



September, 2025

# From the Horse's Mouth



## What's been happening?

Spring has arrived! There's something magical about watching the natural world reawaken after her months of slumber, unapologetic for her time of rest and now bursting with new life.



As we move through the seasons in our own lives, we too can embrace periods of growth and new beginnings.

In a world full of instant gratification, we can lose the patience to sow seeds that will take time to flourish. But there is something wholesome about seeing the fruits of your labour blossom after a prolonged effort.

Sometimes we can fall into the trap of waiting for 'motivation' to appear before we take action. But while an initial excited surge of motivation may help you explore something new, it will inevitably fade. I find that *motivation follows action!* Start with an action so small that it's easy to build consistency, and you might be surprised at your progress!

## You herd it here first!

### Snowy Monaro Veterans Subsidy

We have partnered with the Cooma Ex-Services Club to offer heavily discounted private 8-week programs for 5 local veterans! If you are a veteran living in Cooma or the surrounding area check out our website or contact Ali for more information:

<https://www.helpinghoovesfelltimber.com.au/upcoming-events-and-news>



## Meet the Herd

~Missy~

Previously known as Misdemeanour, her energy most certainly did not match her name so we decided on Missy instead. This brave mare had been shutdown for a long time, trying to "behave" from a place of fear and doing what humans have demanded while being completely overwhelmed inside. Despite this, what stood out most when we first met her was her desire to connect.



Missy's journey of mental and emotional healing offers a powerful demonstration of how we can let emotions flow through us rather than being stuck in them. Now that she is able to engage at her own pace, she can choose to leave before her tension becomes too much to manage. Missy literally shakes off excess energy through her body and can then return to grazing. This new pattern is allowing her nervous system to heal, which in turn builds her capacity to engage and cope - a process which is equally applicable to humans.

## Contact us

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