



**Opening Doors to the Future
for Breast Cancer Survivors**

for PATH Region 9 Conference



“Don’t ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive.”

—Howard Thurman

Riding Beyond is a free opportunity for women experiencing the rigors of breast cancer treatment to revitalize their whole person emotionally, physically, and spiritually, through carefully designed, guided interactions with horses.

Exercises in four sessions improve blood circulation and oxygenation, respiration and blood pressure, as well as balance, strength, and endurance. Activities include poetry, story telling, music and powerful exercises to refresh body, mind and spirit, literally opening new neural pathways, based on cutting edge brain research.

Welcome to the Journey

We will begin with coming more fully present here in our bodies by calling the horses in from the four directions.. Stand for a moment and feel your feet upon the floor here and imagine the earth beneath it. Focus for a few moments upon your in-breath and your out-breath. . . . Now actually reach with your arms into the four directions, starting with the east. . . .

From the **EAST** call in the golden horses, the palominos, the Haflingers, the horses of the sunrise, the direction of all new things, new beginnings arising like the sun and each new day. And welcome them at our side for this time together.

From the **SOUTH** call in the red horses, the chestnuts and sorrels, sun glinting off their hides like the fire that sources us, from which we draw our energy to proceed through our lives. And welcome them at our side for this time together.

From the **WEST** call in the black horses, Friesians dancing with feathers flying, carrying the dark mysteries, the endings of the day, the endings of so many things, the place of the night, the dark of winter, the dark nights of the soul, the place pregnant with possibility for something more being incubated. And welcome them at our side for this time together.

From the **NORTH** call in the multicolored horses, the paints and the pintos and the appaloosas, the north where resides form and substance and order supporting us in that evolutionary projection into the future. And welcome them at our side for this time together.

From **ABOVE** call in the white horses, the unicorns and winged horses, and our ancestors that we may dwell in their company and they in ours for these next few minutes. And welcome them at our side for this time together.

From **BELOW**, call our mother earth, feel it beneath our feet, supporting us, nurturing us, infusing our lives with stunning beauty that nourishes us, that we may express our gratitude and gather together in stewardship for her future.



Riding Beyond Training

Foundational Practices and Beliefs

- Four Levels of the Self
- Hero/Heroine's Journey
- Head/Heart/Gut Brains
- Imaginal Body
- Activating Vagus Nerve
- Breathwork
- Music
- The Larger Story
- Liberty Work

Curriculum

Guidelines for Mounted/Unmounted

- Work with Horses

Volunteer Training

Power Point:

- Kickstarting a Broad-Based
Community-Supported Program.

A common scenario for women emerging from breast cancer treatment is that they are faced with a multitude of issues affecting their physical, emotional and spiritual well-being. Their vital functions like digestion, respiration and heart rate are impaired. And more: They often avoid touching others or being touched. They feel the need for physical and emotional revitalization.

The medical profession does not attend to these ensuing issues once treatment is completed. In many ways these women are similar to returning war veterans with PTSD symptoms. Like the many horse programs around the country helping returning veterans with PTSD, Riding Beyond is designed to help women recovering from breast cancer treatment .

Foundations for Our Work with Horses

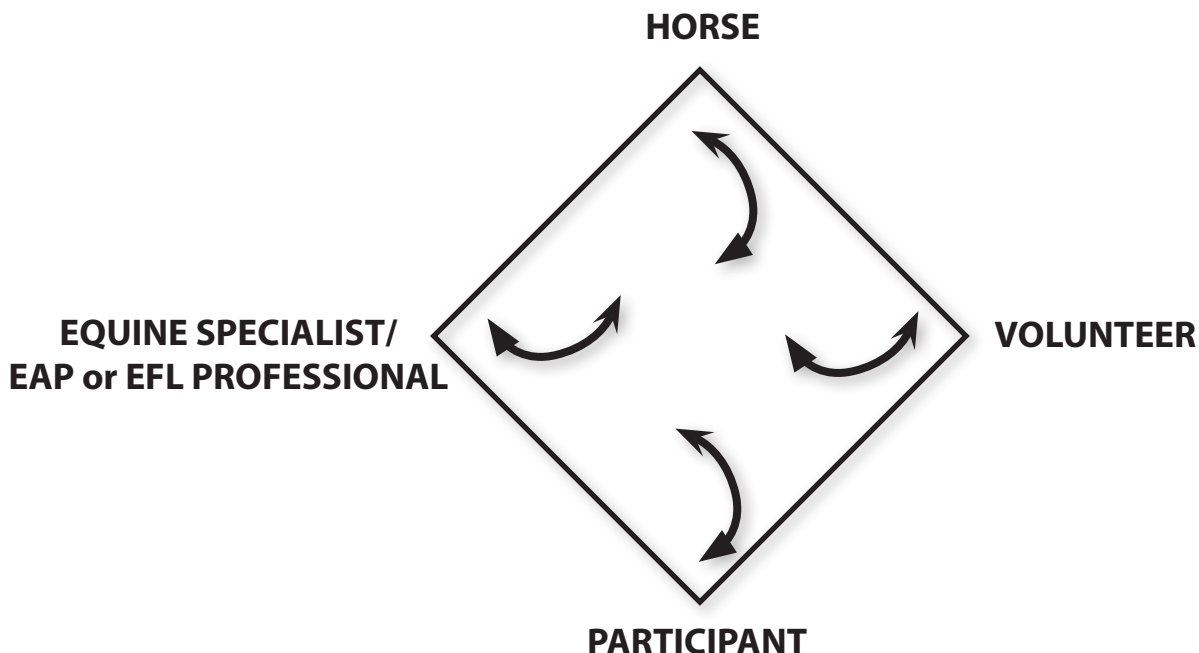
- Equines are **sentient beings** with feelings, thoughts, emotions, memories, and empathetic abilities.
- Equines can be **active facilitators**, evoking emotions in those who work with and around them.
- Equines function as partners in sessions and as such all sessions must be conducted to be **mutually beneficial** for all participants (includes equine).
- Equines are **not to be manipulated**, scared or teased or used as a tool or prop.

We develop horses to do this work through liberty work based on the teachings of Carolyn Resnick.

Practices

- Re-sensitizing the senses through touch and other practices
- Activation of the Vagus Nerve
- Aligning head, heart and gut brains
- Developing the imaginal body
- Exploring the Larger Life Story
- Breathwork
- Synchronized Movement to Music
- Liberty work

Riding Beyond offers holistic revitalization for the four part team:



Horse Considerations

Horse is 14 -14.3 hands, beautiful with comfortable back, and can carry 165 pounds.

Horse is trained to move in time to music and provide heart-to-heart interactions with people through liberty work.

Horse is incorporated as a sentient, skilled team member, and we attend to the stress incurred with this work.

Equipment

Padded vaulting barrel with handles.

Helmet

Three-four step mounting block or ramp

Round pen or arena

Music source: iPod and Bluetooth speaker

All God's Creatures Got a Place in the Choir by

Celtic Thunder

Blackbird by the Beatles

Lean on Me by Anne Murphy

Gates of Istanbul by Loreena McKenna

All Gentle of Herself Robert Vavra

Into the Mystic

I Think It's Gonna Be All Right

Water for maintaining hydration

Oximeter or FitBit to measure oxygen level and heart rate.



Environment

Free of spectators, noise or distractions.

Adults only

Separate from other riding activities

Shade as much as possible since medications can cause hypersensitivity to sun.

Moderate temperatures 60 - 80 degrees- summer heat and winter cold not suitable.

Participant Considerations

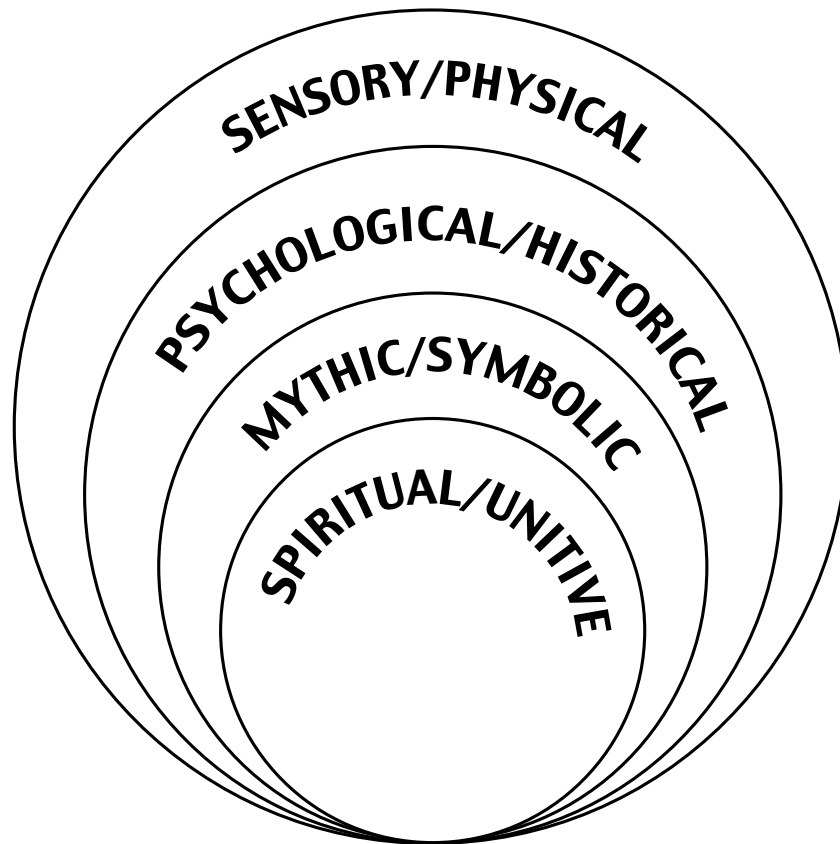
- The breast cancer patient needs physical and emotional revitalization
- Her vital functions have been impaired.
- Her self image has been impacted by surgery and treatment.
- She is tactilely defensive.
- She needs to physically reconnect to her body and to others.
- She is seeking an alternative therapy, but does not need to know how to ride a horse.
- She is weakened, may have restricted range of motion, and may have trouble breathing and supporting her own weight.
- She must move from treatment mode where she turned over her well-being to the medical team, to finding her own sense for directing her path of well-being.
- She lives under the threat of recurrence of cancer.

Mastectomy often causes restricted range of motion in arms and legs: shortened ligaments in the chest and atrophy in the legs due to inactivity. There may be a chemo port in the chest. Swelling in arms is common with lymph node surgery. Practice on barrel is important for stretching constricted leg and hip muscles, practicing the routine for lying prone, and practicing mounting and dismounting, as well as understanding volunteer roles in assisting them.

Self Care Considerations for Staff

Since this work involves emotional and spiritual work, it is important that staff have their own spiritual and emotional self-care strategies and that care is given to the horses relevant to these matters.

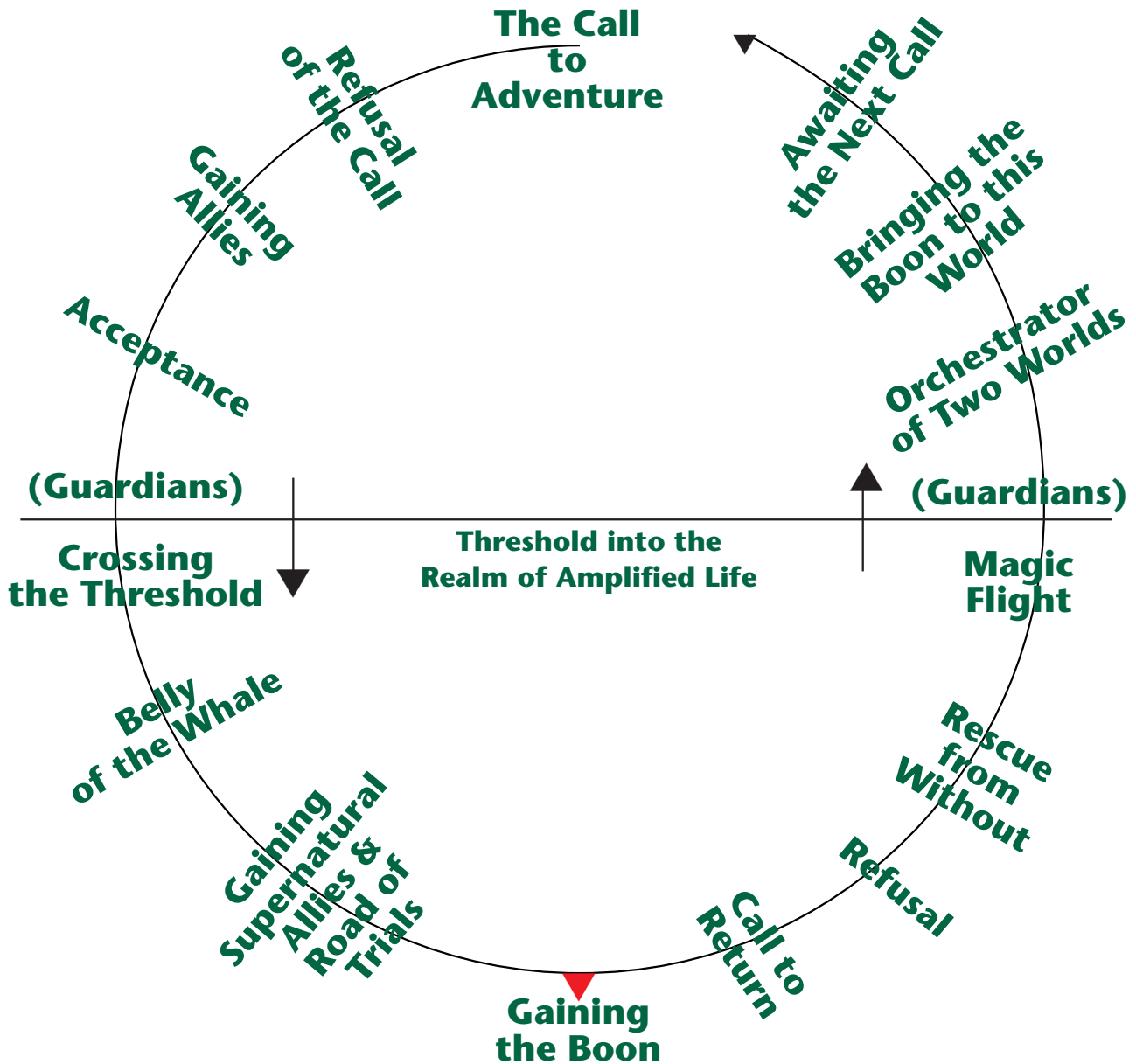
All sessions address the Four Levels of the Psyche for everyone in the four-part team.



The Four Levels of the Psyche

from the work of Jean Houston

The Hero / Heroine's Journey



A spiral in three or more dimensions.
We move back and forth on it and we may be in many places
on it at the same time.

Horses are associated in our imaginations with grand tales of heroism and adventure, large movement and beauty. This is their mythic aspect. By engaging with horses from that perspective, they introduce us to our own mythic lives and keep us connected to it, that larger life that we so easily can lose sight of, the life that's possible for us. By pursuing that relationship, we can more effectively go forth, and ride into that larger life. If horses have even a little fascination for someone, then by attending to that spark, one can utilize the power of horses to reveal our mythic lives and empower us in living our lives more fully.



Developing the Imaginal Body

Developing our imaginal bodies, or sharpening our kinesthetic powers, opens vast resources within our psyches for attending to our lives more skillfully. Exercises develop the use of the imagination to vividly focus and to align with one's higher purpose. These exercises take advantage of neural plasticity and make available to clients parts of their brains previously untapped. See *Entering the Sensibilities of Animals in Riding Into Your Mythic Life*, as one example.

Power of Ritual

When you are working with the re-creation of your own new story, you can create your own journey ride, creating ritual rides to empower yourself in addressing issues in your own life. Ritual is one of the most potent activities you can engage in when you are wanting to enlist your whole being for a change in your life. If you are like me, you may have great ideas for new things, new projects, even leaving behind old relationships and old ways of being, but find yourself mired in the habits of the past or burdened with a reluctance to move ahead, that may manifest as grief or depression. That's often because the frontal lobes of your brain, your higher thinking functions, are creative and ready to go, but the primitive, old brain, the part of you who is preoccupied with stability and survival, has another opinion of the matter. Ritual is one thing that the primitive brain understands. It is also a powerful way to attend to the spiritual/unitive aspect of the self. Create your own rituals that relate to your own story and include your horse as an empowering partner. See *Journey Ride to Your Heart's Desire* as one example, page 17.



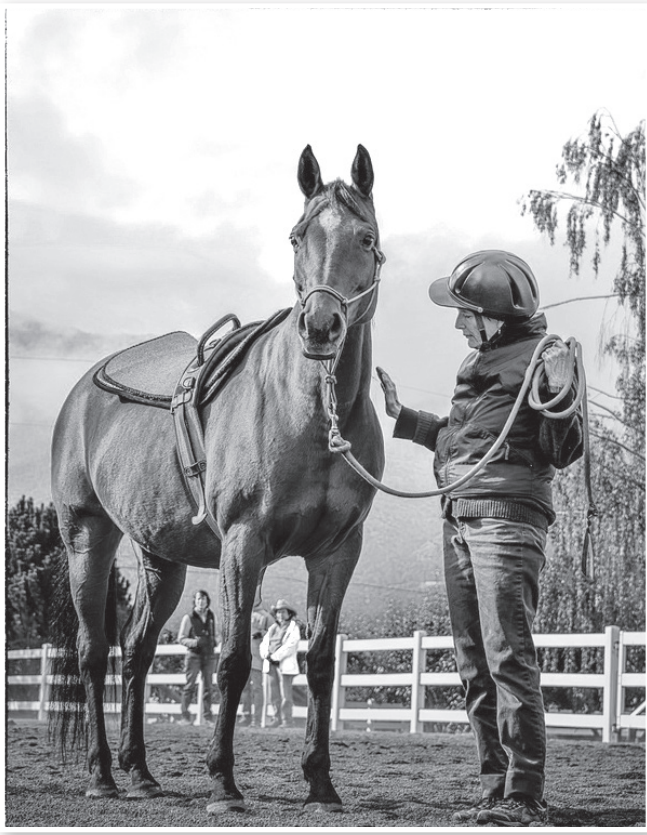
Liberty Work to Develop the Horse as a Willing, Responsive Co-Facilitator

The 7 Waterhole Rituals

by Carolyn Resnick

1. Sharing Territory = Bonding and Acceptance
2. Saying Hello = Trust
3. Taking Territory = Leadership and Respect
4. Leading from Behind = Willingness, Work Ethic (Bridging the gap in resistance)
5. Eye Contact = Focus and Responsibility
6. Companion Walking = Magnetic Connection, Matching energy in movement
7. Go Trot/Come Up = Playful leadership and consistency

Horse is untacked between clients and given hay and water, plus the opportunity to roll and engage in refreshing liberty work interaction with horse handler, if they so choose.



mBIT: Multiple Brain Integration Techniques

Western culture elevates and focuses on our head-based rational cognition over our deeper heart-connected and intuitive gut-based ways of knowing. This purely head-based way of living and decision-making has created many of the modern global-social issues we now struggle with.

Horses offer a much larger heart and gut brain, compared to the human counterparts. This fact can lead to enlightening interactions.

HEAD BRAIN PRIME FUNCTIONS (50-100 billion neurons)

COGNITIVE PERCEPTION – cognition, perception, pattern recognition

THINKING PROCESSES – reasoning, abstraction, meta-cognition

MAKING MEANING – semantic processing, languaging, narrative/stories, metaphor

HEART BRAIN PRIME FUNCTIONS – (30-120 thousand neurons)

EMOTING – notice what your feeling - emotional processing (e.g. anger, grief, hatred, joy, happiness etc.)

VALUES – processing what's important to you (and its relationship to the emotional strength of your aspirations, dreams, desires, etc. we gesture to the heart)

RELATIONAL AFFECT - your felt connection with others-heart connections/warm hearted (e.g. feelings of love/hate/indifference, compassion/uncaring, like/dislike, etc.)

GUT BRAIN PRIME FUNCTIONS (200-500 million neurons) about the size of a cat's brain

CORE IDENTITY - a deep and visceral sense of core self, and determining at the deepest levels what is 'self' versus 'not-self'. In relation to digestion, what is me not me, what serves gets digested, what doesn't serve gets rejected

SELF-PRESERVATION – protection of self, safety, boundaries, hungers and aversions, fear issues – butterflies in stomach

MOBILIZATION – motility, impulse for action, gutsy courage and the will to act.

The Four Attributes of the Heart

From the work of Judith Milburn PhD

Heart center is the fourth chakra

Joins the opposites in life. All possibilities come together for acknowledgement: anger, fear, joy, love, all aspects of life are joined there, masculine and feminine, etc.

The place where they come to integration. Heart center includes all: cancer, wellness, conscious/unconscious, everything.

What enables the heart center to do that is the first attribute of the heart:

UNCONDITIONAL LOVE

The force that holds the universe together, the force that created it. It goes beyond judgment. All change occurs by holding the opposites with unconditional love.)

To get to that state of cns, one must consider the ego, which has preferences and judges things: we must see it, don't fight it, Realize we won't get rid of it. Instead go to another state of consciousness than the one where the ego is king.

That decision brings you to

COMPASSION

Opposite of being judgmental. Ego judges, heart ctr holds it all. Recognize illness, sorrow, fear, all these things have a profound function. See yourself judging and notice it and then let it go. It is totally normal for the ego to judge.

Once you have done that, you see

INNATE HARMONY

Of everything. And it's all about valuing the opposites. That both sides of the opposites in life have some value.

Recognize that no true deep healing comes without unconditional love and that's where we recognize the

HEALING PRESENCE

That may seem to come from without (Indeed the horse embodies all of these things with its big heart.)

We too can have this within ourselves.



Principles for Mounted/Unmounted Work with Horses

based on the work of Catherine Hand

Touch

The act of touching a beautiful, calm, and sensitive large animal like a horse who responds with sighs and other signs of enjoyment opens participants to the wonder and power of touch in a non-threatening and potent environment. Greeting the horse with mutual touching and later full body contact with the horse facilitates neurological reorientation and resensitizes the client to the benefits of touch. It is an important first step to opening the doors to wider sensorial experience of the environment and to helpful interactions with other people.

Touch allows for biofeedback and an exchange of warmth and energy. It stimulates the vagus nerve and promotes alignment of heart rate, respiration, and digestion.



Activation of the Vagus Nerve

The ventral portion of the vagus nerve runs through the chest front. Just as a premature baby's heart rate and respiration benefit from Kangaroo Mother Care (skin to skin contact at mother's chest), the horse takes the role of the mother.

The vagus nerve controls ears, nose, throat, heart, lungs, stomach, intestines, bowel, genitals. It controls the parasympathetic portion of the autonomic nervous system which regulates stability of internal organs for rest and healing, suppresses adrenalin, slows heart rate and regulates breathing.

People under stress often are under the influence of the sympathetic portion of the autonomic nervous system which controls fight/flight responses, speeds up the heart rate, and puts the body on high alert in response to fear, danger or shock.



Effects of vagus nerve activation by lying on the horse's back:

- Calming, reducing anxiety.
- Increasing oxygenation of the blood, reducing free radicals (cancer causers)
- Enhancing metabolism
- Heighten self awareness
- Switch from sympathetic to parasympathetic nervous system
- Synchronize client and horse heart rates and respiration.
- Release of muscle tension, promoting relaxation.
- Alleviate PTSD symptoms.

Breathwork

People under stress resort to shallow breathing, called clavicular breathing through the upper chest. It can result in hyperventilation. Can be caused by anxiety, constriction of muscles due to surgery, and radiation damage to lungs.

Lying prone on the horse's back creates pressure on the diaphragm. Pushing up into a sitting position releases the pressure, allowing the diaphragm to drop, and air is able to drop deeper into the lungs helping to promote abdominal breathing. At the same time the shoulders are relaxed and dropped, mouth is open and air is expelled from the lungs with an audible sound.

Breathing in an equal breath in and out, 4-6 counts, also enables switching to parasympathetic mode.



Riding or Walking to Music

Participants initially walk side by side with the horse and then alter on the horse's back, if that is indicated, in synchrony with inspiring music. Riding or walking to music allows deep relaxation and a lowering of personal boundaries in a safe environment, alleviating feelings of isolation and fostering a sense of reconnection with people and the natural surroundings, including the horses.

Horses must be trained to walk to music from the ground, which is sometimes more challenging than while riding. Communicating the rhythm to them through light touch, slight signals through a lead rope, and walking with a group who is synchronized, are a few effective techniques. Some horses pick it up readily. Other can take weeks to "get it". When a horse's optimum gait rhythm is discerned, a sound engineer can adjust the rhythm of musical pieces so that they match that rhythm. It is important that horse handlers be trained in leading with body language and energy and a very loose lead rope.

Music should have a percussive clear tempo, in lower tonal ranges for both music and vocals. It should not be played during discussion or instruction, allowing full attention to move in rhythm when it is playing.

iPod paired with a Bluetooth speaker provides highly portable access to music and flexibility for selecting music while conducting a session.



Barrel

An adjustable height, portable vaulting barrel is suitable for this work. See vvrick@ca.rr.com, American Vaulting Supply. Barrels can be constructed using one and a half metal barrels, placing the handles closer to the front of the barrel than the usual position for vaulting. Barrel height should be adjusted to be the same height as the horse. It should be portable, with wheels at one end. Several layers of carpet padding covered by marine canvas provide a comfortable surface.

Practicing positions on the barrel before each mounted work provides valuable information on the participant's well-being, balance and ability to negotiate the activities on horseback: mounting, turning around to face the rear of the horse with the assistance of volunteers, lying prone on the horse's rump, and dismounting. Cramping is sometimes encountered in the groin and hip areas and needs to be attended to before mounting the horse. Valuable stretching takes place. Helpful patterning of the activities take place in a less risky setting, enabling more trust and confidence.



Precautions

Secure a physician statement for all clients, including medications, cancer treatment, and previous medical history. Look for lung and heart damage from radiation, use of pain medication, steroids, and other meds. Lymphedema is common. Susceptible to heat stroke?

- Severe osteoporosis can be caused by anti-estrogen hormones like Tamoxifen, Anastrozole, Aromatase inhibitors.
- Temperatures over 80 degrees put clients at risk for heat stroke and dehydration.
- Hip joint cramping on mounting can be due to inactivity or drugs.
- Extreme tactile defensiveness can result from pain and/or PTSD. Hyper-reactivity can result in an anxiety attack. Ask permission before touching.
- Impaired vision, dizziness, poor balance can result from pain medications or anti-estrogens. Side walkers are important.
- Open sore from chemo port in arms or chest, radiation burns on chest or surgical scars not yet healed may be a contraindication or require adaptations for the dismount.

Mounted sessions should be conducted only by a PATH certified therapeutic riding instructor or someone with equivalent training and credentials.



Curriculum Outline for Individual Sessions

Staff opens Six Directions and sets up 1/2 hour beforehand.

Riding Beyond Session One

The Encounter with a Being of Large Heart

Welcome. Check paper work. Bathroom directions. Water bottle, take a drink. Record oximeter reading.

Gather: Overview of the four sessions: themes (heart research, heart attributes), story, poetry.

Poem "Song of the Man Who Has Come Through" p 22

The story: Chiron, the healing being/imaginal body

Meet staff: "One Favorite Animal that touched my heart" "One time that I knew in my heart that I was on the right track"

Awakening the sense activity.

Touching the horse/imaginal body integration/head-heart-gut. REFLECTIONS by them and staff

[Stretches and practice on the barrel – breath on rising./imaginal body integrated]

Oximeter reading recorded but not announced.

Closing: Affirmations/Clear the Air/Next steps: Watch Black Stallion.

Session Two

The Things That Horses Teach Us

Welcome. Oximeter readings recorded.

Poem: The Way or Wild Geese

Story Epona

Share: Something we learned from a horse, real or fictional.

(Waterhole Rituals for experienced horse people)

Groom horse as a way to connect, walk with or lead horse to music

[Stretch on barrel

Mount horse for 5 minutes

Walk with horse to music, time permitting] THANK HORSE

Oximeter reading recorded

Closing: Affirmations/Clear the Air/Next steps: Watch Whale Rider

Session Three

Any Wound Has Its Sacred Aspect or Component

The Sacred Wound for Restoring Women to their Full Power (Resurrection Stories)

To carry forth their piece of the divine feminine, to source others with their mothering fire, to dance with new passion for their lives restored, bring into balance the masculine and feminine in the world.

What if you know yourself as an infinite self, orchestrating this day to day self?

Welcome /Oximeter

Poem: The Journey

Hero's Journey for our lives: Black Stallion and Whale Rider as examples, Share: where we are on our journey.

Prone on barrel/horse

Ride/Walk to music

Rest/Reflect

Oximeter reading recorded

Closing: Affirmations/Clear the Air/Next steps: Write a Praise song to Horse

Session Four

The Larger Story Beckoning to Us / Something Larger Will Carry Us Through/ We can Partner with Something Larger and Make a Difference

Praise song reading

Prone on barrel/horse

Ride/Walk to music

Activity: Riding Beyond to Your Heart's Desire.

Future considerations/possibilities: volunteer, riding lessons, therapeutic riding, returning to Riding Beyond

Poetry for Nurturing the Spirit

Title: Song Of A Man Who Has Come Through
Author: D. H. Lawrence [More Titles by Lawrence]

NOT I, not I, but the wind that blows through me!
A fine wind is blowing the new direction of Time.
If only I let it bear me, carry me, if only it carry me!
If only I am sensitive, subtle, oh, delicate, a winged gift!
If only, most lovely of all, I yield myself and am borrowed
By the fine, fine wind that takes its course through the chaos of the world
Like a fine, an exquisite chisel, a wedge-blade inserted;
If only I am keen and hard like the sheer tip of a wedge
Driven by invisible blows,
The rock will split, we shall come at the wonder, we shall find the Hesperides.
Oh, for the wonder that bubbles into my soul,
I would be a good fountain, a good well-head,
Would blur no whisper, spoil no expression.
What is the knocking?
What is the knocking at the door in the night?
It is somebody wants to do us harm.
No, no, it is the three strange angels.
Admit them, admit them.

The Way
by Nancy Springer

The way you sway
rocked in a cradle
as the horse walks.

The way the sun
rides warm on your shoulders
as they sway.

The way the horse
talks back with its ears
to everything you say.

The way the sound
of hooves on clay
sets you dreaming

People say, "You' re back.
So what did you see
on the trail to day?"

You say, "Nothing much."
It's not what you see
it's the way. It's the way.

"There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost. The world will not have it. It is not your business to determine how good it is nor how valuable nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open. You do not even have to believe in yourself or your work. You have to keep yourself open and aware to the urges that motivate you. Keep the channel open."

—Martha Graham

Riding Out at Evening

At dusk, everything blurs and softens.
From here out over the long valley,
the fields and hills pull up
the first slight sheets of evening,
as, over the next hour, heavier, darker ones will follow.
Quieted roads, predictable deer
browsing in a neighbor's field, another's
herd of heifers, the kitchen lights
starting in many windows. On horseback
I take it in, neither visitor
nor intruder, but kin passing, closer
and closer to night, its cold streams
rising in the sugarbush and hollow.
Half-aloud, I say to the horse,
or myself, or whoever: let fire not come
to this house, nor that barn,
nor lightning strike the cattle.
Let dogs not gain the gravid doe, let the lights
of the rooms convey what they seem to.
And who is to say it is useless
or foolish to ride out in the falling light
alone, wishing, or praying,
for particular good to particular beings
on one small road in a huge world?
The horse bears me along, like grace,
making me better than what I am,
and what I think or say or see
is whole in these moments, is neither
small nor broken. For up, out of
the inscrutable earth, have come my body
and the separate body of the mare:
flawed and aching and wronged. Who then
is better made to say be well, be glad,
or who to long that we, as one,
might course over the entire valley,
over all valleys, as a bird in a great embrace
of flight, who presses against her breast,
in grief and tenderness,
the whole weeping body of the world?
—Linda McCarriston

Earth Your Dancing Place

Beneath heaven's vault
remember always walking
through halls of cloud
down aisles of sunlight
or through high hedges
of the green rain
walk in the world
highheeled with swirl of cape
hand at the swordhilt
of your pride
Keep a tall throat
Remain aghast at life

Enter each day
as upon a stage
lighted and waiting
for your step
Crave upward as flame
have keenness in the nostril
Give your eyes
to agony or rapture

Train your hands
as birds to be
brooding or nimble
Move your body
as the horses
sweeping on slender hooves
over crag and prairie
with fleeing manes
and aloofness of their limbs

Take earth for your own large room
and the floor of earth
carpeted with sunlight
and hung round with silver wind
for your dancing place

~ May Swenson ~

The Journey

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice--
though the whole house
began to tremble
and you felt the old tug
at your ankles.
“Mend my life!”
each voice cried.
But you didn’t stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do--
determined to save
the only life you could save.

—Mary Oliver

Wild Geese

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting
over and over announcing your place
in the family of things.

—Mary Oliver

Invictus

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.
In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.
Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.
It matters not how strait the gate,
How charged with punishment the scroll,
I am the master of my fate:
I am the captain of my soul.

—William Ernest Henley

Blessing

On the day when
the weight deadens
on your shoulders
and you stumble,
may the clay dance
to balance you.

And when your eyes
freeze behind
the grey window
and the ghost of loss
gets in to you,
may a flock of colours,
indigo, red, green,
and azure blue
come to awaken in you
a meadow of delight.

When the canvas frays
in the currach of thought
and a stain of ocean
blackens beneath you,
may there come across the waters
a path of yellow moonlight
to bring you safely home.

May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.
And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.

—John O'Donohue

i thank You God for most this amazing
day:for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is yes

(i who have died am alive again today,
and this is the sun's birthday; this is the birth
day of life and of love and wings: and of the gay
great happening illimitably earth)

how should tasting touching hearing seeing
breathing any--lifted from the no
of all nothing--human merely being
doubt unimaginable You?

(now the ears of my ears awake and
now the eyes of my eyes are opened)

— e. e. cummings

It is for the union of you and me

It is for the union of you and me
that there is light in the sky.
It is for the union of you and me
that the earth is decked in dusky green.
It is for the union of you and me
that the night sits motionless with the world in her arms;
dawn appears opening the eastern door
with sweet murmurs in her voice.

The boat of hope sails along the currents of
eternity towards that union,
flowers of the ages are being gathered together
for its welcoming ritual.

It is for the union of you and me
that this heart of mine, in the garb of a bride,
has proceeded from birth to birth
upon the surface of this ever-turning world
to choose the beloved.

—Rabindranath Tagore

Volunteer Training Agenda - General

Fill out 2 liability releases and Emergency Medical form. Name tags. Handout sheet,

Welcome. The larger story of Riding Beyond. Call in the Six Directions.

Don't ask what the world needs.

Ask what makes you come

alive, and go do it.

Because what the world needs

is people who have come alive.

—Robert Thurman

Review video and handouts.

Introductions: name & 30 secs on what brings you here.

Review How it Works, Five Physical Activities: Touch, Barrel, Activating Vagus Nerve, Music, Breathwork.

FOUR LEVELS OF THE SELF. P/S - kinesthetic body Psy/H-entelechy, inner crew M/S-WizardUs/symbol around us

S/U-beauty, gifts from guide.

FOUR ASPECTS OF THE HEART.

INTEGRATION OF THE THREE BRAIN CENTERS: head brain, heart brain, gut brain.

LIBERTY WORK

Discuss what we need for volunteers.

Safety agreement. Feelings come up - develop curiosity and intelligence about yourself and do not burden the participants with emotional reactions to their suffering.

PRACTICE:

oximeter,

touch,

barrel mounting,

mounting Mystic by a few.

Walk to music.

Slidewalking.

Dismount.

Application Forms. Discuss jobs again.

Questions. Summarize and next steps. Clear the Air. Sendout: gratitude, recognition, joy.

Volunteer Training Agenda - Horse Handlers

Since working with horses incorporating the principles of liberty work and energetics is foreign to most experienced horse handlers, it is important to have occasional and regular training to review the details of handling horses, attending to each person's unique issues and needs, and skills for "holding the field." Horse handlers are also expected to spend at least one hour a week for several weeks building a personal relationship with the horses, enhancing trust and leadership, via liberty work.

VOLUNTEER OVERVIEW

How it works

The breast cancer patient needs physical and emotional revitalization

Her vital functions have been impaired.

Her self image has been impacted by surgery and treatment.

She is tactilely defensive.

She needs to physically reconnect to her body and to others.

She is seeking an alternative therapy, but does not need to know how to ride a horse.

She is weakened, may have restricted range of motion, and may have trouble breathing and supporting her own weight.

She must move from treatment mode where she turned over her well-being to the medical team, to finding her own sense for directing her path of well-being.

She lives under the threat of recurrence of cancer.

Practices

- Re-sensitizing the senses through touch and other practices
- Activation of the Vagus Nerve
- Aligning head, heart and gut brains
- Developing the imaginal body
- Exploring the Larger Life Story
- Breathwork
- Synchronized Movement to Music
- Liberty work

Exercises for the Four Sessions

First Session: Encounter with a Being of Large Heart

Introducing client to imaginal body work/attributes of the heart/Chiron story

Introducing client to the volunteers.

Introducing client to the horse

Introducing client to grooming and

Introducing client to barrel exercises and oximeter.

Homework: Watch Black Stallion movie.

Second Session: Things Horses Teach Us

Introduce music after grooming and barrel exercises. Mount the horse: 5 minutes lying down on the horse. – no music.

Music: Rehearsing the horse (no rider) and team to music.

Synchronizing Movement to Music

Stories of learning about the heart from horses.

Horses' language/Water Hole Rituals

Homework: watch Whale Rider movie.

Third Session: Any Wound Has Its Sacred Aspect or Component

Standing still prone exercise – 5 minutes

Walking to music mounted - 20 minutes

Our own hero's journey

Homework: Write Praise Song to a horse.

Fourth Session: We can Partner with Something Larger and Make a Difference.

Standing still prone exercise - 5 minutes

Mounted walking to music- posture and breathing – 15 minutes

Client leading horse to music (leader assist) – 10 minutes

Bonding with the horse and sharing with the group

Journey to Heart's Desire process and closing/exploring future options.

RESOURCES

- Arrien, Angeles. *The Four Fold Way: Walking the Paths of the Warrior, Teacher, Healer and Visionary.*
- Beck, Don Edward and Cowan, Christopher. *Spiral Dynamics: Mastering Values, Leadership and Change.*
- Broersma, Patricia. *Riding Into Your Mythic Life: Transformational Adventures with the Horse*
- Broersma, Patricia. Watch a recorded webinar presentation of her program on Kickstarting A Broad-Based Community-Supported program. <http://horseshelpingpeoplema.wordpress.com>
- Campbell, Joseph. *The Hero With A Thousand Faces.*
- De Beauport, Elaine. *The Three Faces of Mind.*
- Gardner, Howard. *Multiple Intelligences: The Theory in Practice.*
- Hand, Catherine. Watch a recorded webinar presentation of her program for breast cancer survivors. <http://horseshelpingpeoplema.wordpress.com>
- Houston, Jean. *The Possible Human: A Course in Enhancing Your Physical, Mental and Creative Abilities.*
- Houston, Jean. *A Mythic Life*
- Kohanov, Linda. *The Tao of Equus*
- Multiple Brain Intelligence Training www.mbraining.com
- Michaels, F.S. *Monoculture: How One Story is Changing Everything*
- Milburn, Judith. judithmilburn.com
- Rubin, Peggy. *To Be and How To Be: Transforming Your Life Through Sacred Theatre.*
- Simmons, Annette. *The Story Factor: Inspiration, Influence and Persuasion through the Art of Storytelling.*
- Stanfield, Brian R. *The Courage to Lead: Transform Self, Transform Society.*
- Twist, Lynne. *The Soul Of Money.*
- Wheatley, Margaret. *Turning to One Another: Simple Conversations to Restore Hope to the Future.*

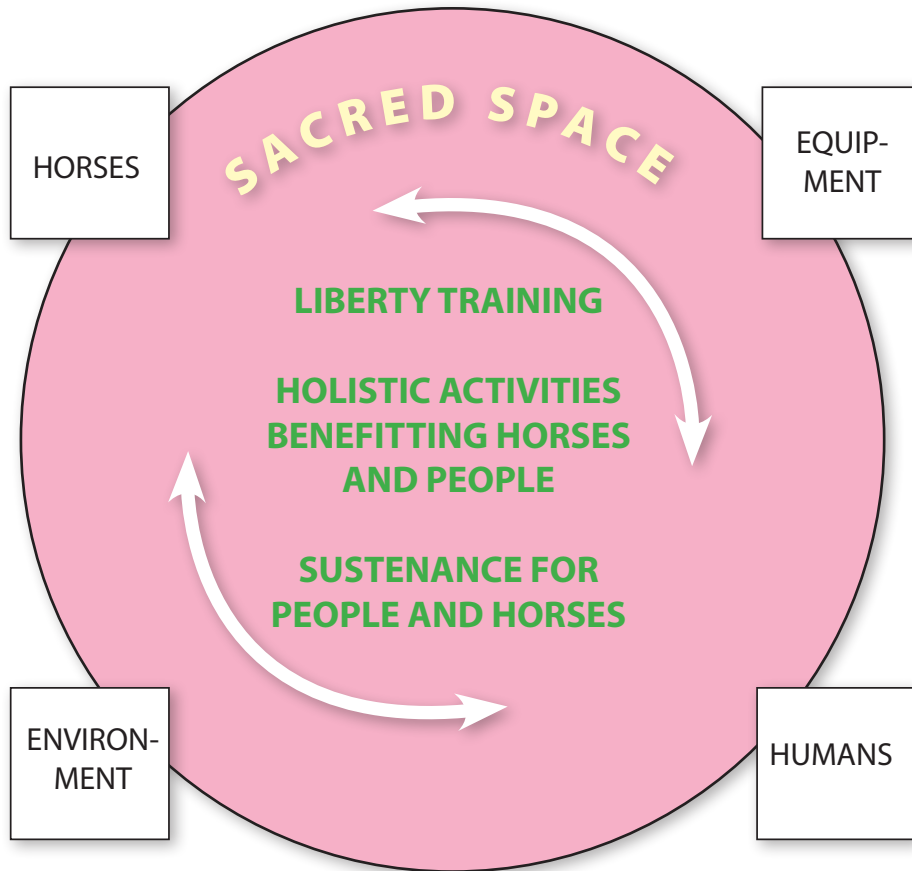
Contact

Trish Broersma
ridingbeyond.org
trishbroersma.com
trishbroersma@gmail.com
541/482.6210

Riding Beyond Areas of Expertise for Program Success



ELEMENTS OF THE RIDING BEYOND PROGRAM MODEL





I believe that women who face breast cancer are front-line ambassadors of the rise of the unique qualities of the feminine soul for nurturing life and finding life-giving solutions to problems, instead of warfare and other options of violence. They have the potential to be those who pioneer a new way, having gone through a fire that hones their purpose to laser clarity.

To have breast cancer is intrinsically characterized by what it takes to overcome enormous challenges, to gather resources, to separate her identity as a person from the disease, to find who she is as a strong and creative being. Breast cancer strikes at her most intimate sense of self and personal identity.

Riding Beyond offers re-sourcing experiences with a horse as a large-hearted, powerful, beautiful companion. Experiences restore her core self as creative and strong, keeping her in touch with regenerative sources of creativity and strength so that she can claim her personal possibilities for her larger destiny.

They are critical to the unfolding of something new and life-sustaining for our world's long-term future.

–Trish Broersma