

# Inspire Your Heart

By Shawna Lichtenwalner



Over 200 years ago the poet William Wordsworth made the observation that humans are “out of tune” with nature and have “given our souls away”. In the frantic pace of the modern world we, too, find ourselves out of tune with the natural world, but how do we reconnect, how do we re-wild ourselves?

The Nokotas® living on the prairies of North Dakota have no such problem. Now under our protection, the large herd lives much as it would have when they were still fully wild. The rhythms of their lives are shaped more through their intricate social systems than through human intervention.

Because of this, they live on a different plane, at once a part of nature and acutely aware of it. They carry the wisdom of the herd, passed from generation to generation.

Standing among them one can sense the deep and pervasive calm, can feel the bond between land, horse, and human, uniting all three into an enfolding peace. Standing among them one can once again breathe deep.

Our horses carry ancient knowledge. Their lives have not been subdivided, as ours have, into a series of disconnected events—stall, arena, paddock, stall. They are not artificially separated from one another. The whole herd assists in the raising of the foals, with mares serving faithfully as Aunties and mentors to the young. The stallions learn from one another to find their place and their role, and indeed, sometimes they also learn to find their power.

The gift that the Nokota® gives to us is access to this tranquility buried deep within ourselves. Through them we feel once again the eternal bond with the natural world so often eclipsed in our workaday lives. It is in their hearts and in their eyes, and can be passed to us wherever we might find ourselves. You can connect with the herd through pre-scheduled herd tours, through the clinics and programs we offer, and even through your computer.

The gift that we can, and must, give to the Nokotas® in our turn is the stability of a protected future. It is up to us, to all of us, to ensure the ongoing financial support needed to allow them to live their lives unfettered. Please join us in this cause.