

Ariana Strozzi Mazzucchi - Pioneer in the Field of Horses as Healers and Teachers – Episode 234

Show Notes

In this episode:

- Ariana shares the relationship between horses and leadership and how horses have shaped her life
- What somatics are and how they can be leveraged when you're stepping onto a stage or into a room
- What embodied leadership is and how it can help you attract what is most deeply aligned to you
- The medicine horses can offer and how it can help you connect with your intuitive self and be a better leader
- The importance of entering into a reciprocal relationship with Earth, especially as a leader

Notable quotes:

“Are you leading your life, or is it leading you?” – Ariana Strozzi Mazzucchi

“The opportunity is always to be unapologetically yourself.” – Ariana Strozzi Mazzucchi

“When we hit a limitation [on success], something is not serving you anymore energetically and it's the distance that you've gone from your intuitive self. It's about coming home to your original self.” – Ariana Strozzi Mazzucchi

“When we are embodied in who we are, it's attractive to other people and that's when synchronicity can happen.” – Ariana Strozzi Mazzucchi

“Leadership = relationship. How am I relating to myself, how am I relating to others, and how am I relating to my values and ethics?” – Ariana Strozzi Mazzucchi

3 Pearls of Wisdom:

1. Stop worrying about what everybody else thinks and just be you.
2. Listen to your animal body, first and foremost.

3. Trust yourself and believe in yourself, especially when you are thinking of something that no one else appreciates right now. Whatever that pearl or gem is, polish it.

Resources:

Ariana Strozzi Mazzucchi, Pioneer in the field of horses as healers and teachers:

Website – Sky Horse Academy: <https://www.skyhorseacademy.com/>

Website – Casari Ranch: <https://casariranch.com/>

Facebook: <https://www.facebook.com/wellnesscowgirl>

LinkedIn: <https://www.linkedin.com/in/ariana-strozzi-mazzucchi>

Link to the show: <https://www.kamiguilddner.com/ewr-ariana-strozzi-mazzucchi-234/>

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