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# IT'S A BOY!!

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## Thrilled to share my latest news with you



For the past four years I have had the privilege of working with the Marwari breed. As one of the rarest horse breeds in the world they presented a unique opportunity for me to grow in my craft, learning how to bring along a horse that has a distinct temperament and unique conformation. In the process, the now 5 year old stallion named Bahadurshah (affectionately called “Baba” at the barn), was a creature that I found hard to part with every year as the horses returned to their summer residence in Martha’s Vineyard. Everyone needs a teacher and I realized that he had become mine. This breed presented a unique profile that challenged me to be creative in how to help with the learning process and develop a deep connection. This has helped me mature as a

**“Never give up on something you can’t go a day without thinking about”**

horsewoman and lessons learned are applied in helping me help you. The lessons I learn from him continue to keep my heart open, and my work pure. It is no coincidence that they are called the “Heart shaped eared horses of India.” I am grateful to Ms. Francesca Kelly and to the Indigenous Horse Society of India for their support of my ownership. So I am officially proud to be owned by this mythical creature. He is an excellent ambassador for his kind and I am happy to share his teachings with all of you. You can find morsels of wisdom and insights to ponder in the section “The Buzz from Baba- Getting to the Heart of the Matter.” You can also learn more about this ancient breed, considered equine royalty, by visiting <http://www.marwarimovie.com/> or <http://horseindian.com/>

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### **BEING GRATEFUL FOR EVERYTHING IN YOUR LIFE.**

It’s amazing what positive effects we experience once we begin to say, “Thank you!” for everything....*especially* for those things that seem negative at the moment. Illness, pain, and loss are some of the most powerful teachers we have available. They reflect back to us the ways in which we need to grow. They show us the power that’s within us. It seems easy to say “thank you”

for all the good, but difficult when it comes to something that seems noxious. This takes practice. Consider starting by noticing your ride of the day- You can start by saying the word “Thank you” when something didn’t

**“A smile is happiness you’ll find right under your nose”**

- TOM WILSON

quite go your way, that transition wasn’t quite as clean as you would have liked, or your horse seemed distracted with his pasture mates more than being with you. Start by saying the word “Thank you.” You are, in essence, thanking that animal.. that process...that person for the insights they are offering. Something changes in our body- primarily the



heart rate variability in our heart pattern-

which coincides with wellness and happiness. Horses feel

this shift in us. There is a body of research presented in the book I co-authored “The Alchemy of Lightness” that explains that in more detail. Eventually your knee jerk response for anything and everything that comes into your life will be “thank you.” It’s about training your brain to effect your heart. A big ol’ smile once in a while won’t hurt anyone either :-)



**“Remember, you are like an alchemist. You are a co-creator in manifesting everything in your life.”**