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Talking Points

The Healing Power of Horses

There is something about horses that is good for the soul. Openhearted communication between horse and human has the potential to promote self-healing by enhancing one's ability to recognize an emotional connection and a unified consciousness. Horse therapy has been shown to improve muscle tone, balance, posture, coordination, motor development as well as emotional well-being. In short, horses are an inspiration to humanity. Here's why:

- They mirror us; they feel what we feel.
- They remind us of our natural gift to live from the heart.
- They bring us in harmony with nature and facilitate connectivity to the natural world.
- They guide us to our authentic selves.
- Horses teach us about trust and love. Even victims of abuse can develop trust in a horse.
- A growing number of physical and occupational therapists are using horses in treatment.
- Horses inhabit sensitivity to nonverbal communication that helps with nonverbal communication in human relationships.
- Horses exemplify freedom and allow us to express ourselves with unconditional love.

The Navajo believed that horses had the stars in their eyes, and that they connected us to the universe. A visit to Gateway 2 Ranch, where one can interact with Liz's herd, gives much insight into this belief. Born into a loving circumstance, the equine family at Gateway is trusting and comfortable to interact in unexpected ways. The horses lay down and connect with visitors, and follow like dogs, enjoying friendly interaction while teaching alternative riding with halters and treeless saddles. The Herd at liberty orchestrates a unique healing program helping participants who either interact with individual horses in the Barn/paddock area or lie on healing tables and allow the horses to come to them.