

Horse Stories

by Autumn Werre

Midnight a five year old Appaloosa

My jet black Appaloosa friend came to live with us up on the coast as a happy, friendly, seemingly well-adjusted guy. Soon after relocating, the honeymoon phase wore thin and we found that we had adopted a biting, snarly, bucking, insecure youngster who would test any and all boundaries with his human counterparts and who was bent on hurting himself and others in the process.

Soon after making these discoveries I began practicing Metamorphosis on the black beauty and discovered the real Midnight! He instantly stopped biting and threatening and moved into horsey processing-mode, leading into deep experiences of Peace while working and being together.

I have since noticed so many profound changes in him, overall, that I am now hard-pressed to find and list them all here...his coat has taken on an other-worldly sheen and his muscles have loosened up and grown more supple at the same time. He has no more noticeable desire to bait and assault humans or his other horse friends. He has stopped hurting himself. His balance and digestion have improved one hundred-fold! He is a willing and reliable trail riding partner now, devoid of the old fear that would visibly run through him (and often his rider) in the past and has become a balanced, well-trusted and solid part of our family.

I am beyond Grateful for Metamorphosis as a communication and wellness-establishing tool ~ within my own processes and those with my equine friends!

Skipper a yearling donkey

We recently invited the little Skipper, a yearling donkey-friend, to leave his only known home on a rescue ranch in Lake County and come to live with us in the countryside of northern Sonoma County, California. Skipper seemed like a timid but willing young stud donkey who could provide companionship for my partner-in-training, a loving and sweet five-year-old Clydesdale gelding, and also a great deal of joy for the rest of us who live here.

Well, Skippy's timidity quickly gave way to (far from idle) threats of kicking and biting us as well as full-fledged attempts at mounting a Clydesdale!!! His digestive processes were far from ideal and he was completely un-handleable and would look for any way he could find to break out of the pasture.

Upon seeing all of this unfold I felt moved to employ the method I have gleaned from participation in Metamorphosis workshop with Cindy Silverlock...and wow, wow, WOW!!! This little fella began to process and immediately I was met with a new donkey. His head went down into a position of submission - a position that I truly didn't know would be a possibility between us so soon after his arrival, considering that he has never known human contact, and he began to move closer to me, completely Allowing. He stopped looking for the exit doors out in the pasture and is now giving me his complete attention!

Following being together in the space of Metamorphosis I have noticed so many shifts in his demeanor and overall temperament: he no longer attempts to mount the big guy, he is the first to come toward the curry comb (previously a much-feared and unknown object), his bowel movements have become regular and so healthy (a big, big shift!), he is open and curious and follows me everywhere he can, accepting rubbing with total trust as it is offered, he moves toward me when I hold Metamorphosis thoughts and him in my mind, offering me total access to his spine, which makes my heart SING...and he has stopped the loud and disjointed braying that was becoming his trademark call ~ thank Goodness!

And thank you, Cindy and the Metamorphosis Center, for this AMAZING service that you share! I am beyond thankful for this new ease of engagement with my four-legged friends and for the Peace and ease that I feel inside of mySelf as a direct result of this effortless practice. So much Gratitude!