



SEASON'S GREETINGS

Healing Through Horses

Equine Assisted Mental Health Program

21074A Highway #84

Abiquiu, New Mexico

www.healingthroughhorses.net

Dear Friends, Colleagues and Family,

As this year comes to an end, I am grateful to ALL of you who have so freely offered your support, words of encouragement, belief and commitment to Healing Through Horses. It is my belief, our program would not be where it is today if it was not for YOU. My heartfelt gratitude is extended to each and everyone one of you.

This year has been filled with many new adventures, opportunities and success. We were able to bring our program to a school district, offer services to an adolescent group home, hosted several workshops and presented Healing Through Horses to the community. The response to our work has been overwhelming to me. I hear people say they are amazed at the changes they not only see, but also feel. I am always moved when a parent will talk to the horses about their children. They open up and ask for help. They wait and watch. They ask me "will this make a difference?" Days pass and then the miracle of the horses emerge. The children and their family members have experienced real change, real transformation. They leave with a sense of wholeness and peace. They ask me how did this happen? I really don't have an answer other than to offer this thought, " If you are patient, if you are quiet, if you allow and accept, you will be fulfilled with the gift of the horse. Many look at me with a puzzled expression. It is at this moment in time, that I realize our horses; Jack, Madonna and Guapito are the real therapists. They are much more skilled and articulate than I can ever dream of becoming.

As the Winter Solstice emerges, we look forward to keeping you updated with our 2010 event calendar. We plan on hosting more workshops and introducing our new retreat schedule. In addition, we will be adding a "tack room" to our website where you can explore some of our new products.

My wish for each and every one of you is to follow your heart's dream. To embrace the beauty which surrounds you and those whom you love. To take time to enjoy the simple pleasures in life, and most of all, honor yourself for all you are and yet to become.

Blessings for a peaceful holiday season and prosperous new year.



Judy

Judith S. Schneider, LISW
Equine Assisted Mental Health Therapist