

February Newsletter

Margaret- The Well-Oiled Horse and Rider



Hey! Happy February!

How are you? Are you still focused and working toward your goals? I am happy to report that I am still moving forward with Time Blocking- and its working! I still have some kinks to work out, but I am sticking with it. When we learn new things and start implementing them in our lives there is usually a learning curve. Sometimes we pick things up quickly, but others, take a while to stick.

I struggled with anger issues as a teen. As I got older, I recognized that it was more than anger: it was rage. It wasn't all the time and I recently found out that most of the people in my life didn't even know that I dealt with rage. The people closest to me though- they saw the explosions from the smallest triggers. Sadly, my horses saw my struggle too.

I never physically hurt anyone, but my words were swords and daggers. My husband walked on eggshells and my youngest daughter assumed she was the cause for my outbursts. My horses and dogs didn't fully trust me- and who could blame them?

I didn't start to see a way out until my late 20's- And that was after years of personal development that set me up to make a shift.

Fast forward to today- I still get mad, but for the most part, I don't deal with rage- and when I do, I know how to deal with it. If you or someone you know deals with rage, I am sure you understand how amazing this is, but it's actually not the best part.

On my journey through rage, I discovered that rage wasn't the problem, it was a symptom of the problem. If you have been following me for any amount of time you know that I am all about finding the ROOT cause for things, because until we know the root cause, we cannot completely cure or solve the problem. And now that I have walked the path, learned and experienced what it takes to get to the other side of rage, I have drawn out a map to help you do the same.

Starting today in my [Heart-Centered & Intentional Horsewomen](#) group, we are going on an Adventure from Outbursts to Peace. I will be posting daily to help you move you down the path towards peace, taking the same steps I took, without the learning curve or the YEARS that this same journey took me.

By the end of our Adventure, you will experience better relationships with the people closest to you, fewer outbursts with less intensity, and even better connection and performance with your horse. I am doing this for you- to ensure that you don't struggle for as long as I did; to make sure that this new thing sticks for you, because it's worth it. Living on this side of rage, is living in full color and freedom. I want this for you. I hope you're up for an adventure ❤️

Marta- Empowering Through Holistic Care

A turning point in the care for my animals was learning about the connection between our emotions and our physical body. Well...it was really a turning point for my entire life!



Every second of our existence is created by our thoughts and the emotions we attach to those thoughts. On the down side, we can have experiences that we don't understand or are not happy with and they get trapped, by carrying a matching vibration, within the cells of our body... causing disease.

I had one such experience when my perfectly healthy thumb stopped working to the point that I could no longer, competently, continue with my trimming work! You can read more about how this turned out in my blog, [My Emotions Were Controlling My Body! | Marta Merrick](#)

For our horses, this is a similar situation where past experiences are within their body and they need some help to move past them and release the trauma! Early on, as I was teaching more and more workshops about using essential oils with horses, I found that I needed a chart to connect the emotions with the physical body and offer some oils suggestions. This would allow the horse owner to then be able to figure out what their horse may be feeling or experiencing, and then they could help their horse using the essential oils.

I could not find what I was looking for, so I put one together! It outlines the systems of the body as they are covered within the energy centers. Another column of the chart outlines some of the emotions covered within that energy center. And for each energy center, there are suggestions for using Young Living Essential Oils. The use of the oils through inhalation and topical application elicit very unique and often immediate results. When combined with energy work, it is most effective for clearing and releasing!

If you're interested in this assessment tool, grab it here [Connecting Emotions, Energy Centers and Oils pdf \(martamerrick.com\)](#)

If you have questions, I'd love to chat!

Until next time... Marta



Elise - Rise from Fear to Courage

I love winter and all that winter brings. Soups, warm drinks like my own creation, Butter Beer, which isn't beer at all but it is what I picture them drinking in Harry Potter. My horses seem to love winter too. They play and play and play. They race the pasture and spend lots of time with the round bale stuffing their faces.

There are a few challenges I have with winter and horses and here are a couple of my tips.

Drinking enough water is always a concern. I have tried many different things and none have really seemed to make much of a difference until now. My horses are drinking three times more now than they did over the summer which is shocking to me! Not only that, but my water trough is staying clean which means I don't have to empty and waste nearly as much water, let alone creating more mud from dumping the trough. My horses have an aversion to chlorine which I discovered the end of September and I purchased the Horse Hydrator water filter. It is working. Way beyond what I could have imagined. There is a link to the one I am using on my website, product page. Water is the number concern for me and I can check that off my list to worry about, SCORE!

The second thing is hooves. We have mud and then frozen ground back and forth. I am checking daily and touchup trimming 1 – 2 times a month now. They would not be able to go a full 4 to 6 weeks, so I learned to trim myself and it is Empowering! Marta will be teaching a course on hoof trimming coming up soon and she did a great article in last months newsletter on hooves. If you don't have last months, let me know and I will get it to you!

The third thing is my comfort. I bought a fleece cover for my helmet that covers my ears and I can put it over my face too! I absolutely love it, also a link on my products page. What I discovered, is on windy cold days, I can put it over my beanie hat and hood on my jacket and it seals in the warmth. It fits great and so I use it for feeding as well as riding!

What are your winter tips? I would love to have you share them in my facebook group, [Happy, Courageous, Horses and Riders!](#)



Leanne - Back into Horses After Babies

Do you feel stuck in life? Do you find yourself reflecting on everything happening around you and wonder, “how did I get here?”

Once we have kids, time seems to enter its own reality and transitions into light speed. Before we know it, we look back and see our personal growth, passions, hobbies and alone time are non-existent. When we realize this, it can lead to anger, frustration, resentment and depression. Do we love our life and being a parent? Of course, we do! But that doesn't make us wrong for wanting to feel fulfilled in other areas of our life.

If you're anything like me, that other area I needed fulfillment in is horses. I am my best self when I get in my horse time. I am calmer, happier, more patient, grounded and connected to my daughters and spouse. Are you like this too?

When I was in the thick of it all, I had big ugly emotions running the show. It was tough to know which way was up, if I was thinking rationally, overthinking, or just being too emotional. Was something wrong with me for wanting fulfillment outside of being a mom? I let guilt and shame control me for too long; luckily, however, I started to see the light.

I realized how much negative energy I was carrying around from my past. It was ruining my present moments with my horse, children and spouse. I started down a journey of self-discovery; as cliché as it sounds, it's true.

Now, several years down that journey, I find myself passionately involved with helping others find healthy ways to feel fulfilled with their horses too. Showing others that there is no shame in shame, and let's talk about it. Let's start releasing those negative energies, thoughts and emotions from sucking the life out of our joy. We are all worth it! Check out this [blog](#) for more on this *important* topic.

If any of this sounds familiar to you, don't hesitate to reach out. You can find me here in [my group](#) with other wonderful people working on the same thing.



Miranda ~ Horse Health & Human Harmony

The Horses are FINE!!! Anxiety and an Oil!!

As I am sitting and writing this it is -29 degrees Celsius, so a bit on the chilly side, even for us Canadians!!

Horse owners do everything they can to make sure their horses have good feed, shelter, water and the essentials (and then some) they need to keep warm or cool (pending where you live), healthy and happy through ALL sorts of weather craziness that Mother Nature throws at us.

For the past 6 years I have traveled around teaching Equine First Aid, which has made me VERY aware of my horse's health sometimes, a little too much. Every weekend I was looking at injured or sick horses. In 2017, my best horse, my competition horse, my heart horse, who was in fantastic shape and healthy, went down on me with Colic and she required surgery. These two things mixed together has caused me some of the worst anxiety I have ever felt in my life.

I didn't think that either of those two things were causing me any issues, boy was I wrong. My husband was the one who noticed it first. Every time we were out with the horses, I would be constantly saying stuff like; I think Whiskey is off, I don't think Primer looks good today, I think Pearl is going to Colic again, I think Disco is looking sore and so on and so on. He would always reassure me by saying, "No, the horses are fine"! I would truly try and believe him but in my body and mind the anxiety was building and it would build to a point where I didn't want to be around the horses because of it. So, I stayed away thinking that it would get better!

Again, I was wrong! When I did feel like I wanted to go out and ride or just spend time out with them, I would find myself going down that rabbit hole. Finally, one day it was so bad I had to actually deal with it. There was a huge storm under way in our area, meaning there was wind, rain, snow, more wind and more rain and snow, it was a bad storm. We went out and fed the horses, checked on everyone and made sure the water bowl was open, ALL was GOOD!!! We finished up and headed into the house to make supper. One of the first things I did was turned music on, you see when I don't want to hear my mind, I make sure the space around me is loud making so I don't hear/feel my thoughts/anxiety. The next thing was I started doing was multi-tasking, I would start by cutting up some veggies, then I would leave them sit. I would then start sweeping the floor, then lean the broom up again the chair. Then I would start emptying the dishwasher, leave the door open and go back to cutting veggies, and the circle continued.

I finally realized that I was doing all these things and I still hadn't made what I needed to for supper, but yet I was so busy. Finally, I turned the music off so I could think and BOOM, this is when the anxiety and panic attack hit me!!

I couldn't breathe, I was pacing between the kitchen and living room and I didn't know what to do with myself. THANKFULLY, I looked up and seen my shelf of oils!! I immediately grabbed some valor, put a drop in the palm of my hand, rubbed it around, cupped my hands around my nose and took a deep breath in. I did this 3 times and thought to myself..... THIS IS NOT HELPING and I just stood there because I didn't know what to do. Then about 10-15 minutes later I could feel the oil doing its job and bringing a sense of calmness over me, it helped me release the panic and worry I had in my mind. I realized that the horses ARE fine, we have done everything in our power to keep them safe during the storm.

I know that I am not the only one who has these feeling of worry about their horses. They are our family. What I do know for sure, is that we all need to find something to calm ourselves when the worry bubbles up. We need to deal with those feelings and figure out why they are so strong.

For me when those feelings come up, I force myself to rationally, NOT EMOTIONALLY, think about what is actually going on, I reach for my oil to help me stay grounded and I walk myself through the "What if's".

What if Whiskey isn't feeling well ~ Then we look at him, does he have any injuries, take his vital signs, walk him around to see how he is moving, if he's still in trouble we call the Vet!!

What if Pearl goes down with Colic ~ We call the Vet, we take her vitals, we keep her up, we keep her as comfortable as we can until the Vet arrives (and we pray) Once I run through these scenarios, I realize that we are PREPARED, we are READY, we know what TO DO in any emergency situation.

Do yourself a favor, have First Aid supplies on hand, have your Vet's number handy, know how to take your horses vitals, know what is normal for your horse!! This will save you so much time and energy when something happens, because if you own a horse, we all know it is NOT a matter of IF, but a matter of WHEN something is going to happen.

BE PREPARED for the WORST and HOPE for the BEST!!!

Miranda

If you would like to hear more from me follow me on Facebook here: [Flatlander Equine](#)

Q & A

There are so many questions out there that go unanswered! Either you don't know where to go to get the answer, or you get answers that just don't resonate with you. We are here for you! This section is all about getting you answers to your questions!

Want to submit a question? [Click Here](#) to submit yours today!

Meet the Authors!

Marta Merrick -As one who grew up loving horses, but wouldn't experience them until in my 40's, I jumped in with both feet! They have been my passion ever since! It wasn't long after starting with horses, that I began learning to trim their hooves and offered this as a professional service. Along the way, I discovered that holistic care is in my heart, for horses and people. Learning about and teaching others how to care for their horse and themselves holistically is my joy. From herbs and essential oils to Healing Touch for Animals, I am a holistic care warrior!

If you are one too, join my free fb community....

[The Hearts of Horses; Empowering Through Holistic Care](#)

Elise Hittinger - I was a FEARLESS kid and loved all kinds of riding until I found my passion for Jumping! In 2000, I had a wreck that brought fear into my life. Add on to that "Aging" and I was a hot mess with my horses and had to make two decisions. One to get myself healthy and shatter those stories of "Menopause". The second was to Rise from Fear To COURAGE which has become my passion helping others to also Rise from fear to COURAGE!

[My Website](#)

[Fear to Courage Free Support Group](#)

Leanne Nelson - It's funny now, looking back at it; that it took a horse for me to start looking at myself, and I mean *really* look. Not just give excuses for my temper or my training methods or my stubbornness. I began to see how wounded I actually was. My past traumas were still haunting me, even though previously, I was sure I had "moved on." But healing from abuse is never that simple; moving through postpartum depression is also a struggle, but dealing with both together was challenging! Going through all of this after feeling like I had lost who I was after having kids was difficult, I'm not going to lie. Then I started to find methods bringing to light areas in my past that made me see the world and myself through stained lenses. I had to grow, evolve, empower and transform myself for my horse, and in the end, I enlightened my entire life!

Come Join me in [My free Community - Back Into Horses After Babies](#),

Check out [My Website](#) Or catch some great videos on my [YouTube Channel](#)

Margaret Parsons-

I've worked with and studied horses for the majority of my life. I have seen my fair share of injuries and lameness. I've had horses that were trained and some that we broke to ride ourselves.

Through this, there were horses that didn't heal as fast or as thoroughly as I'd hoped. There were also horses that had chronic behavioral issues and/ or were difficult to train. At that time, I believed that was the end of the road with those horses- they had reached their highest potential and it wasn't enough for my ambitions.

Now, I know better and I happily share what I have learned in my Free Facebook Group: [Heart-Centered & Intentional Horsewomen](#). Learn more about me and how I can help you and your horses [here](#).

Miranda Wiens -

Horses have been a part of my life since before I can remember. I grew up with the teachings of "just get on", "make him/her do it", "the horse is fine", "it's just a horse" and so on. It wasn't until I was away from horses for a couple years that I realized how much I didn't know about them. I couldn't wait to start learning again. It was so intriguing to me how their minds worked and how you could work with them instead of against them. There was so much for me to learn and this time with an open mind and heart.

I love learning more and more about them every day and am so excited to see where this journey that the horses are taking me on goes.

Join me as I share information and my learnings over on my Facebook page [Flatlander Equine](#)

Thank you for taking the time to read the Newsletter, chat with you next month!!