

Heart Sounds from the herd

October 2022



Nala and Denny aka the HEAL herd greeting our clients. That's Denny on the left and Nala on the right.

This is the HEAL herd's first adventure into creating a newsletter. HeartSounds newsletter will be occasional notes from our hearts to yours.

The sounds that a heart make are the noises from the beating heart, the valves opening/closing, and blood flow.

Horses can detect human heartbeats from two metres away. Horses sense our heartbeat, notice our breathing, and pretty much know how we are feeling, long before we ever step into the paddock with them. This genuine biological connection between us and horses is what makes horse assisted learning experiences so powerful.

Those are a few fun facts about horses, hearts, and humans but our hearts are often more mysterious than that and far more intriguing.

"HeartSounds" to me are little things that touch our hearts in tangible ways.

- Hearing a familiar sound and placing our hand over our heart.
- Watching nature unfold within forests that are centuries old.
- Honouring a loved one's memory to live our lives with joy and enthusiasm.
- Seeing the delight and love at a surprise marriage proposal. (J said yes!)
- Gently opening our own vulnerability and empathy.
- Experiencing true connection with another being.
- Being somewhere that just feels like home.

HeartSounds can be felt with our heart, body, spirit, and soul.

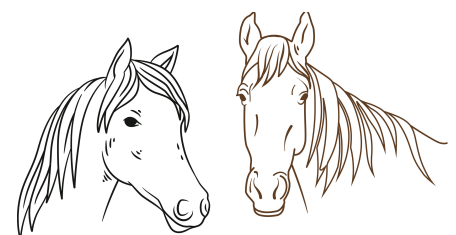
Come experience an awakening of your own HeartSounds with Nala & Denny.

HEAL herd news:

Nala and Denny have coped with the recent rains in NSW, Australia really well, but we are missing our 1:1 clients.

My hubby and I had a wonderful trip to see my family in Canada. Quiet chats, sharing meals, playing cards, and hiking along spectacular Vancouver Island nature trails and coastline was very healing. After 3+ years it was very cool to be able to hug my sister, Mom & Dad.

HeartSound for today is the lyric: "It's amazing how you can speak right to my heart." Singer - Ronan Keating Songwriters - P Overstreet & D Schlitz



HEAL

Holistic Equine Assisted Learning

