

INTRODUCTION

An unusual story, a family Herd of warmbloods, living as they would in the wild on a 320-acre sacred land of forests, hills, lakes and meadows, with a supportive human interface, a deeply bedded open barn to return to and all the best in natural horse care. Born into freedom, love, respect and spiritual equality, each horse is valued, encouraged and invited to share their truth. They are invited and rewarded, no pressure or punishment.

Over 16 years the “Herd” has co-authored four books (winning nine book awards), an award-winning documentary inspired by the first book *One With the Herd*, initiated Horse Friendship (www.naturalthorsefriendship.com) and horse play now called horse agility and invented a new form of horse therapy inviting people to lie on healing tables or spend quiet meditative time with them as a group. Most recently, the herd has inspired our latest award winning video titled ‘Herd’, which showcases the Equinistry retreats. The video is currently being presented at various film festivals. For more information visit (herdfilm.com).

The horses (currently 14), all related, one pony and a pet steer are all at liberty, either in their large barn/paddock or out on the land. They invite people from all over the world to spend time in nature and in their presence, coaching them to “be in their truth and listen to their intuition,” a life-changing experience. Recently science has been proving many of the concepts that those privileged to spend unstructured time with horses have known. Horses, elephants and whales, partly due to their largeness, act as tuning forks, establishing a coherent heart rhythm and well-being, raising vibration, and allowing connection to higher consciousness; healing and helping humans to leave the walls of their egos for a more holistic connection with all life.

It is interesting to watch the dynamics of how the Herd envisions and reshapes the energy to form a new outcome. They are often in groups of two by two, mother and offspring, head to head in a V and together with other Herd members holding a larger pattern. Often there are four heads side by side (like four minds are better than one). They gather around a person or place and for hours will hold a deep meditative state,

one or another occasionally dropping to the ground in a deep sleep to ground out the energy. Often they will drop at the feet of whomever they are working on, standing or lying in a circle around them. I simply watch in awe, suggesting one spot or another to people to maximize the energy or in the interest of safety as we are in the “Heart of the Herd.”

As we experience more and more healing retreats it appears the Herd is evolving in its methods, and I am noticing how important their group dynamics are to the process. If one horse can be instrumental in horse therapy then many are miraculous.

There are many disciplines offered in horse therapy from psychology-based teachings that employ one horse and several humans to interpret, to therapeutic riding which again is humans guiding a human on a horse experience. I believe that the benefits of all of these methods will be increased by allowing the horses to offer teaching and healing at liberty, as they decide. We have been experimenting with safe enclosures such as low, one-railed round pens which people in wheelchairs could access and allow the Herd to interact from the outside of the rail, to large boxes (which double as large hay bale feeders in winter) so people can safely be surrounded by horses at liberty. Having that option, I still suggest people pick a safe wall or tree in the midst of where the Herd are gathered and in as close proximity as possible (like under one of the horse’s noses) so they can receive the maximum exposure to the refiguring process.

I remember last year noticing the horses holding more circles and patterns in their healings either in the paddock, barn or in the hills. It seems by virtue of their clear connection to Source they are light years ahead of our present understanding!

The horses finally gave us a name for the process they share with each and every person called to come here. They have been spending more and more time holding constantly changing geometric patterns as a group in a trance state both in the barn and out on the land. I wonder at how they can possibly be so fat as they spend hours in this process. Interestingly, the name came through two women enrolled in a “Herd Rituals” retreat, Bev, who was meditating with the Herd and got a microchip of information and then a “D” word that she couldn’t decipher and a common description of what they were doing, “zipper.” Then, we were sharing that information with Candice and the word that came through her was Dio-transconfiguration. Interesting. In a Herd, all minds are joined and the girls were experiencing that aspect of Herd ritual. Dio meaning any supernatural being worshipped as controlling some aspect of life who is the personification of a force. Trans, meaning relating to molecular structure where the particular atoms or groups lie on opposite sides of a given plane in a molecule. Configuration, an arrangement of form in a particular 3-Dimensional relationship of



atoms in a molecule defined by the bond between them. Well, that was a breakthrough and certainly explained the geometric patterns they were embodying.

As God's consciousness in matter, each unique created thing is a perfect and important aspect of the One consciousness, the All consciousness. When we discover our soul's dream, the dream that serves the higher good, the greater dream, that most perfect vision for our lives serves the highest good for others and all creation too. How can God experience the softness of fur, the look of love, the touch and splendor of all the Earth except through the physical senses of all his creatures and his creations? When we focus on all of these blessings and the gifts in our lives we multiply the "loaves and fishes" and feed the multitudes. When you ask yourself "Is this the dream for me" you will receive the answer and the opportunity to re-evaluate and take a step in the direction of your "Heart's Desire."



Epona clears the effects of chemotherapy



Epona clears the effects of chemotherapy

I have been receiving e-mails from all over the globe (and even some nearby) from people who have been called by horses and want to take it to the next level. Whether for their own personal relationship with equines and how that translates to the rest of their lives, to enhance their profession in equine-related services or just because they feel called to discover a new dimension in life and feel entitled to explore the possibility of that expression, enlightenment and calling. Some can afford to come, some want scholarships and some want to discuss an exchange or collaboration. What is exciting is that all have been called by horses and by spirit (and by the horses' network with other animals and the natural world) to step up to the plate and be the change we want to see in the world.

The world as we know it is on its way to extinction. The power hungry corporations, as the dinosaurs, are running out of fuel and soon the commodity of value will be consciousness, as in our connection to higher consciousness and understanding of our spiritual attributes.

Science and spirituality are now walking hand in hand as new discoveries enable the individual through the power of focus and intent to create the world of their dreams.

Yes, we can change the world one mind at a time—that is the only way we can make a difference.

Animals everywhere—lions, whales, orangutans, elephants, hippos, dogs, cats, horses—have their own YouTube channels; are they really so different from humans? They LOVE, just like we do; their essence and ours is one with the only life force—the ALL.

Connect, believe, transform and listen to your calling. It is the child in all of us who yearns for the secret garden where we can all walk and talk directly with God and all life.

I have so enjoyed watching people open to and be healed and inspired through the stillness of nature and the powerful connection of the Herd. Sharing in their revelations and following their path to fulfillment has been an immense reward for me and has helped me grow vicariously through those creations. It is time to take the understanding to a higher level, calling out illusion, living our truth and running “naked into fear” knowing that we are safe and guided if only we ask.

The horses have been increasingly both deeply connected and powerful in their healing. We have been getting some tough cases, yet they uniquely work with each individual in surprising ways. One lady came fresh out of chemo and they kept tipping her head and blowing in her left ear for long periods. Another lady came a year after chemo and they did the same thing to her. That was the first time I had seen them do

that. Another lady arrived and the horses all began telling me there was something with her lower back, legs and lower body. I asked her if she had any injuries there and she answered, “No, I don’t think so...at least I don’t remember.” Well that prompted Luxy, our schoolmaster and grandchildren’s horse, who has never done this before to bite her in the butt as she was passing... Well, no bruises but that awakened the muscle memory of several experiences over many years that she wouldn’t allow herself to release, all held in that area. She had just about severed her lower legs, broken an ankle and had had countless trauma to her backside. The horses kept holding up their legs and touching them, putting their feet on stools she had sat on. And Crystal repeatedly did the strangest thing I have ever seen a horse do and I didn’t think was possible; Every time the lady came near her she lifted her back legs one by one out to the side at a 45 degree angle and then did a bunny hop backward for about 6 feet? She did this the entire visit, and I have not seen her do it ever before or since! The other thing Crystal did was so endearing. She coaxed the same lady who was unable to climb the ladder from the barn rung by rung up to the floor above. First she translated that she was going to do this by first putting one foot, then another on the stool the lady had just left and by wedging herself between the ladder and the wall until we both got the idea of what she wanted. Then, as the lady took one step at a time, Crystal would go to the ladder and rub her head on it, then to the stall wall and rub her behind. She did this several times for every rung of the ladder. Then she looked fondly upward like a mother who had just fledged her child to the first day of school.



Crystal coaches a participant up the ladder



Crystal coaches a participant up the ladder



Crystal coaches a participant up the ladder



Job well done!

I am finding so much interest in Equinistic Healing Certification, as students of other more well-known horse therapies are looking to take their practices further and allow the horses to take over the “reins” (or take away the reins) and truly show us the powerful potential of human /animal affiliation. As long as we are guiding and translating the healing experience, the horses are not allowed to show us the powerful application of Sacred Healing, which allows the One Consciousness to flow by freely allowing the principles of creation through sacred design, raising vibration through focus, sound, form or pattern, and light.

Animals around the globe in connection and communion with the Earth are holding the vibration of deep healing. The horses are exhibiting some very unusual behavior and forming meditation circles all over the land. We find them in pockets on the highest hills, in the meadows, all standing, heads together, eyes open, off on some other plane, sometimes for hours. This is not typical for horses out in lush pasture. Mornings in the paddock find them huddled in the barn and birthing stall in geometric patterns, glazed eyes and deep intention focused on important issues. They invite us to join them and participants who sit in the barns with them are quickly surrounded and profoundly changed. On occasion they come to the healing tables but this new work seems more important and my job as their facilitator is simply to allow and try my best to translate their communication to guests.

This is one of the only settings in the world where horses can live as they would in the wild but still have a loving, caring interface with humans. They are, as well, considered spiritual equals, teachers and healers and are invited to interact at liberty when and how they choose. “Invitation and reward” as opposed to pressure and punishment. Also instruments of torture have been abolished so no whips, spurs, bits, restraints, no metal shoes... What is amazing is that these powerful creatures still choose to submit to our requests and even enjoy it as they are paid handsomely in carrots and low-cal horse treats (also, lots of love and praise). It is strange that almost all other trained animals are rewarded for their efforts but somehow this has been avoided with horses. We are well on the “road to change” in how we consider animals and their rights and freedoms. Now that it is considered mainstream to share connection and conversation, I’m pretty sure there are a lot of horses whispering in their human’s ears.

Please visit www.equinisity.com for pictures, videos, stories, books, etc.

Over 10 years of channeled material “From the Horses” has been given to Liz in monthly newsletters and the following is a collection of these messages.

March, 2006:

Speaking for the animals, we are here as fellow beings on this planet to bring perspective to our mutual journey. How differently do you view the world in our company and on our backs? Just being in our presence brings you joy, peace, love and freedom. We accept you unconditionally. It is time to let go of your limited thinking, to believe in the possibility of one mind, one life. We are all that one being; that one becoming. Together we are evolving to become the possibility of our most cherished dreams.

Fear is the only barrier. Let go of your fear and remember the garden; we are waiting for you to join us. We will help you—just speak with us as you do each other; send us the picture in your mind and trust in your intuition when we answer you. Spend time with us without agenda, like you would a friend. Entertain the quiet that is found in nature; release the need to control each situation and you will find the treasure that lies buried beneath your ambition. We are all one with God and God is all there is; relax and enjoy the experience.



And this excerpt from the same newsletter:

Kevin, my husband, invented a wonderful word the other day, which embodies this quote from *One with the Herd*. “I am living a dream that continues to expand beyond the boundaries of my physical self, to the greater soul of all life, where what I dream for myself is a gift for all to enjoy, and what I give to all life, I give to myself. Life is discovering itself through us.” The word is “EQUINISITY”—the gift of finding the unexpected and truly important perspective through the clear and almost 360-degree vision of the equine.

*Well, 60 plus newsletters later, nothing has changed.
Following are the sequential excerpts:*





We are all here on Earth living in a time of great change. Because of our communication systems, a small change in consciousness can affect millions of minds—an individual can change the world. We often hear you say, “What can I do? I am one small person?” You can hold the integrity for your whole species, you can maintain empathy for other species and for the whole organism of the Earth. It is exponential; all minds are joined. One mind touches many others who in turn touch many others and soon mass belief tips the scales in a whole new direction. Don’t be content with the status quo. Examine your values, connect to the purer, higher consciousness that encompasses all of the natural world and then listen to that intuitive connection. This one aspect of existence that we are now experiencing will be over in the blink of an eye and what will be left but the intangible qualities that are ours forever.

