



In this Issue:

- [Awakening to our Intuitive Guidance](#)
- [Upcoming workshops](#)
- [Dancing with Happiness](#)
- [Congratulations to our newest Facilitators](#)
- [Become a FEEL Facilitator](#)
- [Testimonial from Evana](#)
- [Need a good book to read?](#)

Awakening to our Intuitive Guidance

In our last newsletter, I talked about how horses help us attain Stillpoint. Today I would like to expand upon this concept. Stillpoint is that place of profound calm and deep relaxation felt in our mind, body, and spirit. While we are in this open space, we can access a place of higher consciousness - opening the door to our intuition. A recent example came from our latest trip.



In picturesque Sweden, we held the last session of our FEEL Certification training program with eight incredible women and delightful Mia Holm - our Swedish FEEL Trainer. After we completed the session we travelled to Stockholm and spent time in the magical land that is so reminiscent of northern Ontario with huge slabs of granite stone plus the lure of the Baltic Sea.



One afternoon we went to visit the farm where Mia's horse, Briannah, is staying. After a poignant connection and exchange with this wise mare (who reminded me so much of our very special Angelina), Mia asked us if we wanted to meet the other horses from a second herd. They were in a beautiful meadow full of flowering upright stems of lupine (all shades of purple and pink) with the bright yellow buttercups spreading their sunshine through the long grasses. Mia had suggested I connect with the white mare Wera, with whom she has had a great relationship personally and who has connected with her clients. We were approximately 350 feet away from this white speckled mare and a rich chestnut Icelandic mare called Glossa. They were standing far at the back corner of the paddock. Mia and Andre graciously allowed me to approach the two horses in my own time - the horse's time. This allowed me to slip into the state of Stillpoint while remaining fully present.

The white mare immediately detected my intention even at such a distance and started to communicate with very subtle body movements mainly her ears. I started to slowly approach and depending on the direction of her ears (forward, to the side or slightly back), she directed my pace and the route of my approach. I was enjoying being present with her, feeling this tug of connection, and being so clearly guided. My original path was taking me to the white mare directly with the red mare on the opposite side. About half way there, I received a clear message to change my course and approach from the side of the red mare. I immediately changed my



focus and continued to be guided by the ears of the white mare. About 30 feet away from



the horses, the red mare suddenly walked forward in a very regal manner. In an instant, I understood my meeting was to be with Glossa, not with Wera, the white mare. I gently closed the distance and connected with her. What a powerful experience with a very formidable and sage mare. I was honoured to exchange breath with her.

Glossa was the lead mare and directed everything around her including the white mare's directions to me.



This enthralling meeting would not have happened if I had remained in my usual focused, goal oriented way of being. It was being open and present in the moment that allowed formy intuition to be heard so clearly. Otherwise I would have continued walking toward the white mare and connected only with her. The horses allow the space for our intuitive voices to be heard over the clamour of our busy minds. Let your heart lead you to a more balanced and harmonious way of being.

Remember to **Like us on Facebook!**

Deepen your connection with yourself and experience the magic of intuitive knowing with our horse teachers.

'Discover Your Inner Self' workshop

September 30 & October 1, 2017

[Click here for 'Discover' workshop details](#)

"Gradually and with ease, unexpected feelings began to surface, and I was awakened by the interaction with the horses. The sheer joy and excitement of being in their presence, opened doors to issues I had not been aware of; showing patterns I had overlooked most of my adult life.

"Thanks to Andre and Jean's wisdom and acceptance; you created a safe environment to uncover surprising feelings, memories, sadness and beautiful sentiments. Thanks for the useful exercises, the insights, and the many lessons learned."

CR

'Heart Connection' workshop

October 28 & 29, 2017

[Click here for Heart Connections workshop details.](#)



Dancing with Happiness

By Emma Hicks, FEEL Practitioner in training



I'm writing about a particularly powerful experience I had with Encore, a big, beautiful horse soul at Horse Spirit Connections. The experience was pure magic, and I hope I can find the words to relate how deeply it touched me to my core. I met Encore last August at my first visit to Horse Spirit Connections. At the time, he had been recently rescued and was just starting his recovery journey. I was so pleased to see him vibrant, active, engaged and aware of his own power, yet in such a gentle way. But, before I get to describing the experience in the round pen the stage has to be set.

The night prior, as part of my FEEL training homework I reached my hand into a bowl of papers, each with an emotion written onto it. The task was to go deeper into whichever emotion you drew and present your reflections to the group the next day. As a therapist, I was pretty excited about this. I can talk at length about all of the more typically "uncomfortable" emotions. But, Spirit had a different agenda for me and I pulled out a piece of paper that had "happiness" written on it. And my heart actually sank. My false self immediately saying "but I don't do happiness." "I'm a serious person." So, I uncomfortably sat with happiness for the evening. I reflected on a lifetime of squashing happy moments because of a perceived sense of responsibility, which I now know was never mine to begin with. The emotion card with happiness spoke of celebration. Celebration to me often meant obligations, serving others, making sure everyone else is happy and comfortable. As a therapist, I thought back to hundreds of interactions with clients around this idea of happiness. Having watched so many of them, of us, either chase happiness like it will always be unattainable, mistakenly equate it with accomplishment, delay it or actively squash it. Happiness was a vulnerable emotion for me, because it felt so unknown. So, that next morning I cried my way through talking about my not-so-great relationship with happiness. I had convinced myself I no longer knew how to play or have fun. Through significant self-development, reflection and ceremony, I had finally learned how to honour myself instead of judge, but I actually still didn't know how to celebrate myself. And those are two very different things. Wendy kindly asked how I would like to celebrate myself today, and I really had no idea. I felt lost.

The exercise of "reflections" was introduced to us. It was a new one for me. Just Be with the horse. When Encore was led into the arena I smiled, inherently knowing he was the perfect choice for me that day. The heart connection between us was instantaneous. I was asked for my heart's desire and without thinking about it "vulnerability" slipped straight from my heart and off my tongue. Normally this would be followed by my false self saying something internally like "why the hell would you choose that? Everybody's watching." But today was different. Vulnerability was already present in my body. A sense of newness. An inner knowing that it was time to reveal myself without the masks. That I could risk looking silly or "not doing it right." The sacred space was held by a group of loving, big hearted people. It felt safe. A rite of passage. I knew, the courage to get vulnerable, and stay vulnerable in this moment really mattered.

This was Encore's first time doing this exercise too. Something felt important

about this being new for both of us. For half a second I danced with the idea of whether that added pressure to "get it right." But, instead I exhaled and recognized that it meant all expectations could be dissolved right here and now. My only task was to Be here with Encore. I walked up to his shoulder, at a respectful distance to him, right at his personal space bubble and reconnected instantly. He has such a big heart! And connecting my heart space to his felt so easy. We breathed here for some time before he readjusted his position to mine; lining up his solar plexus with my womb space. My energy body shifted instantly. Still connected heart to heart he was now gently sending me energy from his power centre to my womb. When I reflect back on this dynamic I am amazed at how gentle and safe it felt. He was stoking my fire and encouraging me to trust this important source of my own power. It was gentle, inspiring, and an invitation to re-empower this aspect of myself. And it was important that it was coming from a male member of the herd.



Photo Credit: Horse Touch Equine Photos

Then started the dance, the play, the fun. There were a few moments of awkwardness while we collaboratively decided how to Be together. But, Encore taught me that awkward can be beautiful if you remain present with it. I recognize now that I often shut down awkward instead of breathing into it, and because I'm an introvert, awkward moments can happen often socially for me. But, perhaps awkward really just means vulnerable? It was awkwardly vulnerable as we learned how to Be together and gave each other the space to unfold as individuals before partnership.

We joined up again when he walked up to me head on. Playfully sniffing my hands. Gently nuzzling in a way that brought tears of joy to my eyes. He wanted to be here with me. Wanted to share space with me. Instinctively I leaned down to breathe with him, nostril to nostril. We got a few breaths in before he moved around again. We playfully danced our way into finding a deeper connection. I leaned down again to breathe with Encore, this time lowering down in front of him and eventually falling to my knees. There was an empowered sense of surrender. Of trust. I looked up at this incredibly tall horse and felt not an ounce of fear kneeling down in front of him. Magic started flowing as we exchanged breath. Our inner landscapes merged and it felt like we were galloping through each others heart's together. There was a lightness, a playfulness about it all as we kept breathing together. Sharing space in the most intimate way. My sense and feel for touch was heightened as his velvet nose ran all over my face.

Half way through the experience it dawned on me. This is happiness. This is celebration. This is also the very definition of vulnerability. It all felt new and stripped down and real. Allowing myself to just be. Authentically. In connection with another. I was actually giggling as he nuzzled the top of my head. Time ceased to exist. I felt five years old again. Laughing without a filter. Breathing with another. Touch; something so lacking in my life felt easy and safe, intimate and fun. Life doesn't have to be serious all the time. I looked up and saw myself as a reflection in Encore's eyes. I looked happy, innocent. There was nothing serious about this experience, and yet it was so profoundly significant.

We stayed there, in this bubble of joy, connection, love and happiness. Perfectly and imperfectly vulnerable. The experience left me with a felt, embodied sense of happiness, vulnerability and intimacy. These were no longer concepts for my brain to hypothesize about, but visceral, felt experiences that my body and soul will never forget. Happiness was infused into each one of my cells. It reawakened cellular memories that had been previously locked up and forgotten. It felt as if lifetimes of suppressed happiness had been unlocked and remembered. I felt unburdened and so much lighter. And, even now back at home, I can return to that exact moment just by closing my eyes and taking a breath. Knowing Encore is there taking that breath with me. Breathing our hearts bigger with connection.

It wasn't until I left the round pen that I remembered there were six other people watching. In the past this realization would have intimidated me, or closed me off a little. But Encore had taught me how empowering vulnerability can be and I chose to stay with it. Heart open. There were tears in so many eyes. I have nothing but genuine love and gratitude for all that Encore taught me that day!

Congratulations to our FEEL Trainees!

We are so proud of our FEEL trainees who recently participated in our Ontario, New Brunswick and Sweden Certification programs! What amazing journeys they so courageously undertook in the six month FEEL training programs as they learned how to facilitate equine experiential activities in partnership with 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.



Ontario

Dawn Lawson, Peter Sibbald, Hunter Marino, Denice Muzzatti, Paula Dunn and Shilo Satran



Sweden

Ulrika Borgstrom, Lotta Edstrom, Suzanne Vikner, Ann-Britt Bolinder, Anne-Lie Gardestig, Monica Larsson, Leonie Fasse, Therese Liden with FEEL Trainer (Sweden) Mia Holm



New Brunswick
Sophie Parise-Aube, Heidi Lebel and Joel Blanchard

"Taking the FEEL program was one of the biggest challenges in my life. But also the most fulfilling one. It took me onto a journey towards myself and the wisdom of horses.

I will be forever grateful for all the learning material and teachings that helped me to ground myself and open up my heart - for myself and towards others. Wendy, Andre, and Mia are great instructors who supported me throughout the program and beyond.

The mentorship FEEL provides is outstanding. Now I feel empowered to take out the connection I gained to horses and help others to start their own journey towards a more balanced and satisfied life. My horses and I are glad to be part of this transformational coaching modality!"

Leonie-Sophia Fasse

"I was looking for another avenue in my career with clients; something where I could help and be of service. Upon hearing of this program, I knew that after over 2 years of searching, I'd found what I was looking for. The FEEL program enriched my life in ways I may not fully be able to articulate. I have found validation in being fully myself."

Sofie Parisé- Aubé

"I'm so happy I took this program, my life has completely changed. I have learned how horses can be the teacher for my true self and how I can work with them to help other people. This is so big and there is so much love in that."

Suzanne Vikner

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.

Attain your dreams of a fulfilling career with horses. The FEEL Certification program is not just a training program, it leads you to an inspirational career bringing profound change to people's lives.

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.

Graduates have taken the FEEL Training for a variety of reasons - a new career celebrating their love with horses and helping people, personal development, and deepening their relationship with horses. It is so personally gratifying to be instrumental in bringing such a powerful healing modality into the world for both humans and horses.

Our trainings are limited to eight participants, so reserve your space today.

Are the horses calling you?

Enroll in our next training program starting this November!

"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

Upcoming FEEL Training:

Ontario Campus

Horse Spirit Connections

Tottenham, Ontario, Canada

Includes all three on-site sessions

November 22 to 26, 2017

March 7 to 12, 2018

May 30 to June 4, 2018

Contact: Wendy Golding 905-936-4450

Wendy@HorseSpiritConnections.com

British Columbia Campus

Mystic Water Ranch

Langley, British Columbia, Canada

With Brenda Brown

Includes all three on-site sessions

September 27 to October 1, 2017



November 28 to December 3, 2017

March 7 to 12, 2018

Contact: Brenda Brown bmorehealthy@gmail.com 604-788-7524

www.mysticwatersranch.com

"The FEEL program has been a personal transformational journey for me. Through attending and completing the program, I feel I was able to finally bring forth myself and step into a role in my life that I had felt called to but felt was always out of my reach. Wendy, Andre, the horses and the structure of the program created a vessel of learning, growth, and transformation that gave me the skills necessary to do this work and to be able to bring it out into the world. The process brought out my true and authentic self and I truly feel like a different person because of this. Thank you so much for all of your support in this journey."

Sarah Schatz, Baltimore, Maryland, US

"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, Ontario

Empower your life and others by partnering with horses

Visit the [FEEL Certification](#) section of our website, download the [FEEL brochure](#), email Wendy@HorseSpiritConnections.com or call Wendy at 905-936-4450 to learn more about this exciting program and change your life!

[Register NOW!](#)

At Horse Spirit Connections, we offer one-on-one sessions for individuals, couples and groups. We design intensives as well as corporate activities with a focus on exploration, self-development and change management!

A word from Evana

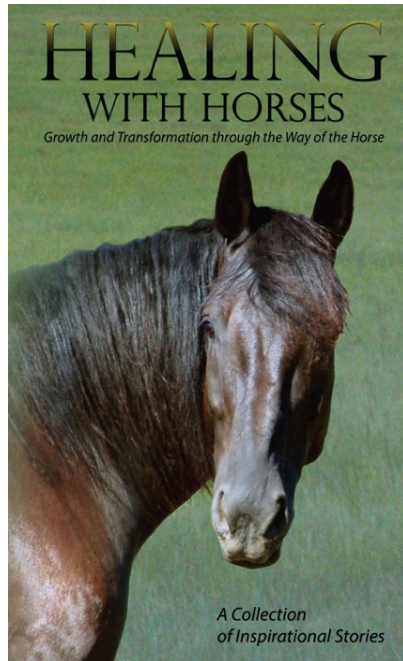
"Horse Spirit Connections is my "go-to" when I'm stuck and know I have to dig deep to transform something fast and experience deep healing. In my most recent visit, I had the privilege of working with Rosa doing the "release and accept" exercise. Being uncomfortable and frustrated with what was coming up during this exercise; Rosa held her ground, staying firm in her placement in the round pen, therefore having me lean into the discomfort of what I had to release and making me physically maneuver around her to keep going.

"Picking up on Rosa's cues, Andre coached me to dig deep to get to the core of what I had to release. Things that I've been holding in shame were finally released...through speaking the words of the pain I am releasing. Following this, I began to acknowledge and share what I accepted about myself creating expansive space, lightness, and peace to flow through me again (both inwardly and outwardly.) My session with Rosa ended with the most beautiful and intimate eyes locked... the closest I've ever come to a horse (Rosa's

eye being a mirror to see myself)- with the silent message...validating me to carry on, keep going and trek forward! It was like a trance between us.

"Horse Spirit Connections creates a space of love, trust and deep healing; not only with the horse; within myself as well."

Evana Valle, Speaker, Facilitator & Accredited Coach



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](#)

OR

Purchase the paperback or Kindle version at:

[Amazon.ca](#)

[Amazon.com](#)

[Barnes and Noble,](#)

ITunes

Quick Links:

[Horse Spirit Connections website](#)

[Horse Spirit Connections Facebook page](#)

[Horse Spirit Connections You Tube channel](#)

[Horse Medicine Lodge website](#)

[FEEL Alumni webpage](#)

[FEEL Alumni Video](#)

[FEEL Alumni "FEEL the difference" Newsletter](#)

Copyright © 2017 Horse Spirit Connections. Inc. All Rights Reserved.

FEEL (Facilitated Equine Experiential Learning)® and

Horse Spirit Connections® are Trade-mark of Horse Spirit Connections Inc.