

MID LIFE CRISIS? NOT ME!

Over a weekend with Sun Tui, Mandi Worrall rekindled her passion for horses and helping people

I am a service wife and I work for The Resource and Initiative Training Department supplying specialist equipment for expeditions and phase one recruits. I have seen first hand the realities of military life including seeing many service men and women return from live theatre. I learned about the Dare to Live programme having read several articles about Sun Tui's Walking with the Wounded work. I became particularly interested in learning how horses can help with the effects of Post Traumatic Stress Disorder (PTSD).

I enrolled myself on a two day course in March 2014 not really knowing what exactly I was letting myself in for. I am a traditional horse woman of thirty five years. I knew this course would be different and honestly did not know whether it would be beneficial, but I wanted to know more. Sun Tui advised me to read two books by Linda Kohanov (*The Tao of Equus* and *Riding Between the Worlds*) before I attended and I am so glad that I followed her advice.

At an early age I watched a television programme about a teenage girl called Julia who was lucky enough to spend the summer holidays with her uncle on his Lippizaner stud farm. For many years I fell asleep at night only to dream I was Julia, that lucky girl who could ride so well and helped solve so many mysteries, saving stallions, mares and foals from unnatural situations and helping fellow humans overcome problems and prejudice.

I arrived at the IFEAL course venue

in Sussex early, in good military service tradition, and I soon realised I had no need to feel nervous or indeed out of my depth. Jenny Eichner, who works with Sun Tui, was on hand to make me and the other participants feel welcome, and we soon settled comfortably into the relaxed surroundings.

What I can only describe as an immense warmth and chilled out experience followed over the next two days. I personally experienced several revelations regarding my own life and experienced totally different, rewarding, interesting and spiritual happenings. These seemed perfectly natural. Somehow I knew I had these feelings inside me and finally I understood what has been missing and holding me back.

Sun Tui is a most inspirational woman. Using this holistic technique, Sun Tui's ability to coach from a distance yet be there for you all the time is astounding. Yet the real counsellors are the horses. They know more about you than you know about yourself!

Tears flowed freely over those two days, deep rooted issues were unleashed and shared and we made new equine friends.

I now plan to become an IFEAL equine facilitator in order to train and work with Sun Tui and the Dare to Live team. I want to help sailors, soldiers and airmen gain a release from PTSD symptoms. I



Mandi and two ponies who chose her

know there are many more service men and women suffering than are officially recognised as I see the reality, every day, as a serviceman's wife.

So now my hard work begins, but you know what? I get this! This is my Julia! It will take a little time but there are some horses and ponies out there waiting to find me. Two already chose me and my third lets me know how lucky I am to have rescued him.

I thought that I was living my life. I am amazed at how I have felt since I completed the course. Now I can really begin to Dare to Live thanks to Sun Tui, her methods and her happy, clever horses and ponies.

Dare to Live programme
www.ifeal.me 01342 850330