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Dancer's First FEEL Session!

At one and a half years old, Dancer channeled his incredible energy and did his first healing session with June*. Once a horse has awakened its sentience or natural wisdom, their natural therapeutic skills develop and expand. By attuning to a person's energy and paying attention to their emotional state and body language, horses actually listen to us at a much different and profound level. This resonance is a palpable sense of unity from one being to another. We encourage people to connect to horses through a 'heart connection' as horses embody such huge hearts and bond through their powerful heart centres. Horses have a gentle way of bringing unconscious feelings to the surface creating the space for a person to open their heart. I am so proud and excited!



When we have people come for FEEL sessions with the horses, they usually meet them out in the field or in our renovated, century barn. Dancer's herd is made of Contendor, Aria (his Mom), and Paris. After Dancer's arrival, we could not take our clients out into their paddock as Dancer was incredibly curious and wanted to engage with everyone. This became a little uncomfortable for people going into the paddock as his behavior was very unpredictable- nipping, kicking out, and leaping up into the air with sheer exuberance!



Inside our barn, as you walk down the right-hand aisle, Contendor has his stall in the back right corner with Aria next to him. Opposite Contendor is Paris-the family aunt -and next to Paris is Dancer across from Aria. As this herd has not been able to work with people out in the pastures, they have learned to focus their efforts when people come through the barn. Horses signify their interest in a person by sticking their head out over the open stall door to connect with the person. Sometimes they look into a person's eye and it is like seeing your soul reflected back to you. Our horses lick and chew as a way of communicating and yawn to release stress. We often see Aria, Contendor, and Paris, as a trio, working together on someone. Within this triangular space all three horses combine their energies to focus on one client at the same time. It is a magical feeling to be standing in the midst of these combined energies.

When June came to see me, her energy was very tight and she held herself stiffly. Her body was creating a wall of protection - not wanting to change what was familiar, afraid of being vulnerable, anxious of something new or different. Often this body armouring is created for our protection by our unconscious need to protect ourselves. While absolutely necessary for survival in our younger years, our bodies can continue to hold onto this pattern of defense as we grow into adulthood. While these patterns may no longer serve us, that's what our bodies know to do and the walls go up as an autonomic response to change.

June's body was tight and could only take shallow breaths. I suggested doing a breathing exercise at the top of the aisle before we went down to see the four horses. Paris had her head out of the stall during this time, a common position for Paris as she loves to help

people. As I finished the breathing activity, I noticed that Paris licked and chewed and then she disappeared into her stall. I found this action odd and very unusual behavior. Then I looked at Contendor's and Aria's stalls and neither one of them had their heads out. I was shocked. The voice in my head started to chatter: What's happening? Are the horses picking up June's high level of stress and don't want to be with her? I was flummoxed as this was such a rare situation.

After inviting June to walk down the aisle, still none of the horses put their heads out and engaged! Then as she reached the space between Dancer's and Aria's stalls, June stopped and Dancer put his head out. At the beginning I did not think very much about it as Dancer has been inquisitive in the past. Continuing to gaze at Dancer and observe June, I felt that tingle: a tingle signifying an energy exchange. It's palpable when it is happening! Sensing the connection between Dancer and June growing stronger and stronger, I quietly held space. The intensity of this intimate bond brought tears to my eyes. Belatedly I realized his three herd mates had removed themselves in order for Dancer to have his first healing interaction with a person.



Checking in with June to see what she was experiencing, she expressed that her heart felt wide open and there was so much energy coming into her chest. I invited her to stay with that connection. After a time, Dancer licked and chewed and yawned. I was a proud parent! Later June revealed 'Dancer opened my heart'.

I invited June to turn and see what Aria and Paris were now doing as they had both joined Dancer energetically. The vibrations increased and seemed to float through the air to June. It felt like the horses were focusing their energy on lessening the armoring surrounding her heart. This thick wall had been built to protect her tender heart but was not allowing her to receive love and compassion. Tears were flowing down my cheek; it was such a profound experience to witness. Life changed for June after that session.

In her own words:

*"I was completely taken aback by Dancer that day. When he popped his head up over the stall, he had shavings in his mane and appeared so youthful and playful (even a bit silly!), and I almost moved on to see Paris. Then he looked at me, relaxed his head and I felt the unmistakable exchange of heart energy. My brain chattered "this can't be happening" and I looked to you and could tell that you felt the energy too and you confirmed with a nod. Then, my body relaxed and I simply allowed. Dancer invited me to feel into those tender places that had been ignored for so long. I felt my heart open wide and I could feel Dancers heart energy right there with mine the whole time. I will never forget that experience and now when I feel tightness in my chest and the urge to shut down, I visualize Dancer and am reminded of that intimate moment when he touched my heart and taught me how to receive love and linger in that beautiful and vulnerably open place." June**

The horses showed June how to connect to a deeper knowing about life and brought her home to herself.

*the client's name has been changed

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." Helen Keller

Remember to **Like us on Facebook!**

Tribute for Thor



Our magnificent Thor travelled to the welcoming arms of the Horse Ancestors early in the morning of June 16th. As I am writing this, I feel his comforting presence beside me. Thor was a huge, black Percheron which is a breed of horse from France. They are the most fine boned of the draft horses. Due to their size and stamina, they were used to till the fields and become war horses. Thor is a warrior! A warrior of the Heart!

Thor's air of dignified grace combined with incredible strength attributed to his nickname "The Gentle Giant". Thor not only had a huge physical presence but his heart energy was mighty. The first thing you saw as you entered

our barn was his huge black head with dark eyes that looked deeply into your soul. Thor's magnetism captivated all who met him and his profound wisdom helped people see and take their own power.

Thor was my best friend, my mentor, my teacher, my guide, and my companion as we journeyed through the physical and spiritual realms, exploring the vast wisdom to be discovered in this unique bond between horses and humans. We learned two sentient beings can help each other expand their consciousness and evolve their spirit beyond the realm of possibility. We danced together continually, challenging one another to spread our wings and fly higher!

Thor had a huge impact on people who visited our farm and those who chose to be guided by him in FEEL activities. After sharing the news through social media, we have received an outpouring of tributes for Thor as a teacher and healer. Tears streamed down my face as I read them. What an impact he made!

However Thor is not finished! While his physical presence was so strong he is magnificent in the spiritual realm. Thor is with me, a part of my essence that I can feel at all times. His soul has achieved a brilliance that can be seen and felt by all who call upon him - both people and horses. He gave me the visual of himself being the conductor of the worlds' orchestra shaping possibilities and creating openings for us all to evolve to the best we can be!!!



Here are some of the many tributes we received:

When I first came to HSC in the fall of 2014 and did a session with Wendy and Thor, what I felt was my life's purpose. And it was a thrilling call that spoke so deeply to my soul. In my session with Thor, he was calling me to step into this space with him and he showed me that I could lead from that space. It was a gift that literally changed ... or perhaps righted the course of my life.

I think that because of his size and amazing presence, Thor played a strong role in helping so many step into this grand adventure - whether they knew it or not, they felt 'something'. He provided a sort of solid heart space, a kind of ground for people to step into the unknown, and the no-ground if that makes any sense. I love that he is featured in the FEEL alumni video, where he will continue to play that role even now as spirit.

Tina Turner, FEEL Graduate

While there is such sadness in Thor's passing, his spirit is one that will never be gone. He taught us so much about heart and connection, about love and self-love, and truly showed us all the magic of the horse - human bond. It was a privilege to know him.

Janis Mirynech, Director of Horse Spirit Connections

Thor was a giant Teddy Bear with so much wisdom. He truly changed lives. Bri The ability Thor had to connect with people was second to none. He was one amazing horse and his spirit lives on! Jodi

Thor the big friendly giant had so much wisdom to share. His spirit lives with everyone.

Tyler, all three staff members of the Wellbeing Institute

We are so sorry for the loss of Thor. His strength, gentleness, and heart touched all of those around him, and we are lucky to have worked with such a noble horse.

From our team of veterinarians who are caretakers of our herd: Marisa, Sarah, and Art

There are some beings that make such a huge mark in the material world....Thor was definitely one.

Janice Ische, FEEL Graduate

Thor made each person feel so important and gave his full presence and heart to those he worked with and loved.

Julia Morgan, FEEL Graduate

Even here in Northwestern Ontario, I sense his transcendence into a world of light and power.

Geri Beveridge, FEEL Trainee

I am grateful that I have experienced Thor's incredibly deep and powerful heart energy. In his presence, I felt comforted yet aware of my own power and I felt awe at his incredibly deep and powerful healing energy. Most importantly, I am reminded that his wisdom and massive heart energy lives on not only in the humans whose lives he has touched, but also in the horses who have been opened to their own sentient selves through his guidance.

Pamela Puchalski, a FEEL Graduate

I will always remember that he connected me to my heart.

Danielle Leduc, FEEL Graduate

He was unmatched in beauty and grace and his wisdom will continue to shape my practice. I will never forget working with him as my partner for my test. He taught me more than I can ever express.

Lin Haag, WLU FEEL Graduate



My heart and soul aches for your loss but I will always hold a very special place in my heart for this amazing horse who helped me find my way with my own herd. He was a gift to me and I'm grateful for having had the chance to get to know Thor.

Terri Bowhey, FEEL Graduate

It is difficult to find the words to express how much Thor meant to me. He was the horse that asked me to "meet my power".... Thor shall live ever-present in my heart through the lessons he taught me and the beautiful heart connections we had the opportunity to share.

Dorothy Chiotti, FEEL Graduate

On Thursday June 16 we did some drumming and singing in honoring of your magnificent gentle hero at Sonja's barn together with her horse. It was heartfelt, tearfelt and beautiful. Here are the words that came from Thor:

"I salute life; I salute all the great work we brought to the world this time on our walk on earth. I am holding the dream of all horses and humans bringing it out on Mother Earth. I have so much power now, and travel and run free through dimensions; I am speaking to the herd below and accept the role as the teacher of masters above. That is a great honor! I am happy and content beyond measure. I am the sacred breath in every heart!"

From Mia Holm, FEEL Graduate

I feel so privileged to have met Thor and to have had the opportunity to work with him directly at my first workshop at HSC. Thor was so kind that day and gave me such a deep confidence and knowing. With such calmness he helped me throw open a heavy locked door in my heart.

Joan Goldsworthy, FEEL Trainee

Thor has earned his wings, and has moved on to the next phase of his evolution. I have no doubt that this is a very important shift within a much larger picture. Nevertheless, his enormous physical presence will surely be missed by many.

Tricia Rudy, FEEL Graduate

Invite Thor to connect with your heart!

A card sent to us by Jocelyn Grey with a poem by Kim McElroy:

My spirit flies with wings of LIGHT
Beckoned by horizons' song
The wind of your love lifts my flight
My Quest to journey on...
I will always be with you in spirit.

Horse Medicine Workshop

A Spiritual Gateway

August 13 to 15, 2016 **Two spaces left**

Discover the luminous world of energy and spirit through ancient shamanic teachings and the present day wisdom of the horses.

Activities include: a Drumming Journey to meet your Horse Guide;

the horses. Each graduate has a special gift and way of taking out this work with the horses. See our website under Contact Us for information on how to connect with a FEEL Practitioner near you.



(Left to Right) Sue Dixon, Emma Walkerly, Anna-Marie Duffy, Mary MacEachern and Joan Marie Gjos.



(Left to Right) Laurel Griffin, Marilyn MacLean, Rachel Gedaliya, Gabriela Ostendorfer, Wizzard and Chip

"I came to gain the skills for a new job and I walk away with so much more. I gained a stronger insight to myself and I know this self-discovery will continue as now I have skills to see that grow. FEEL has taught me how to have a much stronger relationship with my horses in a way I never could believe. Asking my horse to ride is now what I do and now that ride is a partnership. I cannot explain the joy and happiness that brings. Yes I now have skills to start up a new business but I have so much more."

Joan Marie Gjos

"The FEEL experience has enhanced my personal growth exponentially. It is inspiring, honouring, and humbling to learn the FEEL approach with my herd. These relationships which were already rich and connected have risen to a higher level of mutual 'seeing', respect and journeying. An incredible approach to being with people and horses who want to learn, stretch and heal. It empowers a person to connect with their internal wisdom - to feel and connect with all collective wisdom

(knowingly) and discover what we need - it awakens abilities to connect on the inside for wisdom, instead of relying on the outside."

Mary MacEachern

"Seeing and FEELing the changes in myself over the last 6 months of the program allowed me to better know myself, develop a better sense of belief and self-trust. Growing into my 'power' self as a grown woman was a great 'by product' of the training."

Rachel Gedaliya

FEEL Certification Training

Are the horses calling to you?
Do you want to deepen your connection with horses and yourself?
Do you have a strong yearning to help others?
Do you want to be at the forefront of a new healing modality?

The FEEL (Facilitated Equine Experiential Learning)® Certification program is suitable for coaches, educators, facilitators, equine professionals, wellness practitioners, and other individuals who are looking for practical training and experience in developing FEEL programs in the expanding field of Equine Facilitated Learning and Equine Facilitated Psychotherapy.



Participants learn to create a horse-centered, experiential learning environment that supports personal discovery. 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 healers. Over 160 people from across Canada, the United States and abroad have completed this comprehensive six month training program .

"From that first session and all through our FEEL program, I am continuously enlivened by your dedication to growing and evolving our relationship with the horses and with Self. FEEL for me, is about a continuous dedication to evolution -- to creating a context for the horses to evolve, for us as a community and for myself ... for consciousness itself to evolve. Now, after the conference last week, I can see so clearly how the FEEL alumni is also imbued with this same intent and purpose. It has the same quality of aliveness. It is truly remarkable and continuously calls us to grow into more of who we are.

"I have been part of many spiritual communities with this same intent to evolve consciousness, however, they have all imploded in a lot of messiness. It is difficult work for human's to engage in and stay 'clean and clear' as my Buddhist friend would say. I think one of the key reasons why the FEEL community makes it through the inevitable challenges and shifts is because the horses are put first - they are listened to, their voice matters, their ideas and learnings are brought into our practice, they are encouraged to

grow and evolve as they are guided to. They keep us centered and honest. And, this practice extends out to every FEEL graduate and their horses.

Tina Turner, FEEL Graduate

It is so gratifying for us to be instrumental in bringing such a powerful and healing modality into the world for both humans and horses.

Empower your life and others by partnering with horses

Upcoming FEEL Training:

At Horse Spirit Connections
Tottenham, Ontario

FEEL Training program - 3 spaces left

Includes all three on-site sessions

November 30 to December 4, 2016

March 1 to 6, 2017

June 1 to 5, 2017

Now taking registrations

NEW FRENCH FEEL Training Program

Grand Falls area, New Brunswick

Includes all three on site sessions

November 30 to December 4, 2016

March 15 to 20, 2017

June 28 to July 3, 2017

Visit the [FEEL Certification](#) section of our website , download the [FEEL brochure](#), or email Wendy@HorseSpiritConnections.com to learn more about this exciting program and change your life!



Linda Kohanov with Aria, Dancer, Contendor and Paris

FEEL Alumni Conference: June 2016

"DEEPEN YOUR RELATIONSHIPS".

One of the many benefits for our FEEL Graduates is the annual FEEL Conference sponsored by the FEEL Alumni Association and Horse Spirit Connections. This year we were delighted and honoured to have



Linda Kohanov as our guest speaker!

Linda shared some of her latest insights on the power of the human-animal bond. Historical, archeological, biochemical, and behavioral research illuminate a process of *mutual domestication* that occurred when our ancestors began forming close partnerships with animals.

In her new book, *The Five Roles of a Master Herder*, Linda showed how a recent move

toward greater freedom and mobility in modern culture requires that we incorporate the innovative leadership and social intelligence skills that nomadic pastoral cultures developed eons ago. To do so, we must develop a more refined respect for the *benevolent* side of nature.



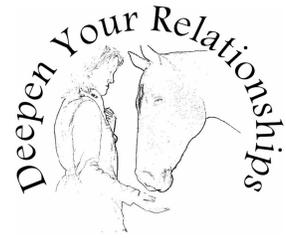
A great turnout to the 6th annual FEEL Alumni Conference!

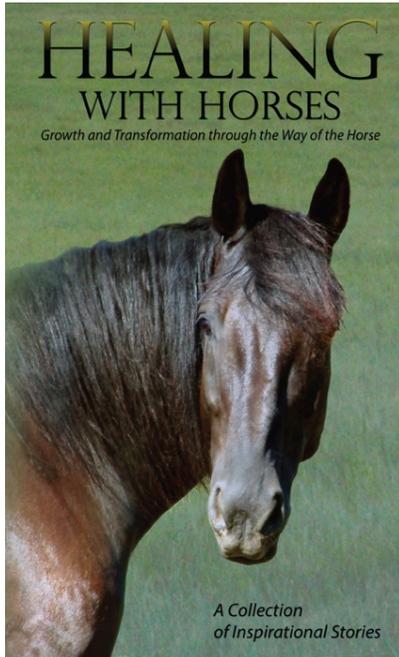
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Wendy Golding & Andre Leclipteux, co-authors.

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