



Find the centre and you are in touch with the Whole

— Kenneth Meadows

LIFE WHEEL UNLOCKING THE BLUEPRINTS OF EMOTIONAL FREEDOM

The "Life Wheel" is a holistic energy healing system which is rooted within a shamanic medicine wheel.

This experiential journey is deeply guided by Nature and the Spirit of the Horse. Your horse partner serves as your guide and represents your relationship to your own emotional freedom and healing.

You are the creator of your reality. By understanding the truth of where your perceptions originate you have the power to create desired outcomes. This wisdom is aligned to your authentic self.

The Life Wheel

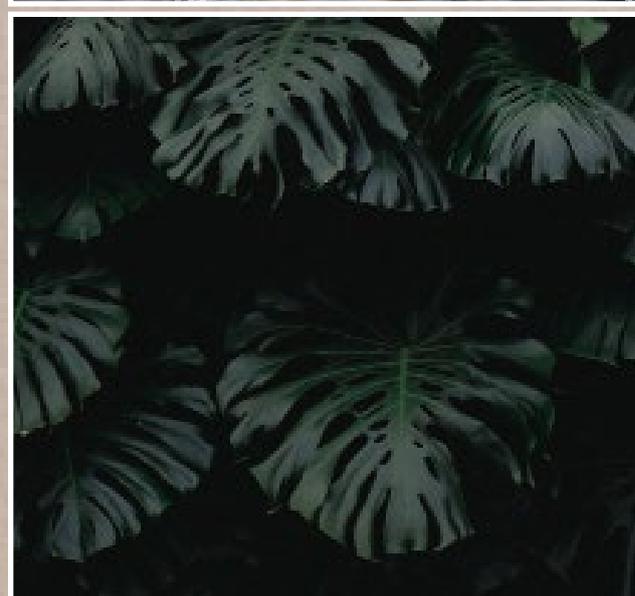
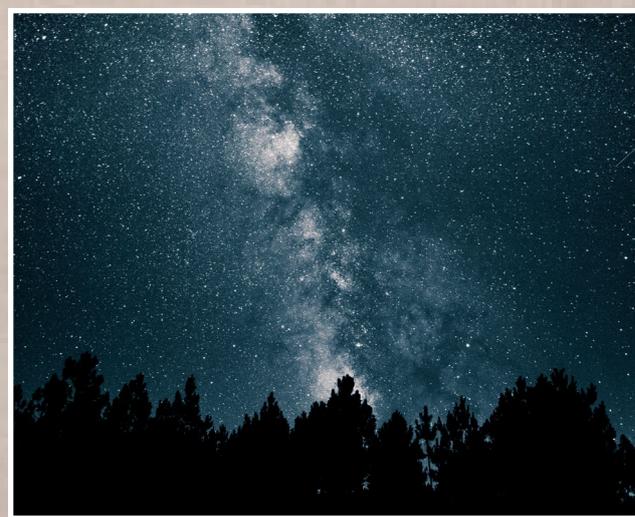
The Life Wheel has been mapped to specific life patterns, emotions, belief systems, age of imprinting, current area of impact and the priority healing for further integration and support. Every symptom, every stress has an emotional root. Once the true story is understood, energetic blockages can be released with supportive healing that increases life energy flow.

In partnership, you walk beside the horse, the spirit guide within the crystal Life Wheel. In this process the horse will reflect and reveal blocks and imprints locked within your own body and energetic field, and these are the clues to specific healing pathways.

The horses

Horses gift us with the opportunity to return to a primal, non-verbal state of awareness and allow us to see ourselves in the moment. For a horse, there is only the present moment, seeking balance and harmony, they act as 'divine mirrors', reflecting back to us the energy of our emotions.

Without any agenda and without expectations, they respond to what lies in our hearts, not in our heads.



*If we could see the miracle of a
single flower clearly,
our whole life would change.*
— Buddha



The Medicine Wheel

The medicine wheel is an ancient tool for conscious living that opens a healing space beyond that of conditioning. It is an experiential system that connects humankind to all of life and to Universal Knowledge that is the key to freedom.

The medicine wheel is a catalyst for change and functions as an integration process that brings together fragments into a unified and balanced whole. So the medicine wheel brings together those aspects of ourselves and our lives that we have been conditioned to believe are separate, bringing us into a harmonious relationship with all other beings and the very powers of the Universe.

Allies

SPIRIT

THE ELEMENTS

THE FOUR DIRECTIONS

ANIMAL KINGDOM

MINERAL KINGDOM

PLANT KINGDOM

*Coming into harmony with the
healing wisdom and the forces
of nature will improve your
vitality, balance your emotions
and release your true potential
and creative powers.*



Remember the earth whose skin you are.
— Joy Harjo

The facilitators:

Olivia Badach, is the owner of The Human Spiral which focuses on the journey of Being human. Her belief is that to invite awareness of embodied stories we open the door to healing, integration and transformation. She holds a deeply compassionate space that nurtures self-expression and heart-based connection. Her effectiveness as a facilitator and healer comes from her own life experiences and years of spiritual exploration and application.

Olivia's keen interest in people began with her studies in Industrial Psychology and Sociology at UNISA. She later acquired a diploma in craniosacral therapy (2003) and is a practising therapist registered with the Craniosacral Therapy Association of South Africa (CSTSA). Olivia has completed her Master I, II and III coach training through Creative Consciousness© and was an accredited Insights Discovery© and Team Effectiveness licensed practitioner for over 5 years in the corporate space. The Insights model is a global depth psychology tool that supports a deeper understanding of human behaviour. In 2013 her journey with horses began. It was the beginning of a life-changing rite of passage to remembering and reconnection, a surrendering and opening of the heart, and a deep trust in the innate intelligence and wisdom of nature and the spirit of the horse.

Nicola Michl, is one of the founding members of the Equinox Trust, which facilitates empowerment programmes for communities and individuals in need in the field of Animal Assisted Therapy. She is also the owner of Earthwalk PTY (LTD), the home of the therapy horses.

Nicola's deep connection with horses began in early childhood and she has worked with them extensively over the past 25 years which have allowed her to experience the healing quality these animals hold.

Her interest in a holistic approach to healing began at university with her interest in Psychology and Philosophy, as well as Quantum Physics. In 2006 she studied to become a certified natural healer and counsellor and is a registered Ethnic Health Care Practitioner with the Natural Healers Association (NHA). She is also a member of the Metaphysics Association of South Africa. She has a BA Honours degree in Fine Art from UCT and has also completed the Part 2 certification of the EAGALA (Equine Assisted Growth and Learning Association) model and is currently completing the advanced certification.

With 13 years experience in the natural healing, art and equine assisted therapies, she has witnessed and believes in the power of nature and all within to restore and heal the human spirit.



Life Wheel sharings

My Spiritual Journey To Find Myself

Olivia and Nicola thank you for holding a sacred space for me to find that portion of myself that seemed lost and confused. The experience was a profound and special spiritual awakening on my quest to find that portion that was a hinderance and that will allow me to move forward with my life. The significance of the 4 week journey was that you assisted me to find practical solutions to issues that we identified. Through your guidance and with the help of our spirt guides, being the incredibly beautiful horses, we quickly identified the underlying issues I has grappled with since early childhood. But more importantly while holding a safe and gentle space for me, I was able to seek out practical solutions in order to overcome my issues. I have seen incredible and exciting changes within a short space of time. I will always be so grateful for what feels like a midlife breakthrough. The healing I experienced on many levels has been life changing.

Justinne

Connecting To Self Via Nature

What an incredible experience ... Nicola and Olivia together with Polka, Destiny, Copper and the many other horses on the farm, including the most lovable pack of dogs and not forgetting to mention the tortoises have created a tranquil environment where the unique magic of self unfolds. Thank you for your gentle nurturing approach to unlocking the blocks that stop us from moving forward in life with grace ... I highly recommend this experience ... with much love and gratitude

Tracy Walters



My Earthwalk Experience

Thank you Olivia and Nicola for holding space for my Earthwalk journey so expertly, kindly and gently. You guided me to be open and intuitive and work from the heart, and trust my inner wisdom and insights. I became aware of life patterns that were keeping me stuck and influenced my relationships, my emotional life, my wellbeing and how I view the world. It all became clear in the gentlest most natural and loving way, I felt so supported by the land itself, the ever present mountains and trees, as well as my horse and dog companions. I go away with many tools to delve deeper in the richness I have unearthed -animal, plant, bird and mineral allies to explore my personal themes further. I will continue journalling as it was such a potent way of recording my thoughts, dreams and the synchronidities that confirmed I was on the right track, all weaved together to make up my unique story. I shall climb that mountain and send you a pic. Much love and deep bows. AHO

anonymous

