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can recognize the larger story of their lives begging to be lived.

Just by being in the presence of a horse, we step into our own larger, mythic lives – however briefly. Perhaps partly because horses are associated in our imaginations with heroic tales, we pay attention to the innate wonder and excitement that we experience with a horse and allow those seeds to grow in our imaginations. The daily struggles of our day-to-day life become part of the grand drama of our deeper story, our own heroic journey, so to speak, where we play the leading role. Horses become important companions on the journey, keeping us in touch with our mythic selves.

Subtle energy

Horses help us learn compassionate, sensitive communication – as well as other intuitive skills – by developing the same attunement to subtle energies that they demonstrate so well. When we take on the challenges of working in partnership with another species, we can learn new skills to assist with other challenging partnerships and situations of power. We find that horses evoke clarity in our own lives and a connection to generative sources of creativity within. From that place we have the tools to address problems in our life that stem from fear, shame, death and denial. From our deeper story we can develop more effective action and perhaps even address problems common to all humanity.

Horses have consented to partner with humans for millennia – for work, competition and sport. Today, they

are taking on a new evolutionary role with mankind as a new global consciousness emerges that requires us to respond to unprecedented challenges. They take us back to whom and what we really are – a place where we can source the creativity we need for building a new future. 

Patricia Broersma is president of the Equine Facilitated Mental Health Association, a section of the North American Riding for the Handicapped, and a registered therapeutic riding instructor. This article is based on her book Riding into Your Mythic Life, which is due out in paperback in December. Copyright © 2007 by Patricia Broersma. Reprinted with permission of New World Library, Novato, CA., www.NewWorldLibrary.com or (800) 972-6657 ext. 52.

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Studio e

Fairlawn psychologist and life coach, Jane Lehr Eckert, Ph.D., welcomes opportunities for new adventures. When space became available in her office suite, Dr. Eckert began to imagine how she might weave her many interests into a new business venture. Out of her musing, Studio e was born.

Located at 3250 West Market Street in Fairlawn, Ohio, Studio e is northeast Ohio's premier energy education facility. "We have created an amazing learning community with a goal of promoting health and wellness through the study of human energy systems," says Dr. Eckert.

A clinical psychologist by training, Dr. Eckert worked with various mind-body-spirit methods over the years including hypnosis, relaxation, biofeedback, guided imagery and visualization during her 25 plus years in practice.

"I have always been interested in how to help people make positive changes in their lives," says Dr. Eckert. This ongoing investigation led her to further explore both traditional and non-traditional fields of treatment and healing including energy medicine and energy psychology. "I am not sure if I found the energy work or the energy work found me!" she adds.

Although considered novel and experimental, energy work is being used around the world by many highly trained and well-respected practitioners. Many clinicians are finding it to be a compelling new tool in psychotherapy.

Skeptical at first, Dr. Eckert gradually began to integrate more energy work into her practice and was impressed by how the techniques helped to facilitate clients' recovery.

"The real turning point for me came when I began to study Eden Energy Medicine (EEM)," says Dr. Eckert. "Gradually, the dynamics behind the work became clear," adds Dr. Eckert, who is now in the process of completing a two-year certification process in Eden Energy Medicine.

According to Dr. Eckert, everything consists of energy. The practice of



energy medicine involves moving and managing that energy to foster health and well-being.

The energy techniques taught at Studio e can be incorporated into a wellness plan, can be applied to peak performance training, (it is being used by many Olympic athletes,) and can mitigate pain and other symptoms.

However, energy medicine is not just used to rectify pain and discomfort, according to Dr. Eckert. The techniques can be integrated easily into a daily wellness plan and can help boost vitality, strengthen the immune system and improve concentration.

In addition to Dr. Eckert, Studio e faculty includes certified energy practitioners and other highly trained professionals offering a wide-range of energy modalities including Passion Test, Soul Collage and Healing Touch and Yoga just to name a few.

"Our classes are designed to be fun and interesting," says Dr. Eckert. The staff is well trained and is committed to bringing energy education to our community," she added. Information about classes, workshops and special events sponsored by Studio e in the coming months is available at www.studio-energy.net or by calling (330) 808.8558.

