

Michael LeFave
Bridgewater, N.S.
December 3, 2015

When you're blind, sometimes the world seems very judgemental against you. Where you tend to feel like you have to fight every step of the way to get the things you need. An example of this is for a while restaurants never had a braille menu or hotels didn't have their door numbers with braille on them, which has changed but it was a fight to get that done. An then there is this idea by the majority that someone who can't see should mainly sit down or is unable to help with moving objects like a couch or heavy items. All this leads to frustration and a person whose blind feeling doubly tired because they fight one for change in opinion of what they can do and the other is the daily living fight.

When I go to the farm its a place of acceptance. I'm on level footing. Its like a switch has suddenly come on, from being judged, to acceptance, both from the volunteers and the horses. As soon as I'm there, I feel the positive energy vibrations.

They're also are of the mindset, that you are able to be of value where you're encouraged to learn how the saddle goes on the horse and don't shove you aside. It makes you feel important and lends to a person feeling confident and a raise in self-esteem.

The horse I ride is called Jasmine and she is a friend, not just a horse. She accepts me for who or what I am. We of course have had to learn from one another to become a united team. Once that got done, I ride her feeling free, energized, happy, and full of joy.

I go to the farm, comb Jasmine, then saddle her up. After that, a person guides my arm to the ring and I warm her up by walking her around the ring, while I'm talking to her. Then, I bring her to the mounting block and someone holds her so I get on her. Once I've made sure by counting steps and stopping her, the lead rope comes off and its her responding to my hands on the reins. Its a beautiful feeling, knowing that I got this horse under me, working as one mind, from one energy source creating magic on earth like you hear in fantasy stories. Therefore, every time I go I come away feeling alive, full of faith, and encourage to step out for what I want knowing with a bit of help, all things are possible.

I am so thankful for the horse. Not only the horse, the energy and feeling of bliss I receive from each visit and lesson knowing I'm not really learning but spending time with a dear friend. This extends to the volunteers as well.