

# Transformation through horse wisdom



by **Maggie Wilkins-Klammer**  
Equine Facilitated  
Learning Coach

Equine Facilitated Learning is an emerging field in which horses are used as teachers to help us explore the power of the horse/human connection.

This healing energy modality assists you in tuning into your heart space. This opens the door to truly being able to listen to the language of feelings. As you look and listen to your inner heart-felt messages, you will begin to hear your soul's voice as it relays your truth through feelings, body sensations, emotions and intuition. This assists in promoting self-awareness resulting in personal growth and a greater sense of physical, mental, emotional and spiritual balance.

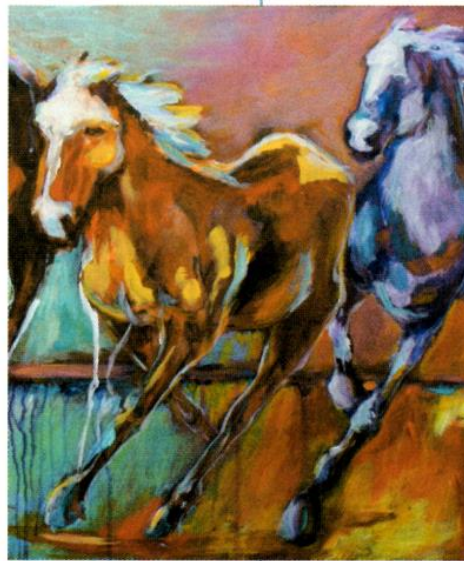
The human body carries a wealth of information and knowledge (heart and gut instincts) that can lead us in a direction that our intellect (head and ego) cannot. Life experiences can result in undesirable repetitive patterns that get attached in our head and continuously replay in critical mental loops. By bringing this awareness into the body it opens the door to the attached energy, thus increasing your self-awareness, to consciously live from "the inside out."

Horses are intuitive and sensitive. Their unconditional love will open your heart and help you recognize your feelings. They are spiritual animals in their ability to connect us to the Universe and assist us in a transformative journey of inner knowing. Horses are non-judgmental and only view feelings and body sensations as useful information. Horses have a larger heart and gut than we do. Therefore, they have an expanded heart and energy field. Connecting with them provides the safety and security of having another living presence with emotions and feelings to listen to our fears, emotions and our joy. Horses live in the present and have the ability to keep us grounded in the "present moment."

My program incorporates the Mind Body Method Coach Training taught by Kathy Pike at the Academy for Coaching with Horses, Longmont, Colorado, USA. The principle behind the model is to remove any resistance from experiencing "what is" and to listen to the whole self as part of your decision making process. When we resist listening to the emotions and energy within our bodies, an inner struggle resulting in confusion and

mixed messages to our truth and desires ensues. This dynamic resistance takes you out of the natural flow of life and creates disharmony.

The Mind Body Method is organized into four stages: 1) Body - the client brings their attention to their body; 2) Sensory Observation - the client tracks and observes sensations (energy) which removes resistance; 3) Feeling State - the client connects their sensations (energy) to their feeling state to integrate their experience; 4) Message - the client asks and receives a message from their body.



detail of Horses © Chris Riley — www.rileyart.com

A message may bubble up that you find difficult to accept. You may ignore it or wish that it were not there. In order for the "feeling" to shift, you need to accept and acknowledge that this is the feeling, at this moment, at this time. In the acceptance of the "feeling" a shift occurs. We need to be in the "present" to feel this shift and the joy of the connection to our true self.

As an Equine Facilitated Learning Coach I have witnessed amazing shifts of energy with clients when they partnered with a horse. This shift allowed the clients' repetitive patterns to be addressed faster because they received instant feedback from the horse in a safe, trusting and compassionate reflection of self.

Our ranch offers a serene and natural surrounding that creates the perfect sanctuary to communicate and reconnect with the wisdom and rhythms of horses and nature. Awaken your Spirit through Wisdom of Horse!

*Maggie is a Registered Nurse, BScN, 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. Visit: [www.FourPointOutfitters.com](http://www.FourPointOutfitters.com) or call 780-720-6795.*

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.

<p><b>FOUR POINT HEALING</b></p>  <p>Horse &amp; Human Wellness</p>	<p><i>Maggie Wilkins-Klammer</i> BScN RN Certified Practitioner</p> <p>Equine Facilitated Learning Coach, Equine Massage, Acupressure, Reiki, Reconnective Healing &amp; Reflexology</p> <p><b>(780) 720 - 6795</b></p> <p><a href="http://www.fourpointoutfitters.com">www.fourpointoutfitters.com</a> <a href="mailto:fourpointoutfitters@mcsnet.ca">fourpointoutfitters@mcsnet.ca</a></p>
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