

# HorseTales

## *The Summer in Review:*

It's been a busy summer at Horse Spirit Connections, with many workshops and individual sessions. The horses continue to be fantastic at this work! You can almost hear them talking excitedly among themselves with "here they come" as a new group walks up to the barn or into the paddock for the first 'meet the herd' exercise. Angelina is definitely vying for the official welcoming host position.

### **Discover Your Inner Self, Epona Level 1**

We continue to offer the Epona Level 1 course as designed by Linda Kokanov, author of *The Taos of Equus*, *Riding Between the Worlds* and just released *The Way of the Horse*. The workshop is a great introduction to reopening your own lines of communication between yourself and your environment and becoming more aware of your body knowing.

**"A great opportunity to gain insight into our self and create a bond with beautiful, sensitive creatures in a safe environment." SI**

**"I was surprised how horses can respond so well and create such beautiful learning and interactive situations." PW**

**"It was incredible to see and feel how much the horses reflected back to me, about my emotions and feelings and how much Dusty was fully there for me, when I needed to be heard and loved unconditionally." IB**

**"This workshop opened my eyes to how much more aware I need to be in order to make the appropriate adjustments in my life... Working with the horses made everything more real and got me out of being trapped in my head." AB**

**"You gave me a valuable gift. Me." LAO**

**"Horses are the greatest teachers in the universe. They are themselves pure and simple, every minute of every day – teaching us to be our authentic selves!" PG**

**"This workshop has awakened my inner self and allowed me to share and connect with myself and others in a way I did not think I was capable of." DB**

**"It taught me how to listen to my True inner self. Through working with the horses, who are totally non judgmental, I realized I carried a lot of excess emotional baggage that was inhibiting my happiness, and allowed me to get rid of it. The horses allowed me to go behind the mask I have worn for so many years, to listen to my 'gut' (or `True Self'), giving me feedback and wisdom." JF**

**"The Epona Discover Your Inner Self workshop was a profound experience. The facilitators provide the perfect physical and psychological space to forge a deeper connection with your own nature. When this happens, an indescribable connection with the horses is possible. Not only do the horses mirror the darker and hidden parts of your soul, if you are open you will also hear the whispers of wisdom to help you move past major emotional blocks. Thank you for this magical experience."**  
*Satyam Malhotra, Co-creator & Author of Born on the Mountaintop*

## *Upcoming events:*

Going on a journey of self-discovery is like peeling an onion. Each layer reveals a new entity - a new part of you. And then as you peel the next layer, you discover even more! Attending one workshop at Horse Spirit Connections helps peel that first layer. We welcome you to come back and discover more of yourself!

**October 27 & 28**

**Epona Level 1,  
Discover Your Inner Self  
November 24 & 24**

**Discover Your Inner Elder  
For private sessions call  
Wendy @ 905-936-4450  
or email**

**wendy@HorseSpiritConnections.com**



## ***The Summer in Review Continued: Horse Medicine Workshop***

We also had great success (and fun) offering the Horse Medicine Workshop. Although this workshop is done within a group setting, each participant can take the teachings and experience to whatever level they are prepared to go to. A special feature of this 3-day workshop is the traditional sweat lodge ceremony on one of the evenings. Facilitated by a member of ICSS (the Institute for Canadian Shamanic Studies) this traditional ceremony allows participants to ingrain their experiences, furthering them through native ways. The results can be seen in the eyes of the participants, which now sparkle with new life. Many people feel the release of their own false weight, as they appear to have lost years in their face and smile.

**“The healing starts here... It takes the form of a body sense, a memory that I can draw on when I need it, and it continues to deepen and each new workshop shows me new healing and new aspects of myself.” CG**

**“Horse Medicine is good medicine. The honesty of horses creates a gentle and supportive space for self-awareness. Horses cannot tell a lie, unlike humans who always seem to be on the verge of lying – particularly to themselves.” IG**

**“This is a wonderful workshop to find oneself and to bring out your shining with the hands on experience with the horses. Very creative, deep and fun weekend.” AG**

**“After years of personal training and development, I have never encountered anything as powerful for reaching and connecting with my emotions and my heart.” DV**

**“The dancing with the horse felt incredibly powerful. She gave me several messages that were definitely just for me.” SB**

**“This was my second time around. The horses ‘knew’ where we left off and what I needed to work on. The experiences were fresh and right on target.” AO**



## **Leadership Workshop**

If you’ve ever watched horses in the wild, you quickly realize that there is a whole hierarchy within the herd. There is a lead mare and everyone has a place. They seem to respond and move as a unit making us wonder about their inner communication skills. Our leadership workshop helps in team building, development of corporate leadership skills and on an individual basis, begs the question “who is the leader in your life?” This year we were fortunate in working with corporate clients and as well as individual participants. In the end, the horses were great mirrors in shining the light on what was working or not, on an individual basis.



**“It was great to experience leadership with the horses as teachers and guides to demonstrate what is effective and how we can improve on or eliminate old ineffective patterns.” SC**

**“The workshop provided me with a very compelling visual of the impact my presence has on others. This visual came from experiencing and observing the interaction with the horses and it is easily transferable to my everyday interaction with family, friends and the workplace.” RH**

**“As a motivated, competitive business person, the big AHA I got from this course is that sometimes Leadership means ‘not leading’. I was the kind of person who - if things weren’t working - would just lead (push) harder. I also learned that sometimes it is not behaviors or opinions that you need to keep, but rather those you need to STOP that will make the biggest difference to your results.” EW**

**“In my years in Senior Management, I thought I knew what consensual leadership was until I actually experienced it in this application. This experiential leadership course provides the space to integrate your personal and professional leadership skills to identify your authentic leadership as a way of clarifying and living your vision with a very balanced approach. So much of this experience is so easily transferred into our every day work/home lives.” ST**



### Monty is wearing a new mantle – Grandpa

Monty, our 33-year-old black thoroughbred, went through a great transformation this year – he took on the mantle of Grandpa! You could see it in his eyes, his coat and his movements. Not that he’s slowed down any; he’s just gentler and carries the black horse wisdom throughout his body. We’re now waiting for the ladies to acknowledge his new found power and to stop demanding that he play the role of stallion and protector. We’re fairly certain that time will sort it all out.

In the round pen, he still works his magic, bringing that wisdom of his to help participants.

### Doming the property

Many of you know that we ‘domed’ the property last year. This was an alchemic ceremony where the property lines were defined energetically and a protective dome of energy was raised to provide a sacred space within. Now that we have had a full year with the dome in place, it’s interesting to note some of the ‘openings’ that have occurred.

We had a pair of foxes make their home here in the spring and soon enough we had seven pups running up and down the hill. For the first time in six years we’ve had deer walk through (there were three of them one morning meandering along the fence line). A family of skunks made their home somewhere near the barn. They seemed to stay long enough to have their babies and move on (thank goodness). And one evening, as we were pulling into the driveway we saw three baby muskrats on

the lawn, who proceeded to casually make their way into the large pond as we tried approaching (we got within 5 feet). And of course there are always the birds that seem to bless the place, especially the hummingbirds. All in all pretty exciting when you consider our proximity to the city.

As for workshop participants – they continually tell us how safe they feel and how magical the property is. Looks like everyone agrees!

### Horse Spirit Connections in the News!

We’re very excited at the media coverage we’ve received this year. Here’s a list of articles that appeared:

- *Can Horses Heal the Human Spirit?* As published in the Canadian Horse Journal, May June 2007
- *Can a Horse be a Therapist?* by Wendy Golding and published in LifePeak September October 2007, and also available on their website, [www.lifepeak.ca](http://www.lifepeak.ca)
- *Horses as Healers*, by Henry Golden and published on Vitality’s October website: [www.vitalitymagazine.com](http://www.vitalitymagazine.com)



This past June, Jill Hewlett, producer and host of "The Body, Mind, Spirit in Motion" a weekly television series on Channel 10, ACI network, came out to the farm for a one-on-one intensive. She brought along a cameraman to shoot some footage. Two weeks later she was interviewing Wendy and Andre in the studio showing the previously shot footage of her experiences with the horses. We’ve received great feedback from people who saw the program and we hope to have this half hour show available for download as part of the gallery on [HorseSpiritConnections.com](http://HorseSpiritConnections.com)



### **Papi and Dusty end the summer polo season on a winning high**

There was a time when all the horses at HorseTales were polo ponies – it was Wendy and Andre’s passion. Monty and Lady are still part of that original herd although they are retired from polo.

Still active in polo are Papillion (Papi) and Dusty, playing twice a week and being available for the Horse Spirit Connections workshops on weekends. Papi being the lead mare always takes her job seriously. Dusty thinks of herself as a natural athlete (she is!) and has on more than one occasion expressed that thought! Both originally turned up their nostrils at the work being done at Horse Spirit Connections, yet both have become dedicated and committed to helping people transform during the workshops.

Back to Polo! Both horses had an amazing summer and the finale was the year-end tournament held on



September 8 and 9. They both played superbly – being in the play at all time and really enjoying it. The Saturday game was a tie 5-5 and on Sunday they came out in full force to win the day with a 7-1 score! Everyone needed a few days recovery time and they are now happy to be back with their herds waiting for the next

participants at Horse Spirit Connections.

### **You’re invited!**

Ever notice the elk antlers on the pole on the east side of the barn? We call it the Elk Totem and it signifies the center of the property dome. During our first workshop in June 2006, Andre shared his vision of how he wanted the pole to be a representation of the events that had taken place with the horses. He invited people to add to it, much like a talking stick in the Native American tradition.

According to that tradition, a talking stick is used between people to communicate openly with one another and express some of their deep down hopes and fears.

Some of these discussions become major events and are celebrated by adding a ‘thing’ as a symbol of that ‘AHA’ moment. Andre felt that with the many transformations occurring at the farm with the horses, participants could express their acknowledgement of their own personal Aha moments by adding something of personal significance to the Elk Totem.



On your next visit, please have a look at our Elk Totem and please feel welcome to add something to represent your Horse Spirit Connections experience.

*Hope to see you soon!  
The Horses*

[www.HorseSpiritConnections.com](http://www.HorseSpiritConnections.com)  
905-936-4450



**HORSE  
SPIRIT**  
connections

WHERE HORSE INTERACTION LEADS TO HUMAN INSIGHT.