

## *"Round 2: A beautiful journey of self-discovery and deep healing"*

**by Kristen P.**



When I waved goodbye to Leaves & Lizards Eponicity Horse and Soul retreat in April 2017 little did I know that the horse that chose me was not done with me, and would be bringing me back for round two 5 months later. (This is the amazing connection you can have with these beautiful horses) When I arrived to Leaves & Lizards for the

second time I felt like I was reuniting with family. That is the vibe you get from this amazing and not to mention beautiful place. Everyone is so welcoming and friendly it just warms your soul. This retreat was called the Horse and Medicine Wheel hosted by Rites of Passage's Mike Bodkin. When we did the horse picking they were not really sure if the horse that chose me the first time would choose me again. I knew in my heart that he would because he sent me the signs to come back, and sure enough he did. I was beyond excited to start working with him again. Working with your horse is a beautiful journey of self discovery and deep healing. For me opening up and learning to let go, and be completely vulnerable was very hard because my inner tough was very strong. I believe in the first retreat I only scratched the surface of my journey. My horse knew it was really all I was ready for. The second retreat I stopped fearing what I might learn about my self. I opened up to the possibility of deep healing with the curiosity of what each day might bring with my horse, and what was hiding deep inside of me that needs to come to the surface for healing. You can absolutely trust your horse to guide you into the deepest trenches of your soul. Let them help you release the pain, sadness, hurt, and anger you've been holding on to. Go into each day with your horse with no expectation of what you are going to work on. Trust the energy of the day and whatever exercise they have chosen will bring out of you what needs to come to the surface. Allow yourself to completely let go and feel anything that comes up with no judgement. Your amazing horse will support you 100 percent when you are bringing stuff up for healing. I've realized through this retreat that when you truly feel your pain it actually feels good. Yes I said it feels good because only after you completely feel it and let it move through you is when you can release it and let it go. After

releasing, you feel lighter and more whole. you open up space to allow yourself to experience more love and joy and that feels good. I will never again deny myself to fully feel my emotions. For this I am beyond grateful. The way that the Medicine Wheel was set up was perfect for me and the things I needed to heal. Each section of the Medicine Wheel was meant to bring up certain periods of your life, like childhood, adult, etc.. Mike, Deb, and Sally were so insightful, and bring up the most perfect questions to help you figure out what is coming up for you. They made a great team to facilitate these delicate waters. They say when you open yourself up and step fully into your vulnerability that's when you can truly feel joy. Well, for the first time in my adult life I experienced real full blown Joy with my horse, and I carried that feeling back home with me and its the most amazing feeling. Now when I am feeling down I can tap into those memories and it brings the feeling of joy right back into my heart. This experience has touched my heart in so many ways, and has helped me to become more self aware of myself and my emotions. One of the most powerful things about this retreat is the beautiful connection you can make with the horse that chooses to work with you, and the transformation of self that you can accomplish with the help of the horse and the facilitating team. I would highly recommend for everyone to try this retreat at least once in their life. Everyone has "stuff" that they could let go of. I am totally blown away at the awesomeness of these horses and the team here! It truly is a MAGICAL experience, and I feel so blessed and grateful to be able to experience this retreat not once, but twice. My heart is exploding with Love. <3

