NAVAJO HORSE HEALING PROJECT COMES TO OLD FRIENDS AT CABIN CREEK

Edited Press Release

Greenfield Center, NY — Old Friends at Cabin Creek, a retired thoroughbred racehorse sanctuary, will host the Navajo Horse Healing Project at the farm on Saturday, Sept. 6, 2014 starting promptly at noon. The 14 thoroughbreds at Cabin Creek will receive the traditional Navajo blessing, which will be performed by traditional practitioners of Navajo ceremonies, Harrison Jim Sr. and Gino Antonio. The event is open to the public and a donation is suggested.

On their website, Jim Sr. and Antonio state, "Navajo (Dine) people, who still revere the ancient teachings of their culture, believe in the horses’ ability to help us heal both physically and emotionally. This belief has been applied in recent years through the increased use of horses in therapeutic rehabilitation programs. Unfortunately, horses absorb the negative emotions and energy of people they come in contact with. Therefore, the purpose of a horse blessing ceremony is to nullify the negative energy the horses carry."

JoAnn Pepper, owner of Old Friends at Cabin Creek who has been caring for horses for many years, states, "I’ve seen firsthand the rigorous training imposed on thoroughbreds and the various styles used by trainers. Some horses handle it well but not all. We are thrilled to have this healing ceremony for our cherished champions here at Cabin Creek."

The horse blessing ceremony opens with the Navajo creation story of the horse and explains why the horse is so sacred to their culture. Attendees will be invited to gather greens from the environment to mix with medicinal herbs collected by the medicine men, and then hot coals will be added to create a moist, fragrant smoke. This is called "smudge" and is offered to the horses as ancient songs are sung. Participants may witness negative and unhealthy energy leaving the horses’ bodies, as they sigh, yawn and even roll on the ground. According to the Navajo Horse Healing Project website, these are classic signs of negative energy leaving the horses and are followed by inner peace.

Old Friends at Cabin Creek, located at 483 Sand Hill Rd. Greenfield Center, NY 12833, has been in operation since 2009 and is a 501© (3) non-profit organization. It is currently a forever home to 14 retired thoroughbred racehorses, including Thunder Rumble, Will’s Way, Behrens and Zippy Chippy. Guests should plan to arrive 20 minutes early, and lawn chairs are welcome. For more information, please call JoAnn Pepper at 518-696-2377.

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