

Resilience: Guided by the Heart of the Horse and Nature:

and informed by HeartMath, Transformational Presence & Gestalt Approach

8:45 Arrival, Welcome, Settling In

9:10 Gathering the Herd

Drum Story:

- Listen to rhythm of your heart, the pulse of the earth under your feet and hoofbeats of ancestral horses that words will never touch.
- Heart Focused Process
- Listen for what is calling to you? what is opening and emerging from your heart this morning?

9:15 Introduction of People/Meeting the human herd (in trios then in whole group)

- Name, what is calling to you, and what is opening and emerging from your heart this morning?
- what quality of resilience are you bringing with you today?
- Choose a horse name that captures your spirit this morning.

9:45 Introduction of Place/4 ecosystems, and Herd/4 horses and 2 ponies Introduction of Program

Our Journey of Resilience will be guided by

- compassion through the heart of the horse,
- emotional regulation guided by HeartMath.
- meaningful change guided by Gestalt Approach, ICF principles
- Transformational Presence Change process

Resilience:

- “the ability to prepare for, recover from and adapt in the presence of stress challenge or adversity, staying connected, centered, positive and ready to take action for the best possible present moment and future.”
- deep embodied resilience, an expression of our authentic nature that does, an internal grounded, centered, and aware presence.

Domains of Resilience

- **Physical;** endurance strength, taking a stand.
- **Mental;** attention span, ability to focus, hold multiple points of view.
- **Emotional;** positive, optimistic outlook, emotional self-regulation.
- **Spiritual;** commitment to values, Acceptance, and appreciation of others values and beliefs.
- **Collective;** How our individual resilience supports our herd/community resilience and how the collective outside of our self supports our resilience.

HeartMath

- Heart Intelligence, mind heart coherence, HeartMath practices

Gestalt

- Cycle of Experience
- ICF Principles

Transformational Presence

- Emergent Process guided by awareness of multiple reality fields.

10:00 Break

10:10 Preparation to Meet the Horses and Herd.

- Waiting for the invitation
- Engaging in relationship/ meeting at the collaborative place of yes
- Horse language and culture
- Creating a relationship based on respect, trust, and positive regard.
- Mindfulness, embodied awareness, emotional intelligence and inspiring engagement
- Finding your hoofs on unpredictable and challenging ground.
- Engaging the horses: *Con su permesso* greeting
- Heart Variability Breathing
- Exploring resilience

10:20 Entering the Herd with Awareness Compassionate Relationship:

Meeting and Greeting the Horses and your Self (10 minutes)

- Group waits for invitation from horses. When we feel like the horses have invited us in, we enter pasture with our partner and a staff person.
- Each staff will be a guide two or three participants.
- wander for a quiet walk through the herd observing first before approaching the horses.
- The participant can choose to meet from a distance or up close, the horses will also have their opinion Notice the pasture and world around you and notice your inner experience (fear, excitement, curiosity).

Creating Heartfelt Relationship: Greeting the Horses

- Listen for the invitation from the horse and from within you
- Wander through the Herd bring fully present and practicing quiet wonder
- Creating a Relational Alliance by showing respect, building trust, and engaging with positive regard
- Explore listening and connecting with one or more horses with your eyes, and heart from a distance and from closeness, in stillness and movement.

Getting in Touch with Yourself and Others

- Explore creating respectful, trustworthy relationship between you and your horse partner and connecting with the horses through physical touch
- **Heart Focused Breathing**
- Listen within for what you want to communicate to a horse.
- Allow the communication you wish to send (i.e. calm, peacefulness, curiosity, awe, kindness) to be fully felt in your body and then held in your hands.
- Place your hands on the horse or close to touching the horse and offer your communication through touch, listen, and then respond to the horse non-verbally through your hands. Listen for the best outcome and future...plant the seeds for a meaningful relationship and positive future all through your hands and energetic connection.
- Establish credibility through touching moments: What might you want to communicate to begin to build trust.

10:45 Wisdom Gathering: Circle up and share what you noticed or what interested you in your meeting and greeting the horses.

- Heart Focused Breathing Practice
- Deepening Compassion Practice

10:55 LET YOUR LIFE SPEAK and Be There to Listen

Let Your Life Speak *Before you tell your life what you intend to do with it, listen for what it intends to do with you"* **Palmer Parker.**

As you wander and wonder through the pasture invite your life to speak listening for what life intends for you, what wants to emerge and how your life wants you to show up:

- **through the voices of nature**
- **through the heart of the herd**
- **through the voice of silence from within**
- Listen with all your senses to nature, to the heart of the horse, and listen to the voice of your inner wisdom/intuition.

11:20 Wisdom Gathering; Share something meaningful that you discovered.

Sharing Dreams and Visions

- Heart Focused Breathing Practice
- Deepening Compassion Practice
- Share silently from your heart to the horse's heart a heartfelt life dream/vision you have for yourself.
- In the presence of the horses listen from within for a message from the horse that you are responsible for sharing with the community

11:25 Storytelling and Deep Embodied Listening

Horse Whispering & Embodied Listening with respect and trust and positive regard

- Heart Focused Practice
- Share out loud a true story with you human and horse partner when you were resilient and made a positive difference in someone's life. What was the situation and what resiliency strengths did you bring to make this positive difference for someone in this situation?
- Listen to the story with curiosity and appreciation

12:00 Circle up with whole group

12:10 Embodied Resilience: Taking a stand and walking through the world with Purpose and Presence.

Walking in the world with horses as our guide

- How do you walk in the world, show up, live your values and identity?
- Become aware of how you walk in the world and how others you admire walk in the world.
- Learn your horse partners walk embody their stance and walk then teach their stance and walk to the group.
- Become aware of your presence, and identity as you take a stand for that which **matters to you and how you will walk in the world as your best self.**
Guided by the horses explore embodied resilience, taking a stand and walking with resilience when faced with challenge.
- Learn your horse partners embodied presence through how they take a stand, their stance and how they walk and move about the pasture.
- Each group will introduce their horse partner and demonstrate and teach the group their horse's stance and movement. Each person tries on, embodies the stance and movement.
- The group reflects on and speaks to the question; When would it be of value to take that horse's stance or movement to be more resilient.
- Reflect on the situation or possibility you came with today and how might you take a stance or move forward with resilience?

12:45 Lunch

1:30 Nature Walkabout

- Meeting 350-million-year-old Glacier Ledges and 1.1-billion-year-old pebbles
- Quiet reflection time, laying on the earth in the forest surrounded by the ancient glacier ledges and the ancestors.

2:30 Medicine Wheel Ceremony

- Visit the medicine wheel in hemlock forest.
- Walking the wheel exploring a question of importance, hold it in your heart as we learn about that inquiry from the 8 lodges/8 perspectives /8 reality fields.
- Creating your own medicine wheel and learning from the Horse Medicine Wheel

3:30 Fire Ceremony

Bring to heart and mind something you would like to transform, heal, or change.

- Find three sticks; one that represents something you want to release, one that represents something you want to give energy to move forward in a positive direction of your life and one representing something you are on the brink of that is waiting or ready to emerge. What is it asking you to do?
- Heart Focused practice
- Gestalt Release of patterns
- Transformational Presence question
- One person at a time takes each stick one at a time and shares with group what it represents and then offers it to the fire. Repeat with stick 2 and 3.
- Continue until each person has offered their three sticks to the fire.

4:00 Break

4:15-5:00- Completion Circle and Closing Wisdom Gathering

1. *What of value are you taking with you?*
2. *What is the shift or the potential that is emerging and how am I to show up?*
3. *What one step can I take today to move forward?*

- **Heart and Hoof wide web**
- **Radiating Gratefulness Practice**

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