

# BUILDING

## A Relationship With Your Horse Through Connection



No matter where you are in your horsemanship,

- Beginning and learning the basics
- Working through fears
- Or ready to move to a higher level

Making the decision to listen to the horse and make them a true partner on the ride brings joy to the journey

& will bring you closer to your dreams

*faster* than you could ever accomplish on your own.



Without Communication, there is no Relationship.

Without Respect, there is no Love.

Without Trust, there is no reason to Continue.

-Live Happy

No matter how much you accomplish with your horse, if you are training by force & not partnership your awards can feel meaningless...

There are many different programs and teachings available today that were not around years ago. You can more easily access and find ways to work with your horses. There are so many programs now, that if you do not really know your horse you may not know what program is the best for them.

As a horse professional I do not work with each one of my horses the same. I see what each horse needs to be the best that they can be.



**I allow them to tell me and show me how to work with them and how not to work with them. The goal is to get there in a way that is successful for both of us.**

NO ONE WAY WORKS WITH EVERY AND ALL HORSES.

For example; when you take a high sensitive or highly reactive horse and put too much pressure on them, or try and restrain their nervousness you get overload which can lead to explosive behavior.

Then ultimately you get a horse that is not happy, balanced or willing. You get a horse that is

Fearful,

Reactive

and Anxious.

I wanted to put together a way to understand and connect to your horse in a way that honored and was respectful to the horses themselves.

**This program is a way to learn to connect and build a relationship with honor, respect and willingness.**

**It is a horse approach you might say.**

The foundation is for work with horses, as well as life lessons on how to shift how you look at life.

Every moment you spend with horses and every reaction can be as deep and as insightful as you want to go.

Horses can show and teach you as much as you teach them.



Connection is the coming together of two to become connected in a way as one.

**Imagine two halves coming together to form a whole.**

That is what the relationship through connection feels like to me. I imagine a horse as being its own part of the relationship, just as in all relationships in your life.

The horse has its own  
Likes,  
dislikes,  
personality type  
and energy type.

In essence the horse has its own truths for them, and I look at each horse as I would another partner to a relationship in my life. Just as with people each one of my relationships with each horse is different.

The same is true for the horses' relationship with each person is different as well.

As in life relationships you want to connect your true self with your partner's true self and build a relationship through time, interaction and connection.

**Things can shift and change within yourself as well as within your partner as you give and take, compromise and ask for more.**

## **Gain a better understanding and openness for your partner and get to know them for who they are.**

The beginning of this program will go through building a healthy relationship for success.

**A healthy relationship is a relationship where you feel safe, respected and heard.**

The key is to learning to do so while respecting the others boundaries and voice as well.

Be open to hear as a horse will always show you.

**In all relationships there is compromise, and times to do what it is you don't want to.**

This is a key principle to building a healthy connection with your horse. A horse is able to say no, or tell you when they don't like or want to do something.

**It is your job in the relationship to decide when to honor your horse and listen and when to say, this is one of those times I need you to do something you don't want to.**

It is amazing when you begin to co-create instead of dictate with your horse.

**When a horse learns they can be heard and you are listening the connection and relationship will strengthen.**

I like the example that we all have bad days or days we just don't feel motivated.

Horses have the same days as no one or no thing is created perfect.

You have to decide if your horse is having an off day if you can listen to your horse and honor them.

Perhaps it is a short session doing something really easy.

Maybe you go on a trail ride instead of arena work.

Maybe you just say that today is not a motivated day so you turn them out instead, hand graze or spend time together.

**When you can let go of judgment of perfection and live in the moment it is quite inspiring.**

That honoring can go a long way with your horse.

When you need that little extra or the work day on a day they don't want to, they will give you that extra heart because you **have a conversation together.**

If you continuously ignore your horse when they are telling you they don't feel up to it you may get behavioral issues or a "cranky" horse as some people call them as they feel they are not being listened to.

Begin to be aware of what your horse is showing and telling you. It can be fun.

Enjoy building your relationship with your horse through Connection.

This approach is beneficial for all types of relationships and all goals with horses.

Think of your connection and relationship as the building block for accomplishing goals & dreams.

