



Spring Farm CARES

ANIMAL & NATURE SANCTUARY

May 2026



A Tribute To Our Equines In The Year Of The Fire Horse

Your Generous Heart Surrounds Them With Love & Healing

Because of you, over the past 40 years, nearly 200 equines have called this farm home and have left a legacy of healing that continues to this day. Currently, 31 equines grace us with their presence. You see, it's not just that you rescued them and helped bring them to safety, but they are working their magic on the human hearts who come to meet them as well. You are a part of a big circle of healing.

Read on to learn more about the healing magic of horses and donkeys. Their level of sensitivity to humans, each other, and the earth itself is unparalleled. You can only imagine then when these gentle giants encounter trauma and abandonment that it affects them deeply. Yet they continue to offer a clear path to unconditional love and healing. This newsletter is dedicated to all of the equines who were lucky enough to have you by their side.



Brandy

We have experienced and witnessed their healing in so many ways. There are so many stories - many more probably than what we already know. Like the teenage girl who came on a tour and was instantly drawn to our horse Lizzie. Lizzie never was one to really want to socialize much with visitors, but she instantly came to her door and stuck her head out snuggling with the girl for over 20 minutes. It was so beautiful to watch. Only to later learn that the girl had just lost a parent in a tragic death. Lizzie understood her pain and grief and held her safe in comfort.

Another time one of our own staff, who was terminally ill, found such amazing peace in his final days by being with our horse Brandy. The comfort she brought to him was palpable to all who witnessed their interactions. She held him in her heart and wrapped him in her energy. No one but the two of them truly understood the depth of the gift she gave him. Yet we all could feel the unconditional love she poured into him, comforting him that all was going to be ok and that he was safe.

You have helped bring them back to health - physically, emotionally, spiritually - and now they carry that gift forward to all the human hearts who open themselves to what these animals are here to give. Their mission lives on.

They Would Not Be Here Without You

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The Healing Power of Equines



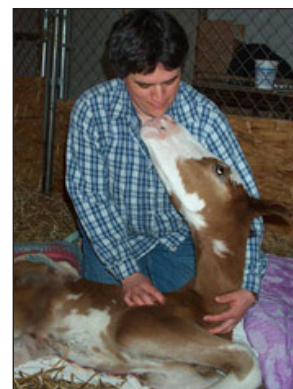
Horses and donkeys possess a powerful electromagnetic energy field, about 15-20 feet, originating largely from their heart, that is significantly stronger and larger than the human heart's 8-10 feet field. Interaction with horses' energy fields is associated with lower blood pressure, reduced anxiety, lowered cortisol (stress) levels, and increased feelings of peace.

Equines are highly sensitive to human emotions, acting as mirrors. They can sense a human's inner emotional state and react to their energy, often encouraging calmness and presence. When humans enter a horse's field, their own nervous system often shifts from stress into balance, matching the horse's calmer, lower heart rate. This energetic interaction is believed to be the reason why spending time with horses feels calming and therapeutic, a concept often used in equine therapy to help with anxiety and trauma.

It is for this reason that we are proud to partner with the Utica Center For Development Veteran's program. We watch as these horses and donkeys, like Cora pictured above, help these Veterans find peace and comfort. Your support helps keep this healing moving forward. Your care for the animals then passes along to many human hearts in need of love and caring. You cannot put a price tag on this depth of healing. It is truly remarkable.

Shawnee

Shawnee arrived at the farm in 2005 at just 12 hours old after his mother died giving birth to him. He was barely surviving and badly injured when he arrived. But as soon as he was surrounded by love and care, he began to thrive. Sadly, his injuries were so severe that it left him permanently lame. He has spent the rest of his life making the most of the chance you gave him. He has been an incredible friend to the elders of our horse herd and he has soaked up all of their wisdom. Shawnee was often misunderstood in his younger years as he could be difficult to handle. But as he found his own identity and truly stepped into his role here at the farm, he has become one of the first horses to greet visitors who are more timid around horses.



While he is a big guy, people tend to forget just how big he is as he is gently breathing nostril to nostril with his human visitors. His big generous heart reaches out and embraces theirs. Now Shawnee himself is becoming one of the elders. It is a role he takes very seriously and with great pride.



Over the past 21 years, Shawnee has exemplified our mission - to reconnect the human heart to animals and nature. Indeed, we birthed our mission from the horses who we had rescued. It actually is the mission of the horses themselves. When you give your support, you are not only bringing an animal out of darkness and into safety, but you also help heal their hearts so that they in turn can help heal the hearts of so many humans who come through looking for some peace and solace, that many didn't even know they were looking for when they walked in the door.

Shawnee has required special care and treatment all the years of his life. Your support enables him to live the wonderful life that he does. He sends his love, thanks, and a nose-to-nose kiss.

Murfee



In early 2016, you helped us say yes to taking in Mabel, a donkey in her 30's, who needed a safe place to live out the rest of her life. What we didn't know at the time was that Mabel was pregnant. In August, she gave birth to Murfee. While the birth went very well, Mabel ended up rejecting her new foal. She just didn't have it in her to raise yet another one. And who could blame her at her age! We tried to make up for the rejection that Murfee clearly felt, but it was a hard go for the youngster. A male donkey named Noah came to the rescue and adopted Murfee as his friend and beloved "uncle." It was Noah who really taught Murfee how to be a proper donkey gentleman. But Murfee was a rather difficult donkey to handle in spite of Noah's great mentoring. He always acted like he had a chip on his shoulder. He largely remained aloof. And it got worse when Noah passed away two years ago from cancer. It was another abandonment and loss that Murfee really took to heart.

But this past year, Murfee had a turnaround in his life. It was as if he suddenly found his purpose. We watched it unfold with a young man who came on a tour. One look at one another and the two bonded as if they were long lost pals who found one another again. Two hearts connecting in such a profound way. A chance meeting that impacted both of their lives. We have watched Murfee step into the truly magnificent being that he is. Sometimes we just need another heart to remind us of the beauty within ourselves.



Mia



You helped Mia and her friend Waylon find safety back in 2021. They were found emaciated and walking down the side of a road. Mia had busted through a fence to help get them out. Waylon was in worse shape and was near death. But Mia brought them out in the open and help arrived. Although both survived with specialized care, Waylon sadly passed away two years ago. Mia has ongoing health issues that require special medications and care and she mourned Waylon's loss greatly. It was as if she had lost her mission to live. She had always been a bit reserved, not really participating with visitors, choosing instead to huddle in the back of her stall.

But in the past year she has begun to re-find a new purpose, displaying depth of heart that is really amazing - especially in light of what she went through to save her friend Waylon and to stand by him to the end. She is really a strong spirit. She bonds and loves deeply. Her experience with humans nearly broke her. She had felt betrayed, and had little interest in forming new relationships. But, thanks to you, Mia's heart has not only started to heal, she has returned to her mission - that of helping others.

Mia has now been more eager to interact with her caretakers and visitors. She is finding a joy in connection again. And, in return, she is giving an enormous gift from her heart to the hearts of the humans who look to share with her.



This is what you have made possible. We cannot do this without you. Many thanks are sent your way each and every day - from the animals as well as all of us humans.



Come Visit Us For A Tour The Animals Are Waiting To Meet You!

We are open for individual and group tours year-round. Tours can be booked for either the Animal or Nature Sanctuary. Find out more at: www.springfarmcares.org/visit/animal-sanctuary/tours/

We look forward to seeing you!



Coming Soon!!!! New Events For 2026

Watch our Events page on our website for some exciting new events to be coming soon. You can also sign up for our email list at: www.springfarmcares.org/newsletter-signup/

Guided Meditation With The Horses - Dates to be announced soon - Join Dawn Hayman for an opportunity to spend an hour in connection with our horses. Meditations will be held in our barn, surrounded by the horses, with the opportunity to connect with these wonderful souls. Space will be limited.

Embracing Spirit On-Line Workshop with Dawn Hayman - Many of you have been asking for years for this. This workshop is conducted via Zoom and includes 4 - 90 minute sessions that will also be recorded. Dates will be announced for sessions later in the year. Sign up on our workshop page to be among the first to be notified. <https://www.springfarmcares.org/workshops-with-dawn-hayman/>

Nature Sanctuary workshops - Taught by our own naturalists on various topics that will be announced throughout the year.

Keep an eye on our Events Page at www.springfarmcares.org/events/



Ways You Can Help



Donate Securely On-Line: bit.ly/3TKtpO3

Become A Monthly Donor: bit.ly/3TKtpO3

Sponsor An Animal - \$100 for one Year: bit.ly/3DdHivI

Donate Items From Our Wish Lists: bit.ly/41IhuWQ

Please keep us in mind for your estate planning -
Let your legacy live on through the animals and nature.
<https://bit.ly/3RuaQ1v>