

Journey to sacred space



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Spring is in the air. New beginnings are evolving as the renewed birth of nature awakens the universe. This is a time for reconnection as you tune into a deeper energy and travel through the layers to open yourself to the universe.

We are all interconnected. Bruce Lipton (Sounds True, 2007) speaks about understanding the universe using the newer quantum understanding of holism: "You cannot separate one energy vibration from another energy vibration. We are connected from the core of our being to the edge of the universe." Consequently when you interact with your environment you are both sending and absorbing energy at the same time.

Nature's landscape is created in symbols and patterns. From the leaves on the trees to snowflakes that fall, each has an intricate design that can stimulate our consciousness when we sit in stillness and observe their energies.

As we journey on the path of life we gather a set of beliefs, habits and patterns that shape our way of being. As you examine these patterns, are there ones that stop the forward movement of your life's journey? Are these habits preventing you from realizing your highest good? Imagine the feeling of freedom that comes when you change your perspective from being an observer of your environment to that of becoming a participant in your environment.

Horses provide a sacred space of infinite possibilities. They foster a partnership to travel inward by slowing your mind down to create a space to listen and hear heartfelt messages from the universe. Horses have the capacity to move energy, as their consciousness is greater than humans. This creates a sacred space for expanding the human energetic field. Horses are very connected and grounded to Mother Earth's energy and vibrational frequencies. These qualities (combined with their adaptive nature) provide a supportive nonjudgmental bridge between the natural and divine worlds.

Creating sacred space in nature assists with aligning your energies with the universe. Old patterns are released from your mind through the powerful process of communicating with nature's messages and her inherent wisdom. Grief is one emotional pattern that people may hold in their body for years. Horses intuitively know and tune into the frequency of the grief that a participant is feeling. The horse will stop to mirror where the participant's grief is being held, then stand in quiet reverence holding space to allow the grief to move and be released. This is a beautiful connection of trust, love, compassion and understanding shared between participant and horse. A client shared: "This is a profound experience!"

The four sacred directions (East, South, West and North) correspond to the four natural elements of air, fire, water and earth. The concepts of your mental, spiritual, emotional and physical awareness connect to the seasons of spring, summer, autumn and winter. Being present in this awareness and stillness of your environment, both internally and externally, creates your own sacred space to allow for a deeper and more profound connection to communicate consciously with yourself. This awareness leads to greater harmony with your own natural rhythms and patterns.

Create your own sacred space and expand your consciousness to open yourself to the universe. Move yourself forward in creative consciousness as your feet walk Mother Earth with "Horse" as your partner. The Equine Coaching & Experiential Programs offered at our ranch are holistic sessions that assist you in understanding and finding your core authentic self through exploring the energies of horse and nature.

Maggie is a Registered Nurse and has 40+ years of equine and healing arts experience. She offers "Healing With Horse" workshops, retreats and individual sessions at their ranch, one hour east of Edmonton. Call 780-720-6795, fourpointoutfitters@mcsnet.ca, www.fourpointoutfitters.com

Note: This information is for educational purposes only. It's intended to supplement your current health program, not to replace the care of a licensed medical doctor. Thoroughly research all topics for yourself.



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FOUR POINT HEALING



Horse & Human Wellness

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