

# **When Crooked Teeth Go Straight**

## **Heart Speak**

**Poems shared by a miniature horse  
named 'Sunshine'**

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- Amy and her brave son Jenek who was willing to ride Sunshine for a first time.

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## Meet Sunshine and her message to you.....



*“The unexpected shift of crooked teeth correcting themselves is the perfect analogy for this writing. We can over time create a stagnant and blocked belief of our lives. As we reflect on this, it is easier to accept ‘this is what I have to live with’, or ‘this is what I have created, now deal with it’, or ‘it is too late to change’, or ‘my life is focused on surviving, there is no room to do what I want to do, or more so love to do’..... you get the drift. These are your crooked teeth!*

*When I first arrived into Michele’s life (Fall 2011), I had crooked teeth at the upper front of my mouth and my equine dentist Kristene said they would probably always be that way and we would just ensure the correct dental care was in place to keep an eye on these teeth. On a recent visit from Kristene*

*(April 2019), she was delighted and happily surprised that my teeth had gone straight. She didn’t expect that they would adjust that way.....thereby embracing the belief that anything is possible!”*

In 2011, our world was blessed with a miniature horse named Tango. She was part of an 18 horse rescue from Littleton NH, and all the horses were brought to Live and Let Live farm in Chichester NH to be evaluated and put up for adoption.

Our family's original plan was to find a miniature horse as a companion to Echoe, my long standing partner, a 21 year old Paint gelding. In our eyes, the perfect companion would be a 20-something year old miniature gelding horse. Now to find one! Two independent friends suggested Live and Let Live Farm. So, I went to visit one Sunday afternoon to look at their Mini's that were ready for adoption. What I didn't expect is what happened next! As I looked at all the Mini's, one in particular caught my eye. This mini had a flaxen mane and tail, and a thick winter coat. As I stood at the gate, I witnessed another horse come over to eat the hay, this Mini chose to gently move away and find another pile to eat from. I knew this was a great trait for a companion horse. I went to the office to enquire about this Mini and ask more questions about an adoption. They pulled the file and said "This is Tango, SHE is 15 months old", I responded that I was looking for an older gelding and I would go back to the paddock to take another look. As I stood at the gate a second time, Tango was directly in front of me and as if from nowhere a spotlight began to shine down on her. It was an incredible experience, and I knew in that moment Tango was coming home. As I had already been recommended to the Rescue by two friends, this helped in the adoption process of accepting me as a valid home for Tango.

My dear friend Sharon and I returned to the Rescue a week later to pick her up and finalise paperwork. She was so cute and little. She hopped on to the trailer with no issue and we began the drive home. We stopped after about 20 minutes to check on her – she was doing great so we continued our journey. She arrived before Echoe (as he was living at a different barn until finding a companion for him). She looked a little disheveled, with a thick overgrown winter coat. She was however, courageous and bold and when she got in to the paddock, she ran and bucked, and kicked and ran some more!! She showed her confident personality and was so much fun to watch as she stretched her little legs.

Once she was settled I drove out and returned with Echoe. We watched closely as the two horses met for the first time. Tango and Echoe bonded almost immediately, standing close together, and sharing hay. We were thrilled.

After a few days Echoe began to show some dominance and aggression towards her – she took it all in her stride and eventually after some deliberation as to whether this relationship was going to work, life in the paddock settled down and the two horses became inseparable.

In 2014, we moved to a new home in Milton NH, Echoe and Tango had a much larger area to roam around in and a solid structure for shelter. It was a beautiful home to settle in and we began to learn more about Tango. When our friend Sarah would play the drum out in the paddock, Tango loved the beat and would use her front feet to make sound on it. She loved to listen to the different beats. She enjoyed being brushed and fussed over, and treating her like a princess. She enjoyed the company of others, especially children and even had a couple of kids ride on her back. She was very social with other horses too and had no issues meeting and greeting horses 2-3 times her size!!

Every day I would go outside and clean the paddock, Tango always followed me around like my assistant. She loved to rub her body on the handles of the wheelbarrow. On this particular day she walked very deliberately up to where I was standing and said “It’s Sunshine”. She was asking for a name change – she was ready to shine. I shared with her that she could pick any name she wanted and from that day forward, she was referred to as Sunshine.

In January of 2017 I began to connect with Sunshine on a more intuitive level, and heard her beautiful voice for the first time. She was light hearted and brought joy to her communication. She had her own level of wisdom that she was choosing to share with others and her channeled writings began. Unlike Echoe’s Words of Wisdom – coming from an ancient knowing through an old soul; Sunshine wrote poetry which was reflective of the ever changing energies here on Earth, and the daily shifts happening around the world. She brought fun-filled, heart opening poetry that encompassed a deep message being delivered in an easy to experience format.





Here is what Sunshine shared with me:

*“I am ready now to share my words. I come as a new light-being filled only with love. I have spent my time until now learning how to be embodied, and my role here with other beings I share my life with. A few have come and gone and now I feel more settled and ready to combine my embodied life with the offerings that I choose to bring forth.” She called these offerings “Heart Speak”.*

“Why ‘Heart Speak’?” I asked her.

*“I share only the truth from a place of purity. I am guided only by a sense of belonging and connection through the heart – it is after all the center of our being and our place of kindness and giving as well as releasing and receiving. There is the current disconnect to Earth and Nature, so awareness and conscious connection to our hearts is key to share at this time of evolution.*

*I share through rhyme as this has a flow and brings opportunity to breathe. It balances well with the ancient words from my earth brother. Heart Love – Sunshine”*

Sunshine has always enjoyed the rhythm of the drum, and would put her nose on it to feel the vibration – she would also guide Sarah in the preferred beat!



## **The Uncovering and Blossoming – Seeing the natural beauty shine through!**



### **Welcome home Tango (aka Sunshine)!**

She showed heart and vibrancy, independence and confidence, from the very beginning.

She has blossomed into a very vibrant, expressive, fun loving, heartfelt being who brings laughter to every day as she runs around the paddock, tossing her head so her long flaxen mane blows in the breeze.

She is often seen bucking, kicking, rearing and fully expressing all of who she is. She can be hot headed, stubborn and is determined to be independent.

She has shown me a place within myself that is pure love; she has worked with me to connect to the earth, to stand in my own femininity and to be in my own truth.

She loves being who she is with no need to adapt or change for others – her incredible confidence shines through every day.



## **The Emergence – there is more!**

She has been ready to share her messages with me for a few months - Today, January 1, 2017, she has decided to emerge. Or perhaps I was ready to listen.



How do I know I am communicating with Sunshine rather than Echoe?

Echoe's words are very direct, clear and earthly; he comes from a loving and kind heart with a strong and determined message whenever I write with him. He seeks to show people the truth of who they are and uncover that feeling so they may experience it for themselves. He brings his ancient wisdom of thousands of years and his own highly developed spiritual self, into our current reality in order to guide us. (Echoe transitioned in October 2019. He continues to share his guidance, love and mentorship on a higher plane.)

Sunshine's words are very light and clear – her strong, resilience shines through openness and truth. Her messages are quietly spoken and flow with grace. Her writing brings sensory wisdom into the physical body. She teaches through ensuring the depth of her message reaches the body and heart center. Her power and empowerment can be felt when connecting with her through touch, as she guides beautifully and clearly to where in your own body you are blocked. She has been eager to share her message so what better time to begin!

## **The Purity of Shining in your own Truth**



How long does it take to know when you feel good, joyful, happy, peaceful, content, on track, kind, giving, open in who you are?

How long? Just an instant, a moment, a second of taking that much-needed breath. It feels so aligning, calming and right. No questioning, no anxiety – just a simple moment in your existence.

I have waited to begin to pass on my own wisdom. I have an unprecedented level of open hearted, clear, loving purity. I bring my teachings through connection and touch, directly from my heart to yours. And now in this new time on our earth brings the alignment for this change. My energy exudes from my heart to my physical body and when you place your hands on me, you will know your own truth and where in your body you feel the resistance to stepping in to it. Voila!

This will assist you in identifying your own clearing work. I guide through showing you which chakras are blocked and offer the experience of recognition and release as you place your hands on me. I may be harsh or forthright at times but my message is pure; honestly why hide the truth that you search for!!

It's time to return to physical connection only in its purest form, with no agenda, or ill-intent. Begin with your own self. When you can create a time of quiet in your day, hold your hand to your heart and breath. Ask for the breath to show you purity and inspiration. Start slow and invite the shift through gentle breathing.

I have only just begun to share my teachings.

From my heart to yours ~ Sunshine

**The poetry on the following pages has been created by Sunshine. She will say "Can we write now?" And sometimes she just starts sharing!**

**I try to always have a writing pad and pen available (or hunt around the barn for old paper shavings bags) to capture these moments of pure inspiration!**

## **Transcendence**

As the veil clears on the land  
So it begins to clear on humanity  
We each can add in our hand  
To create a world of humility

Now is the time to reach out to one another  
And support the transcendence of our beloved Mother  
From dawn to dusk we walk our path  
On this night of the full moon we shift, clear, embrace and laugh  
At all the experiences we have experienced thus far

As now is the time to commit to it all  
Let love and honor, joy and bliss  
Be the path you walk and dismiss  
All emotions that no longer serve you

And transcend dear ones like you know you ought to

Blessings to one and all, heart to heart

## Remembrance

Past lives

Are they a blessing or a hex

Are we to remember or forget

Being new to this realm I have

No recollection of experience here

I simply live life daily and see

What comes to me

That I may frolic and play

With all the innocence of the day

Perhaps there is a message here for you

Hold on to the past or begin anew

Does this remembrance serve in any way

If not allow space for it to pass away

Just as you did all those years ago

To being again and release all ego

Opening up to a whole new world

At least with an understanding of how it may unfurl







## **The Breath**

Breathe it in, this air of ours  
It brings such health and now  
At this time, it is especially true  
As we step into something so  
Precious and new

Breathe it in with focus and joy  
So you may fill your heart with all the love and enjoy  
The benefits of oxygen traveling through your body  
And the healing that happens so naturally

Breathe it in with vision of all you desire  
Release the blocks of muck and mire  
You are worthy of all you wish for  
Use your breath to manifest this and so much more

Have fun with your breath and see what  
happens  
When you breathe shallow or deep  
Fast or slow  
How does it change  
All you have come to know?

Perhaps it feels blissful and opens your heart  
Perhaps it brings clarity as it clears  
All you are blocking and wanting to experience  
Perhaps it brings renewed energy  
So you may walk your path with veracity

All this and more can be achieved  
Through your breath  
And you have it at hand each minute you are  
here  
So give it a whirl and see how it aligns  
With all of your goals, dreams and desires