



Horse Journey with Karin Bauer

Art Guidance Card Tool & Method for Equine Assisted Professionals



www.HorseJourney.com



What are Art Guidance Cards?

- A deck of art cards developed to facilitate a client's inherent healing processes, reaching higher levels of awareness
- Consisting of abstract artwork, written affirmations, journals
- A proven method that helps access your own and your client's own inner knowing
- Handy to carry with you, even to the paddock to use with clients in Equine Facilitated Learning sessions



History of the Art Guidance Cards

- Through painting, I delved into my spiritual side and psyche. These paintings became the images for the Guidance Cards
- Ninety paintings resulted from my journey of self-discovery
- Won Award of Merit from Manhattan Arts in recognition of outstanding talent in the "Healing Power of Art" Competition
- 32 of the most intriguing paintings became the cornerstone of the Art Guidance Cards



Guidance Cards - Healing with Art

- While studying for degree in Social Work discovered healing with art - also called Art Therapy
- Art Therapy is a recognized, professional counseling modality to help people express themselves
- Through the process of viewing art, a person can increase awareness of self, cope with symptoms and traumatic experiences
- A person does not have to be artistic or creative to benefit from art therapy
- Art opens the door to your heart and soul



Different than other Card Decks

- Art Guidance Cards were carefully developed to uniquely empower clients to discover their own powerful perspectives
- Art Guidance Cards are intended to assist clients through the transformational art and affirmations
- Art Guidance cards are designed to leave interpretation open to the client
- Process allows for individualized creativity, exploration, intuition and personal development



How to facilitate Art Guidance Cards Method

- Introduce the cards as an exercise for shifting awareness, finding new perspectives or focus
- Conduct a centering exercise to tap into intuition
- Client will state a “question” or “problem”
- Client pulls a random card from deck
- Important: look at artwork, don't read back yet
- Now start asking questions on each angle, then rotate clockwise to next angle (Give plenty of time)
- When done with the picture, flip the card and read the affirmation on the back



Questions to Ask for Each Card View

Sample Questions may be:

- What do you see in the picture? How does it feel? Do you feel this somewhere in your body?
- Are you in this picture? Where are you? What are you doing? How does it feel?
- Are there others in this picture? Who?
- Where do you see your current situation in the picture?
- Do you see symbols or animals or anything else?



Guidance Card Demo

Here is a demo of an actual Art Guidance Card process.

This session is also available online at this link:

<http://horsejourney.com/art-guidance-card/?cardid=16>

Now Let's Begin!

To start a session, focus on something that you (the client) wants to gain a new perspective on.

Today, I want to receive inner guidance on my question or perspective of ...



Guidance Card Demo View 1



*Look at the image on this
Guidance Card.*

Study it for a while.

Let your intuition interpret it for you.

*Take note of what stands out for
you.*

What do you see?

*Where in this picture do you see
yourself?*



Guidance Card Demo View 2



The Guidance Card has been rotated to give you a different perspective.

Look at the image on the card.

What do you see now?

Has anything changed?

Where are you now in this image?

My intuition tells me the colors, shapes and movement in the image symbolize ...



Guidance Card Demo View 3



The Guidance Card has been rotated again to give you yet another perspective.

Look at the image on the card.

Continue to allow your intuition to interpret the image.

What do you see now?

Has anything changed?



Guidance Card Demo View 4



The Guidance Card has been rotated again.

Are you seeing the same things in this image you saw at the beginning?

Has anything changed? What has changed?

What do you see now?



Guidance Card Demo View 5



The Guidance Card has now rotated full circle.

This is how you first looked at the card.

Take a close look now. What do you notice?

How is the image different than when you first started this session?

How do you feel?

What answers have you received?

Take note of your answers.

How has your perspective changed?



Guidance Card Demo – Read Back of Card

Inner Gremlin

Be an observer of your mind chatter.

Recognize and unravel the black
thread of gremlin torment.

Observe the words without engaging
in this chatter.

Focus on your heart's passion with a
child's delight.

Inner Guidance Question:

*When you observe the inner gremlin,
is what it says really true?*



Art Guidance Cards and Journaling

- Journaling can be added as a valid method of exploring and resolving thoughts and feelings after the session
- You may give clients assignments that include journaling as a therapeutic process of self-discovery
- The Inner Guidance Journal specifically corresponds to each Art Guidance Card and is a great tool in this process



8 Ways to incorporate Art Guidance Cards

- Wonderful “ice breaker”
- Reveal an issue or perspective
- Provide focus and clarity for sessions
- Assessment tool
- Group session bonding tool
- Mirroring and reflection
- Creativity in Equine sessions
- Tangible keepsake



Sample Arena Session with Guidance Cards

- Check in with client, find out what she'd like to learn (set intention), or an issue to work on
- Conduct the centering exercise first if desired
- Allow client to pull several cards from the deck, then place cards randomly in the arena
- Ask client to work with horse to retrieve cards
- Observe how client and horse achieve task
- Debrief with client how it went, what came up
- Review the specific Art Guidance Cards used and how they relate to chosen intentions/issues



In Summary

- Art Guidance Cards are a versatile tool to enhance Coaching and Equine sessions
- The cards can be creatively incorporated into your sessions, sky is the limit!
- Clients find new perspectives, while helping you assess client's emotional states
- Can be used for clients of all ages, walks of life or professions.
- Use the cards for yourself if you need a boost or feel stuck – great way to center yourself!
- Art Guidance Card decks and Journals are available for purchase at www.HorseJourney.com



For More Information



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- **[Click Here to Purchase Cards](#)**



Special Offer

Thank you for listening to this presentation and learning about the Art Guidance Card Tool and Method!

Are you excited about using these very special Art Guidance Cards as your new tool?

Here is Karin's Special Offer!

Purchase the package of Art Guidance Cards AND Inner Guidance Journal and receive a FREE 30-minute teaching session with Karin Bauer (via telephone)!

Please order here:

<http://horsejourney.com/guidance-cards-counseling-tools/>

Simply purchase the Cards and Journal, then email Karin@horsejourney.com mentioning “Tele-Summit” to retrieve your special offer!