

Riding From The Heart: Sheryl Lynde's Inspiring Journey of Healing and Empowerment Through Horses

In her captivating memoir, *Riding From The Heart*, Sheryl Lynde shares her extraordinary journey of healing and empowerment through her profound connection with horses. Lynde's story is a testament to the transformative power of animals and their ability to facilitate profound personal growth and transformation.



Riding from the Heart by Sheryl Lynde

★★★★☆ 4.7 out of 5

Language : English

File size : 2667 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 74 pages



A Journey of Healing

Lynde's journey began after a series of traumatic events that left her feeling broken and lost. She had experienced sexual assault, divorce, and the loss of her beloved mother. Struggling to cope with the emotional scars of her past, Lynde turned to horses in a desperate search for healing.

At first, Lynde approached her interactions with horses with trepidation. However, as she spent more time with these majestic animals, she began

to realize their incredible capacity for empathy and intuition. Through her connection with horses, Lynde gradually began to heal her emotional wounds and rebuild her shattered sense of self.

Empowerment Through Horses

In addition to healing her emotional wounds, horses also played a pivotal role in empowering Lynde. Through riding and working with horses, Lynde discovered her inner strength and resilience. She learned how to set boundaries, trust her instincts, and take risks.

Horses also taught Lynde the importance of self-care and compassion. By observing the way horses cared for themselves and each other, Lynde gained insights into her own needs and learned to prioritize her well-being.

Transforming Insights

Throughout her journey, Lynde gained numerous insights that have shaped her perspective on life and healing. Some of the key insights she shares in *Riding From The Heart* include:

- **The power of presence:** Horses have an innate ability to be fully present in the moment. By connecting with horses, Lynde learned to let go of the past and embrace the present moment.
- **The importance of boundaries:** Horses are highly sensitive to boundaries and respect those who set clear limits. Through her interactions with horses, Lynde learned to set healthy boundaries in her own life.
- **The healing power of touch:** Horses have a calming and soothing effect on the human body. Lynde discovered that simply touching or

grooming a horse could help reduce stress and promote relaxation.

- **The need for self-compassion:** Horses are non-judgmental and accepting of who you are. By spending time with horses, Lynde learned to be more compassionate towards herself.

A Call to Action

Riding From The Heart is not only a personal memoir but also a call to action. Lynde's story inspires readers to seek out their own healing journeys and to embrace the transformative power of animals. She believes that horses have the ability to help us heal from trauma, empower ourselves, and live more fulfilling lives.

Whether you are struggling with past trauma, seeking personal growth, or simply looking for a deeper connection with the natural world, Lynde's story offers hope and inspiration. Her journey is a reminder that healing and empowerment are possible, and that horses can be our guides along the way.



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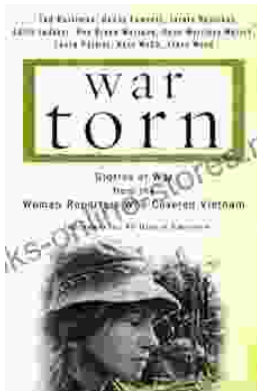
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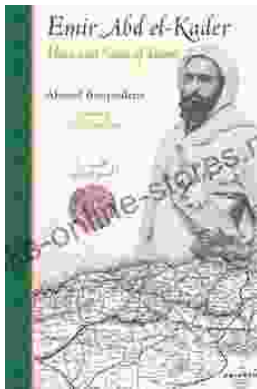
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