A little bit about my stay at the Gateway Ranch: Horse Human Connection. My name is Jasmin Valencia I am currently embarking on a round trip Journey in the direction of my heart. My intention for my travels is to continue healing, learn alternative modalities to healing with the mind, body, gut connection, and experience different customs/cultures/ways of living.

When it began I really had no idea what to expect, although I had an interest and desire to learn. I was at Gateway ranch on a work trade. We worked out a structured schedule including how many hours a week I would work in exchange of being a student/mentee in Equine assisted practices, yoga, and living in this amazing cobb house.

Equine Assisted Practices EAP has a lot to learn and a lot to master in this field. I feel so grateful and blessed to have assisted and helped facilitate some of the sessions. The feedback and testimonials from the individuals that participate in this practice was phenomenal. It really brings joy and warmth to my heart to have been part of that.

In the 30 days I spent there, I really felt like I connected deeply with Ishe and the animals on this beautiful property. The horses were all so welcoming and loving. However there was one in particular that stole my heart. Her name is Sipc. I feel blessed to have met her. Our time together was meaningful. *All the horses there had something to teach me and I carry that with me every day. We shared a lot of special moments and they definitely helped bring into light things that I had stored away and struggled with emotionally.*

There were times that it became challenging and overwhelming for me during my time there. There was labor for the work trade, which left me tired some days, and I enjoyed it at the same time. It was a great opportunity to find the balance between self-care and grounding in the ranch work and teachings in EAP.

Through these times it was such a great opportunity for growth and healing in my emotional, spiritual, and physical health. I learned so much about myself and shared a lot of special moments with Ishe. It really permitted me to watch my reactions and emotions and realize the patterns and past behaviors that no longer served me, and that and that it was time to let go of those. I have Ishe to thank for being part of this process and growth. I feel honored and grateful to have formed an amazing friendship with ishe and have experienced all that I did in my short month there.