

HEART HORSE HEALING INFORMATION

@Elk and Beaver Lake Equestrian Round Pen, Beaver Lake Rd, off W. Saanich

Thank you for participating in a Heart Horse Healing session. It is our sincere hope that your session is memorable, enjoyable, and will assist in clearing those energies or aspects of your life that do not currently serve you.

Please be mindful and as “present” as possible while receiving in the session. While receiving energy from a Medicine Horse may be a novel experience, it is in your best interest to be as open hearted and open minded as possible. Mr. Ed thanks you!

The energy experience will start at 2 pm and runs to approximately 3.30pm depending on the number of participants. The sessions themselves are about 10-12 minutes, including the opening and anchoring integration protocols. *Note that Ed doesn't operate on "our" time. Instead, it is energy, not "time" that he shares with a person.*

Having said that, we are on a fairly relaxed schedule. Please bring your signed waiver with you, and arrive at least 15 minutes before your session.

Ed has asked that after their session, people quietly spend time alone to 'digest and integrate' before the need to de-brief with others. - *Suzanne Seaman*. A casual debriefing can be done at the end if so desired.

BIOSECURITY

For anyone who has been on a farm/barn with other horses, please ensure you wash your hands, and wear different outerwear when visiting Mr. Ed. Conversely, please ensure you wash your hands (at the minimum) when returning to your barn/farm or horse. These precautions minimize any health concerns/risks between animals. We thank you!

GROOMING/TREATS

Mr. Ed, being a typical food oriented horse, loves treats. However it can be distracting to him to smell your pockets full of wondrous food items he might enjoy. Please don't bring any treats for him. We'll provide his goodies and allow you to feed Mr. Ed a couple treats at the end of the session. Treat feeding will be supervised as to the safest manner.

SAFETY PROTOCOLS

Mr. Ed is a normal horse, albeit a very calm one, and he is also considered a prey animal. Their survival instincts are to run first and look back later, and their reflexes are far faster than ours.

To be safe around horses, please do not approach from the rear of the horse. It is safer to come from the side, near his shoulder or neck. You can stroke Mr. Ed on his neck or shoulder, as hands directly onto his face or coming at him from the front (where the blind spot of their vision is) can be unsettling. Horses have no hands, and will “investigate” you in their own manner by using their nose and muzzle.

You can breathe into your cupped hands and allow Mr. Ed to sniff your hands when you approach. Remain sitting or standing, whatever your preference, and enjoy your session. Once he has determined you aren't carrying cookies, it will be easier for him to get to “work”.

Footwear: Please wear sturdy shoes, no sandals.

Weather: If the weather is inclement, and we have to cancel, sessions will be held privately at Ed's barn.

Questions?

Pat Lee 250 882 0748

Cristal Bishop 250 213 1626