Harness the Wisdom of Horses: Heart-Led Leadership & Emotional Resilience with Kansas Carradine- Episode 389

In this Episode:

- Kansas Carradine shares how a 400-mile horseback expedition across Patagonia became a life-changing rite of passage that awakened deep resilience, spiritual connection, and a profound bond with motherhood, horses, and the natural world.
- She reveals how her evolution from elite trick rider to equine-facilitated transformation coach led her to integrate HeartMath and energetic coherence into her work—helping others reconnect with themselves, their horses, and their heart-based wisdom.
- Kansas explains how equine-guided coaching and heart-centered practices can unlock emotional intelligence, compassion, and meaningful transformation—no matter your experience with horses.
- She opens up about the humility and surrender required in her rebranding journey, and how embodying the student mindset has been key to her authentic leadership and soul-aligned growth.
- Hear how Kansas's path from equestrian performer to C20 delegate in India reflects her commitment to emotional regulation, heart intelligence, and social impact—and how she grounds herself in heart-led practices amidst global change.
- She offers a heartfelt look at her work with Indigenous communities and youth programs like Compton Junior Equestrians, and how the horses continue to teach that stillness in the chaos isn't just healing—it's a radical leadership skill.

Notable Quotes:

"Horsemanship has always been character building."
"The more I can be compassionate with myself through the process, the more I can also hold a compassionate place for others."

Pearls of Wisdom:

1. Connect to your inner guidance, follow your heart, and trust it.
2. Don't be afraid to try.
3. No act of love is ever wasted.

Resources:

Kansas Carradine is a professional Equestrian Artist well-known for her expertise in the rodeo arena and in global shows like Cavalia. She was a rider in the 2024 Gaucho Derby, a 400-mile endurance ride across the Patagonia of Argentina. With over 30 years bringing horsepower to entertainment venues, her current focus is bringing Heartpower to the world. As a HeartMath Certified Trainer, she shares tools for emotional self-regulation to benefit inter-species connections and promote animal welfare. Kansas has homeschooled her two daughters and uses HeartMath tools to make performing as a family troupe an act of service.

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