

*“I sat against the barn and looked out over the yard / riding ring and beyond to the green pastures and line of trees up above the hill. The day was hot but the heat was not uncomfortable.*

*A few horses wandered over to the feeders or in and out of the small enclosures for shade.*

*There was a profound sense of quiet and stillness despite the noises of life. Very much like the noises of the ocean and the deep deep quiet and stillness, and timelessness that you feel sitting by the sea.*

*It's the feeling of being in the present and knowing that the present is eternity.*

*Christine says horses are always in the present. Perhaps that is why they are so healing because they bring us into present time where all is possible.*

*Very soon after I sat down I had a visit from Zora. She said a brief hello and then got busy investigating my cane. Sniffing it, nosing it, trying to pick it up with her mouth. I explained to her why I needed it but she lost interest and walked away.*

*Next came Garuda. He also found my cane compelling but soon found a hay bag hanging to my left more so. I told him I was a little crowded by him and he kindly got the message and walked away.*

*Becky brought Hekla, the newest addition to the herd, over to meet me. She was sweet and shy.*

*I asked Christine if I could move into the box / stall attached to the barn so she helped me and then brought Willie Wonka in to keep me company. Willie preferred not talking. Instead he chose to stand beside me, still giving me space but letting me know he was there.*

*Julian brought Rico into the box behind me to groom him. Willie moved from my left to stand behind me, putting himself between me and Rico. When Oskar entered the barn seeking shade to soothe his headache, again Willie adjusted himself protectively.*

*I sat for a good long while like that. Then Christine and Becky came over and we chatted a bit. A couple of the other horses came toward us wondering what the party was about. Each carefully navigating whether they too could step into the box. Mia approached me curiously, perhaps questioning the same.*

*I left feeling quite nourished. I had passed through many different emotions during my visit. Being around such large and powerful animals, especially as a person who has a physical handicap, can bring up some primal fear. But as I found my sense of trust, I also found peace. After all isn't that what centering really is, returning to your core and moving in your power from there?”*

*-Laura*