



South African Equine Facilitated Intervention Association (SAEFIA)

From the Horse's Heart...

SAEFIA Newsletter Vol.2 No.2 -August 2021

The Heart Connection

This month's theme for the newsletter focus is Heart to Heart. What does heart to heart really mean? According to the Collins Dictionary, "A heart-to-heart is a conversation between two people, especially close friends, in which they talk freely about their feelings or personal issues."

Heart to Heart Synonyms: tête-à-tête, a cozy chat, one-to-one, private

This has also become true for the Association and it's members – where the "tete- a -tete" has carried us through meetings and spaces in between.

The past year and particularly the past month with the South African pandemic being in it's 3rd wave and while in the midst of finalizing this current newsletter all members and horses have been impacted on different levels by the violence, unrest and looting that swept through our country.

Feature Article – Musing on Horse

(Contributed by Natasha O'Shaughnessy an article written by Isabell Freund and shared with her permission).

(<http://eponasoul.org/?author=1>) on 18/08/2016)

First, thank you to Jenna who brought my attention to this fascinating research again which I like to share with you, and which caused me to write the following lines.

We are still living in a world where we are not always comfortable to openly speak about matters of the heart and soul, including energies as well as relationships and subtle forms of communication not only existing between humans but between species and in fact all of life.



Heart-to-Heart-Connections with horses are not all that sentimental

Even though we can find a high awareness and appreciation of these aspects in certain groups and circles, large parts of society, including major parts of the horse world, do not seem to consider or have room for those ideas in their daily lives and activities, or only to a certain extent.

While you can find many accounts and stories about the strong bond between humans and horses and the special relationship that exists between us which many of us have experienced ourselves, they often seem to be passed into the realm of anecdotes. We rarely ask what forms the basis of these types of relationships; whether

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there may be a way to more reliably reproduce them; what we may do or where we have to change to contribute to an overall improvement of our connections; et cetera.

Due to our broad emphasis on materially measurable values, results, and outer successes as well as techniques, methods, and systems to be applied on almost everything, we often forget or overlook the subtler ways and signs in our interactions. Ways that are based on being rather than doing and which ask for empathy, intuition, and sensitivity rather than our intellectual capacities so that we allow things to unfold naturally rather than us controlling and directing the outcome.

Therefore, it is always great to see things the more sensitive, empathic, and intuitive souls always knew to be true just by their very nature, becoming the subject of research and studies and being confirmed by science. This includes the deep and rich relationships we have with our horses. More and more scientific studies come to conclusions and confirm facts that people being attuned to this species already felt, sensed, knew, experienced, et cetera.

The energetic heart

Researchers at the HeartMath Institute have been researching the intelligence of the heart for some time now. Beyond the heart's vital function as the organ that pumps life-giving oxygenated and nutrient-rich blood throughout our bodies, evidence shows the heart also plays a greater role in our mental, emotional and physical processes: The heart is a sensory organ and acts as a sophisticated information encoding and processing center that enables it to learn, remember, and make independent functional decisions.

The Institute's research has shown that the heart generates the largest electromagnetic field in the body. And even more impressive, the heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain. Using sensitive magnetometers, this powerful electromagnetic field can be detected and measured

several feet away from a person's body and between two individuals in proximity.

The coherent heart

They also talk a great deal about "coherence" and "the coherent heart". Coherence, in any system, from the human body to social environment, refers to a logical, orderly, and harmonious connectedness between parts of a system or between people. Heart- rhythm coherence refers to a specific assessment of the heart's rhythms that appears as smooth, ordered and sine-wave-like patterns. This is related to our emotions, which are reflected in these heart rhythm patterns. In a coherent state, virtually no energy is wasted because our systems are performing optimally and there is synchronization between heart rhythms, the respiratory system, blood-pressure rhythms, etc. As simple as it may sound: one way to personal heart coherence is through the intentional self-generation of positive feelings such as compassion, care, love and other renewing types of emotions.

Energetic communication between people as well as between people and animals Research conducted at HMI also suggests the heart's field to be an important carrier of information. In several studies, it was shown that the magnetic signals generated by the heart have the capacity to affect individuals around us: It was found that there is a direct relationship between the heart-rhythm patterns and the spectral information encoded in the frequency spectra of the magnetic field radiated by the heart. This means information about a person's emotional state is encoded in the heart's magnetic field and is communicated throughout the body and into the external environment.

This information then forms an integral part of energetic communication, which is believed to be an innate ability that heightens awareness and mediates important aspects of true empathy and sensitivity to others. It appears that sensitivity to this form of energetic communication between individuals is related to the ability to be emotionally and physiologically coherent. The data indicate that when individuals are in the coherent state, they are more

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sensitive to receiving information contained in the magnetic fields generated by others. In addition, during physiological coherence, internal systems are more stable, function more efficient and radiate electromagnetic fields containing a more coherent structure.

The researchers also have found that a type of heart-rhythm synchronization can occur in interactions between people and animals. Particular examples involved a boy and his dog as well as a woman sitting in a corral with her horse without physical contact. The woman consciously shifted into a coherent state and when she shifted into a coherent state, the horse's heart rhythm pattern also shifted to a more ordered pattern.

Heart-to-heart-connection with horses

The initial pilot study with horses indicated that a horse's HRV (heart rate variability) pattern reflects its inner state and that horses are sensitive to changes in human emotions, reflected as a change in the horse's HRV patterns. It is likely that this emotional connection is mediated by an energetic form of communication.

The research with horses was extended and the collected data suggested that, unlike humans, the horses almost always stay in a state of coherence and that when horses move out of coherence, they are quick to move back into it.

They continued with experiments where horses were paired with people, both familiar and unfamiliar to the horse. When the humans moved toward more coherence, the data revealed measurable "energy field responses" in the horses. Each time the person in the arena with a loose horse began sending thoughts and feelings of appreciation to the horse, the horse looked directly at that person.

This happened even when the horse was 20 or more feet away. According to HeartMath, the feeling of appreciation in humans is associated with a state of coherence. Interestingly, the familiarity with the person did not seem to be relevant. The rhythm of the

person's heart rate variability was more important than the existing relationship.

Further analysis showed that in almost all cases, the horse was imposing their very low frequency rhythms on the human. From the research data, it was likely concluded that the horses' coherent state is influencing the humans, more than the other way around. It appears they help resonate/tune us back to more coherence.

At the same time, we may see the same horse respond differently to each person they interact with. It was suspected that horses perceive, interpret and respond to very subtle energy fields that they come into contact with. Therefore, it would make sense that if the collective feeling they perceive is calm, they will respond calmly. If the collective feeling is fear, they may sense fear and start to respond to that.

Importance for our interactions with horses

We do not necessarily need any research to know that horses respond to our emotions and to consider this in our interactions with them. However, it is nice to see our experiences backed by research and to receive further reassurance and insight in the underlying forces that may be at work. Even though some of the results are not finally confirmed and require further exploration but rather give indications and suggestions, they provide a good clue because so many of us perceive interactions with horses as beneficial and healing and overall supportive for our well-being.

However, what do we bring to the horse? As far as I am aware, the above research was well received and noticed in the fields of equine facilitated and assisted learning, therapeutic riding, etc. but did not receive as much attention in other areas of the horse world.

We could make huge progress if these aspects were considered and applied in all our interactions with horses in all settings and in all disciplines; not only as anecdotes and something to share 'nice and sweet' stories about around the campfire so to speak. If we made full use of this knowledge, we could learn to

consciously create an energetic environment that supports the improvement of our work with horses; that helps to facilitate calm and harmonious interactions with horses; and may further assist the stress-free learning and understanding.

I would like to see:

- Us being more aware of our coherence (or non-coherence) when working with horses and how our state of mind affects the horse at all times.
- Us taking responsibility for our emotions and what we put out there and taking corrective measures if needed.
- Us consciously aiming to reach a state of coherence when interacting with horses.
- It being normal that we work from an inner place of care and appreciation towards the horse which supports the creation of an environment where the horse feels safe to express his curiosity and to be and become a confident partner.

And let us not forget all of the above may be applied to any and all interactions with our environment, and not only with horses.

HORSE OF THE MONTH – A Tribute to Echo

(Contributed by Kirsten Neke)

“It was this gentle and magnificent stallion who chose us as his new herd **and followed us the 35km home.**

A galaxy of tiny white stars lighting up the deep black night of his coat. His sudden appearance, leaping a tall fence to get to us. Away from a wild and entirely neglected herd of 80 odd horses. Of all of these, it was this magnificent and sensitive stallion, Echo, who chose us as his new herd.

We were riding a couple of horses the 35 km home. Sunshine, our now dominant mare, a little filly at her Mom’s side. Every step of the way I prayed that he would not change his mind and turn back. He didn’t. The absent owner agreed for us to keep him, wildest dream come true.



And then ... four years of being with him before he came to me of his own desire. I continue to feel exhilarated every time he does. He remains a wild and wise old soul. There is no doubt at all for me, Echo is my Soul-Horse, my Teacher in Life. I feel his energy when I am miles away and know we communicate despite not being physically together.

With his incredible power and grace, he has always been a gentle stallion. Together with his equine Soul-mate Sunshine, he has created Comet, Skye, Lightning and Gaia (the latter to earth this celestial herd). Echo, the most sensitive of the family, offers our clients incredible insight and synchronicity. In exceptional cases, he invites a special closeness.

I have just asked him and this is what he wants to say to me, to us:

“Move gently on this earth, be open, have the courage to be vulnerable. Don’t expect, you will instead push away that which you wish for -- it will come to you when the timing is right.”

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From our Chairlady's Heart

(Albé Fourie)

In thinking about the South African Equine Facilitated Intervention Association (SAEFIA), it is impossible to keep the waves of the Pandemic aside; being affected individually and as an Association, in more ways than not being able to physically meet. Upon reflection the Association was formed because of a common love for horses, but through WhatsApp and the online platform zoom, it became a holding space for members to connect and navigate difficult times.



As members of SAEFIA, we are not only being influenced by the quality of our own experiences, but also by the quality of the experiences, learning of fellow members. At the very heart of the Association is our equine partners and our members giving voice to both horse and human experiences and learning through presentations at meetings, as well as our quarterly newsletter and across continents, are unwavering and unchanged in a stormy world – bringing in presence and even in thought more than one could have ever imagined.

Following the lead of the horses – four hooves firmly on the ground – letting the Association's Constitution and Ethical Code ground us; we are challenged to work through structures, connecting with our own deeper values, integrity, and truth. It was in the presentations and communication amongst members that we strive to attune with awareness to our own internally

experienced and externally observed processes and lives, while harnessing the uncertainty of an ever-changing world. Learning to move sure-footed, extending beyond and above, while delving deep into the healing power of being present to the ever-changing moment. It is in this that the essence of the Association is shown.

Member News

A warm welcome to Kristen Neke who lives in the Cape on a Farm called Living Waters with her Dutch husband and daughter and a herd of 7 horses, running 3 guest houses and workshops. She says of her work: "I have an ever expanding awareness of the power and beauty of this work we all do. I have learnt how to let go of a need for structure and control for safety's sake, moving to being entirely open to the horse, the client and what comes."

Association Presentation Highlights

This year, the impressive and substantial presentations was kicked off by Sarah Mitten who shared some valuable insights gained IN THE FIELD. With a series of video-clips members reflected on what they observed from the interaction between a little girl and a pony and then a pony-horse. Much was learnt from this well documented session.

At the first Focus meeting several lively discussions were held about the need for learning as opposed to education and knowledge. The issue of how to bring the associations message into the world is still on the agenda as members ponder how to fulfil our mission amidst the challenges of present times.

In April SAEFIA Members had a heart-to-heart discussion about the YouTube THE PATH OF THE HORSE, where the different emotions evoked by watching the clip, as well as how and if it can be used to change people's perception and mindset around the role of the horse and how horses are treated were discussed– the clip can be watched following the link:

<https://youtu.be/TQUMAJCh1fA>.

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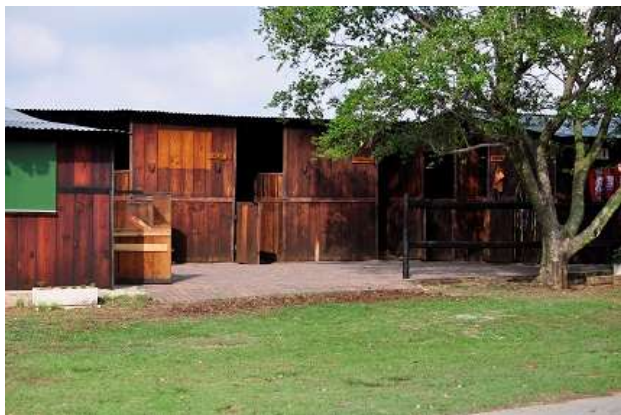
Equine Facilitated Psychotherapy Study Group

As a result of investigating gaps in learning in the Practice of Equine Facilitated Intervention and an interest in what other Organizations are doing, members formed a **study group** who meet once a month for two hours to work through the **PATH INTL EFP Manual** to get a sense of how EFP was practiced and approached by them. At open meetings members received regular updates on these discussions.

Natural Horse Care: My journey with the EARTH Centre herd

(by Natalie Stobäus)

Natalie Stobäus from the Earth Centre gave an amazing presentation at the May 2021 Focus meetings on Natural Horse Care and here is a summary of her experience and work in her own words: “I stepped into the EARTH Centre with several years of experience in keeping my own herd at home in a live out, herd situation, on hectares of highveld grasslands and some bush.



Arriving at the centre, where the horses were stabled at night, kept alone or perhaps with one or two others in separate and small paddocks in the daytime, I was therefore quite struck by the difference I perceived between my herd at home and in these horses' demeanours, their behaviours in relating to other horses and people, as well as how they related to their environment.

As the yard manager, I felt my core responsibilities was the welfare of the horses, as well as their education to prepare them for what humans were asking them to do, that is not natural to horses.

“Welfare” speaks to me of physical, mental, emotional, and spiritual health and safety.

Assessing the subtle -and often not so subtle tensions- that were showing up in the body, in the eyes, movement patterns, and social interactions, I continuously asked: why this expression of the tension?



This led me to evaluate how to

1. give back choice (rather than being directed in so many ways: when a horse will go from the stable to a paddock-human decides, how it will go – on lead with human, when it will eat-decided by human, who will ride them and when etc).
2. create MORE possibilities for choice in terms of where to graze and what to graze on, level of exposure to the day's weather (under this tree or in that shelter); choice in showing us with who and also how a particular horse wants to work within the therapeutic riding & other programmes, etc).
3. provide food and minerals that would support equine digestion, provide nutrition that showed up as optimal hoof and coat health (since these indicate very quickly any nutritional, metabolic, endocrine issues or deficiencies).
4. how to create a living environment that allowed for natural movement and

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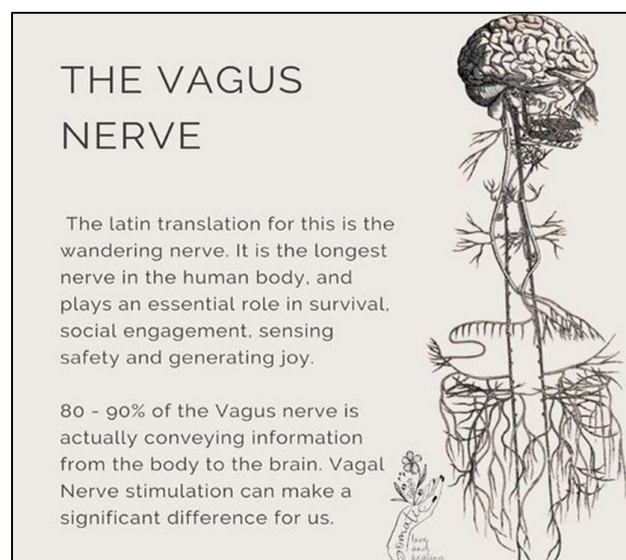
- socialisation – as the horses chose, not as a human decided was necessary.
5. think creatively of how make a relatively small space more interesting (like having a nice scratching tree/post or a water/mud hole, or a sand/diatomaceous earth rolling pit) for added activities and self-care.
 6. continuously refer to equine ethology in designing activities – e.g., have horses tied and waiting for lessons in a place where they can see all around them, rather than being confined in a stable or behind walls that cut their view or sense of what is around them.
 7. Debrief the horses – how to support the processing, integration, and release of all the stimulus and input from so many people and all their “stuff”, how to promote coming back to deep relaxation.
 8. Explore each horses’ individual purpose, as they were showing it to us, within the centre, and facilitating the expression of this purpose.
 9. Revitalise the entire environment – other than being a priority in and of itself for me, this would also directly influence the health and vitality of the horses (rewilding, rehydrating the soil, using permaculture principled in creating appropriate indigenous habitat for wildlife; ceasing use of any harmful chemicals, and rather moving to natural products, understanding more about the importance of micro-organisms in the environment and in all our bodies, natural medicines, energy healing modalities and also very critically -clearing the space energetically supports our and the horses health.

In working through all these themes, the expressions of tensions became less, as safety, diversity, health and creative possibilities started reflecting through the horses, showing up as an “integrity of the whole being” –to be witnessed in the release of any stress behaviours and in the expression of bright eyes, curiosity, healthy movement and social engagement patterns and quite simply – an increase of confidence, shine and grace.”

About Humans and Horses - Somatics and the Polyvagal Theory

(by Marion Greene and Albé Fourie)

Marion Greene and Albé Fourie’s presentation on Somatics and Polyvagal theory at the May 2021 meeting, complemented Natalie’s presentation on Horse Care. The process of working with a compromised nervous system due to cumulative stress over time or due to trauma is essentially the same in both humans and horses. The same is true is maintaining a healthy and well-regulated nervous system.



The framework of the Stephen Porges’ Polyvagal theory informs both horse and human care and healing from a neurobiological perspective. Stephen Porges’ contribution in our understanding of the autonomic nervous system lies in his identifying of the Ventral Vagal branch of the Parasympathetic nervous system as a critical pathway in maintaining a healthy nervous system.

The Ventral Vagal pathway also known as the Social Engagement system, restores equilibrium to a disrupted

system through connection and relationship. Utilizing this pathway consciously forms the basis for working therapeutically from a Polyvagal perspective. Disruptions in the Ventral Vagal system leads to dysregulation in the form of hypervigilance or shutdown where the individual remains stuck in a negative feedback loop, i.e. in the trauma vortex. This in turn explains the disconnect from other, the environment and self that can be observed in traumatized individuals.

The importance of building body awareness increasing capacity to be with activation levels within a window of tolerance.

In their work with the horses Marion and Albé discovered how the horses assist by bringing the Social Engagement system back online, bringing Neuroception of safety through co-regulation and assisting clients to be more available to the process of interoception; enabling them to work through high energy states to renegotiate trauma, thus restoring a felt sense of safety.

THE PAIA and POPI Act – Are we ready?

(by Albé Fourie and Marion Greene)

While preparing Manuals and Policies for their Psychology practices, to meet the criteria for POPI-Compliance, Marion and Albé realized that Equine Facilitated Psychotherapy and indeed all Equine Facilitated Interventions, brought unique challenges in the fulfillment of legislation requirements. Looking at these criteria, they realized that the Association and its members would also need to be POPI-compliant. Their presentation outlined the steps to be taken towards POPI-compliance, as well as detailing the criteria that need to be met, in the hope of bringing awareness to members of the aspects that they need to consider while working in the field of equine facilitated intervention.

Their presentation included: How POPI sees Information. The different role players (e.g. Data subject, Responsible party, Operator, Information

collection party). The 8 conditions required to ensure POPI Compliance:

- o Accountability
- o Processing limitation
- o Purpose specification
- o Further processing
- o Information quality
- o Openness
- o Data subject participation



POPIA in an Equine Facilitated Intervention practice was explored and examples given. Members attending the meeting discussed with the help of a series of questions whether they are POPI-compliant and how to bring the Association into compliance.

Heart to heart – A Quantitative Approach to Measuring the Emotional Bond between Horses and Humans

(Some Extracts from the Article by Kip Mistral recommended for reading by Liesl van Zyl)

“We have all heard that overused quotation from Sir Winston Churchill: ‘There is something about the outside of a horse that is good for the inside of a man.’

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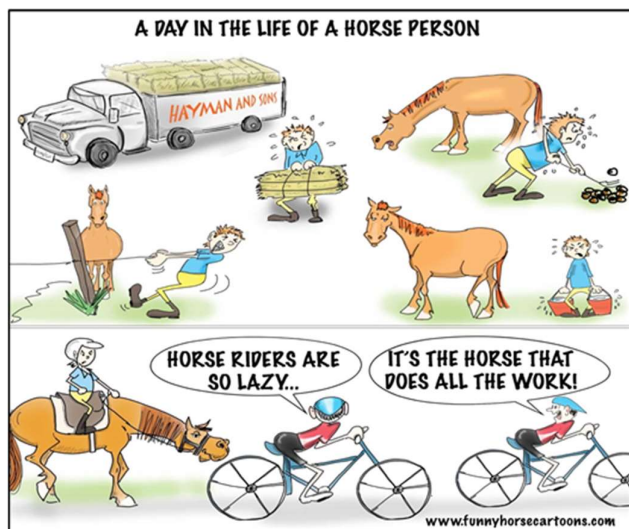
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Who can argue with the thought? It is why, perhaps selfishly, we love horses so much.

But if you could see scientific data, gathered by the use of high technology, that proves how your horse feels about how good the inside of you is for the inside of him, would you be brave enough to look at the facts? Well, that perspective is here. And Ellen Kaye Gehrke, Ph.D., a consultant and professor of international

business and management, is using it as she and her research team engages in a series of scientific studies to measure the presence of emotional coherence and incoherence between horses/horses and horses/humans. Gehrke has cold hard data that may warm your heart.”

If your heart speaks to read the full article visit the HeartMath Institute and follow the link to find the full article at www.heartmath.org. The website is amazing with a huge library and loads of information on this and other topics.



Did you know?

Heartbeat Frequency, based on heart Rate per minute is around 1.67 Hz.

The electrical signals that cause the heart to beat, The P and T Wave frequency ranges between 0.5 and 10 Hz and the QRS Complex between 4 and 20 Hz.

The heart Sound Frequency is between 20 to 500 Hz, generally Energy medicine and sound healing will use 128, 567 or 669 Hz.

NASA determined that the frequency of the earth is 528 Hz.

POEM - Lessons from Wild Horses by Judith Kusel

(Contributed by Joan Stoyanov)

The story, Lessons from Wild Horses, is too long for publication in its entirety but makes for heart touching reading and is just a balm for the soul. It is available on

<https://www.judithkusel.com/>

I was standing amidst a stone circle on the high plateau of the Drakensberg escarpment in Mpumalanga, South Africa wondering about the how's and why's of these monumental stones finding their way here.... when they appeared: - A herd of wild horses, that roam freely here and act as guardians of the place. My host tried to shoo them away, and I stopped him.... In that moment it felt to me as if they had come out to greet me. I felt a type of silent communication going on with them. As the lead horse whinnied and ran away, the rest followed.

I stood there admiring this herd, running so wild and free... magnificent poetry in motion. I have always loved horses. Yet, I love them running wild.

and free, truly magnificent creatures with a nobleness of spirit that speaks to the heart.

A few days later I found myself drawn back to the place and a little village where these horses are allowed to roam free. It is a truly magical place... with fairy gardens, amidst forests and in the days that I was there, swirling mists every single day.

As I started exploring the place - I was busy gathering material for my book, something extraordinary started

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to happen. Every time I left the village and started to go walk, amidst massive rocks and swirling mists, these horses would simply appear. They became my constant companions. They were guarding me, and whenever I felt a little lost, I would silently ask them to guide me home and they did.

One little brown filly and I immediately established a great rapport - she ran to meet me, and one day, she came to stand right in front of me. I looked into her huge velvety brown eyes, and she allowed me to stroke the white star on her forehead and then she kissed me!!! I was delighted!!!

Heartening Equine Wisdom

(Words from members expressing what their horses have done to help members cope)

Liesl van Zyl who has recently walked her horses to their new home has this to say:



Walking Home, both human and horse in the heart zone.

“Every horse you add to your life changes you forever.”

“Grooming and just being and breathing with them settles the nervous system. It is the age- old . It is not what you ‘do’ with them but how you do it that makes the difference.

More being, less doing. Finding the prey wisdom in the moment, e.g. keep moving forward, you will get ‘there’ and it may look very different from how you imagined it”.

Cheyne Masterten-Smith – her soul horse, her bestie, Yana



Yana - feisty, opinionated, compassionate and wise

“Yana of Old Kilgobbin. I met her 14 years ago as a yearling with a umbilical hernia that was never repair despite three operations. She spoke to me and soon started to seek me out in our groups. Carl Bronner gave her to me, and I bought Isabella of Old Kilgobbin. They moved to Everton and eventually Sakabula. Yana was my feisty girl, opinionated, compassionate, and wise beyond her years.

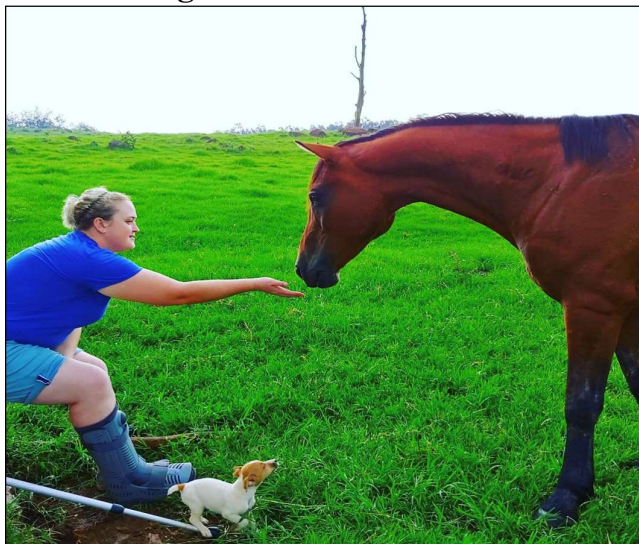
“Yana was my girl, feisty, opinionated, compassionate, and wise beyond her years.”

She protected client’s in-group situations by placing her very large Friesian body (they are so not see through) between clients and others. The innate ability to provide comfort to the vulnerable, lead the herd, alert me to situations and be a fabulous equine despite her disability. Her death last year left me bereft., trying to grapple with here one day gone in a heartbeat. I find myself seeking Tamara in Carl's herd lean into her old head to acknowledge loss our her”.

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Christelle Gevers, who says about her horse Hidalgo...



Heart to heart connection

"I love him because he is so gentle and patient."

This is what helps her deal with challenges.

Juanita Biggs – during the times of unrest – Do we Flee or Stay?



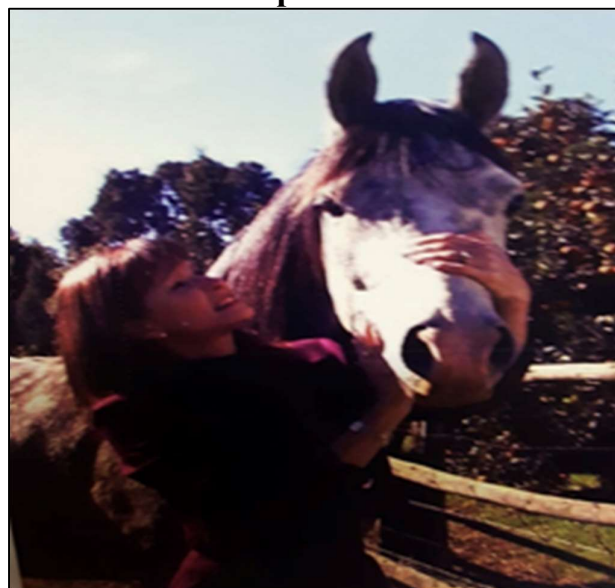
Juanita found courage and strength by seeking answers and support from her wise herd during recent trying times. During the worst of the unrest when they were seriously contemplating fleeing this is what her herd had to say:

"To NOT FLEE but BE STILL AND JUST BE..."

"...even if it was the most frightening thing to do, is to with all my might resist the urge to just NOT RUN OR FLEE but to just BE. He signal from them was also that WE WERE IN A SAFER SPACE AND DID NOT HAVE TO FLEE."

They gave us the wisdom and answers to many questions we had. One being we can NOW BREATHE AND JUST BE AND IT WAS SAFE ENOUGH TO NOT HAVE TO FLEE."

'Time in the Company of Horses' by Isabel Wolf-Gillespie



Nature is not only life-giving in a physical sense e.g., providing our water, our food, oxygen and all resources humans utilize, but also in an emotional and spiritual sense.

In times of high levels of uncertainty and upheaval, we often find ourselves feeling anxious and stressed. Rapid covid-related changes to the environment we live in, school calendars changing from one week to the next, with daily routines suddenly overthrown added to having to maintain social distancing at all costs. Our children can sadly not always be safeguarded from emotional turmoil and feelings of anxiety and worry in these times. However, the process of changing the narrative of our reality in a chaotic space requires mindfulness and reflection rather than reactivity. Time with horses, who are non-judgemental and deeply connected, allows for this and creates a

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shift that is hard to describe as its somewhat experiential, fully lived and sensory.

An experience created by being in the presence of horses in a natural environment, whereby the interaction can be non-ridden and includes elements of ground activities such as grooming, leading or literally stroking and 'loving' the horse, has countless positive impacts and benefits.

“The human-animal interaction invites calmness, emotional self-regulation and feelings of being understood without judgement nor verbal expectations.”

Horses cannot verbalize using language, but rather they respond in a more subtle way and give biofeedback to humans of all ages during interactions. Communication is mostly silent, in thought and behaviour, as their body is completely attuned to our emotions. Being a mother myself, I cannot think of a better partner or friend for my daughter than a horse. *Horses listening to humans think and feel* can have life-changing impact. Silently, they are able to acknowledge often subconsciously stored negativity, pain and struggle and provide a valve of release. The restorative effects horses have on our emotional and mental wellbeing, can make us feel alive, hopeful and connected.

A Poem to Warm the Heart

(Contributed by Juanita Biggs)

I see you by Gabi Neurohr

I see you.
I see your worry.
I see your thresholds.
I see when you don't fully understand, and I need to explain more clearly.
I see when you are upset.
I see when you are worried about the wind.
I see when you are worried about a friend who is leaving and you are left behind.
I see when you have difficulty to coordinate your legs for a complicated exercise.
I see when you feel a bit stiff and need a little longer to warm up.
I see when you feel fresh and want to just play!

I see when you are happy!
I see when you want to connect!
I see when you have an urgent itchy spot you would like me to scratch.
I see your need for friends.
I see your need for movement.
I see your need to forage.
I see your need for mental stimulation.
I see your need to feel safe no matter what we do together.
I see your need for routine.
I see your need for me to be coherent and clear.

I see YOU.

What a difference it makes to a horse once she knows I SEE her.

Not just my needs and my desires, my goals, me.

But her. What does she want? How does she feel about what I do with her? How can I present things to her that she will happily accept?
You and Me, Together.

It's about the Relationships

For Fun

Somewhere in KwaZulu Natal...

CAPTION THIS... you may recognize one or two of the mares... What do you think is going on here?!



<https://www.facebook.com/KZNEFIA>

Chairlady: Albé Fourie albefourie@outlook.com Secretary: Cheyne Masterten-Smith cheynes@mweb.co.za

Music from the Heart

(Contributed by Natasha O'Shaughnessy)

Where My Heart Will Take Me by Russell Watson

<https://youtu.be/Oalyw2sHXQk>

It's been a long road
Getting from there to here
It's been a long time
But my time is finally near
And I can feel the change in the wind right now
Nothing's in my way
And they're not gonna hold me down no more
No, they're not gonna hold me down
'Cause I've got faith of the heart
I'm going where my heart will take me
I've got faith to believe
I can do anything
I've got strength of the soul
And no one's gonna bend or break me
I can reach any star
I've got faith
I've got faith, faith of the heart
It's been a long night
Trying to find my way
Been through the darkness
Now I finally have my day
And I will see my dream come alive at last
I will touch the sky
And they're not gonna hold me down no more
No, they're not gonna change my mind
'Cause I've got faith of the heart

Listen on Apple Podcasts

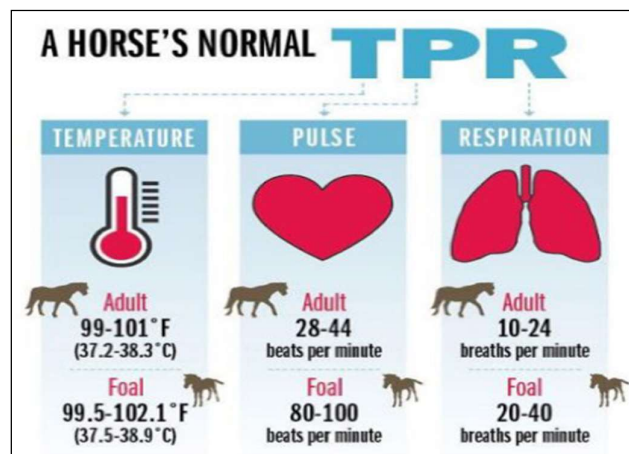
The Meditation Podcast creates an extraordinary meditation experience for people in their everyday lives. Founded in 2006 by husband-and-wife team Jesse & Jeane Stern, TMP uses guided meditations, binaural beats, mindfulness, and 20+ years experience in Healing Arts. Please use headphones, and do not listen while driving or operating machinery.

<https://podcasts.apple.com/us/podcast/the-meditation-podcast/id200323953>



Image Credit: Charlie Mackesy: The Boy, The Mole, The Fox and The Horse (contributed by Jane Armstrong)

HANDY HORSE CARE HINT



BOOKS AND RESOURCES

(Contributed by Natasha O'Shaughnessy)

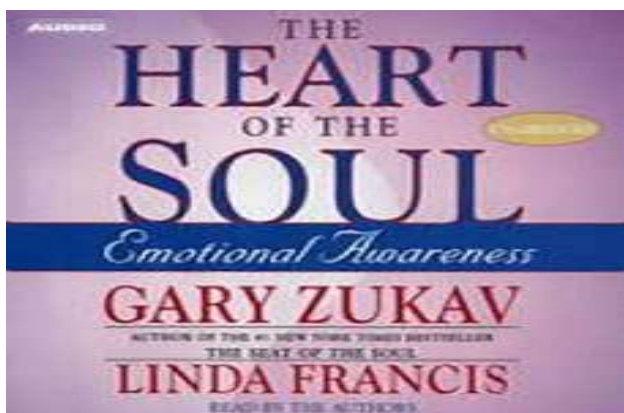
The heart of the soul

Gary Zukav says in his book The Heart of the Soul that there are two ways energy can leave your energy system: in fear and doubt or in love and trust.

"The center in your chest is the heart of your energy system."

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It is at the center. It connects the centers above it with the centers below it. When you see through your heart, feel through your heart, and perceive with your heart, you go directly to the core of the matter. You combine your ability to see clearly and express yourself with your daily activities. You are integrated and integrating. When you learn to release your energy through this center in love and trust, you are open to others and the Universe, grateful for others and the Universe, and strong of heart.”

TV Series– Heartland



Based on the novels by Lauren Brooke, HEARTLAND is a Canadian series about a young equestrian rider who has a gift for healing horses. Amber Marshall plays Amy Fleming, who loses her mom Marion (Lisa Langlois) in a car accident. As she struggles to cope, she discovers that she has inherited her late mother's gift for healing abused and neglected horses. Along with her grandfather and horse rancher Jack Bartlett (Shaun Johnston), she works to keep her mother's

horse rescue work alive. Amy learns that healing horses will help her heal her heart.

Free Video Link

(Barefoot trimming Video by Cavallo)

www.Cavallo-in.com/freegift

Monthly Meetings

Regular monthly meetings take place on the Zoom platform – this has proven to be an effective way of getting together together during the physical restrictive time of COVID. The meetings are usually held on the third Saturday afternoons of the month and alternate between **Open Meetings** (with an experiential presentation) where we visitors are welcome for a contribution of R50.00 to attend the presentation part of the meeting, and **Focus Meetings**, focused specifically on Association growth and development as well as member supervision/ learning support and development.

The theme for 2021 is Bringing the World to the Horses – finding ways to connect Horses and Humans.

The meetings give a platform for members to learn, swap ideas, debate issues, clarify matters and to likewise feed back into the Association. It has done a staggering amount of work, put out superb presentations and are looking continually to grow on social media.

NEXT OPEN MEETING 21 AUGUST 2021

**For more information, to attend a presentation or to join the South African Equine Facilitated Intervention Association, contact our secretary
Cheyne at cheynes@mweb.co.za**

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