

September 11, 2009

[Support Yourself with a Life Coach who knows her horses!](#)

The best way I can think of supporting yourself is to surround yourself with people who support you. It is the mark of a truly professional horsecare professional who allows the client the power of her own dreams.

Cindy McGinley at [Black Horse Consulting](#) is such a woman.

She is a long-time horsewoman with more than 25 years experience with horses. She is a horsetrainer and teacher who graduated *cum laude* in Equine Science from Morrisville Agricultural & Technical College at Morrisville, NY. So she can definitely relate to the precarious balancing act of so often entailed in a horse person's life.

When I began working with her earlier this year I was in a very difficult spot in my life. My finances were in ruins, I was depressed and my horses were suffering from mystery maladies. I set some goals with Cindy that included exercising my horses on a regular basis, spending quality time with them, meeting horseback riding friends, stabilizing my financial situation and ultimately, moving to California.

One by one we worked on my goals, with what Cindy called "baby steps." I felt very supported emotionally as well as spiritually (Cindy is a "Shamanic Life Coach." Shamanism, or the way of the Shaman, is a spiritual practice using journeys to non-ordinary reality to gain information for healing," according to Cindy.)

The process of being held accountable to my dreams wasn't always easy. But within weeks my new life started taking shape.

Many people formed the support network that gave birth to this new life: My family, my friends and of course God. But by calling Cindy and committing myself to the process of moving forward, I supported myself in a way for which I will be forever grateful.

I am happy to announce that ALL of the goals I initially set with Cindy have been met!

In fact, I am writing this post from my new ranch home in California :)

If you think you are ready for transformation (just be forewarned -- this is not for the faint of heart) do yourself a favor and and contact [Cindy McGinley](#) at Black Horse Consulting.



Cindy McGinley

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June 19, 2009

[BEFORE YOU GO FOR THE ANTIBIOTICS, TRY AN HERBAL TEA](#)

You probably already know that anti-biotics can wreak havoc with a horse's gut flora. I knew that and I *still* gave my horse a 5-day dose of anti-biotics. Why did I do that?