

Nature, horses and spirituality



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Stress related to the busyness of life accounts for 60-80% of primary care physician visits. The HeartMath statistical report concluded only 3% might receive stress management help. Our fast paced media centered world has adversely created technological

dependency. Although this same technology is allowing us to receive information at the touch of a button, it is causing feelings of disconnectedness to our body~mind~emotional~spiritual wellness.

I was born in Jasper National Park and have the honor of being the daughter, granddaughter and great niece of Park Wardens, mountain guides and horse outfitters dating back to 1909. I feel blessed and grateful to have had the opportunity to experience the connection and spirituality of nature and horses as I travelled the trails en route to the next cabin or campsite. My roots are connected to these mountains, nature and horses. Ancestral wisdom, teachings and heart-felt energy resonate within my soul. The experiential natural feeling of wellness I received through horses and nature was instrumental in developing our healing model of wellness.

HeartMath research has shown that the heart has a mind of its own and affects our "awareness, perceptions and intelligence." The electromagnetic field of a horse's heart is five times stronger than that of a human's heart. There is a direct relationship between the heart rate rhythm and frequency patterns of the magnetic field that is communicated throughout the body and into the external environment.

Mother Earth's magnetic and energetic fields are carriers of biologically relevant information that binds the interconnectedness of all living things. Nature has her own rhythms and patterns. There is constant vibrational communication within us as we learn awareness through our senses. When we become grounded with Mother Earth a feed-back loop is generated between our energetic systems providing a sense of inner balance and harmony.

Horses provide a spiritual and mystical presence. As you gaze into the eye of the horse you look deeply into their soul. The very essence of their spirit is reflected

back as awareness of your truth emerges. Synchronizing your breath with a horse invokes a state of relaxation similar to the experience of meditation. This heightened perception and level of consciousness of being "*present in the moment*" is the greatest lesson taught by a horse. In the silence of horse's company you receive their gift of mindfulness as your soul awakens in *heart-felt* connection.

Physical, emotional, mental and spiritual resilience becomes out of balance or alignment during periods of stress, adversity, trauma and daily challenges. Being with horses assists learning self-regulation techniques that will *shift* our physiology into a more coherent state. Unresolved human emotions carry a lower, denser vibrational energetic charge. Horses resonate at higher vibrational levels than humans. Therefore, horses can sense and identify unresolved emotions, feelings and thoughts.

Often we are not even conscious of these aspects of ourselves that result from stress, anxiety, being overwhelmed or feeling helpless. The horse's response to these energetic vibrations provides immediate feedback on how we "show up" to the world. Post session reflection on the response given by the horse engages personal awareness about our choices and actions to change reoccurring patterns.



Girl's Best Friend © Catherine Marchand

The Equine Coaching & Experiential Learning Programs offered at our ranch provide the perfect sanctuary to de-stress from the busyness of daily life. *Mindfulness* through nature and horses energies transform you from your *headspace* to your *heart-space*. This allows for a harmonious flow of ease and grace as you foster balance in your body, mind, emotions and spiritual wellness.

Maggie is a Registered Nurse and has 40+ years of equine and healing arts experience. She offers workshops, retreats and individual sessions at their ranch, one hour east of Edmonton.

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.

FOUR POINT HEALING



Horse & Human Wellness

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