

Harmony Heals, Inc



Equine Therapy- Alternative Therapy With Horses

HORSES ARE A MIRROR FOR OUR SOUL; THEY MIRROR OUR BODY LANGUAGE, EMOTIONS, AND ENERGY. THIS MIRROR GIVES US AN OPPORTUNITY TO LOOK INSIDE OURSELVES TO CHANGE HABITS WHICH DO NOT ALLOW US TO GROW. THE HORSES HAVE THE ABILITY TO ACCESS WHAT WE OFTEN CANNOT. WHAT THEY REVEAL WILL ALLOW YOU MORE EXPRESSION AND FREEDOM.

LIKE HUMANS, HORSES ARE SOCIAL ANIMALS. YET HUMANS AND HORSES DIFFER IN THAT HUMANS ARE NATURAL PREDATORS AND HORSES ARE PREY ANIMALS. PREY ANIMALS ARE CONSTANTLY SCANNING THEIR ENVIRONMENT FOR POTENTIAL THREATS, MAKING THEM EXCELLENT BAROMETERS FOR HOW HUMAN ACTIONS SPEAK. THE SIZE AND POWER OF HORSES ARE NATURALLY INTIMIDATING, THUS ACCOMPLISHING A TASK WITH ONE OF THEM IN SPITE OF FEAR HELPS DEVELOP CONFIDENCE AND THUS, SELF-GROWTH.

HORSES ARE TYPICALLY NON-JUDGMENTAL AND HAVE NO EXPECTATIONS OR MOTIVES. THE HORSE ASSISTS IN MAKING YOU AWARE OF YOUR EMOTIONAL STATE AS THE HORSE RESPONDS IN REACTION TO YOUR BEHAVIOR. THROUGH WORKING WITH THE HORSE, YOU CAN GAIN INSIGHT INTO YOUR FEELINGS, BEHAVIORS, PATTERNS, AND STUMBLING BLOCKS TO RECOVERY. THE PROCESS CAN BE VERY EFFECTIVE IN ADDITION TO YOUR PRIMARY THERAPY.

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