

March, 2026

# From the Horse's Mouth



## What's been happening?

March seems to have snuck up on us, with early signs of Autumn whispering their arrival through cool breezes and dew sparkling in the morning sun. I often find that a certain theme emerges and this month it's been the gift of presence. It's far less about quantity of time together, but rather the quality of that time.

Our tiny human is great at calling us out when we're not present. She lives in the moment and is very quick to wave her little hand in your face saying "no, no, no, no" if we are distracted by our phones. It's been small moments of true quality time that have been supportive this month - a short walk together as a family or picking fresh raspberries.

It's never too late to focus on being present in any relationship. I've noticed each individual horse connects when I show up with intention and presence, even if I only have a few minutes. Within the space of a few days of consistently showing up for brief, but intentional periods of time, the bond and trust strengthens.

I invite everyone to consider with curiosity, rather than judgment, how it feels when others are not present with you, and where you can show up with more presence in your life and different relationships.



## Meet the Herd

~Jerry~

This month we get to meet the second of our big boys, Jerry. When we agreed to give these boys a home, Moe had caught the eye of a few but their previous owner was committed to keeping them together. Jerry had been overlooked as the "extra". Not quite as flashy and a bit awkward, Jerry teaches us that it's not all about looks. He was a quiet, steady presence as we took our time to load them, and while Moe tripled in size with energy as we arrived home, Jerry calmly took in his surroundings and gently led them to their new paddock.



I have watched him learn from Miribad how to find balance in relationship - initially coming on too strong, but really just wanting a scratch. While he's still learning this balance with the rest of the herd, Jerry loves a cuddle and continues to remind us to look beyond the surface.

## You herd it here first!

### **Snowy Monaro Veterans and Families**

Veterans and their immediate family members currently residing in the Snowy Monaro Region are eligible for a \$400 discount on our private 8-week program! Contact Ali for more info!

### **Contact us**

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