

# Horses help on a deeper level

*Celia Gadd went to talk to Charmaine Lane, of Amazing-Mind, at Horseworld in Whitchurch, Bristol about her exciting new courses and private lessons.*



With CELIA GADD

HORSEWORLD is a well established equine rescue and rehabilitation charity and I was extremely impressed with what I saw in terms of horse management and facilities when I visited there in the snowy conditions that were inhibiting much of the Mendip area's equestrian activities in January.

Charmaine Lane is a licensed practitioner for NLP and hypnosis and has been using her skills to help people achieve what they want in their life and build the confidence of horse riders for several years now. Charmaine is herself a competent rider, and has competed at all levels.

About a year ago she became fascinated with how horses can read you as a person and discovered that they have huge potential in helping people in so many different ways. She found out about Equine Facilitated Learning (EFL) and after experiencing it for herself, realised that this is what she wanted to be doing.

She has recently completed an intensive training programme in America with Leigh Shambo and Kathleen Barry Ingram, experts and pioneers in EFL, and now has the expertise to offer EFL at HorseWorld for competent horse riders and completely non-horsey people alike.

Equine Facilitated Learning is a way of learning and understanding horses at a deeper level, finding out even more about these amazing animals. It is totally suitable for all experience levels and there is plenty to learn even if you have lots of horse knowledge. By interacting with the horses in these sessions people learn a lot about themselves, as well as learning a lot about the horses.

Each session starts with getting to know yourself by means of a body scan, which teaches you to 'check in' with what you are feeling. After that you will go and 'meet the herd' and from this the session develops into learning about personal boundaries and then onto more active work if it is appropriate.

Horses bring so much to humans when you consider we have been intertwined with them for centuries, from battle fields to harvesting crops, they have provided us also with leisure and fun and now it seems they have healing skills too.

Charmaine asked a couple of her clients what these sessions have meant to them.

Client 'A' has lots of horse experience, having been around them all her life. It was only when she started EFL sessions that



Charmaine Lane

she became aware of how much of a mirroring quality horses have. During one session she was thinking a lot about work, but at the same time really wanting to get a lot out of the session. While she was up in her head, and not in the present moment, the horse ignored her invitation to walk together. After a moment of questioning, she realised that she was trying too hard, and as soon as this was acknowledged the energy in her body changed, her intention became clearer and the horse felt this, which resulted in a great connection.

The beauty of horses in this type of work is they have no agenda of their own. They simply react to what is going on around them and instantly show their human partner whether they feel comfortable or not and whether they want to be with them or not.

Client 'B' had no horse experience at all and yet she has found that the sessions with the horses have really helped her to regain her confidence in all different situations. They have helped her become aware of how to minimise stress in her life, and they really seem to understand what each individual person needs. By learning to keep the horse at a safe distance this client learnt a lot about holding her own space and maintaining a connection with another being.

Horses are truly amazing, they don't pre-judge and yet they have almost telepathic qualities in what they can read from you. Equine Facilitated Learning is a fabulous experience, whether you have been brought up around horses or never even sat on one, this type of learning can really help develop you as a person.

Charmaine is currently running these sessions at HorseWorld with the help of their wonderful horses and is developing this into Business Leadership programmes which will be available to all businesses in the coming months.

There is a talk at HorseWorld in February on the subject by Integrative Counsellor and Psychotherapist Sue Sutcliffe. This is a 'don't miss' event for any horse lover or therapist who would like to learn how EFL could potentially benefit them or their clients.

The facts are that horses can see into your soul. With their generous nature and effective body language horses can highlight things about your personality far more accurately than you could ever imagine.



For more information on these intriguing courses please visit [www.amazing-mind.co.uk](http://www.amazing-mind.co.uk) or call Charmaine on 07830 070680