

Heart Sounds from the herd

June 2023



Safe: who, what, or where helps you to feel safe.

This edition of HeartSounds is a story about being and feeling safe.

Safe is a small word that can hold big feelings. As someone who didn't feel safe for most of my life, I learned lots of ways to cope. I trust my gut feelings, I don't take a lot of risks, I'm very organised, I walk in nature to clear my head, I'm very quiet, I have a sharp eye for detail, and I take more time than most to get to know new people.

Some of those coping techniques still work very well like trusting my gut, walking, and needing time to get to know people.

What I've discovered through working with horses is that many of those coping techniques were learned in my youth and didn't serve me well when I became an adult. By not taking risks in my 20's and 30's I missed out on doing a lot of things I always wanted to do like camping, hiking, travel across my homeland Canada, and have animals in my life.

Horses have taught me to be present and to be aware of all my senses. By noticing my senses and my environment I can choose to take a risk like going sea kayaking or fly in a floatplane.

My adult Anne can sooth the fears that my inner child is feeling and tell her "I've got you" "I'll keep us safe and we might have some fun".

Horses also taught me the importance of setting boundaries for myself. I've learned to recognise when a person isn't capable of taking care of my vulnerability and to speak up for myself and others when someone isn't treating us well.

Safe is sometimes a place, a person, a breath, a lifestyle, a protective boundary, a feeling, a gesture, or simply a couple of words like "I've got you".

Offer yourself some space and time today to consider what helps you to feel safe. Are there other things you could do to feel safe?

The HEAL herd and I....we've got you.



HEAL herd short stories:

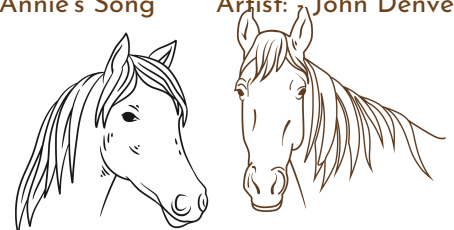
Nala and Denny have grown their winter woolies and are happy and healthy.

I traveled to Vancouver Island on my own to visit my family. Not a big fan of travelling alone but it gave me the chance to spend a lot of time with my parents, enjoy girl's days with my sister, and catch up with my cousin. Lots of love and laughs and a warm reunion at home with hubby and fur babies.

HeartSound for today is the lyrics:

"You fill up my senses
Like a night in a forest
Like the mountains in springtime
Like a walk in the rain"

Annie's Song Artist: John Denver



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