

The

# Charisma Connection

Spring 2009



## Welcome

My soul has led me to become a voice for the horses. I work as a bridge between their world and ours, realizing that they can also be our teachers leading us to wholeness. There are many different training modalities and one is not better than the other. The difference comes in our ability to connect with the horse, listen and respond appropriately. These are some of the concepts I would like to share with people in my newsletter. *I would also love for you to submit questions for my Dear Charisma column.* These will be answered from the horse's perspective. Come; allow me to lead you into the horse's world.



[www.nancyproulx.com](http://www.nancyproulx.com)

## Dear Charisma,

Why do so many show horses and track horses develop ulcers?

Our species having been domesticated by humans has left many holes in our mental, emotional and physical development. One of the main issues is that we are not allowed to raise our young within the herd. Many young racehorses and show horses just need a good mother and extended family to teach them about self esteem and how to cope with stress. This stress causes a build up or overgrowth of yeast in the gut. Thus ulcers and parasites can take over in this unbalanced internal ecosystem.

We also feel the projections of our riders. Many riders have issues of performance anxiety and expectations that our projected on to us. The sensitive passive of our species tend to internalize this stress. When the owner/rider is focused on their own needs, it avoids the needs of the horse.

The best situation for us would be to work our issues out within the herd. A little quarreling is good for us; humans tend to panic if we come in with scrapes and a few war wounds. It helps develop character.

Our owner's being balanced leaders is the second part to this equation. If we don't have a good horse mom then a good human one will do.

## Animal Communication

What is animal communication? In my journey I have found some cynicism around the idea of animal communication. I being one of them at the beginning of my journey. An understanding that may help people become more open to this idea of communication is that in my experience animals don't usually talk in words. Language is a human adaptation, we have very developed vocal cords and animals don't, so it became our idea. It's true that some animals can learn certain words and associate that word with an action or thing. Animals relate to each other in more generalized terms, they use their energy and intention to relate to each other and us. Animal communication is more about empathy; we need to think, feel and then relate to the animal on their level.

Developing this shared awareness can help people better relate to their horses, increasing cooperation and mutual enjoyment. A few things that you can practice are ....

1. Spend some time just being with your horse. Just enjoy each others company.
2. Notice when your horse is just having a bad day.
3. Observe your horse's personality. Observe don't judge.
4. Horses don't change so you need to know their strengths and weaknesses.
5. Watch how your horse responds to certain situations.

Every animal on the planet has the ability to communicate through this shared awareness. We as humans have just lost touch with it because we put too much value on our large frontal lobes. We have become unbalanced because we put more value in thinking with not much emphasis on feeling. Using both can bring more clarity to our relationships. Who knows maybe you might even learn something about yourself and how you respond to life, if you dare to go there.

### P.S. from Charisma

Calling all horses, calling all horses. Did you hear the news?

Jamie McNally past her human massage therapy boards. Now we horses have to share her wonderful healing talents with humans.

Jamie's goal is to create balance and freedom of movement of both horse and rider by addressing postural issues through massage both on and off the horse.

Congratulations Jamie

You can contact Jamie McNally by calling by calling 716-471-0035



**We're not in Kansas anymore...**

# Equine Essence

## Seminar Series by Nancy Proulx

Nancy Proulx is a successful horsewoman, following her passion for horses all her life. Her learning experience has involved training and showing Arabian and Morgan horses for some thirty years. In the quest for the perfect ride, she decided to look outside the traditional training arena where she felt a lack of connection from the horse. She coupled her horse experience with a four-year degree in Intuitive Counseling and studied in the field of animal communication. This allowed her to develop a unique way of relating to our horses. Working as a bridge between horse and owner, helping to develop understanding, cooperation and communication between the two.

**Session 1 – April 19<sup>th</sup> 12:00pm-4:00pm**  
**2730 Upper Mountain Road – Sanborn 14132**  
**Sharing Awareness (a.k.a. Animal Communication)**

- Lecture and interactive exercises to help develop empathy, presence and awareness.
- Opening up a channel for two-way communication.
- Sending, receiving and translating information from our horses.
- Becoming aware of our own projections and how they influence the horse.

**Session 2 – May 3<sup>rd</sup> 1:00pm-4:00pm**  
**Serendipity Farm – 4453 Green Road. – Cambria 14094**  
**Space Training**

- Horses instinct is to seek a leader, learn to become that leader.
- Exercises to help develop a horse's coping skills, building trust, focus and motivation.
- Exercises are all performed on the ground with horses. These exercises help the horse to become more motivated, self-assured and cuts down the needs of training because the horse comes into a relationship as a partner.

**Session 3 – May 24<sup>th</sup> 1:00pm-4:00pm**  
**Clover Ridge Farm – 6148 Bear Ridge Road – Pendleton 14094**  
**Relationship Training**

- Learn to evaluate horse personalities.
- Which personalities do we most align with?
- What do we do when we attract a horse that pushes out buttons?
- Learning to make peace with our instincts.
- Achieving the highest potential of the relationship.

**Cost: Signup for all 3 sessions for \$120.00 - Individual sessions \$45.00.**

While it is not a requirement to attend all 3 sessions, each session is meant to build upon the previous. To register call Nancy at 716-731-2808 or email at [nproulx@roadrunner.com](mailto:nproulx@roadrunner.com) (Visa or Master Card accepted)