



# SEASON'S GREETINGS

## Healing Through Horses

Equine Assisted Mental Health Program

21074A Highway #84

Abiquiu, New Mexico

[www.healingthroughhorses.net](http://www.healingthroughhorses.net)

Dear Friends,

It is hard to believe this is our last newsletter for 2008. It seems like yesterday that I was envisioning Healing Through Horses. Now we are just about a year and half old. A filly of sorts, if you want to create a picture in your mind. I am wandering and romping about. The herd is looking at me in bewilderment; wondering what is this human up to AGAIN?? The answer: creating a safe haven for both humans and horses ~ to grow and to prosper.

A dream of mine for over 20 years has finally manifested into reality. Friends have said "you have courage, real courage, more than I could ever have". My response was that I am not courageous but rather committed to my heart's dream. To not follow your heart is akin to giving up and buying the illusion of contentment and false security.

This past year has been a year of growth. There have been days that I truly wondered what I was thinking when I quit my job. Should I start to look for a "real job?" I had no real business plan; had no background in business; never really understood a balance sheet; or a mission statement. And, how do you do all of the administrative stuff and still have time to practice your life's passion? I basically had no idea how to run a business or how I could keep Healing Through Horses' head above water.

What I have learned is that EVERYTHING works out. If you have patience, talk low and slow and if you are steady, you get where you want to go. One step at a time. Taking deep breaths, imagining where you want to be rather than looking at your feet.

So, my wish for each and every one of you is to follow your heart's dream. Take a risk. Step out into the unknown. Embrace the sky with all of your might and don't look back. Courage is just that ~ being true to yourself ~ living life to its fullest ~ and doing what you love to do. Life is a journey, enjoy the ride.



**Judy**

Judith S. Schneider, LISW  
Equine Assisted Mental Health Therapist