

Things We Can Learn from a Dog

*Never pass up the opportunity to
go for a joy ride.*

*Allow the experience of fresh air
and the wind in your face to be
pure ecstasy.*

*When loved ones come home,
always run to greet them.*

*When it's in your best interest,
practice obedience.*

*Let others know when they've
invaded your territory.*

*Take naps and stretch
before rising.*

Run, romp, and play daily.

Eat with gusto and enthusiasm.

Be Loyal.

*Never pretend to be something
you're not.*

*If what you want lies buried, dig
until you find it.*

*When someone is having a bad
day, be silent, sit close by, and
nuzzle them gently.*

*Thrive on attention and let people
touch you.*

*Avoid biting when a simple
growl will do.*

*On hot days, drink lots of water
and lay under a shady tree.*

*When you're happy, dance around
and wag your entire body.*

*No matter how often you're
scolded, don't buy into the guilt
thing and pout...run right back and
make friends.*

Bond with your pack.

*Delight in the simple joy
of a long walk.*

-Author Unknown



Horses as Healers

by Pam Kachelmeier

For thousands of years emperors and noble warriors were buried with their horses. They were seen as mythical animals able to travel between realms of consciousness, connecting the spirit world with the material world. The history of the horse, his symbolism of strength, power, loyalty, freedom, and life-force, keep enticing people today to explore further the wisdom behind this horse-human connection.

Today horses are healing human lives and helping grieving individuals find new sources of energy and joy within. They are reconnecting people to peace and well-being. They are connecting individuals to the healing elements of nature. Through Equine Assisted Counseling (EAC), individuals are given an opportunity to adjust to a new, neutral environment to process grief. It is through natural energy – the hidden touch - with horses and nature that individuals get some emotional and spiritual equilibrium. When interacting with a horse individuals are allowed to be present with their emotions without judgment. They are given an opportunity to reconnect the parts of themselves that shut down after a loss. They bring about feelings of stillness, peace, and acceptance.

Through these vibrant forces individuals are grounded, offering emotional comfort and a sense of who he or she is. Being with a horse can bring back a sense of hope and new beginnings.

Equine Assisted Counseling can often be relatively short-term, but is extended if in the best interest of the client. EAC is a good adjunct to ongoing counseling with another primary therapist. Oftentimes, this type of work elicits powerful emotions that may require the continued processing and guidance under a therapist's care.

Pam Kachelmeier, Professional Counselor and Founder of CoachHorse Counseling Services in Kiel, WI, incorporates the wisdom of the land, environmental attunement, animal communication, and innate practices into a fundamental healing model that energizes the whole body, soul, and mind. She focuses on the gifts of nature and horses to quiet the mind, open the heart, and heal the soul. For more information visit www.coachhorse.com, email coachhorse@excel.net, or call (920)980-5326.