

HOMEWORK Part 2:

- Spend some time with your own horses and herds this week, just observing.
- Are they able to interact with their 3 elements of energy facilitation (survival, societal, self care) freely within their current environment?
 - If not, what steps can be taken to remedy this?
- Are they able to freely interact with other horses and work on each other?
 - If so, are they actually working on each other?
 - If not, what can you do to ensure this happens?
- Are they able to roam and forage freely? Do they have access to constant forage, water, shelter, other horses?
- What energetic facilitation role does each horse fill within the herd?
 - Who are the horses most drawn to balancing others? *Those are the horses who will most likely reach out to people in the same manner*
- Why is it so important that the above be available to horses for their overall wellness? And, thus, our own wellness and that of our clients?



Roxy, Rosie, Russo, Vixen



Capiche, Red, Ben