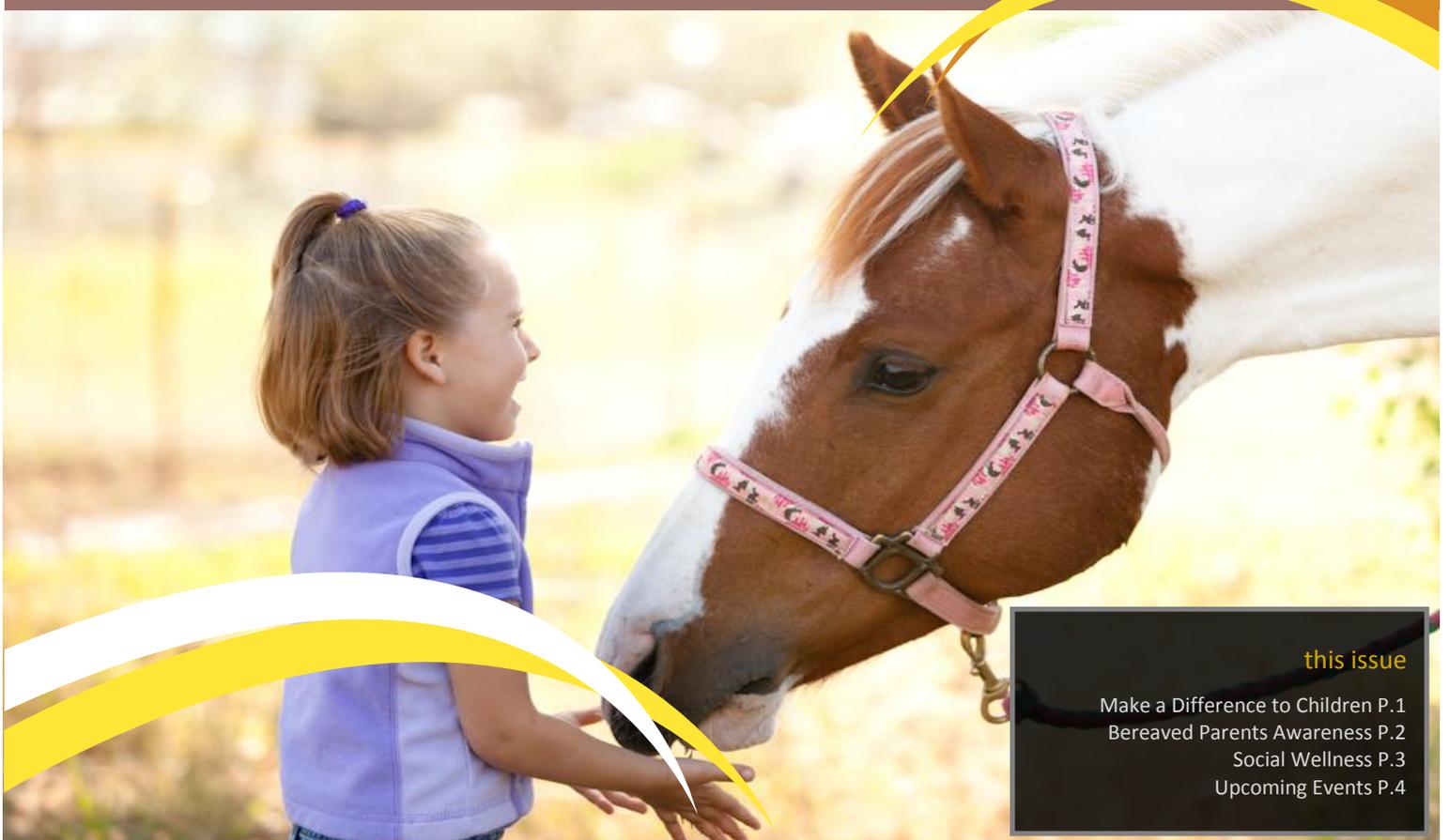


Ananda Ranch

Quarterly Newsletter

ISSUE 01 August 2011



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Make a Difference to Children

Very often the imagery we see in our dreams is in fact the brain's way of working out the dilemmas we experience in our daily life. While we sleep, our brain remains active and will continue to problem solve when there are taxing issues, (both on a conscious and unconscious level) that the body is sensing. Unfortunately, most of the time, the messages we receive are encrypted in a kind of metaphorical terminology. The brain creates images and symbols that may at first make no sense to the conscious mind, but make perfect sense to our unconscious self because, it is in fact our deep self that is trying to tell us something while we dream. Deciphering a dream's metaphorical terminology becomes a vital tool when sleep stories turn to nightmares, especially with young children. According to the Institute for Trauma and Loss in Children's director Caelan Kuban, "Nightmares are typically more common in children than adults. One in every four children experience at least one nightmare per week and as many as 50% of these children have nightmares significant enough in frequency and intensity to cause parents concern."

In an effort to make a difference to children who are experiencing nightmares here are three steps you can use to help them establish a feeling of safety at the sensory level:

Step One

Allow the person to explore the content of their dream while helping them maintain a sense of control.

Step Two

Replacing negative images with positive imagery produces feelings of control and safety. Instead of a child feeling "trapped" in their nightmare, we can ask them to be the creator of their own dream

Step Three

Participating in activities where verbal communication is not required, like working with horses or drawing, helps to trigger the sensory memories. The additional movement of the activity holds the child at the sensory level while allowing them to physically and visually experience the restructuring of their ideal nightmare.

For additional information on this topic go to the Ananda Ranch Blog:
<http://anandaranch.wordpress.com>

Bereaved Parents Awareness

Coping with loss

When people tell you, "Maybe if you hadn't..." "You should have..." "Maybe if you had..." they are simply making statements that are accusatory and blaming. They are based on the belief that you are perfect and should never make mistakes or that you should be in control of everyone and everything around you. When parents are faced with the loss of a child the pain is part of their everyday life, offering to share and be witness to their grief can often be very meaningful and healing. Here are seven DO's and DON'T's when supporting parents of loss.

One

DO allow them to express as much grief and unhappiness as they are able and are willing to share with you.

Two

DO let them to talk about their loss as much and as often as they want to. By talking about the pain that resides in us, we start to gain perspective and acceptance about the loss we have experienced. If we are not allowed to express the feelings that are gnawing at our heart, regardless of how many tears they produce, then we are in greater danger of drowning in our own sorry.

Three

DO be available to listen, to run errands, to help with the other children, or whatever else seems needed at the time.

Four

DON'T avoid mentioning their loss or the child's name out of fear of reminding them of their pain (they haven't forgotten it!).

Five

DON'T change the subject when they mention their dead child.

Six

DON'T tell them what they should feel or do.

Seven

DON'T avoid the bereaved parents because you are uncomfortable (being avoided by friends adds pain to an already painful experience.)

List provided by the [Bereaved Parents of the USA](#)



Horses Make Good Medicine

Horses Keep Us Grounded

When we interact with horses we are engaged in the ritual of life with nature. With grace and delicate movement, they can teach us how to dance through time as they have done.

"When we think about our lucky life, it's lucky because we step into the horse's world."

-Olympic eventing rider David O'Connor

Horses Demonstrate by Example How to Live in Harmony

In a herd of horses, there is a lead mare and a lead stallion that keep the herd safely moving along their journey. Although horse herds have a pecking order, every individual horse is a vital entity to the herd as a whole, each as important as the next and equally accepted into the group.

"People may judge you on your appearance and all your material trappings...Horses hold you accountable only for what lies in your heart."

- Dr. Rallie McAllister

Horses Lend Us Their Power

Whether it's a physically challenged child riding or an emotional mother grieving with a horse over a lost loved one, horses are always gracious with the gifts they give us.

"It takes a bit of basic courage to ride beyond the status quo, but with each stride, the view along that road becomes more and more exquisite."

- Leslie Desmond



Social Wellness

Experts have found, what makes us happy is not linked to material gain, or cultural prestige, but rather the key to true happiness is found in one word - *acceptance*.

Humans, like horses, are herd animals. We thrive in an environment where we are loved, nurtured and unconditionally accepted. If separated from our "herd," we fall prey to the dangers of the world. Relationships with family, friends and loved ones take work, lots of work, but the rewards are far greater than anything money or status can buy.

Family provides identity, where we came from, why we think, act, and look the way we do. Our family, no matter how the combination might play out, is there for us when others fall short.

Friends confirm our behaviors. A true friend will tell you what they really think, even when the content is not soothing to our ears. We can judge ourselves by the company we keep. If our friendships are loyal and kind then we are projecting those same values to the world around us; however, remember the same is true for bad friendships. When we surround ourselves with people that are neither good to us nor for us, we will find ourselves acting as they do. The old saying is "misery loves company," that is to say, associate with unhappy people and you will find yourself unhappy, spend time with those

that have a laugh on their lips and your face will hurt from smiling.

Loved ones bring balance to our lives. It is often said that, "opposites attract." However if we think of our companion as being our opposite, the concept sets them as a direct opposition to ourselves. Instead, think of them as your parallel self; that aspect of yourself that encompasses more of a reflection to the qualities we may not hold as strong or desire to express. We see ourselves in them, but are distinctly different in one way or another, thus balance is achieved when brought together.

Remember in every herd, whether it is horses or humans, everyone has their place and it takes all the members to make up the group.

Words of Wisdom

"I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive. Life is without meaning. You bring the meaning to it. The meaning of life is whatever you ascribe it to be. Being alive is the meaning."

- Joseph Campbell

So bring meaning to your life and love everyone you hold dear, for as Sophocles said, "One word frees us of all the weight and pain in life. That word is love."



The best things in life must come by effort from within, not by gifts from the outside.

- Fred Corson



Quarterly Quote

The great use of life is to spend it for something that outlasts it.

– William James

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Upcoming Events

July

July 29th Family Night

6:30p to 9:30p

Bring the whole family out for a night of community, horses, and laughter. *Activities are open to everyone regardless of age, prior horse experience, and/or physical disabilities.* Potluck dinner, bring your favorite dish or dessert and we'll supply the rest.

August

Aug. 20th Horse/Tack Wash

10:00 – 12:00

Time to get dirty so the horses and their equipment can be clean. Please join in the fun as we spend time with our equine friends learning the proper techniques in cleaning and caring for both the horses and their equipment.

September

Sept. 3rd Day at Ananda

10:00 – 12:00

Come and spend time playing with friends and horses as we explore and experience the different ways toward becoming more resilient.

October

Oct. 1st Day at Ananda

10:00 – 12:00

Celebrating Women's Friendship – bring a friend and win a prize.

Ananda Ranch

Where Horses Heal the Scars Time Can't Take Away

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