



November, 2025

From the Horse's Mouth



What's been happening?

Sometimes life is messy, and that's ok! Mother Nature has thrown everything at us this month; sun, rain, hail, gale force winds, and even more snow...and life has a tendency to do the same, often leading to the full spectrum of emotions to go with it!

Emotions are energy in motion. While some are more comfortable than others, they are not good or bad - they are all just information. When we suppress, deny, or ignore our emotions they can become trapped in our body, wreaking all sorts of havoc! As with a shutdown horse who eventually can't hold it all in any longer, at some point that energy will spill over in a raw, wild, and often overwhelming, and unsafe way.

While many people try to hide their emotions in an attempt to 'stay strong' for everyone else around them, what we are actually doing is implying that they, too, are not allowed to fully express themselves in this human experience. When we allow our emotions to flow *through* us, we can listen to the message they bring, and like a wave, the intensity will pass.



Contact us

www.helpinghoovesfelltimber.com.au
info@helpinghoovesfelltimber.com.au
0431 794 024



Meet the Herd

~Skyline~

Skyline is the youngster of the herd and is Carolina's baby (although not a baby anymore, standing nearly as tall as her mum!). Skyline is a curious girl, but still cautious, looking to the herd as soon as she is concerned. She is inquisitive and loves a butt scratch and a cuddle!

Skyline is still learning about boundaries - with both humans and the older members of the herd - and it is fascinating to watch the herd teach this little youngster how to be a balanced member of the group.



You herd it here first!

Snowy Monaro Veterans Subsidy

We still have places available for local veterans to take part in our subsidised private 8-week programs! Check out our website or contact Ali for more information: <https://www.helpinghoovesfelltimber.com.au/upcoming-events-and-news>

