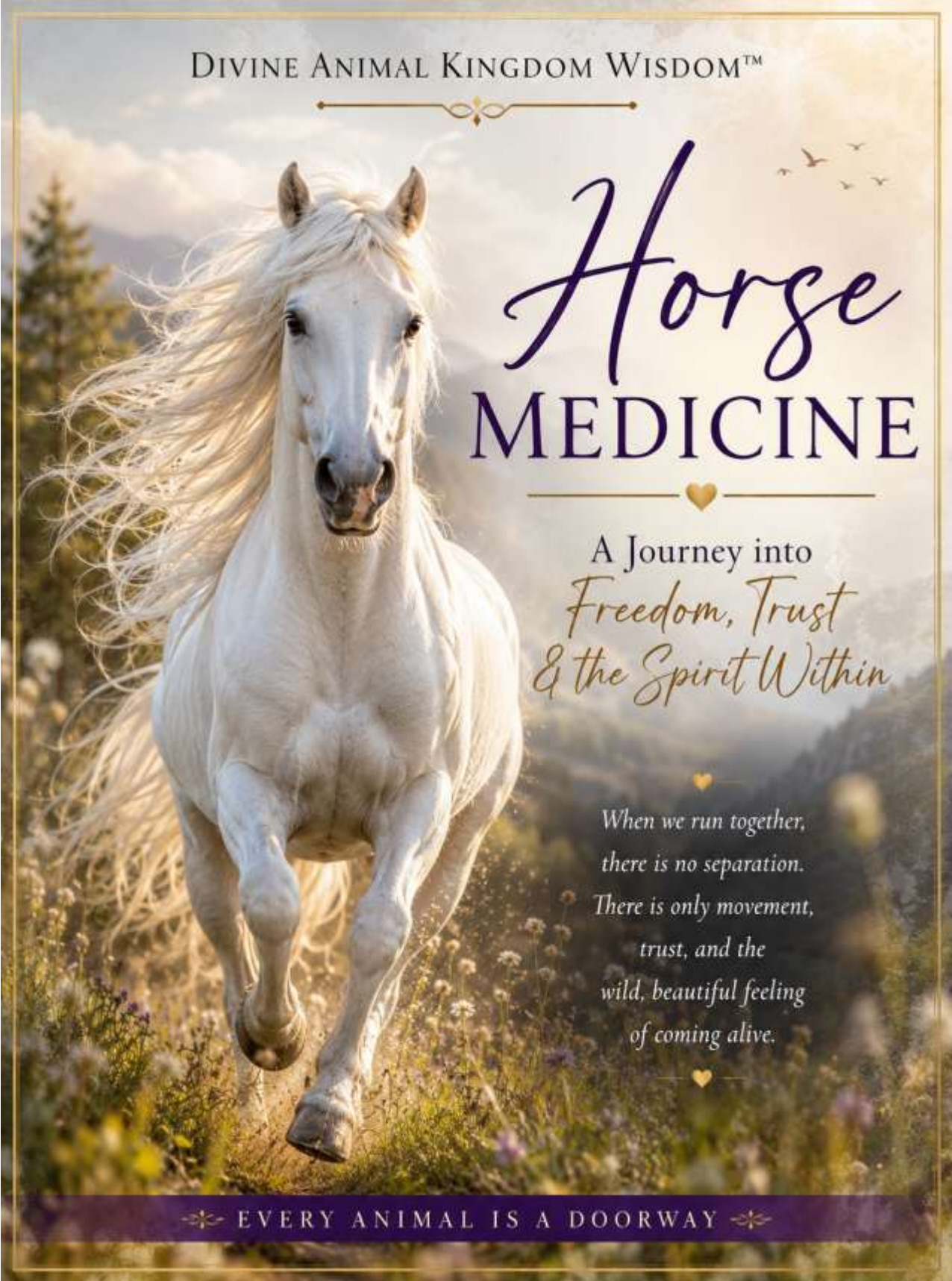


DIVINE ANIMAL KINGDOM WISDOM™



Horse MEDICINE

A Journey into
*Freedom, Trust
& the Spirit Within*

When we run together,
there is no separation.
There is only movement,
trust, and the
wild, beautiful feeling
of coming alive.

❖ EVERY ANIMAL IS A DOORWAY ❖



Before I Knew

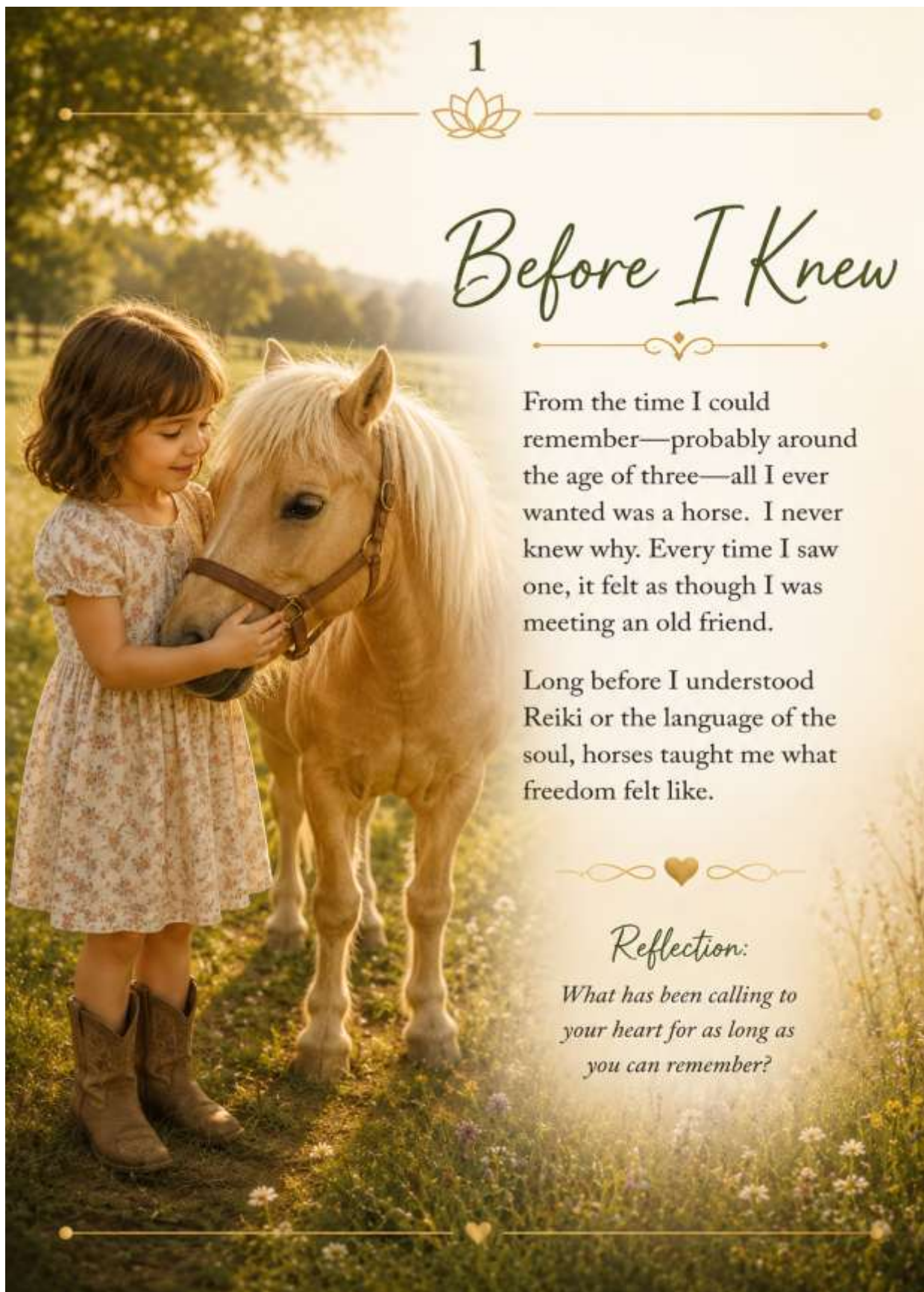
From the time I could remember—probably around the age of three—all I ever wanted was a horse. I never knew why. Every time I saw one, it felt as though I was meeting an old friend.

Long before I understood Reiki or the language of the soul, horses taught me what freedom felt like.



Reflection:

What has been calling to your heart for as long as you can remember?





The Freedom to Run

When I was eleven, my dream finally came true. I was given a horse named Queenie. She was a beautiful reddish-brown mare, already a senior and retired from parade life.

She had already lived a full life before she came into mine. Yet somehow, she still had one more gift to give—a young girl who had dreamed of a horse for as long as she could remember.

Together, we wandered through quiet woods and open pastures. Sometimes we walked. Sometimes we ran like the wind. In those moments, there was no separation—only freedom, trust, and the feeling of being completely alive.



Reflection:

Where in your life do you feel most free to simply be yourself?





A Bond Beyond Words

Queenie and I became partners
in every sense of the word.
She taught me patience,
awareness, and a quiet language
that needed no words.

Together, we learned to trust
one another through a gentle
touch, a shift of weight, or
simply being present.

Looking back, I realize she was
teaching me that true partnership
isn't about control. It's about
respect, listening, and moving
through life together.



Reflection:

*Who has taught you the
deepest lessons without
saying a word?*



Lessons in Trust

Queenie taught me that trust isn't given once—it's built moment by moment.

She trusted me, even when I was still learning. She showed me that it's okay to take small steps, to listen, and to be patient with myself.

In return, I learned to be present, to honor her wisdom, and to let go of fear.

Trust became our bridge. Through it, we could go anywhere—together.

Reflection:

What helps you feel safe enough to trust—yourself, others, or life?



The Gift of Presence

With horses, I learned the power of being fully present. They feel our energy, our emotions, and our intentions. Nothing is hidden.

Queenie helped me slow down, breathe, and listen—not just to her, but to myself.

In her presence, I discovered that peace isn't something we chase. It's something we remember.

When we are here, now, life becomes richer, simpler, and more real.



Reflection:

How can you bring more presence into your everyday moments?





The Gift of Stillness



Some of my favorite memories with Queenie weren't the rides.

They were the quiet moments in between.

I would sit beside the trail while she peacefully grazed nearby. There was nowhere we needed to be and nothing we needed to accomplish.

We simply shared the same moment.

Looking back, I realize those quiet pauses taught me as much as the rides themselves.



Reflection:

When was the last time you allowed yourself to simply be?





Finding My Heart



Queenie taught me about courage, freedom, and trust. She taught me to listen, to be present, and to lead with kindness and clarity. Through her, I began to discover who I really was.

Reflection: Who has helped you discover more of who you truly are?





Borrowing Courage

When I was fourteen, Queenie and I joined a 4-H club.

I was shy and unsure of myself, but Queenie wasn't.

As a retired parade horse, she walked proudly into the show ring as if to say, "Don't worry. I've done this before."

That day, I learned that sometimes courage is borrowed from a trusted friend until it becomes our own.

Reflection:

Who has helped you believe in yourself when you couldn't quite believe in yourself yet?



She Never Asked Me to Be Anyone Else

Queenie never cared if I won
a ribbon or made a mistake.

She didn't see a shy girl
or a confident girl.

She simply knew me.

Being loved without conditions
gave me the courage to
become myself.

Reflection:

*Who makes you feel completely
accepted, just as you are?*



A Season to Treasure

As I grew older, my life began moving in a different direction.

Queenie was growing older too, so we found her a peaceful pasture where she could enjoy the retirement she had earned.

At the time, I simply thought one season of my life had come to an end.

I didn't yet realize that the lessons Queenie had given me would stay with me for the rest of my life.

Reflection:

*Can you think of someone—
or an animal—who came into
your life for a season,
yet changed you forever?*



The Dream Returns



More than fifty years had passed.
I had lived a full and beautiful life.
Queenie had become
a cherished memory.

Then one night, a beautiful
white horse appeared in my dreams.

She returned again and again,
always silent, always waiting.

She never spoke.
She simply looked at me
with quiet, knowing eyes.

Deep inside, I knew
what she was saying.

I wasn't being called back
to the past.

*I was being called back...
to the horses.*



Reflection:

*Have you ever received a message
in a dream that came back to you
again and again?*

What was it calling you toward?





The Circle of Life



As a little girl, I dreamed of finding a horse.

*Queenie gave me many years of freedom,
friendship, and trust.*

*More than fifty years later, I find myself
dreaming of a partnership with a horse once again.*

I don't know what the next chapter will bring.
I only know my heart is open.

*Perhaps life brings us full circle—
not to relive the past, but to rediscover
the parts of ourselves that have been quietly
waiting to come home.*



Reflection:

What part of your heart is waiting to come alive again?





With Gratitude



Thank you, Queenie—
my *beloved* friend, partner, and teacher.

Because of you, I discovered courage,
trust, kindness, and a love that has
remained with me throughout my life.

Thank you to *every horse*—and *every animal*—
who has quietly helped someone
remember who they truly are.

*Love given freely is never lost.
It becomes part of who we are.*



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