

February 12, 2020

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720-320-7237

www.dancingspirithorse.com

Upcoming Programs

We are so excited about programs this year! Click on each to learn more and reach out with questions and get registered today!

Self Care for the Professional Caregiver—May 1 at Happy Dog Ranch in Littleton or May 29 in Lyons

Spiritual Triathlon with Horse—June 6 or July 11

Strengthening Family Bonds: A Parent-Child Experience with Horses—May 30, June 27 and July 25

The Sacred Heart Space of Possibilities with Horse
2 day Retreat—July 18-19

Follow us on Social Media



@DancingSpiritHorses



Instagram



February Special Offer!

Purchase an individual coaching session with Jackie & the horses and receive a 10% discount.

Purchase a 3 session coaching package with Jackie & the horses and receive a 15% discount.

Offer expires February 29, 2020.

Call 720-320-7237 or email

dancingspirithorse@outlook.com



Wisdom from my Herd

January was a busy month! I traveled with Kathy Pike of The Academy for Coaching with Horses offering equine coaching programs in Arizona and California. I have also spent time creating and collaborating on programs this year. The most significant work I've done though is wrestling with the conditioned part of myself that doesn't want to be seen.

During the past several months as I moved into new vocational callings, I noticed myself being small energetically, not wanting to be noticed, and not feeling confident about why I'm here and what I'm meant to offer. While I often project confidence, underneath I'm scared because I learned that I need to be small and not noticed or others will lash out to hurt me. It's a place I know well and have been peeling the layers of this behavior for some time, but I keep discovering new pieces.

What I've learned from the variety of horses I've worked with in the last few weeks is that there is a place in the world for all—even me. I owned my places of fear and lack of confidence and named it to horses and some trusted colleagues. It took every ounce of courage I had to vulnerably share the truth of what I was feeling and everyone loved me anyway.

What!? At first, this acceptance felt foreign and it was hard for me to understand. The more I sat with it, I could feel a shift in my body and the core of my being. When I share my truth, I'm ok, regardless of how scared I am based on history. The more I practice sharing what I truly feel, it comes a bit more easily. I'm feeling more comfortable being seen for who I am and what I have to offer the world. It's been a stretching time and I'm grateful for the lessons and various herds of horses and people who have helped me get here. What a journey.

I invite you to come to experience a session with the horses at our ranch. A personal session, one of the workshops, or perhaps an individual day-long retreat. The horses accept you as you are and help you uncover the truth inside you that is ready to re-emerge. This truth sets you free and on a path that allows your spirit to dance as it is meant to. Don't wait, contact me today! Call 720-320-7237 or email dancingspirithorse@outlook.com