

Let Your Life Speak... and Be There to Listen

"Before you tell your life what you intend to do with it, listen for what it intends to do with you"

I must listen to my life and try to understand what it is truly about-quite apart from what I would like it to be about-or my life will never represent anything real in the world, no matter how earnest my intentions

When we lose track of ourselves how do we pick up the trail?

The soul is like a wild animal- tough, resilient, self- sufficient and yet exceedingly shy. If we are willing to walk quietly into the woods and sit silently for a time at the base of a tree, (or at the side of a horse), out of the corner of our eye we will catch a glimpse of the precious wildness we seek.

It is a silence that forever invites us to fathom the meaning of our lives- and forever reminds us of depths of meaning that words will never touch."

Parker Palmer

As you wander and wonder through the pasture invite your life to speak

- **through the voices of nature**
- **through the heart of the herd**
- **through the voice of silence from within listening**

for what life intends for you





The POWER of

Authentic Presence, Horse Whispering and Embodied Listening

Awareness with Intention and Attention

- *Breath of Life: An Intimate Exchange*
- *Find Your Hoofs: Grounding and Centering*
- *Discover Your Place of Belonging: Being rather than Doing*
- *Witness from a heartfelt place of lovingkindness*

- | | | | |
|-----------|-----|---------|----------|
| • Pause | and | Prepare | P |
| • Open | and | Observe | O |
| • Wander | and | Wonder | W |
| • Enter | and | Engage | E |
| • Reflect | and | Respond | R |