



Spiritual Horsemanship

Horses are mirrors to our soul, when interacting with them, they reflect back to us our true state of being, emotionally, mentally and physically.. They show us, how we move through life and how we approach others.

Horses help us to overcome our ego and teach us beautiful lessons of forgiveness. Horses connect us with our heart and intuition and challenge us to be aware, attentive and present in the moment.



I am Simin Nadjafi Hinrichs, equestrian artist spiritual mentor and life coach. My animals and I teach the silent language of energy and tools for times of personal transitions and growth. We love to create magic, open hearts and inspire self-healing and beauty in people. Knowing that healing and change happens from the inside out, we help humans to become present, intuitive and authentic, again.

You can contact me for more information and appointments:

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The centaur is a healer and an alchemist. Blessed through the healing of his own wounds, he is enabled to help and empower others on their path of healing and flourishing.

CentAura, the female *Centaur* Energy, well *Centered* in her wisdom and intuition, shines her unique light out through her *Aura*.



Equine Therapy and Horse assisted Coaching

Horses healing Hearts,

We offer healing and mentoring in times of transition, loss and other challenging personal situations.

You don't need to have any prior horse experience or understanding of the animals. We hold a safe space for you, under the wild olive trees, in the midst of our natural paradise, where you can reconnect with your soul, open your heart and receive new perspectives, healing and inspiration.



According to recent studies by the Institute of HeartMath, the electromagnetic field of the horse's heart is five times greater than that of humans and can directly influence our own heart rhythm. Horses also have what science calls a "coherent" heart rhythm (heart rate pattern), consistent with emotional states of calm and joy. A coherent heart pattern is indicative of a system that can recover and adjust to stressful situations very efficiently. Researches have shown that people also experience many physiological benefits when interacting with horses, such as lower blood pressure and heart rate; increased levels of beta-endorphins (neurotransmitters that act as painkillers); lower stress levels; fewer feelings of anger, hostility, tension and anxiety; better social functioning; and a stronger sense of self-determination, trust and patience.



Overcoming Fear

Horses are flight animals, in fear or in survival mode they respond with 'Flight, Freeze or Fight' - similar to us human beings. Horses herds are social communities in which each animal adapts to the group vibration. Horses depend on each other, together they create a communal 'safety through numbers'.



Due to the herd frequency the individual animal knows, when it is safe to eat or to relax and when it has to be attentive or flee.’

A human is generally perceived as pressure or danger, if the horse hasn’t learned to feel safe in his or her company.

Confronting a horse with unknown objects and new situations can cause strong survival responses.

Observing how a horse overcomes its fears is a very powerful and inspiring impression, which shows us new ways and approaches of how to face our own fears and how to overcome them.



HorseWhispering

HorseWhispering' is not about talking, it is the art of listening and perceiving a language that knows no words. It is an energetic and vibrational language.

Like all beings, we humans are also born with this natural gift, but most of us have forgotten it in the process of education.

‘HorseWhispering Sessions’ will help you to centre in your intuition and to understand the non-verbal messages and intentions of the horse.

You will learn to work with a clear focus, when you communicate your intentions through your energy and body-language.





You will perceive yourself from a different perspective: in the reflection of a horse who'll challenge you to be authentic.
You will learn about the importance of joy, fun and forgiveness and might find out, that life becomes so much lighter when we are aware of our frequencies and move through it as the energetically beings we naturally are.



Equine Leadership Quest

What is Leadership about?

What are the (new) qualities to bring forward? And what doesn't help the cause?

Do you trust yourself? Are you trust worthy? Do you respect yourself and others?

How do you set boundaries? And how do you motivate yourself and others?

Do you enjoy what you are doing? To name just a couple of questions, for which my horses have some pretty clear answers for you to experience.

We wish to inspire you on your unique path and hope you take some powerful tools with you, and share them with others.

We wish to cause ripples of change for a world we all want to live in.





Relationships

We invite you to look into the Equine Mirror to recognize dynamics in your partnerships you might not be aware of. We wish you joy and laughter.

Compassion, empathy and forgiveness, are easier in a realm that doesn't use words. You might like to use this experience in your relationships. Boundaries set in a clear but gentle way are so much easier to accept. My animals will guide you through new approaches and experiences. The mares and stallions might also give you some new insights about the beauty of female and male qualities.

Open your heart and your mind and enjoy new perceptions, perspectives and possibilities.

