the <u>FEEL Certification</u> section of our website, or email <u>Wendy@HorseSpiritConnections.com</u> to learn more about this exciting program and change your life!

Powerful Heart Connection in a Crisis

By Susan Cruickshank, Roozaro Farm, a FEEL Graduate

I was asked if I would share the following experience I had last month with one of my

horses to show the power of this incredible work.

I graduated from the FEEL training program in August 2011 and have experienced many amazing and deep heart connections with my horses. I have also had the honour to watch clients connect with my horses, experience ah ha moments and receive profound messages from them.

But my experience with my mare Zaira (my first born home bred baby) last Saturday was so powerful and overwhelming as it happened during a crisis.

I had just finished riding 2 of my horses with a friend and we were bathing them outside the barn. My husband offered to take Zaira back to her paddock while we finished bathing Hadara.

None of us realized at the time that all 4 gates were open where we had ridden through. My biggest fear in the 10 years we have lived here is our horses getting out on the road. I must preface this by letting you know our neighbours across the road lost 2 of their minis a few months ago when they got out and were hit by a car. One died instantly and the other died in my friends arms at the



side of the road. This had a huge impact on me and there have been lots of tears shed over this tragedy.

SO when Zaira ran past me and I saw the gates were open I knew she was headed for the road by her demeanour and body language. My husband said she will stop and eat grass in the front yard, but my every instinct was telling me she was headed for the road.

I started to run in a panic and saw her turn right out of the driveway. I knew to stop running as soon as I hit the road so as not to drive her forward. I walked as fast as I could and kept calling her name. She was running down the middle of the road and was headed for the hill where a car would not see her before it was too late. I could hear the fear in my voice and the emotion escalating as I called her name bribing her with the word "treats" which she well knows! My heart was pounding in my chest and terrible thoughts running through my brain and I couldn't catch a deep breath.

Before I knew what was happening my body was slowing down and I took a huge deep breath in (thinking of all my FEEL training) and released it and it was as if the breath went through my feet and anchored me into the ground. I remember thinking what the heck are you doing slowing down but my heart and soul said trust it. My feet felt like they were planted in concrete and I couldn't have moved, even if I had wanted to. In retrospect, I was trusting my intuition. I learned first hand that is hard to do, especially when you are in the middle of a crisis!

While standing still, watching Zaira trot to the crest of the hill, I dropped into my heart space like never before. There was all of a sudden an explosion from my heart opening my chest wide open. It was a "firing" out of my heart space and it was a bright red, pink color that went whooshing towards Zaira. I didn't understand at that exact moment what was

happening but the power I felt in my heart and the burst of huge LOVE hit Zaira just as I saw her slow down and stop and look back at me. I kept breathing and felt this powerful burst of energy coming back to my heart like a boomerang and connecting the 2 of us. Our eyes locked and Zaira turned towards me and started slowly walking back to me. A calmness came over me. I kept walking towards her willing her to come to me with a huge open heart and had my core off. When she was 10 feet from me I crouched down in the middle of the road and Zaira came right up to me and dropped her head on my knee. We breathed together each giving the other confidence. I took her by the halter just as my husband caught up to us and handed me a lead shank to walk her back. He asked if I wanted him to walk her and I said no. Zaira and I were both calm and I didn't want to break our connection. Normally Zaira and I can be very hyper and wired especially in a crisis!

It wasn't until I had her back in her paddock that the flood of emotion came and I played the scenario over and over into the next day with lots of tears but also a sense of peace. I needed to process this experience to understand what really happened.

I now realize that in the middle of a crisis I was able to trust my inner knowing and speak on an energetic level with my horse. I was able to breathe deeply and get grounded immediately and dropped into my heart space and got the most powerful heart connection I have ever experienced.

As well, I have realized that my intuition is better than I thought. Thanks to Wendy and Andre, my husband and I had just finished their Intuition on Demand course with the new knowledge that we can have four intuition states: Feeling, Knowing, Seeing and Hearing. After processing this experience I became aware that I intuitively experienced the Feeling, Knowing and Seeing states with Zaira!

This "crisis "has had a profound effect on me and given me a new awareness, and body knowing on an even deeper level. When we listen and trust ourselves and our horses, we can communicate on such a deep heartfelt level even in stressful times. There is nothing more powerful than a heart connection with your horse in a crisis. Thank you my Zaira for trusting me!



Photo by Lorraine Meisner, FEEL Graduate

Emotion as Messenger: Part I... Fear

By Dorothy Chiotti, Corquus, a FEEL Graduate

Why are we so afraid of emotions? Why do we stuff them down and mask them in self-deception? What is the real role of emotions in our lives and how can we honour it?

In this series I attempt to share my understanding of how our much-maligned emotions are programmed to relay important messages to help us live more abundantly.

My references are The Messages Behind Emotion: An Epona Emotional Fitness Program by bestselling author, teacher and horse trainer, <u>Linda Kohanov</u>; The Language of Emotions by award-winning author and social science researcher <u>Karla McLaren</u>, and <u>Horse Spirit Connections</u>.

~*~

"The fastest way to freedom is to feel your feelings."
Gita Bellin
Facilitator, Mentor, Coach

~*~

Recently I was at the barn with a client facilitating a session of Wu Wei ~ the Taoist practice of "non-doing." The purpose of this exercise is to spend a prescribed amount of time simply "being" in the environment and going with the flow. It is a wonderfully grounding and stress-reducing exercise, providing a way to escape the confines of our chaotic minds to dwell more solidly and knowingly in our bodies, in the moment.

I had assigned my client 15 minutes to sit on a picnic table located on a berm beside the paddock and observe, without judgement, the horses as they went about the non-doing business of grazing. Why non-doing? Because the horses don't think about it, or make it happen ... it just is. As the sun rises and sets effortlessly in a day, so too the horses wander the paddock in search of sustenance ... effortlessly.

There were, actually, two paddocks within view ~ the closest with two horses (including my own horse, Bear), and the paddock beyond with four horses, all peacefully grazing by the fence beside the quiet country road.

Within moments of starting the exercise there was a commotion in the far paddock. The horses, spooked by a cyclist sprinting past on the road, galloped as one across the open, descending terrain to the gate, bucking and leaping and squealing in fright, their flight instincts kicking in full force and carrying them to a place of safety. Once down by the gate, there was much head tossing, pawing at the ground, trotting in circles ~ a general shaking off of the incident. Then, in a matter of moments, the horses had settled again and were going about their quiet business of grazing.

For my client this was a great opportunity to watch the change in energy as it went from grazing to flight to grazing again. A flow of non-doing. Nothing calculated; no judgement ~ just the horses going with the flow of energy as it moved in and out of their space. The horses felt the fear associated with the perceived threat, fled to a position of safety, shook off the stress of the experience and then, relieved of their anxiety, went back to life as normal.

This lead me to wonder, how good are we at processing our own emotional disturbances?

Horses, with their finely tuned nervous systems and focus on self-preservation, can teach we silly humans, who have drifted away from listening to the body's innate intelligence over the centuries to focus on the mind alone, much about processing our emotions.

Over Millennia most of humankind has been conditioned, by a variety of influences, to deny what we feel and to stuff our emotions away where we think they can do the least amount of harm. The only trouble is the more we stuff them down the more damage they can do ~ to us and everyone with whom we come in contact. Emotions left unaddressed in the moment ~ feelings not felt and processed ~ live inside us indefinitely, creating another kind of physical, mental, emotional and/or spiritual debt which we eventually must pay.

From my own experience and observation the mid-life crisis in all its guises marks the tipping point. In our middle years, when our physical body starts to show its



wear and tear, old emotions rise to consciousness. Stored emotional energy must play itself out; must be respected and released. When it isn't a crisis of identity can occur. We feel stuck. We panic for no apparent reason. We get sick. And we delude ourselves with the notion that if we just work harder and appease the unforgiving ego, all those unprocessed emotions will simply go away and we'll be okay.

Sadly, for most us, it isn't until we are forced by circumstances beyond our control, i.e. some form of personal tragedy or "wake-up call," like a chronic illness, accident, death of a loved one, etc., that we are forced to take a good look at our lives and, if we are wise, take the necessary steps to release old, negative, stagnating emotions and the events attached to them. Events and feelings which have had a hold on us, perhaps for a life time, and influenced all of our decisions and how we've lived our lives, without us even realizing it.

Through my many years of personal therapy and from working with wise teachers, I've learned to understand that emotions are, essentially, energy messengers on a mission to bring us through an event or experience so we can come out the other side of it feeling whole again. Emotions and feelings, pleasant or unpleasant, give us the leg up we need at any given moment to move forward with life. When we ignore or disrespect their messages inner chaos ensues and we become stuck in patterns of negative, debilitating behaviour that get in the way of our ability to thrive.

Evidence is being gathered by organizations, such as the <u>HeartMath Institute</u>, to demonstrate how heart resonance i.e. the electromagnetic energy generated by the heart that creates a powerful energy field around every living being, allows the body to experience incoming information a split second before the mind understands and puts meaning to it. That is to say, we feel through heart resonance first and then the mind interprets the message of the feeling according to its pre-conditioned responses as determined by environment, upbringing, and life experiences. This is why we can see and experience the same thing as someone else and yet have such a different reaction to it.

So, what about fear?

By definition, fear (and we all know what that feels like) is an "intuitive, focused awareness of a threat to one's physical, mental, emotional, or spiritual well being."* Fear is a warning bell; an alarm; a siren signalling a need to seek safety.

What happens when we ignore this important messenger?

Consider, when was the last time you were afraid? Did you think fear first, or feel it?

Everything happens in a split second, but if we're in touch with ourselves and with the visceral, we are aware of the fear energy \sim subtle or tsunami-like \sim as it waves through our body. The thumping of the heart; the sweaty palms; the racing pulse; the nervous system energized to run. The body feels the emotion \sim the energy as it moves in \sim before the mind knows what's in the environment that creates that emotion.

Once we feel fear the mind searches for the source; asks the questions: What is the threat? What must I do to move to a position of safety?* What are these feelings telling me? Once we receive the answer, usually by way of an intuitive thought or gut feeling, we must honour it or suffer the consequences. The trick is to be in touch with those gut feelings.

A Tsunami of Fear

In late October 2012, my husband and I were in Waikiki for a four-night stay to break up a long trip from Toronto to Sydney, Australia. At the time I was deep in adrenal fatigue mode and long-distance travel was hard on my nervous system. On the second full day we rented a car and toured beautiful Oahu, ending the day at a restaurant across the street from our beachfront hotel. The place was busy, but we were fortunate to get a table with an ocean view and, after taking our order, the waiter returned with a basket of bread before getting our drinks. Moments later he returned, somewhat pale, and said with alarm:

"I'm sorry, you have to leave. There's a tsunami warning for the islands and"

I didn't hear anything else. A tsunami-like tidal wave of fear whooshed dramatically through my body landing electrically charged in my feet telling me it was time to move. We didn't panic, but we certainly didn't waste any time getting back to our 24th floor hotel room where we ordered room service and awaited the worst.

With visions of the the Japanese tsunami of only 18 months earlier crashing through my mind I ate little, saving the rest in case we were to be holed up for a few days. I filled the bath tub. Put on my most comfortable clothes. Washed my face. Brushed my teeth. Basically tried to get comfortable for an event over which I had no control and which was forecasted to unfold at 10:27 p.m. We had the TV on to follow reports. Regular announcements from the hotel manager filtered into the room through the hotel sound system every half hour or so. I played *Angry Bird* to channel my angst. My husband hung out on the balcony, filming with his iPad the bright sparks standing at the end of the wharf waiting for the first wave to arrive. Car horns honked. Whistles blew. Sirens wailed. People yelled. We were all in it together. The anticipation was jarring. The wait interminable.

As it turned out, there was no tsunami at 10:27 p.m. Only a one-foot wave lapped the shore line bringing with it a collective sigh of relief. Still, the fear response had been activated, and my experience with adrenal fatigue had made me aware enough to know that to release the fear energy I would need to find a way to shake it off. The next morning I booked an early (and wonderful) lomi lomi massage to encourage my body and mind to release the stress of the night before. It was wonderful and it worked!

The bottom line ~ within the experience itself there was only so much I could do: get to higher ground and wait it out. Had I not taken action my initial fear response might have escalated to more intense feelings of worry, anxiety, confusion, numbness, panic, terror or dissociation.

Feeling the fear of that evening was not a pleasant experience. Still, by being present with the emotion and taking care of myself, I was able to flow with it and shake it off when the danger had passed.

In Summary

Learning to be more horse-like in how we deal with disturbances that create fear can help us to deal with our fears more effectively. Being present enough in our bodies to ask the appropriate questions during a time of crisis instead of over-reacting and creating unnecessary panic is crucial if we're to maintain our equilibrium and promote long-term health and vitality.

By working with the horses, who so naturally reflect back to us our energetic truth, we can begin to learn about our own patterns of crippling behaviour and create awareness for change. We can learn to be "in our bodies" and allow its too oft ignored messages to help us function more fully in a modern world all too willing to de-sensitive and exert control over us.

Learning to honour our emotions and their messages will, no matter how unpleasant in the moment, protect us in the long run. What we don't face today we inevitably face tomorrow in a more amplified way. Fear, when honoured early allows us to act without over-reacting, and gives us the opportunity to take care of ourselves without bringing harm to others and perpetuating bad feeling.

Confront and release fear and feel your freedom.

Let the horses show you how ...

Discover Your Inner Self Workshop Through the Way of the Horse September 26 & 27, 2015



Discover Your Inner Self is a journey of self-discovery that goes beyond the mind and body. It opens the mysteries of E-motions (energy in motion) and your heart's desire to be liberated as a human be-ing rather than a human do-ing. This workshop gives you tools to improve your life, be grounded and witness the magic surrounding you. Come and receive the gift of "you" from the horses. These magnificent beings will transport you to a new level of awareness for yourself and the world around you.

Join us September 26 & 27 and experience the magic of transformation with the horses as you embrace your pure essence.

No horse experience necessary. All horse work is done on the ground. Space is limited, click here for more details.

Download the Discover Your Inner Self Flyer, by clicking the <u>icon</u>: Or visit <u>www.HorseSpiritConnections.com</u> for more information, and to register.

Here's what people said about the Discover Your Inner Self Workshop:

"The horses really have a way of bringing out your authentic self. They do not tolerate any other way of being. This has been transformative and healing for my own journey."

Natalie A., Palgrave



Download Flyer

"I came this weekend looking for peace of mind and techniques to help me deal with the day to day craziness of life. This workshop was amazing in teaching me how to balance my emotions and mindset."

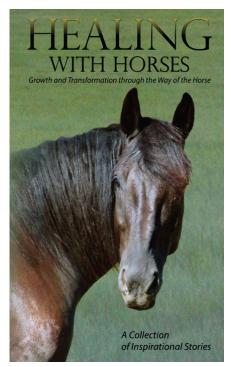
Amna A., Kitchener

"This workshop has given me insights into what my feelings actually mean. It enabled me to recognize the message behind the feelings."

Aida P., Toronto

"If you are seeking a safe, supportive and knowledgeable path to increasing spirituality and exploring your authentic self - the horses and mentors at Horse Spirit Connections are incredible and inspiring"

Kebbie G., Port Perry



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)

Buy Now

"Healing with Horses" is an inspiring new collection of true stories about the extraordinary connection between horses and humans. Readers will step into and delight in the healing world of horses through the heart-warming personal accounts found in this enriching book published by Big Country Publishing, an international multi-media publisher. Healing with Horses is available in book and eBook formats at: Amazon.com, Amazon.ca, Barnes and Noble and ITunes.

Wendy Golding and Andre Leclipteux of Tottenham, Ontario are two of ten Canadian authors who expanded on their experiences and viewpoints explaining how horse interactions can be immensely therapeutic physically, emotionally, mentally and spiritually. The book reveals how horse healing touches the deepest part of the human heart and soul, reawakening our belief in magic, dreams and possibilities.

Stories featured in *Healing with Horses* explain how our horse companions act as mirrors for our feelings, reflecting our feelings back to us. In doing so, they help us find the way to fulfilling lives speaking our own personal truth, developing confidence, finding connection and meaning, and opening the doorway to deeper creativity.

The authors share their stories to inspire the reader to explore their own 'calling of the heart' for freedom and connection. Beautifully told and profoundly moving, these stories of self-discovery through the way of the horse show the reader the way to authenticity and heart led lives.

"The FEEL (Facilitated Equine Experiential Learning)® Alumni Association is proud to sponsor this empowering book and present these inspirational stories highlighting stories of life changing journeys through the wisdom of the horse. I am full of pride of these passionate FEEL Graduates who have spent countless hours compiling their compelling stories in order to share their heartfelt experiences of the magic horses have brought into their lives" **Wendy Golding, Contributing**

Author, Co-Owner, Horse Spirit Connections

BACKGROUND:

"Healing with Horses: Growth and Transformation through the Way of the Horse" is sponsored by The FEEL (Facilitated Equine Experiential Learning)® Alumni Association and all contributing authors have acquired their certification in Facilitated Equine Experiential Learning (FEEL). FEEL is an increasingly popular way for developing human potential. Working on the ground in partnership with horses, people gain self-knowledge and acquire skills leading to positive life changes.

The FEEL Alumni is comprised of passionate women and men who are graduates of the intensive FEEL Certification Program. Their love and fascination of horses drew them to learn about a deeper connection with these very intuitive beings. www.FEELalumni.com

For more information on the FEEL Program, visit <u>www.HorseSpiritConnections.com</u> and check out <u>The Learning Center</u>.





Starlight Dancer, soon to be a year old, and almost as tall as "Mom"



Thor and a friend, sharing a moment together!

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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