

# SAFAYA SALTER



MINDBODYWISDOM  
&  
HEART-BASED HORSEMANSHIP  
COURSES & EVENTS  
FOR 2021

WELCOME  
TO OUR NEW  
NEWSLETTER  
NOVEMBER  
2020

[www.mindbodywisdom.co.uk](http://www.mindbodywisdom.co.uk)



DEAR FRIENDS

While Lockdown has shut a few doors to all of us so many others have opened. I am delighted to have been instrumental in forming a group of wonderful people who have shared in our free meditation Zooms, (thank goodness for Zoom), and those who have taken part in the BRAND NEW – OPENING TO AWARENESS ONLINE COURSES I've been writing.

While we were permitted we have enjoyed two great ANIMAL COMMUNICATION Courses in person, as well as online and in person practice sessions for students new and old - hosted by Emma - see below.

MONTHLY MEDITATION GROUP on Zoom, where we focus on gathering the group energy to send support and healing to others and areas on the planet where there is suffering. This group started as a weekly group which in itself was very healing and supportive, particularly for those experiencing lockdown while living alone. It was wonderful to witness the unifying effect it had on all the lovely souls who joined us from places far and wide including Norway, France, Italy, the Netherlands, Germany as well as the UK. The group will now be continued monthly and will have a fresh feel as we spread ideas ever further.

It was from this point that I wrote the first course in the series and which was so well received that it spawned the second course, the subject of which was touched on in the first one as you will see further down.

If you're interested in joining us either in person or virtually and need to know more, scroll down for rave reviews from this and the following courses.

We start in the New Year with the first course in the series

OPEN TO THE MAGICAL YOU Read on for more details on that.



## OPEN TO THE MAGICAL YOU

This is the first online course and is based on the spring retreats I have offered in person at the beautiful Trefacwn venue in Pembrokeshire in the past. This year it wasn't possible to run this in the normal way so, while we couldn't provide the landscape and the sea that we've previously enjoyed, we converted to online with all assignments being responded to personally by me via email and virtual course meetings. The beauty of this is that we could take our time and expand over several weeks instead of the usual few days.

It's been a huge success and has led to the next and follow up course. Here is some of the feedback:

**From Auriane** *"I realize just how powerful it was in changing for the better my mood and mental state but the main thing is that I realized how I could use it alone."*

**From Laura** *"I found learning new techniques and working in depth with some I had used in the past both interesting and inspiring. All of the exercises have invited me to go deeper into myself, to be honest about what I want (or I don't want) and being able to share our experiences with the group during the Zoom meetings was awesome."*

**From Steff** *"The content and assignments took me to places within myself, in a way that I've never done before. They were worded in ways that were just enough to guide me in the right direction but left me to freely explore and express feelings and behaviours, some of which I had not seen the 'light' of consciousness. You really made me work!"*

**From Sarah-Jane** *"The course has been great, given me time to self-reflect and shown me areas where I would like to pay attention to."*

*From Øydis "Also the week on boundaries was very "awakening", it's not something I have been very conscious about. So more work on boundaries in a course or other at some point would be great."*



So what did I do? – Here is the course on BOUNDARIES which, as it transpired, was what everyone else wanted next as well!

## BOUNDARIES

This was requested by the students of the first course from a trigger they all reacted to, and which proved very interesting, useful and revealing for everyone for many reasons. Providing a safe place to look at our insecurities and perceived barriers, shields and **boundaries** was invaluable for the next stage - an in-depth look at what we'd like to expand into and how that may be achieved.

The two courses above lead perfectly to the long-awaited –

### TEN COMMANDMENTS FROM THE WELSH PONIES

Meanwhile some feedback from this course running now which makes it all so very worthwhile for me too.

*From Laura "When I think of you and how you inspire us in this group, during this course, I can easily say that there's no truer leader and I hope your satisfaction and contentment are indeed profound. But there's a sentence I love even more: "Being in service is akin to being in a state of divine grace". Now, there's a beautiful description of you, I would say!"*





## TEN COMMANDMENTS FROM THE WELSH PONIES

Now in progress with the first group and **we are taking bookings** for the next run of the course which will start in the **January 2021**

For details and a Booking Form see below

***Please note that this course is totally non-denominational!***

There is an amusing story about how it came by this name and while some of you know the story behind this for others it will be new.

If you'd like to explore this then it's advisable, though not compulsory, to start with

### OPEN TO THE MAGICAL YOU

As you have seen it will enable you to set sail on a great adventure finding out more about who you are and how to harness the positive and dispel the negative while enjoying the present. The TEN COMMANDMENTS course will encourage you to spread your wings with these tools.

***I feel it's especially valuable for these times as we will need to make important decisions for ourselves regarding health and sustainability which may be very different from those to which we've previously subscribed.***

***Having faith in our own judgement will be testing but vital.***

The culmination of the first two courses prepare you to take this one as you'll be armed with wonderfully easy to use tools to keep you on top form emotionally as well as energetically for the next phase of your life whatever that might be.

As with the other two courses you will receive my personal written responses to all your assignments and wherever possible in person Zoom sessions to discuss questions and answers within the group.

Any enquiries then don't hesitate to ask – here is my new email address

[inspire@safayasalter.com](mailto:inspire@safayasalter.com)

While this year has offered many challenges I have also been blessed with new help from the lovely Emma who has taken over the admin and coordination work to give me more time and peace to write new courses and meditations.



Emma



Safaya

When booking for courses, joining groups or if you have a question about technical online issues please ask Emma. If you need private advice about suitability of courses and material for you then please ask Safaya

Booking forms for all courses are available and if you're new to this work then please start with OPEN TO THE MAGICAL YOU.

As we continue into Christmas and the festive season, however you celebrate it, we'll be offering

FREE MONTHLY MEDITATION GROUPS  
*(with a difference this time)*

STARTING DECEMBER 2020

COURSES FOR NEXT YEAR AS ABOVE

I'm also open to be hosted for weekend courses on  
HEART-BASED HORSEMANSHIP  
ANIMAL COMMUNICATION  
Workshops & Retreats

If you have any questions  
please email either Safaya  
[inspire@safayasalter.com](mailto:inspire@safayasalter.com)



Or  
Emma  
[emmieb2505@aol.com](mailto:emmieb2505@aol.com)