

A PMU Horse Constellation

By

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I studied Family Constellation Therapy with Francesca Mason Boring in California 2008, completing the training and beginning to integrate facilitating constellations in my work with horses, special needs children and a variety of other clients.

During the training my mare Jackie became ill with mastitis; her left teat was infected and had swollen out of proportion. Adding to the mastitis, her front and rear legs were compromised so she had trouble walking. Francesca (facilitator) offered to do a constellation to see if we could help Jackie.

Jackie is a rescue horse. I adopted her in 2005. Originally she came from a Premarin Ranch in Canada. She was taken in by a rescue organization called The Animal Farm in Southern California. As a PMU mare, Jackie was confined to a small stall and was impregnated year after year.

A bag was attached to her underbelly to collect urine. The urine was rendered into a pharmaceutical Hormone Replacement Therapy (H.R.T.) drug called Premarin (PREgnantMAresurINE), which is prescribed to menopausal women to offset the symptoms of menopause such as hot flashes.

When the mares give birth to their foals some foals are sold to private buyers, some kept back for replacement stock the rest are sold at horse auction. Most of the auctioned foals end up being sold to the meat buyers. The foals are then fattened and slaughtered, supporting a horse meat export industry serving France, Belgium and South East Asia where horse meat is part of the diet.

Ever since I have owned Jackie, she has continued to lactate although she is without foal.

For Jackie's constellation, Francesca asked me to choose someone in the group to represent Jackie and someone to represent myself.

I placed the woman to represent Jackie at one end of the room and placed a woman to represent me about 12 feet opposite Jackie.

The facilitator interviewed each representative. Jackie's representative commented on something that looked like a flash of red to her left side.

A woman was asked to stand beside Jackie to represent Jackie's lost foals.

Almost immediately Jackie's representative let out a heart rendering cry and the foal's representative

clung to her side, desperately rubbing her head against her mother's body.

Watching the movement and hearing Jackie's grief was incredibly emotional.

Some of the group had fallen asleep while others including myself cried along with Jackie.

The facilitator brought in a representative for 'a safe place for the foals to go to'. It was difficult for Jackie and the foals to separate but after some time and with gentle persuasion it became possible.

After the constellation it struck me that Jackie had not been able to complete the weaning cycle with any of her foals which could explain why she was lactating and had problems with her udder.

The constellation gave Jackie's grief at being separated from her foals an expressive movement.

The people in the room who witnessed this constellation were deeply affected. The mastitis resolved and I am milking Jackie, replicating a weaning process. However, I believe the healing power of the constellation also worked in ways that are less evident.

I know it deeply affected me and I was reminded of when I consulted an animal communicator (when I first adopted Jackie) and she said Jackie wants you to get the word out about PMU's.

Then there was the woman who represented Jackie in the constellation. She had the experience of losing her horses when she was a girl as her father sold it without telling her and she never got to say goodbye. In the constellation she was able to complete that movement.

Another participant was deeply moved and has become more interested in horses since then. Most of the group was unaware of the Premarin Industry and how the drug is produced; the constellation definitely served to inform the group in a specific way.

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My trip to Banff, Alberta, Canada:

Not very long after the completion of my training with Francesca, I received an email from her inviting me to join her three day Annual Constellation Retreat in Banff, Alberta, Canada.

I learned from Francesca there was a student in the group called Shannon, a horse person and therapist, who wanted to do a constellation regarding horse slaughter in Canada. Knowing that my work involved horses, Francesca hoped I would come to the intensive, meet Shannon and participate in the horse constellation.

At first I thought it seemed unlikely as finding responsible people to take care of my animals is difficult. But in considering the invitation, it seemed an important part of my education. Alberta is where most of the Premarin Ranches are located. Four of my own mares came from there. I realized it was

appropriate for me to go as a spokesperson for my mares and to raise awareness about Premarin. Not only does this industry exploit horses, it puts women's health at risk. In 2003 a survey revealed that Premarin use in woman can cause breast cancer and heart disease. (Affecting the heart chakra.)

Also I wanted to see how Francesca would facilitate a constellation addressing horse slaughter.

Landing at Calgary airport I was surprised to see a huge horse sculpture in the airport foyer. Banff is a beautiful town situated at the foot of the Rocky Mountains. I felt as if I was stepping into a Christmas card. The large snowy mountains and tall pine trees are captivating.

The first morning of class I found a seat among a group of thirty students. Shannon the woman I had been told to meet (not knowing who I was) sat next to me.

Rosina, another student, walked into class with a DVD called Cloud under her arm. (Cloud is a wonderful documentary about the life of a wild mustang stallion).

Rosina had recently begun to work with horses in a therapeutic way integrating her knowledge of Constellation work.

Francesca urged Shannon, Rosina and I to arrange a meeting in order to discuss the best way to present the horse constellation to the group as a community.

The three of us met for breakfast in the hotel restaurant.

The meeting was chaotic.

The waiter was having a bad day. Not only did he confuse our orders but each time one of us started speaking he interrupted us with questions.

Of the three of us, Shannon was the most organized. She had previously asked Francesca for a constellation regarding horse slaughter. Shannon had pages of notes and had consulted other professionals to help her formulate her intention. She shared with us a dream she'd had; she felt this dream was pertinent in some way to the constellation.

I told the other two that I was there to support the horses in any way I could, even if that meant being a silent witness.

Rosina talked about getting petitions out etc to raise awareness of the horses' plight. In the end, we decided that Shannon should do the horse constellation.

Just before the workshop began, Shannon, Rosina and I were invited to come to the head of the circle as a community in order to present the horses' constellation to the group.

I was worried. Based on our breakfast meeting I was not sure that we represented a "community".

Francesca assured me that it was OK and said it might actually help the constellation to have some variety within the community. And, there was the possibility that the “community” was actually the collective community of horses, and we were just providing their venue.

The time came when we were ready to do the horse constellation.

Horse Constellation:

Shannon, Sara and Rosina sit to the left of Francesca and address the room as a community. Each woman speaks of her intention for healing in regards to horses.

Shannon:

"I am concerned about horse slaughter in Canada. Since the USA banned horse slaughter and closed down the slaughter houses the situation has become worse for horses. Now they transport the horses to Mexico and Canada in an inhumane way. The horses are crammed into cattle trailers too small for them. They are not given rest, food or water during their journey.

When they arrive to the slaughter house the horses are very weak. They are shot with a captive bolt to their forehead, this is supposed to kill them but sometimes it doesn't and the horses suffer as they go through the slaughter process."

Sara:

"Who here knows about the hormonal replacement drug Premarin?" In a group of thirty, five raise their hands.

"Premarin comes from PRegnantMAresurINE hence the name. It is prescribed to menopausal women to alleviate the symptoms of menopause. It works well but can cause dire side effects like breast cancer or heart disease (heart chakra related diseases)."

The Premarin ranches are located here in Alberta. Hundreds of mares are kept in small stalls next to each other and are made pregnant year after year. The mares get very little exercise, about an hour a week and have bags hanging around their hind quarters in order to collect their urine. Each time the foals are born the ones that aren't sold to private buyers or kept back for replacement stock go to auction where they are mostly sold to the meat buyers. He or she then sells them to distributors in countries where they eat horse meat like France, Belgium and South East Asia."

Many of the horses used in the Premarin industry are draft horses, their size enables the ranches to get more urine and the drafts are easy to work with as they have a gentle nature. When the mares become infertile they too are taken to the horse auction.

There are two horse rescue groups in California that specifically are involved in rescuing PMU's. I have four PMU mares three ex brood mares and one PMU foal that I adopted through The Animal Farm. My mares work at a ranch I have called Silver Horse Healing Ranch, (www.silverhorse.org) located in Topanga California. At the ranch I educate people about the nature of horses, promoting authentic relations between horses and humans.

Here in the western part of the world menopause is considered a disease and is treated like one by western medicine.

Women transitioning into crone-hood need reminding of what an empowering time this is for them. We need a new consciousness around menopause so that women can make informed decisions regarding their health that doesn't involve supporting an exploitive industry such as Premarin. There are alternatives available for women for menopausal symptoms like Dr Shultz's herbal remedy, Female Balance, and a 'bio- identical plant hormone derivative."

https://web2.herbdoc.com/index.php?option=com_content&task=view&id=17&Itemid=38

The third person on stage to speak is Rosina who gives a summary on an equine therapy practice that she is developing in Calgary, Alberta, using her knowledge of constellation work combining this with help of the horses.

Francesca (facilitator) then asks everyone in the group to get quiet and into their bodies. She asks those in the group who feel called upon to stand as a representative for a horse to do so. Slowly people begin to stand. The energy of the horses fills the room, their presence is palpable.

The facilitator instructs the horse representatives to follow the movement in their bodies. Some of the horses move around nervously seemingly trying to find relief. One horse moves outside of the circle and watches the group from beyond.

Some shake and bow their heads as they move around with bright eyes. Some horses stand alone, heads hung, others find joy in each other's company rubbing their heads and necks against each other.

Facilitator approaches each horse representative and asks them 'how do you feel and what do you notice'? She begins with the horse standing outside of the circle.

Horse #1 (Heidi): "I see everything from here, I am comfortable in my position"

(This horse feels at ease and has a calm look on her face. The representative feels as though she is part of the greater collective consciousness of horses.)

Horse #2: "I am sensitive and skittish, I have excessive energy. I can read things, people, the land, it's OK with me. I am sensing environmental doom and slaughter; I know more than I would care to know."

(This horse paces the room restlessly.)

Horse # 3: "I am bearing the grief of a 14 year old girl whose mother has cancer. I am working on burying the grief". (This horse stands still and hangs her head.)

Horse #4: "I am full of energy, I have to get out of the corral, and I feel imprisoned. I watch the outside world from here; I long to be free".

Horse #5: (Identifies herself as a black stallion) "I have to keep moving, I feel sadness at the madness of my tribe. I have to preserve myself"

Horse #6: "I am strong steady and young I am willing and do what's asked of me".
(This horse looks content and self secure.)

Horse #7: "I am tired and weary. I like to hear the sound of my feet on the ground. (She stomps slowly and deliberately). I'm aware of the restlessness among the others. I am so weary."

Horse # 8: (Stands motionless.) "I am a mature horse. The others could use my support and I am available to the horses that need me".

Horse #9: (Stands still and tense.) "I am totally helpless. They are slaughtering my children and there's nothing I can do!" (This horse is visibly upset and frustrated.)

Facilitator picks someone to lie down in front of this horse to represent a slaughtered foal. (**Horse #10**)

Horse # 2 is limping: "I'm dying, I'm injured and I can't sit still, I have to go now".

Facilitator picks **three people to stand for the 'horse market:**

- #1. **Premarin rancher.**
- #2. **Meat Buyer**
- #3. **Meat byproduct manufacturer**

The horses form a semi circle facing the Horse Markets.

Horse #7: (Stomps slowly and loudly on the ground) "I am on alert. This one, (she points to the Premarin rancher) I have served them well." (She moves slowly and awkwardly towards the rancher and rests her head on the ranchers shoulder.)

Premarin Rancher: "I am a little emotional. I am not the one killing these horses. There's a market for them." (Rancher turns to look at the mare leaning in her shoulder.) "I have coldness towards this mare".

Horse #2: (Injured comes forward and faces the meat buyer.) "They are sending me to the meat market. My hip hurts, I am sick and wounded. I gave too much. I give up, I go; I'm done!" (She lies down in front of the Meat Marketer.)

Meat Marketer: (Representative states that she feels as though she is the one who slaughters the horses.) "I feel heavy so uncomfortably grounded. I have a rising pain in my legs, pain in my spine and in my heart chakra. I'm extremely tense and I have a headache."

(She has trouble standing up straight.)

"I'm not suitable for this execution. It does not work with my beliefs; I am doing it just to survive."

(She is unable to meet the eyes of the injured horse who lies still in front of her.)

Meat By-Product Marketer: "I am hot in my legs and arms. I have a tingle in my chest. I see that I don't have to get the by-products from horses." (This Marketer holds least resistance and moves from his position.)

Facilitator visits each horse again and checks in with them.

Horse # 3 (Grieving): "I feel burnt but strong, I'm only 12; I have a lot of life in me. I carry this girl's pain.

I wait for her to come and ride me (smiles) I love this girl very much."

Horse #5: "I am a very powerful black stallion." (He paws the ground proudly with his front leg). I don't feel anger towards that." (Points to the horse markets) I want to come awake again and speak to you (humans). When I am awake I tune in to all the horses wherever they are. Use our power well. Hear us. We are waking up!"

Horse #9 (Visibly Angry): "I am not asleep! I would love to kick the shit out of anything to do with this! I want to hurt someone!"

Horse #11 (Foal): "I feel reborn. I feel like a guide. I am learning from the elders what life is about. Feel confused with this life and what's going on. Feel like a crazy horse!"

Horse #4: (This horse has left the circle and is grazing under the mountains.) "I feel comfortable; I don't have to run away. I like being alone out here. I want to be of service but need to be approached in a certain way".

Facilitator picks three people to represent '**People who need horses for healing or teaching**'. They stand together on the edge of the circle looking in at the horses.

Horses #6 and #10 flirt with each other. Occasionally they look over to Heidi, Horse #1 who still stands outside of the circle. They exchange smiles with her.

Horse # 7 (Weary, is still standing very close to the Premarin Rancher.): "Relationship with women is

important. It's been a real honor. Something we were willing to do. She (points to Premarin Rancher) feels part of my herd."

Horse #5 (Black Stallion): "This feels like a good service." (Points to the three women who represent 'People who need horses for Healing'.)

Facilitator is urged by a witness to add Earth as a representative to the circle. **Grandmother Earth** is placed and stands central in the constellation.

#3 Healer goes to stand hand in hand with Grandmother Earth. The foal joins them and is hugged and welcomed by healer #3.

Premarin Rancher: "I acknowledge this one." (Pointing to the mare leaning against her) "She can go to join the healers and it might be a win- win situation. They can buy her from me, that way my business will be supported". Premarin Rancher says to the mare: "Go where you're needed." As the mare leaves her the Premarin Rancher adds "I'm emotionally drawn I'm trying not to be".

Facilitator brings in two women, to represent **Premarin Users**. They stand on at the edge of the circle alongside the Meat Buyer and Premarin Rancher.

(One of the representatives mentions later that she felt the presence of a horse spirit as she sat watching the constellation. The horse seemed to give her support and rested her head upon her shoulder.)

Horse # 5 (Black Stallion): "I am mad at these women." (Points to the two Premarin users.) "She needs to educate them." (Indicating Healer # 1)

Healer #1: "I felt uncomfortable (points to Black Stallion) this one called me over. There's a learning and a trust. I hear stuff, impatience and unrest. I am sensitive too."

Healer #2 (Standing next to Grandmother Earth.) "I feel grounded. I am hearing things behind me." (She becomes aware of The Weary PMU Mare and the foal who have now joined together.)

Horse # 7 (Weary PMU mare): "This little one is learning. I can help this little one. I have to show this little colt the world. (She takes the hand of the foal and leads her around the circle.)

Premarin Consumer #2: (Stands overwhelmed by the situation in front of her. (Hands over her eyes.)

"I cannot see!" (Hands over her ears.) "I will not hear! My heart is pounding!"

Premarin Consumer #1: "I'm seeing this for the first time. I did not know!"

Premarin Rancher: "I like these ones that don't know." (Points to Consumer #1.) "I want to turn her around so she cannot see".

Facilitator brings in "Educator for **alternative Hormone Therapy for women**".

Premarin Consumer #1: (Walks over to stand next to Alternative Hormone Therapy.)

Premarin Consumer #2: "I can't open my eyes. I don't want to look! I'm terrified. If I look I might be called to take action. I can look to 'Alternatives'". (Turns to face Alternatives to Hormone Therapy.) "Looking towards Alternatives I am less panicked and can take in information from the Premarin Rancher and the Meat Marketer. I feel overwhelmed with grief at the recognition of my 'blind and deaf' complicity - I have an overwhelming sense of forgiveness from the Horse Spirit for my complicity in their suffering."

Premarin Rancher: "I'm hoping the women (points to Premarin Consumers) will be too busy to listen to Alternatives".

Meat Slaughterer: "I couldn't look this horse in the eyes. (Looks down at wounded horse) I suffer. I want to stand over there."

Meat Buyer: (Moves to stand with Alternatives.) "All of the pains I felt in my body have gone now as I stand next to Alternatives."

Healer #1: (Moves to stand next to Alternatives.) "I feel guilt and gratitude. My time spent with Grandmother Earth helped me get stable." Later she says "I feel I am a woman who has used Premarin in the past. I have gone to horses for help"

Horse #11 (Foal): "It's a learning process. I realize I have many options. (Smiling and prancing) It's my life and my choice!"

Horse #6: "I've enjoyed my life. I am well cared for. I haven't noticed this" (Points to the others in the group)

Horse #1 (Greater Horse Consciousness): "All is good!"

Angry Horse #9: "I am saved." Horse is holding hands with Healer standing next to her. There are people I want to take for a ride. She (healer) absolutely gets the first ride! I'll show her how smooth we can be together."

Wise Old Horse #8: "I understand. There is a way to connect".

Horse #5 (Black Stallion): "I have power and strength to share. I've been asleep. I'm becoming aware. She helps me (looks at healer next to her) to wake up and I help her to wake up".

Horse # 3 (Grieving Horse): "I love my owner; I look for her"

Alternatives: "So much potential here. I am built from pain. My focus is on potential."

Horse #4: "I feel at ease, I'm amongst the snow, mountains and trees. I have no wish to participate. I just watch."

Premarin User #1: "I can learn to make other choices".

Meat Buyer: "I realize I can choose. I am grateful for the knowledge from the horses I will use it for good purposes."

Healer: "I am grateful and I want to express respect to the horses and say Thank you!"

Horse #7 (Weary Horse): "My contribution is not to be misused. It's for the children, my children and for humanity. That one (points to Premarin rancher) needs to know that." "There is no shame you actually contributed in a bigger way. Taking the young one around helped me. Our job is to recognize the youth. The youths are very significant."

Healer (Standing next to Earth): "Grandmother Earth provides for us. We don't need to take from her anymore."

Grandmother Earth: "It feels so good (smiling and glowing) Good spirits are with us! Tribal forces have calmed down now and good spirits are among them. We need to keep on dancing it's the cycle of life we need to dance!"

Man walks into the circle and approaches Grandmother Earth: "I am **Honor**. And I honor you. I honor the horses honor each other!"

Horse #2 (Wounded Horse): "I can see I had lots of energy and power. I tried to convey my knowing to humans. I got sick and injured. I focused on Grandmother Earth and the mountains behind us. I trust that the creator will make it happen; we will see that we are all one. I'm healed by the earth, water and the mountains. I'm at peace".

Reflections:

On reflection of this constellation I recognized three horses that belong to me.

The angry horse reminded me of my mare Jackie. His intensity matched her energy. The anger caused at the slaughter of her foals resonated. As was demonstrated in the constellation we did for Jackie earlier she held a lot of emotion in regards to her missing foals.

When the "angry" horse took the hand of the healer and claimed 'I'm saved' and promised that this one would get the first ride. It reminded me of my relationship with Jackie. When I first got Jackie she was green. (Never been ridden). I 'started' (I prefer this word to 'broke') her and was the first one to ride her. Our rides together are special. I ride Jackie with a bareback pad and a rope halter. I have never used any uncomfortable riding equipment with her like bits or spurs. On the trail we communicate telepathically, our rides are easy and fun.

The weary horse that stomped her feet slowly on the ground reminds me of my mare Laydee Lucille La Don. She had served as a Premarin mare for fifteen years until she became infertile. She was about to be sold to the meat marketer when I adopted her and had her transported to California from Alberta Canada. Laydee Lucille is an enormous Percheron draft. She is extremely gentle and loving.

After the rancher let her go to the healers the "weary horse" hooked up with the foal and was able to give the foal guidance about the world. The only horse of mine that I could put Laydee Lucille together with (all the other horses would not accept her) was my PMU filly Diva. Diva was a foal born at a Premarin Ranch that I adopted through the rescue site as a yearling. Diva looks similar to Laydee; she is the same breed and size but is black in color.

In the constellation the representative of the black Stallion recognized the Premarin industry and Premarin users. In the Premarin ranches they have stallions that impregnate the mares every year. It would make sense that the father of the slaughtered foals would have an awareness of what was happening. It occurred to me that perhaps the reason the stallion had been asleep was because of the pain he felt at the loss and treatment of the many foals he had sired.

The reaction of the Premarin users was interesting.

Premarin User #2 could not and did not want to face the reality behind the drug that she was using but eventually she was able to deal with "Alternatives".

The other representative (Premarin User #1) simply was unaware of the situation. When she became aware of what was happening she was ready to join Alternatives.

To me this means it is crucial to get this information out to women all over the world. (Since Premarin has become unpopular here it is being farmed out to third world countries.)

This information needs to be communicated in a non accusatory fashion to the woman using Premarin.

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