



# Savvy Times

Welcome to the Journey! Issue 22, February

Parelli International Savvy Club Magazine

**Gaited Horses with Parelli** Page 64

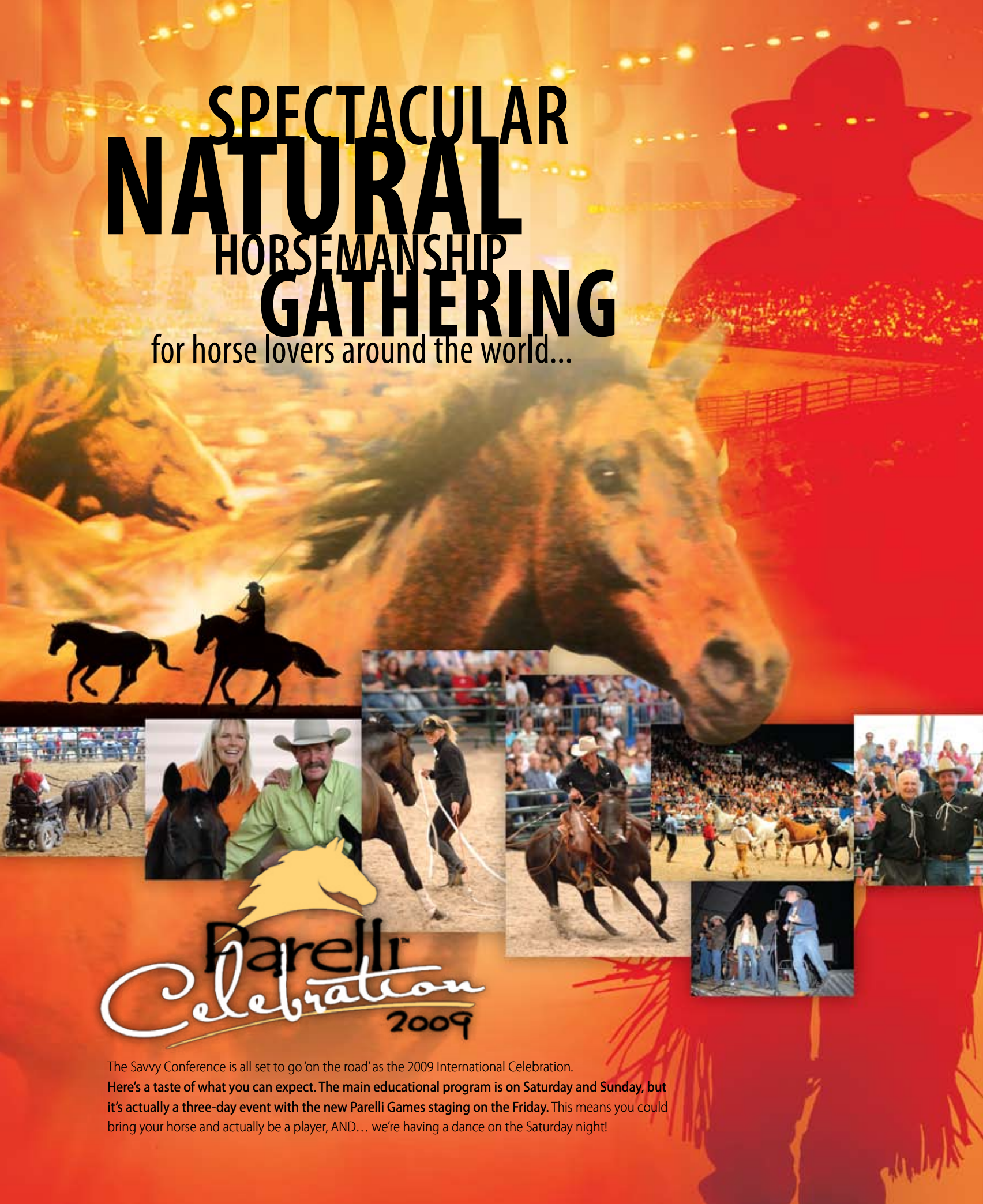
**Overcoming Fear** Page 28

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Harmony Report** Page 52

# SPECTACULAR NATURAL HORSEMANSHIP GATHERING

for horse lovers around the world...



  
**Parelli**  
*Celebration*  
2009

The Savvy Conference is all set to go 'on the road' as the 2009 International Celebration. Here's a taste of what you can expect. The main educational program is on Saturday and Sunday, but it's actually a three-day event with the new Parelli Games staging on the Friday. This means you could bring your horse and actually be a player, AND... we're having a dance on the Saturday night!

# THE HOT LINE UP – USA\*

# LINE UP

1. Pat Parelli will take a horse over a riveting three-day development program (starting late on Friday afternoon). Rather than just solving a problem, you'll see what the steps are from ground to riding. And guess what? **The Humane Society of the United States will provide Pat with a "rescue" horse to work with at each of the events in the US.** (We'll be doing the same kind of thing at the UK and Australia events too). What a wonderful way to look at re-homing horses and especially to show that rescue horses are not wrecks but horses who may have been mistreated and/or neglected and are looking for loving and savvy homes. The HSUS is working together with us to promote humane horsemanship and successful horse-human relationships that are built on love and understanding. HUGE.

2. Linda Parelli will bring both her horses: Remmer and Allure, to **take your understanding of Horsenality to the next level** by graphically illustrating the difference between extroverts and introverts and teaching you how to approach them so you can be more successful... especially at liberty.

*\*PLEASE NOTE: The full USA program and the UK-Europe and Australia versions of the Celebration program will be posted soon.*

3. **Walter Zettl will coach Linda in a personal dressage lesson on Remmer!** Listen to his powerful message, watch and learn as he takes Linda's Level 4 Finesse and amps it up. This is proof that dressage can be done naturally and that the Parelli Program is the ideal foundation for performance, producing confident and exuberant horses and savvy riders who are really ready. This may be your only opportunity to see Walter Zettl in person.

4. Pat Parelli coaches his top riders in the Four Savvys **giving you information, ideas and inspiration to keep getting your better best.** It's always incredible watching Pat in action but his real message is that YOU can do this. That's why he's show-casing students. You'll see our newest Level 4 graduates, Amy and Emily in action too. They brought the house down in Pagosa!

5. **Lauren Barwick will perform her gold medal-winning ride at the Beijing Para-Olympics** with her super partner, Maile. You don't want to miss this! She's a major Parelli success story and an inspiration to us all.



# GAMES THE PARELLI GAMES

On the Friday, Parelli students can participate in a segment of the Parelli Games we call "The Savvy Spotlight". It's based on a combination of the new Levels Auditions and the Savvy Team concept you already know and invites individuals, pairs and teams to apply. Participants will bring their horses and board them over the weekend of the entire show... some of them will actually get to perform on Saturday and Sunday in the main arena as well. **Start thinking of what you and your friends can do to show your savvy and relationship with your horse, and 'compete' in the most natural competition ever that has no losers!** This is the first expose of Pat Parelli's plan to change industry standards and bring out the positive in horses and people in competition. Stay tuned for more details coming soon.

# TICKETS ON SALE NOW

Seating is limited and varies according to the venue so please take advantage of the super early bird that's open until December 31st (or before for venues that are sold out), get your tickets and don't miss out. Look out for the VIP and VIP-GOLD options too, and Savvy Club Lifetime members are automatically VIP-GOLD (call our office to get your tickets)!

*Australia students* – you can get your tickets now too, and hurry because tickets sold out very quickly for our Sydney event last year.

*UK students* – once again tickets will be through the NEC (not Parelli) and go on sale in April '09 for a November Celebration.

Here's to celebrating horses and the future... naturally.  
We can't wait to see you there!

# Parelli™ Celebration 2009

Visit [www.parelli.com](http://www.parelli.com) for details and to learn more about special offers only for Savvy Club members!



## 2009 CELEBRATION SCHEDULE

Franklin, TN | Jan. 30–Feb. 1  
Sydney, Australia | Mar. 13–15  
Harrisburg, PA | Apr. 17–19

Reno, NV | May 15–17  
Madison, WI | June 5–7  
Kansas City, MO | July 24–26

Fort Worth, TX | Sept. 25–27  
Lakeland, FL | Oct. 9–11  
Birmingham, England | Nov. 20–22



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# Savvy Times

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## FEATURES

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Linda previews 2009 with a peek at the upcoming Celebrations . . . a few thoughts about her sister Yvonne . . . an inside look at Equitana Asia-Pacific . . . exciting meetings between Pat and two like-minded celebrities . . . and terrific additions to the Savvy Club website!

### 11 | Coco

We've all been moved by Parelli photographer Coco's beautiful images of horses and humans learning together the Parelli way. Now she shares the origins of her passion for both horses and photography.

### 28 | Overcoming Fear

Is fear a weakness to be overcome? No, says Linda, it's an important emotion that's meant to keep us safe. We're not supposed to ignore it or push through it. Learn Linda's valuable techniques for respecting and overcoming fear the Parelli way.

### 85 | David Grace

David Grace got a late start with horses, but now he's a 4-Star Parelli Professional with a busy teaching schedule in Australia. "I'm a real believer in the Seven Keys to Success," he says. "The first key is attitude, and once a student has that in place, the rest should follow a lot easier."



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### On the Cover:

I've prepared a long time for this bareback moment.

—Linda Parelli



*It's not about disposable horses...*

*It's about relationships for life.*

*It's not about quick fixes and artificial aids...*

*It's about savvy—true understanding and expertise.*

*It's not about winning and others losing... It's about win-win:*

*you and the horse need to feel good about it.*

*It's not about me me me... It's about changing the world  
for horses, becoming a person of knowledge and influence,  
and sharing what you know.*

*It's not about fear and doubt... It's about unconditional love  
and trust. Love for the empowerment of others;  
and trust that you'll never ask the horse to do something  
that would hurt or diminish his dignity.*



*The Ultimate Way To Train Your Horse.*

## Savvy Times

**Parelli International Savvy Club™ Magazine**  
Issue 22, FEBRUARY 2009

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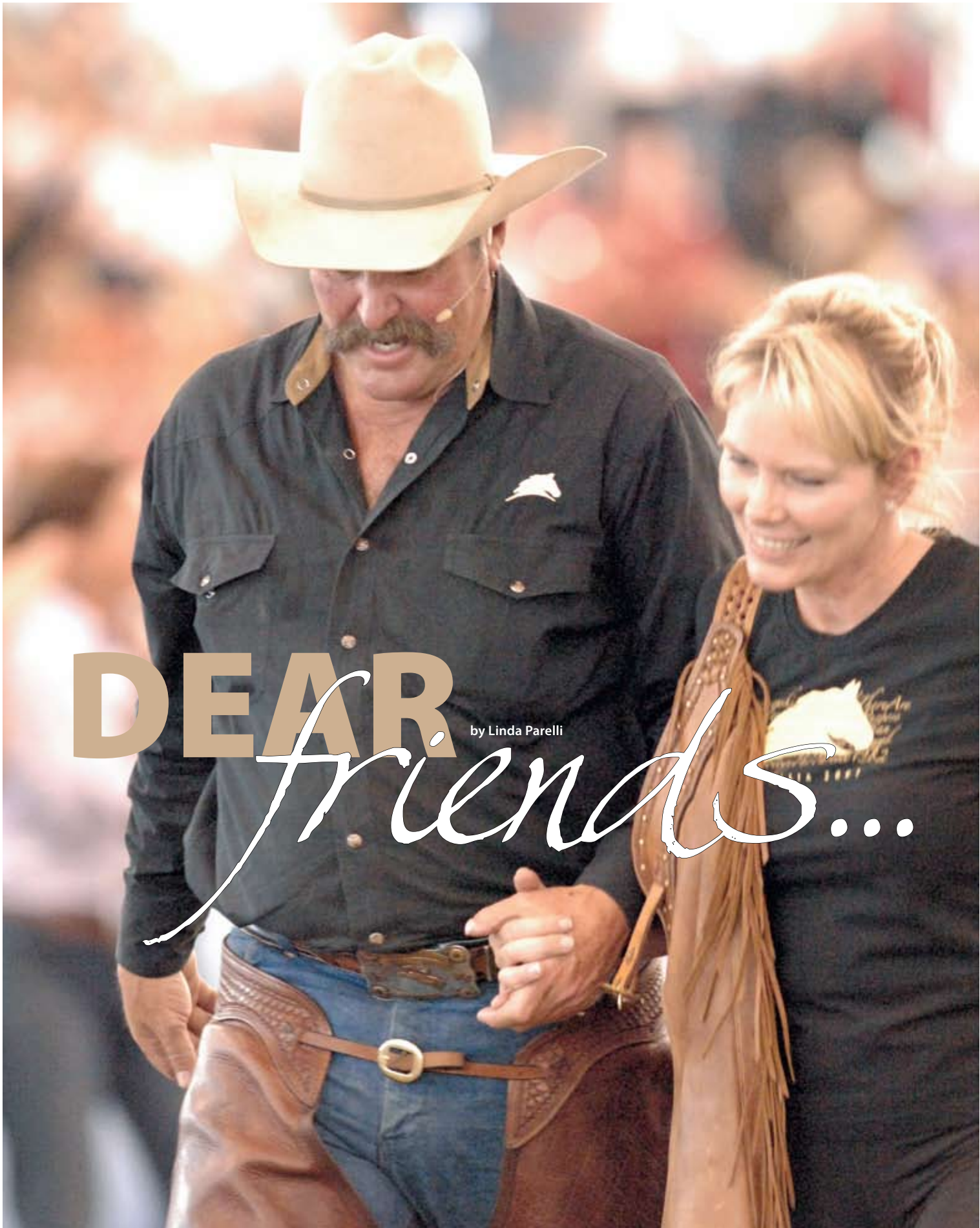
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DEAR

by Linda Parelli

*Friends...*

***What a year 2008 was, and now 2009 is shaping up to be one of our best ever. And we hope the same is for you and your horse! In no particular order what follows are some highlights from the past few months.***

By the time you read this we'll have done our first Celebration event in Franklin, Tennessee, but as I write this, organization is in full swing. There's a lot to bring together to take the Savvy Conference on the road—much more than the tour stops we've done for so many years. In addition we have the involvement of you, a bunch of excited students who have entered into the exciting new Savvy Spotlight event, a part of Pat's genesis of the Parelli Games. His concept was to invent a competition in which there are no losers, especially when it comes to the horses—one that virtually any person and any breed can take part in, because it's about personal best. Scoring is much like in golf; you get into a category, and that category will pretty much reflect the level at which you are playing. There are four parts to the Parelli Games, of which the Savvy Spotlight is one (and

it is the most subjective). The other three involve tournament tasks, gait events (slowest and fastest walk, trot, gait) and timed events. Stay tuned for more on this and on how you can hold official and unofficial Parelli Games with your friends and study group!

Talking about the Celebrations, we have several important concepts to put across. One is the Parelli Games and revolutionizing sport competition with horses. Another is continuing education on Horsenality™ and the Four Savvys and how these can be taken to more intricate and advanced levels of understanding. Then, of course, Walter Zettl is joining us and presenting his thoughts on how Parelli and the art of dressage are connected. He'll talk about what's going wrong in the sport at the expense of horses, and in his lesson with me he will bring it home by showing how naturally collection can be developed without sacrificing the dignity or trust of the horse. Walter is so great—he said he wanted to do every single one of the Celebrations, but he had to pull out of Australia because the trip is too long. Boohoo! But we totally understand.

***It's an exciting time, and as the Parelli cause grows we cannot help but acknowledge the contribution you have all made to it by being such good examples for your friends and neighbors.***

Finally, the Humane Society of the United States has eagerly joined our cause, regarding Parelli as fundamental to saving horses' lives and improving their quality of life. Pat will do a three-day transformation of a rescue horse, promoting the re-homing of horses that are not wrecks, but rather the victims of misunderstanding. It's an exciting time, and as the Parelli cause grows we cannot help but acknowledge the contribution you have all made to it by being such good examples for your friends and neighbors.

#### **Something Close to My Heart**

For many issues now you have been reading about Yvonne's journey. You probably also know that she is my younger sister. But what you might not know is that she has been a part of building Parelli since 1990, when I began promoting Pat's cause in Australia. Vonni helped me to put together the first newsletter for Australia and bits and pieces of a lot of things over the ensuing years, until I could finally persuade her to come to the U.S. and be an official part of the team, which occurred in the 90s. Since then she and I have worked closely, especially on Savvy Club DVDs and new product development. The energy that she has brought to Parelli has been significant; she



***Dressage master  
Walter Zettl, a very special man.***



dedicated nineteen years to the cause and poured her whole heart into it. And now it's time for her to move on. She has found her Prince Charming, Austen Atkinson, who produced the "Live Your Dream" TV programs you've seen, and the two of them are winging off into the future on new adventures all over the world. Because she is my sister, I am excited about her new dream, but I will miss her terribly . . . well, on a workaday basis. I'll still see her and talk to her as family! She leaves a grand legacy within Parelli as her team rises to the occasion and grows into new responsibilities. I'm sure you, along with all of us at Parelli, wish her the very best, and you know we're going to see her somewhere, sometime in the future at one of our events.

***As usual, the crowd voted for Pat to get the extrovert and me the introvert—and boy, was I glad he got the extrovert this time!***

#### **Equitana Asia-Pacific**

In November we returned to Australia and their signature Equitana Asia-Pacific event. Having been there when it all got started, it's been wonderful to see how it has grown, and we were proud to take part again. Pat and I had a two-and-a-half-hour seminar on the Friday, with two unruly horses for a demonstration. As usual, the crowd voted for Pat to get the extrovert and me the introvert—and boy, was I glad he got the extrovert this time! The two lovely four-year-old Warmbloods were stunning on the outside and out of control on the inside, and while I was able to make pretty rapid progress with the introverted mare, Pat had his hands full with the gelding. He was kind of disappointed for the crowd and our message that it was such a struggle for most of the two hours, but the result was spectacular. That horse finally really believed in Pat, and over the next two days he continued in mini-seminars with him. You wouldn't have believed it was the same horse. It was beautiful how much that horse wanted to be with Pat, and those who attended all three days got to witness what we're all about: putting the relationship first. After that you can do anything. We're crossing our fingers that his owner will bring him to the Sydney Celebration in March! We'll see.

In the meantime, it was great to connect with friends and students we've known for many years, and all our Australia and New Zealand instructors were there. Unfortunately, the flu got me on the second-to-last day, so I missed the finale; but as luck would have it, we were on our way to stay with my parents for the next four days, so my Mumsie took good care of me while Pat golfed his heart out with my dad. Despite being a little off, it was wonderful to see my sister Viv and her kids and grandchild. And then three hours with my mentor Glynn Braddy (of Horsenality™ and Essentials fame) and his protégé, Diane Crilley, topped off a great time in Australia.



*Top: Family time with Linda's parents in Australia*

*Bottom: Yvonne taxis Remmer to a Savvy Club DVD Shoot*



### The Dog Whisperer

Yep—it happened! Pat Parelli and Cesar Millan, a horse with issues and two unstable dogs, a cloudy day in L.A., and magic happened.

At almost every event Pat talked about Cesar having contacted him, wanting to do something together. Well, because putting together a new show was not happening as quickly as they wanted, Cesar decided to bring Pat onto his own top-rated show on National Geographic, “The Dog Whisperer.” And they came up with a great situation!

A local therapeutic riding center had a horse that was becoming dangerous. She would bite while being saddled and kick out at the side-walkers when being led around the ring with a rider aboard. The dogs were owned by one of the dedicated volunteers, and they would go crazy whenever a horse walked by, so she was unable to bring the dogs with her.

***Most impressive was his ability to read the horse. Even though dogs are his forte, it was obvious that he understands animals and nature, and he can see the emotions as clear as day.***

We met Cesar, his wife Illusion and the show’s producers for dinner the night before taping. Sheila Emery, producer of “The Dog Whisperer,” is a Parelli Level 1 graduate and was instrumental in getting this collaboration to happen. As you might expect, Cesar Millan is a charismatic, intelligent and passionately driven man. If you’ve read his book, you know that his goal was to become the best dog trainer in America, and his journey is inspiring. Watching him with the dogs is like watching Pat—and it’s his energy and obvious balance and leadership that have the greatest impact. The dogs feel his leadership aura, and the influence is instantaneous. I have watched numerous episodes of his show, so to see it in person was a great privilege,

because I got to feel it rather than just watch it. I saw more than ever the parallels between our programs. Both are about the nature of the animal and helping him to stay as close to that as possible while becoming balanced in the human environment.

We arrived at the riding center to be greeted by an excited group of volunteers and their leader. After makeup and camera setup, Pat and Cesar interviewed the people about the relevant dog and horse problems. After that Pat got to see the unhappy mare expressing her opinions before he went to work.

Cesar was glued to the whole thing and asked me a lot of questions off set as Pat played the

Seven Games. Most impressive was his ability to read the horse. Even though dogs are his forte, it was obvious that he understands animals and nature, and he can see the emotions as clear as day. Within a short time Pat was saddling the mare with permission, and he proceeded to coach the rider and helpers. Sure enough, the mare started to have some trouble with the side-walkers, and Pat quickly realized that they held a lot of tension in their bodies, which really disturbed the sensitive mare. So using extensions of their arms (Savvy Strings!), he showed them how to use approach and retreat to build their confidence and also coached them in managing their own energy. Cesar leaned over to me and said, “He’s making my job easy . . . training the people is the hardest part!”

The result, of course, was sensational. Do we expect anything less from our Pat? And the end of the story is even better, but I can’t tell you about it, as it’s a big surprise on the show.

Next it was Cesar’s turn to transform the dogs, and our turn to watch with respect and amazement. It took minutes for him to interrupt the dogs’ negative pattern around horses, and through some repetitions both owners and dogs became completely different and had a new, more positive pattern. He was quick to point out the tension and lack of focus in the owners and how that was affecting the dogs’ energies and actually causing them to react aggressively to the horses. Sound familiar? It was masterful and quick. His timing was superb.

At the time of this writing the segment has not gone to air, but we’ll most likely have seen it by the time you read this. If you get an opportunity to see Cesar Millan in action, take it. He does some live seminars here and there (not many), and he also has plans to go to Australia and the U.K. Check out [cesarmillan.com](http://cesarmillan.com).

### Unleash the Power Within

Recently, Pat and I, along with some of our Parelli Center team and faculty, had the privilege of meeting Tony Robbins. He was in

Orlando for his “Date with Destiny” event and, thanks to the efforts of friends of ours, he was able to squeeze in a visit to our Center in Ocala before the event. I feel the afternoon was a “dream come true” for many involved. Pat gave Tony an overview of Parelli Natural Horsemanship as they drove through the “playground” in a carriage drawn by Zeus. Our team, including Caton and Lauren, so beautifully demonstrated for Tony just how natural the relationship between horse and human can be. As always, they were inspirational, showing what’s possible with equal doses of love, language, and leadership.

***There is a ton of information that goes not only into what the Horsenality™–Personality means, but what to do about it. This is going to be an intensely valuable tool, much like an owner’s manual for your horse.***

He graciously invited us to attend Date With Destiny, so we went into Orlando on the “relationship” day. He was amazing – truly a master. He gives so much of himself and we’re still digesting what we learned just that one day (it was a 6 day event).

Our time together was everything we could have hoped for – and more. Our hope is that he enjoyed his time with us as well and that he “felt” the magic of the whole experience.

I’ll leave you with one of the things we learned at his event. Every relationship needs a vision. So, what’s your vision for your relationship with your horse? Go and “Live that Vision with Passion!” Thanks Tony!

### **Horsenality™–Personality**

Many of you know that we’ve been working on a Horsenality™–Personality match program so we can deliver a personalized report on your horse, you and the dynamics of your match (or mismatch)! Patrick Handley (you’ll meet him in this issue) and I have been working like loonies on this, and I just get more and more excited about it. There is a *ton* of information that goes not only into what the Horsenality™–Personality means, but into what to do about it. This is going to be an intensely valuable tool, much like an owner’s manual for your horse.

Okay, I’ve said way more than space allows, so in closing I just want to thank you for being such a dedicated bunch, and we look forward to 2009 being the best year yet. We’ve got some great new features and upgrades in the Savvy Club, so be sure to get on to the Savvy Club website and click on SEARCH. Prepare to be amazed at all the stuff that’s there to support your needs as you travel along the road to self-mastery disguised as horsemanship. And click on SELF-ASSESSMENT in the left-hand column and again be prepared

to be amazed at what level you might have achieved in each of the Four Savvys. It is our experience that if you have been traveling the Levels program over the years, you are way harder on yourself than expected! Download the file and see for yourself where you are, and then click to see what each of the Seven Games looks like at each level in each of the Four Savvys: On Line, Liberty, FreeStyle, Finesse.

Parelli is way more than riding. It’s a lot like the martial arts, in that real horsemanship is the pursuit of mastery . . . self-mastery: mentally, emotionally, physically. And who better to monitor how well we are doing than our horse? What a great journey, if not often rather challenging!

Yours naturally,  
Linda



*Top: Living a vision with passion—Tony Robbins walks the talk*

*Bottom: Pat and Cesar Millan on The Dog Whisperer shoot in Los Angeles*

# Parelli Essentials

## Before... After

Having had so many comments about how different my horse Allure looks these days, I thought it was about time to show the before and after transformation of his physical health.

The 'before' is from five years ago when I first got him. Notice that Allure's mane is coarse, dry and frizzy, and quite bleached out. His coat is an odd orangey-brown-red and he would bleach blond in the summer.

Some of you may also notice the bulge at his throat, this is an enlarged thyroid gland (goiter) and is a contributor to some of his extreme behavior.

The 'after' photo was taken at the 2007 Savvy Conference last September. As you can see his color has changed dramatically and the goiter is virtually gone. His coat is soft and shiny all year long (even winter) and his mane is almost straight.

When I first got Allure we didn't have Essentials. He was on vitamins, minerals and our feeding program. But when I started him on Essentials about 18 months later I saw changes within a week and every year he just looks and feels better and better. This summer he only had a few bleached hairs on his shoulders and tail instead of over his whole body, and his hormonal stability has also changed. This amazing formula of amino acids and herbs is alchemy at its finest. (By the way, Essentials was formulated by the same man who inspired my research on Horsenality.)

Essentials makes you realize that it's not about the nutrition... unless you can utilize those nutrients! Make sure your horse is able to digest the nutrients you're giving him. Learn about the Parelli feeding program by using the Savvy Club website search.

**Essentials - way more than a supplement.**

*I've used Parelli Essentials for nearly four years now, and recently when I didn't remember to order more when my supply ran low—and had to go without because of that and because they were on back order—my mare's feet showed a tremendous negative change! As soon as I started giving them to her again her feet were better, and so were her coat and shine! I wouldn't change this supplement with my horses for anything! As much as I believe in all that Pat and Linda are teaching us humans in our relationships with our horses, they encompass everything else in all the other aspects of that relationship when they say it's "way more than riding!" They prove that with the attention to detail that they give to all the products they endorse and research. I'm a true believer and dedicated student! Thanks to Pat and Linda for enriching my life and that of my horses in so many ways! —Cheryl B.*



**BEFORE:**  
Allure in 2003

**AFTER:**  
Allure in 2007

ॐ

by Terra N. K. Pugh

# LOVE IS ALL THERE IS

*Those who depart from this world without knowing who they are or what they truly desire have no freedom here or hereafter. But those who leave here knowing what they truly desire have freedom everywhere, both in this world and the next.*

- The Chandogya Upanishad (VIII.1.6)



*Coco travels the world to capture the essence of life and the "Parelli" in everything.*

*Music is nothing more than silence between the notes. The same goes for art, for relationships, for expression, for living. That stillness is what we yearn for. Without it, life would be noise.*

It can be a quiet silence, an engaged, excited silence or anything in between. Try to define it or call it what you will: a God moment, the Zen state, Nirvana, or enlightenment. Call it by any name—but call it yours.

Coco, the Parelli photographer, knows this silence; she shoots it every day. Through that lens she captures the art of living, the love of relationships and the transformation that the Parelli journey can provide. Her craft is one of loving devotion and is a daily mission to prove to people that they are the answer they seek. Her passion is in telling the story, the dream and the vision of Parelli.

How do you convey to the world the meaning of Coco's life's work without changing it? You see, it isn't so much why Coco was born as why she has lived that is her story. The meaning of her life can be found in each and every photograph that she takes. Every ounce of her soul is in there. In truth, her subject's soul is in there as well.

These are bold words, you might say—or why is her story relevant to my journey in Parelli, you might ask. It is your choice whether

or not this leaves an impression on you. Horsemanship is about everything and nothing at the same time. My goal in writing this is that you feel her dream, live her dream and find inspiration to do the same in your own life.

On November 2, 2008, Coco had a brain aneurysm that required three surgeries and a month in the hospital to save her. Today a full recovery is expected. And as expected, Coco is asking for her camera. "I don't know if the next leg of my journey is different than the one before. I'd like to believe that my job is to continue to document the beauty of this life, to share with everyone its essence and to tell it with the Parelli story." On that note, I offer you a glimpse into the "why" of her passion. As for the message of her life's work, I'll let her photography speak for itself.

Coco first picked up a camera to tell the story of her children while they were growing up. She wanted to make sure that they would know their own story. "When you look at a photograph, it is a still image in time. You can find the story within the story: the clothes,

the hairstyle, the colors or the emotion. That one image can be the documentary of an era," says Coco. "That who, what, when, where and why is so important. It proves that each individual moment matters." That simple beginning of photographing her "babies" grew into a twenty-five-year career. Up until Parelli, the entertainment industry—particularly the Western entertainment industry—was the focal point of her career. During that time she had the opportunity to photograph the likes of the Doobie Brothers, the Rolling Stones, Elizabeth Taylor, Julia Roberts, Susan Sarandon, Angelica Huston, Willie Nelson and Dale Evans. And you'd never know it. Her work has never been about name-dropping. She's always focused on the love and relationship of each moment. In 1996 Coco had the opportunity to go to Pat and Linda's first open house at the Parelli Center in Colorado. "I was really inspired by their ability to communicate their vision. Their horses were happy; they were happy; their enthusiasm was contagious. I was inspired to shoot and gave them a handful of the photos I had taken," Coco recalls. Linda really enjoyed Coco's photos and encouraged her to take more. "At that time, even though I had photographed horses, I had never photographed them in order to communicate the philosophy, the language and the relationship," Coco explained. "Linda was the person who decided I would document the Parelli program. She actually mentored and taught me how to shoot horses and communicate the Parelli program and its vision."

Photographing Parelli is completely unique in the horse industry in the fact that the genuine philosophy is the relationship. "A photograph of a horse and human is a 1 + 1 subject. I'm always looking for when they are coming together in that moment and in that spark. The program not only allows me to see that, it also allows for that moment to happen. I've never grown tired of that. The sparks that ignite when horse and human have that moment of unity—it's like the Fourth of July," says Coco.

In Rumi's poem "No Expectations" he says, "A spirit that lives in this world and does not wear the shirt of love, such an existence is a deep disgrace. Be foolishly in love, because love is all there is." Coco loves photography because she gets "to embrace the complete beauty of life." "To love and be loved—that is why we are here," she says. "I get to shoot that, and there isn't anywhere else that I'd rather be. I love my job. Why? Because I get to make a difference. There is enormous beauty, and there are miracles in every single second. The fact that life exists and that there is life on this planet is a miracle. I get to document that; I get to share that. Not everyone shoots that or even feels that, but I can't escape that. My addiction is to share it. Each photograph is a gift and a blessing of the moment. It fills my heart and my entire meaning with joy as I'm reminded of the beauty in each breath of my life."

How does Coco see Parelli making a difference in people's lives? "Life moves very quickly," she says. "As we move along the timeline,

it seems that we move quicker and quicker and the beauty passes us by. I believe that we've come to a place in humanity where we're longing for what we've lost; we're going back and searching for those ingredients and that sense of peace and completeness. Parelli brings us full circle because it brings us back to the relationship, back to being." Really, what else is there? The Parelli story is written by people who love horses, who love life and who love themselves. Each layer that peels back to reveal our potential, each metamorphosis, each moment of silence is a milestone in Parelli history. This is Pat and Linda's story. This is your story. This is our story. And it is a story that is captured and told through her lens. It is a story that continues to be her complete passion and calling. 🐾



*Top: Before Parelli could afford to hire a private photographer, Coco traded for her daughter's education and for Vida, her border collie.*

*Bottom: Coco's twins, Terra and Alex, were her first inspiration to tell stories with a camera.*

# Global Community

Reader submissions from around the world

## United States

### Calippo, the Hospice Horse

Darlene Blair, Florida

I purchased a Rhinelander gelding while my husband and I were stationed in Germany with the US Air Force. Calippo was the horse I'd always dreamed of that I didn't think was within reach. My dreams were shaken quickly, however, when I realized that my large (17.1 hands/1500 lb) dream horse figured out he could intimidate me. When I purchased Calippo, I was still in a cast from a fall from another horse. That, along with the baggage Calippo had from his previous owner meant that we were not making any forward progress at all. I was truly at a loss, as the methods available to me in Europe were not solving our problems. I remembered some things a friend had told me about natural horsemanship before I'd moved abroad. Getting on-line, I began researching...found your website and home study courses and purchased Level 1, a halter, 12-foot Line, and a Carrot Stick and began playing with the Seven Games. My German and



American horse friends didn't know what to think at first, but after a while, my trainer seemed intrigued with what we were doing. She had even offered to have me do an introduction at our next clinic. Sadly, the government had other plans and we were shipped back stateside before that could happen. The good news is that Calippo came with us back to the states. We are now playing in Level 2 (lots of Liberty) and hope to certify in Level 1 when the funds become available. Thanks to the Parelli program, he is now the first Hospice horse, **AND** we are testing to be on the Pinellas Park, FL mounted police unit. I want you to know that this all would not have been possible without what I've learned from you. This horse is touching the lives of many, and he can do this because of the confidence he has in himself and me due to your program.

### Saving My Life

Susan Richardson, Virginia

I wanted to tell you how you are saving lives. Within a one and a half week period, you did it twice! Alone on the farm in a 40 acre pasture, I was practicing "Snappy Departures" on a 45-foot Line with my extreme Right-Brain Extrovert. As he blasted-off, giggling and farting, the rope wrapped around my boot. I leapt to the ground, began to try to free my foot, and called "Whoa-whoa." I was planning my strategy for when the end of the rope was reached and I would be dragged, meanwhile, trying to lose the rope. Suddenly there was slack! I whipped the rope off my foot and looked up. Walking toward me with questions all over his face was my wonderful horse.

A week and half later, I was hand grazing my horse at the boarding barn. The owner's puppy had shredded a tarp and the wind had blown blue plastic strings everywhere. I was enjoying spending peaceful time with my horse. Suddenly, a hidden bunch of long plastic strings were hanging from my horse's mouth. I was easily able to reach inside his mouth and take them out. I had to reach in a second time to get the strings in very back, nearly down his





throat! Pre-Parelli, my horse was unconfident around humans. This is an understatement. I could not touch his muzzle, and one of his fearful runaways of flat out, blind with fear, maximum speed lasted for almost ten minutes. Now, he is a happy partner, playful, confident, interested, and full of joy. There is no doubt in my mind that each incident could have been fatal. And there is no doubt in my mind that the Parelli program has changed and saved our lives. I would never have thought to jump to the ground if you had not included it in the Savvy Club DVD. Thank you from the bottom of my heart!

## Europe

### Communication

Randa Hodum-Elsayed Ali, Vienna, Austria

Thanks to my super Parelli instructor Wally Gengenschatz I was able to find Fortuna, my five-year-old Freiberger mare. Fortuna was three-years-old when I bought her and from the beginning Wally taught her everything the natural way. Fortuna is only 5 now, but she is the proof that the young horse start is very important in the horses' life. I am Wally and Martin Wimmer's pupil, and I am on Level 2. One day I



met twenty-year-old Hannes Kammerhofer. Hannes was born a spastic and is nearly blind, with only 10% of his sight left on one eye. Even so, riding is his passion. At the last Special Olympics National Austria, he won the second place in dressage. Now he wanted to know more about horses. I lent Hannes my Parelli DVDs, but that was not enough for him. I talked to my instructors and then Hannes and I started playing together. The result: Hannes can do the Seven Games, knows what it is all about and now can communicate far better with the horses, even though he is nearly blind. We went along this path together for six months and both of us have learned a lot. I can only say thanks Linda and Pat, thanks Wally and a special thanks to Fortuna.

## Australia

### Parelli Professional's Wedding!

This past October, Saturday 25th saw 3-Star Parelli Professional Kaye Thomas tie the knot with her partner Chris Van Den Berg. Chris was waiting for his bride to be on "Two Socks" and Kaye rode down on "Sahan," bareback & bridless for a lovely wedding ceremony by the Murray River with River Red gums as their backdrop. We wish them both all the best and many, many happy years together.



# Parelli Texas

*In Parelli, there are Seven Keys to Success: Attitude, Knowledge, Tools, Techniques, Time, Imagination and Support. The Savvy Club is number seven, your support network, but you've also got one other. Across the country and the globe, Parelli students have been forming play/study groups to support and motivate one another and to share their Parelli journey. This article focuses on the "great nation" of Texas. In Texas they do everything big, and Parelli is no exception. Welcome to a snapshot of "Parelli Texas."*

## The East Texas Savvy Group

"We started the East Texas Group a few years ago with one small goal in mind: We wanted to get a few students together once a month for a play day. Since then we've grown into a group with more than a hundred members ranging from students that are new to both horses and Parelli to Level 4 students. We host an event once a month that includes play days, trail rides, BBQs and clinics/workshops with Parelli instructors. We are really looking forward to incorporating the Parelli Patterns into our upcoming play days—this is going to put a new twist on things. The possibilities for games with the new Patterns are endless!

"We are so pleased to have the companionship, resources and friendships that this 'little' group has brought to us. The East Texas Savvy Group has grown into a network beyond our dreams!"



## Play group —Aubrey, Texas

"Our Parelli play days are perfectly playful, prosperous and productive for us pals and our pets. Our group is made up of seven individuals who get together as often as possible. For some, that means every weekend. For others, it means once a month. Regardless of the time we commit, we are all motivated and committed to improving our communication and connection with our horses. During our play days we practice what we have learned, provide feedback to one another and use our creativity to come up with new ways to play. We went to the 2008 Fort Worth Tour Stop and came back excited to start applying the Patterns. Since we've begun playing with the Patterns we can see the benefit—they point out the weak links in our horsemanship foundation.

"We each have grown an enormous amount over the past year, and getting together has been a big part of that success. We have incorporated the spirit of Parelli. We have found that place of harmony with our horses that speaks specifically to them, and we work to build on that. We do not think that we could have reached this awareness as soon on our own!"

## Parelli Partners of Texas (PPOT)

"The many steps of our journey are lighter and brighter with the laughter, love and support of our like-minded partners—Parelli Partners, that is! The PPOT, known formally as the Parelli Partners of Texas, is a play/study group built on the foundation of the Parelli principles. Our 100+ membership spans the Dallas/Fort Worth area.



“Our events are held at one of our member’s farms and have pre-set play areas that will engage those on all levels in all Savvys. We even have areas set up for the “horseless” so they can play with tools, watch DVDs, etc. We enjoy playing side by side with all levels of skill, learning, breed, age, background and journey! It is not a time for teaching or coaching, but for playing, self-study and growth. We learn about ourselves in a nurturing yet progressive environment.”



courtesy photo

### SNAPP (Savvy North Austin Parelli Players)

“We meet monthly for a play day, dinner, video session or some other event and have a core group of fifteen people. We have members that range from beginner to those studying Level 3. Our goals are to have fun, expand our Parelli knowledge and offer support



courtesy photos

and motivation to one another. Our play days are held at different locations every month and generally start with ‘free play’ before focusing on a friendly competition. We’ve also started playing with the Patterns a bit—one of our members had been playing in Level 4 and didn’t even know it! We’re looking forward to having a play day that focuses on the Patterns exclusively. We have fun. Parelli should be fun! The support and companionship of our group has been wonderful!”

### Bit of Savvy Playgroup

“Our playgroup started three years ago. Since then we have seen our diversity, willingness to learn and ability to have fun have defined the nature of our group. The name of our group comes from Pat’s statement that you need to have a ‘bit of Savvy.’ The aim of our group is to help both horse and rider become more successful by presenting a balanced foundation from which one can build a confident, trusting, respectful relationship without sacrificing the spirit of either horse or human. Each time we play together our goal is to learn something new about our horses and ourselves. The best part is that we get to do this around like-minded people. For our activities, we try to have a variety: trail rides, challenges with other Parelli playgroups, arena skills, video days, clinics, etc. The dream for our group is for each of us to be the best horseman he or she can be for our horses and ourselves and to live our individual dreams.” 🐾



courtesy photos

# From the Corn Fields of the Midwest to the Desert Sands of the Middle East

by Kristi Smith

***When I first joined the Parelli Center faculty, I hoped that I was going to get some opportunities to travel. Never in my wildest dreams did I imagine that those travels would take me to the sands of Dubai. This has given me a whole new meaning for the warning, "Be careful what you wish for." It was an amazing experience!***

From the moment I stepped off the plane at the Dubai International Airport I was out of my comfort zone. The environment was surreal and a bit scary at first. This was the first time I had traveled where English wasn't the native language. I started to imagine how horses must feel when they are frightened and don't know how to ask for help. "What if I can't find the people who are supposed to meet me?" I thought to myself. "How will I get help?" I had an acute sense of my surroundings all of a sudden. It was an "aha" moment for sure. No one around me seemed friendly, and I started to feel claustrophobic. There seemed to be potential danger around every corner, and I felt alone.

I found my way to where the signs said that you should wait if someone was picking you up. I saw no evidence of the people who were supposed to be meeting me. I was surrounded by strangers. This was quite a culture shock for me. Each one seemed a potential threat, and I felt vulnerable. I had to wait in that environment for twenty minutes before my ride showed up. During that time I created all kinds of scenarios in my mind. With each one I created a plan of attack or defense. Talk about getting into my horse's skin!

Finally I heard my name being shouted, and I turned to see smiling faces. The friendly expressions made all the difference, and the tension that had been building started to subside. I found my herd! I rushed to be with them. Oh, so that is what herd sweet feels like!

My first few days in Dubai were a bit of a blur. There wasn't much time for Friendly Game, as I needed to slide into my new role quickly. I was there to look after a natural horsemanship program for a company called HoofbeatZ. This company was getting ready to send their natural horsemanship instructor, Bridget Hampton, to the U.S. to study at the Florida Parelli Center, and I would be helping out in her absence. I needed to become familiar with her responsibilities as soon as possible.

***One moment I might be teaching people who had experience with passage, piaffe and getting horses to sit, and a few hours later I would be explaining where the withers are on a horse.***

Essentially, I had three responsibilities. I was to facilitate the continued education of the HoofbeatZ staff, which included grooms, professional trainers and office staff. I was to develop a few horses, primarily four very special Arabians. And I would do a few private and group lessons for the general public. Little did I know that these three things were going to draw on every bit of experience I had and some that I didn't.

To begin, the range of experience in the HoofbeatZ staff was broad. I had people who were world-renowned for their skills and folks who had never laid a hand on a horse before. One moment I might be teaching people who had experience with passage, piaffe and getting horses to sit, and a few hours later I would be explaining where the withers are on a horse. I found a whole new meaning of the principle "Don't make or teach assumptions."

My time with the general public was the most difficult. These folks do not have easy access to our home study programs or the Savvy Club. I came to appreciate how valuable this support network is to our students. These students' only knowledge of the Parelli program had come from HoofbeatZ. Most of them had never seen Pat and Linda, even in a video. It was amazing to me that somehow they

***The grooms employed by HoofbeatZ were some of the greatest students I have ever had the pleasure of facilitating.***



courtesy photos

were still inspired enough to come and spend some time with me. I became aware that I was responsible for the inspiration, and I must admit that there were occasions when I did not manage it. In these situations I had no experience to draw on. The people we teach at the Centers are the most dedicated Parelli students out there. They turn their lives upside down to learn from us. I had no idea what it would be like to try and help folks who weren't already "converted." I do now.

Then there were the horses. Previously, I had almost no experience with Arabians—and to be honest, not much desire to gain any. However, the four horses I was privileged enough to play with in Dubai will always be in my heart as some of my favorite equines. Each one came with a story and some damage. HoofbeatZ and its director, Eileen Verdick, have a vision of rehabilitating retired or castaway horses and giving them new leases on life, second chances at happiness. I felt a greater sense of responsibility to these equines than I had ever felt before. I knew that their experiences with humans had not always been great, and I felt a compelling desire to modify their opinions of the species. They were already full of forgiveness. Being their partner for six weeks was my extreme pleasure.

My days generally began at about 6:30 in the morning. I would arrive at the stables to get prepared for my morning sessions with the grooms. These sessions were the highlight of my days. The men on this team were clean slates. They had no preconceived notions about what they were supposed to be doing. They willingly and enthusiastically accepted the information I was there to give them. The contribution that I am the most proud of was giving these men the opportunity to think for themselves. They were already doing some pretty amazing stuff by the time I got there. However, they were just going through the motions and not really reading their horses. With the help of a translator, Tauseef Qadri, I was able to share with them the Horsenality™ model, along with reading-the-horse information. Once I started giving them Patterns, they just exploded with progress. It is not a normal practice in this region to educate the grooms. Most grooms are treated like second-class citizens. HoofbeatZ's views are different. This is a talented and special group of men. I am a better person for having gotten to know them.

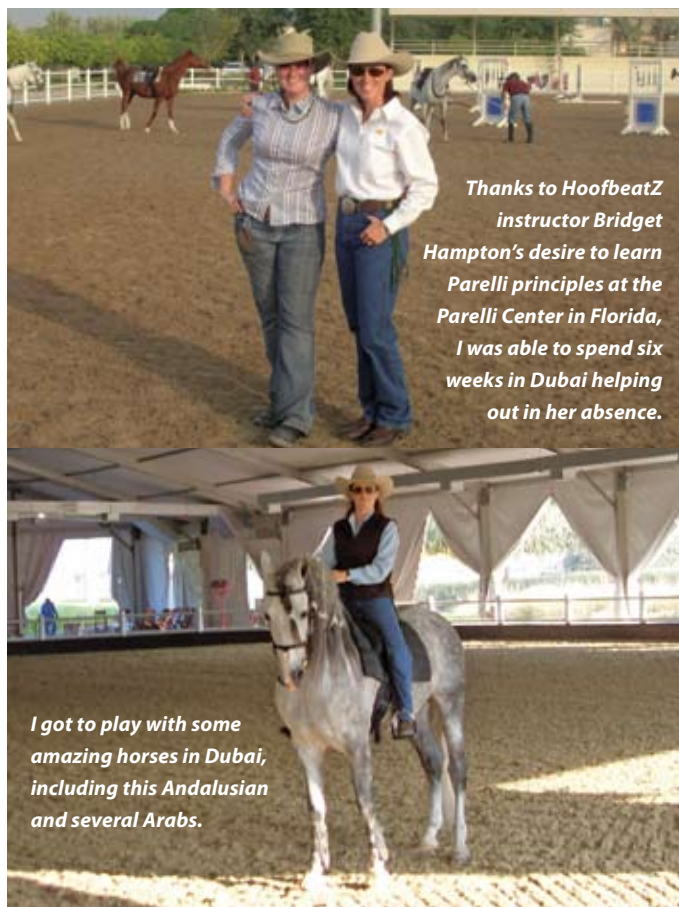
After the grooms session I would get to spend some time developing the beautiful Arabians. Prior to this experience, I hadn't had much of an opportunity to develop a relationship with a horse other than my Levels partner. Of course, my time at the Center has allowed me to play with lots of different horses, but this experience allowed me six weeks to develop relationships. Each one was unique and presented its own challenges. I was happy for an opportunity to put my principles into practice. I had no idea I would love Arabians so much!

In the afternoons I would sometimes get to spend some time with the horse trainers. I really had to think about how I could inspire

these folks to want to know more. This group had a job to do, and it needed to happen in a certain amount of time. In the land of Parelli, the horse is in charge of the time line. This was not the reality for these horses or humans. They had a show to produce and a deadline to meet. It could have been really easy for me to get righteous and just be right at the wrong time. Instead, what I did was offer them information that could give them the results in the beginning and then little by little open their eyes to the relationship aspects of the program. All of the people on this team were wonderful to work with. I learned a lot from my time with them, and I hope to get to see them again someday. I learned just as much from them as I could have hoped to teach. Their general manager, Richard Lyne, was spectacular. The support and friendship he provided was and is very important to me. He and his entire team, along with the grooms, passed Level 1 while I was there.

Although I was out of my comfort zone for the entire six weeks, I will always remember my time in Dubai fondly. I made some great friends, and I hope to maintain those relationships. This experience gave me some insight into the difficulty of what Pat and Linda do for the Parelli brand. Pat always says that his job is inspiration and information; our job is dedication and perspiration. It is only when you get the first two right that the rest follows.

I want to thank Eileen and her husband Anwer Sher for inviting me into their home and family. They were spectacular hosts. They and their whole team are dedicated horse lovers, and I look forward to watching them grow. 🐾



*Thanks to HoofbeatZ instructor Bridget Hampton's desire to learn Parelli principles at the Parelli Center in Florida, I was able to spend six weeks in Dubai helping out in her absence.*

*I got to play with some amazing horses in Dubai, including this Andalusian and several Arabs.*

# On Line Patterns

## Not your average horse exercise program

### United Kingdom

#### A Unique Key to Teaching Horses and Humans

Max Easey, Derby

We think the Patterns are a stroke of genius. Patterns work because they are something that humans and horses have in common, so they help both species to learn together.

Since using Patterns, *everything* about our relationship with our horses has changed. My husband Bryan and his young Quarter horse Harley have invented a new Pattern of Figure 8 over a jump as part of their Hill Therapy program. He mixes in Patterns with the therapy to keep his horse interested and using his brain. My getting-on-a-bit Left-Brain Introvert Archie loves winning a Pattern and looks forward to a treat for a Figure 8 canter lead change or a nice change of direction on a circle. Since doing the On Line Patterns our Liberty has also improved—Arch feels more confident that he understands what I am asking for and is more able to ask questions. The other evening I played the Yo-Yo Game and backed him up, ready to send him on a circle. He turned into that perfect Hovercraft horse—floating in front



of me like a tennis player on the baseline waiting to receive a serve. He had a look of excitement and anticipation and that perfect “I could go in any direction at any given moment . . . which way will it be today?” Feel.

What a moment! We love Parelli, and we love the Patterns because in them you have shared a unique key to teaching humans and horses.

#### A Priceless Blueprint

Chris Ward, Nottinghamshire

I understood the concept of the new Parelli Patterns when they were outlined at the conference in August. What I didn't realize was how much of an asset they would turn out to be. I have just taken on a young horse. She has, fortunately, had a beginning using the Parelli method. When Bea had been with me for only a matter of weeks I

noticed a worrying habit beginning to develop. At times she would headshake—more of a twitch, really. Just to be sure it wasn't anything physical, I had the usual checks done, and all came back clear. I had the feeling that she had been pushed too far too soon. When we played she would go introverted before my eyes, almost catatonic, but not quite. Having put the head shaking down to stress, I began to formulate a plan to deal with it. I realized that Bea is a Right-Brain Introvert. With that in mind, I knew that the twitch could be her safe place, the place she goes when it all becomes too much.



I had to create a place of safety that would replace that behavior. The ideal scenario will be that she sees me as her place of safety . . . but how to accomplish that? I am using Patterns, not only the Touch It on

different obstacles, but a few of my own. I would say that the use of a pattern—not only the ones that Pat shows us, but any pattern—builds confidence in the horse and therefore the horse's confidence in you. Pat has given me a blueprint, a map. That is, for me and for Bea, who is just starting out, priceless.

### Europe

#### I Was Stuck in Level 2

Bianca Boluda de Vlas, Madrid, Spain

Oh, my gosh, the Patterns! I remember asking Pat at the NEC this August, “I already have the Level 1, 2 and 3 packs, Success Series and Liberty and Horse Behavior. Do you think I should get the Patterns DVDs?”

He said, “Yes, I think you should.”

So I bought them that same day. Boy, was he right! Once again you have pinned it down.

This is a great way to see where the holes in the communication with my horse are, since I don't have easy access to instructors. I find it a great help to get through the final part of Level 2. I felt I was kind of stuck there, and the Patterns



are very helpful. They rapidly and very clearly showed me on which areas I have to work more. Thank you once again for the new, marvelous info on this set of DVDs.

## United States

### Something to Focus On

Debi Peterson, California

I have had the Patterns for about a month and have been playing every day. Since I started to play with my horse seven months ago, she is making major changes in her emotions. She was a Right-Brain Introvert when we began. Now she seems Left-Brain Introvert most



of the time. She still has her moments of unconfidence, but they are becoming less and less frequent. We are able to expand out of our comfort zones more easily together, and

if things fall apart, we regroup and try again. The Patterns really give me something to focus on and a guide to advancing. My skills are improving also; my handling of the 22-foot Line and the Carrot Stick is getting better and better. I am finding that being outside the arena in the field with more room is doing wonders for the both of us. I am having more fun and getting results!

### My Horse Doesn't Even Want to Graze Now

Valerie Creveling, Texas

My horse and I had officially passed Level 1 and were nearly through Level 2 when I purchased the Patterns at the Ft. Worth tour stop. I decided to start at the beginning of the On Line tasks and see if we had any "holes." I have discovered that by starting with the Level 1 tasks, we were able to solidify tasks that we could sort-of do before, and now the Level 2 and 3 tasks are becoming really easy.

The biggest change has been in how much I enjoy playing with my horse. Before the Patterns I tended to look for an excuse to stay in the house. I was bored doing the same things over and over with sometimes limited success. My horse is a Left-Brain Introvert and would try to graze his way through a session as though I didn't exist. Obviously, neither of



us was really having fun. Now I can't wait to play, and though I still use a lot of treats as rewards, my horse doesn't even want to graze. On Line, instead of pushing my horse to weave barrels or do whatever the task at hand is, I just suggest that he might try, and he is actually enthusiastic! When we are through with the Patterns we are playing with, and I take off his halter, he stays with me and we play at Liberty. My horse, that could barely complete a task at a walk and didn't want to even try a trot, is now cantering with me at Liberty. Thanks for making this available to everyone.

### Finally I'm Provocative Enough!

Joy Bolt, Tennessee

Finally, with the Patterns, my Left-Brain Extrovert Haflinger finds me provocative enough, fun enough, interesting enough to pay me 100% of his attention during our On Line sessions! The best ta-da moment came at the National Drive at Kentucky Horse Park last week, when I took him to be weighed on the portable scale. We walked up with him in halter and lead, and he put his nose on the scale, stepped on with both front feet, stood a second or two while it moved under him, stepped up with both rear feet, stood quietly for the tech to read his weight, and stepped off. He was 998 pounds of calm and happy Parelli-fied Haflinger on a loose line. I was so proud of him!



### No More Micromanagement

Paige Kochan, Oregon

I have been doing the Patterns On Line with my twelve-year-old Quarter horse gelding. The biggest change I have noticed in my relationship with him since starting is that I tend not to micromanage him as I used to. I give him the task he is responsible for and leave him alone. My horse seems to be much happier and having fun, and I am, too. I also find myself doing more preparation for Liberty while On Line now. The Patterns have given me a focus, and now I am getting lots of quality time with my horse.



by Norma Safford Vela

# Body Language is Universal: Parelli Provides a Path to a Child's Mind

***Autism is a complex developmental brain disorder with impaired social interaction, repetitive behavior such as head shaking or clapping, and limited communication skill among its list of symptoms. Children with autism may have challenges with language, forming friendships or even something as simple as making eye contact.***

Symptoms can range from very mild to severe. Noted author Temple Grandin (*Animals in Translation*), a highly functioning adult with autism, describes her own thought process in her book *Thinking in Pictures* as more aligned with that of animals like cattle and horses.

Brown Powell and his wife Marie created the CORRAL Therapeutic Riding program over twenty-one years ago, and they work with both children and adults with mental and physical challenges. It occurred to the Powells, who were active students of the Parelli program, that the non-verbal communication of body language, timing and unending patience might be effective in working with children struggling with autism. The results they have seen are nothing short of remarkable.

Marie shared her story with Linda at the 2008 Savvy Conference, and I was able to sit down with her for more details of her experience with one special child.

***They can't take you looking at them, they don't want you in their space and they have huge bubbles. They're like sensitive horses that can't take the pressure.***

"One of the groups that we find interesting is children with autism. Since we've both been studying Parelli, mirroring is one of the biggest things that hit me. These children with autism can't take the pressure. They can't take you looking at them, they don't want you in





their space and they have huge bubbles. They're like sensitive horses that can't take the pressure. I learned so much from Parelli—that's how I broke through with my horse."

Marie admits that she likely wouldn't have noticed this sensitivity to pressure in the kids if not for what she learned through Parelli. "My horse is like that—pressure is just too much for her. That's the way children with autism are. They can't express, they can't get out and they can't get away from the pressure."

CORRAL works in collaboration with the school system to provide self-contained recreational therapy in six-week modules. "The teacher for this particular group said that they had one child who was very severe, and they didn't recommend that he even come out for the program. She was afraid he would get loose, and they would honestly have trouble catching him again." But Marie's husband Brown wanted to try some new ideas in communicating, and he encouraged the teachers to bring the boy, "We'll try. If it doesn't work, you can take him home." The therapist was unsure and even put in the files that she didn't recommend that the child come out. She was afraid someone would get hurt. But finally she agreed to allow the child to join the class.

"When he arrived on the bus," Marie recalls, "my husband said to the teachers, 'Turn him loose.' We were in an area that was fenced in. We told everyone else to just leave us. We didn't want anybody to watch him, we didn't want anyone standing there." The teachers hesitated. "You can't catch him," they protested. Brown patiently persisted, saying, "He'll be all right." So they released their hold, and, as predicted, the child ran.

***So Brown would run, and he would go and step up on the fence or bounce the ball, and the child would mirror Brown, following whatever Brown did.***

Brown started running as well, but he didn't even try to catch the boy. Instead he ran *beside* him, mirroring his energy and path. The child would dart, so Brown would dart, and they went back and forth.

Marie remembers, "I had a horse down there, saddled up. She was eating grass. I stood down there with her and watched them out of the corner of my eye. The child ran around with Brown mirroring him like this for probably ten minutes. And he would start looking back at Brown. You could see he was testing Brown to see if he would





follow.” At one point the boy spat, and Brown looked at him firmly and said, “Don’t spit,” then walked over and spat across the fence. The child looked at him, then walked over and spat over the fence as well. “Spitting was an issue with this child, which is why Brown corrected him immediately. So when he spat over the fence—well, we thought that was really cool.

***This child had never interacted with anybody, because everybody had always tried to hold onto him—just as we do with our horses.***

“Next he ran up by me. First he just shoved past when he went by me, essentially saying, ‘Get out of my way, I’m coming by.’ I was trying not to look at him, but I stood with my horse, who was still eating grass. The boy suddenly threw himself on the ground and started grabbing the grass to eat it. Well, my husband did the same thing, and he looked at Brown as if to say, ‘I can’t believe you’re doing that.’ Brown continued to mirror him without making eye contact and kept his distance. Within probably fifteen minutes after that he ran up to Brown and just touched him with his back to Brown’s back.” Touching is a big issue with children with autism. “When he touched him—well, that’s a biggie, that’s a real biggie.” The emotion in Marie’s voice was clear, and the importance of that tiny bit of contact caught me as well. Yep, a real biggie.

“We had a big ball, and Brown started bouncing the ball, and he got on the ball and bounced with him. The two of them were sitting back to back, and if Brown stopped, the boy would start bouncing

and push the ball over to Brown and start again. Just to see that interaction. The teachers, who had been watching from the top of the hill, couldn’t believe it. They had tears in their eyes.” Brown decided it was time to take the lead more and started moving. Incredibly, the child followed him.

“So Brown would run, and he would go and step up on the fence or bounce the ball, and the child would mirror Brown, following whatever Brown did. It was just like what the horses do. Then we brought him up to the horse. Brown would rub the horse and talk to him and he put his hand on the horse. Then the child would take off running, and

Brown would go with him. Then in a minute they would both come back. Finally Brown scooped him up in one quick moment and put him on the horse. And I started moving right off leading the horse. Now he could have jumped off, he could’ve bailed, he could’ve done anything. But he just sat there, just in awe. We led him around in the grassy area where we were. We worked with him probably for an hour, and he was incredible. He was so quiet and so calm.

“When we started back up the hill, immediately the boy knew he was about to be getting on the bus to go home. He didn’t want to go back. And that was the sad part. You could see that he had found something, and he didn’t want to leave.”

They did manage to get him safely back onto the bus that day. Clearly the Powells had made an impact, because the teachers allowed him to return and, once again, run unrestrained. “The next time he got there he made a beeline for Brown. We went down past the riding arena where the others were, and it was just awesome. He was just right with Brown. Whatever Brown did, he did.”

Every week brought progress. “It was so encouraging, and then he actually got on the horse himself. He wanted to get on the horse. By the end of his six-week session he was actually in a class with other children. It’s so calming for these kids to be on the horse anyway—the movement of the horse is so calming. You’ll see the children get in sync with the horse. It is just amazing.”

Brown continued to expand their “game,” using Parelli principles along with his own active imagination. “Brown even had him taking rings from him and putting them on things. This child had never interacted with anybody, because everybody had always tried to hold

onto him—just as we do with our horses. I guess my husband has a gift for working with children with autism. He has no formal training other than horses and Parelli.”

***When I saw what Linda was doing with the mirroring and how the horse she was working with calmed down, I was so impressed with that one thing.***

Brown has worked with a number of other children with autism. They gravitate toward him. Marie believes there’s a real connection there. “I think it’s because of his body language—it’s Parelli. He’s actually put them on a 22-foot Line.” That isn’t as bad as it sounds; children with autism often have to be managed with tethers. “Brown would go down toward our pond with them and just let ‘em rip and run. They’d hit the end of that rope, and they’d give to the pressure, and they’d come off of it. Pat said it works on husbands and horses; it works on children with autism even more. The pressure and the release mean so much to their minds. And those minds are in there,

but they can’t get them out to communicate. Boy, to see the change in a child like that.”

Marie knew she had to share her story with Pat and Linda. “I wanted them to know that we had had this success treating these children using their program. And it’s just been amazing. The mirroring—that’s the thing. When I saw what Linda was doing with the mirroring and how the horse she was working with calmed down, I was so impressed with that one thing. That’s what really, really worked with him.

“I have to tell my volunteers, who tend to get attached to the children—they get as much out of the program as the riders—I tell them that maybe I can’t do anything about his family life, I can’t do anything about any other part of his life, but I can make a difference for just that short period of time. And with Parelli, I can make even more of a difference.” 🐾

Coweta Organization for Riding Rehabilitation and Learning—visit [www.corraltrc.org](http://www.corraltrc.org).



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*Elizabeth learns how to overcome fear*



# Overcoming Fear

by Linda Parelli

***Over the past twenty-two years I've learned a lot about fear as both a student and a teacher, and here's the most important thing to know: Fear is an important emotion. That's because its whole purpose is to keep you alive.***

I think the most devastating thing I hear from fearful or unconfident students is that they feel stupid. They feel like they shouldn't be afraid, but when I see them with their horse I say, "You *should* be afraid!" Your horse is out of control, your balance and riding skills are not good enough for this situation, and if you act brave you are going to get hurt or killed. Your fear is keeping you safe and alive and pursuing your dream with horses. You just need to know when your fear is real and when it is imagined and then learn how to move forward yet stay safe.

#### **Listen to Your Own Advice**

Most people don't think their fear around horses is justified. You look at others and say, "They're not afraid. What's wrong with me?" And there's only one thing worse, and that's "shoulding" on yourself: I *should* be able to do this, or that; I *should* not be afraid. Now not only is fear your enemy, *you* are! No one can put more pressure on you than you.

***When you learn to listen to yourself, to trust your instincts and then take the right steps, things will change for the better because you'll learn how to manage your fear and overcome it.***

I'm going to help you stop that. Your instincts are giving you good advice that you are ignoring. You listen to people who give you bad advice, who tell you "Just get on! What's the matter with you? Everything is fine!" but you don't listen to yourself, and yet your brain knows what's right.

Next time you feel afraid or unsure and someone says "It's okay, just do it!" think this: *It's not your body that's getting up there or going to get*



*scared or hurt, it's mine. So thank you for your confidence. I'm sure you can do it, but I'm going to listen to my instincts.* You might even have to say that out loud.

And next time you hear yourself "shoulding" on yourself, say, "Shut up, shut up, shut up!" until you actually do! This is an NLP\* technique that is very powerful, and one of many you can use. It simply trains your brain to change negative habits.

\*NLP is short for Neuro Linguistic Programming. See references at the end of this article.

***All of a sudden one day your fear is way too big to handle, and it's because you've ignored it and crashed over your thresholds time and time again.***

### **Your Brain Is Trained**

When your brain senses danger, its job is to keep you safe, and it does that by giving you a fear sensation. In other areas of your life you would probably heed that fear and not rush headlong into danger. But when you override your fear and do it anyway, or let someone else push you into doing it, your brain will start to make the fear response bigger and bigger and bigger until pretty soon you become incapacitated by it. Then one day just looking at your horse makes your life flash before your eyes, and this is the real tragedy, because it makes you give up on your dream.

I've even had students ask me to push them through their fear, but I refuse to do it anymore. I've seen what happens, and it doesn't work. Your brain says "danger," you push through your fear with false bravado, and people are cheering you on. You get on or you canter or do whatever it is that scares you. You did it! You lived! Yes! You're proud and feel like you've made a breakthrough, but the cold, hard

truth is yet to come. The next time you're back where you were, and the fear hasn't gone away, and sometimes it's worse.

When you learn to listen to yourself, to trust your instincts and then take the right steps, things will change for the better because you'll learn how to manage your fear and overcome it. Staying safe is your responsibility, no one else's.

### **Treat Yourself Like a Horse**

When we learn how to get horses over their fear, we can use the same strategies to manage ourselves. If you've been studying Parelli you know that the best strategy to use with a fearful horse is retreat. *Retreat, retreat, retreat.* The greater the fear, the more you need to retreat; and when the adrenaline goes down, you can advance again. We call this respecting thresholds versus crashing over them.

You've probably felt a threshold before but not realized what it meant, like when you are taking your horse away from the barn. All of a sudden he stops dead and won't go further. He starts to fight against you and becomes obsessed about getting back to the barn. People call this "barn sour" and sometimes punish the horse for it, forcing him to move forward, but he's really "barn sweet." He's drawn to the barn because that's where he feels safe. Every time you crash the horse over this threshold, his self-confidence and trust in you deteriorates, until one day he goes literally berserk, as if to say, "How much of a fight do I have to put up before you believe me? I am terrified."

Well, that is basically what happens to you. All of a sudden one day your fear is way too big to handle, and it's because you've ignored it and crashed over your thresholds time and time again. You have to do the opposite, just like with a horse. Instead of forcing your horse over the threshold, retreat. Turn around and walk back to the barn, and when he starts breathing and relaxing again, head out, but this





time with more sensitivity. You are feeling for the smallest signs of reluctance, which usually occur well before the big threshold you first noticed. When you feel it, slow down, stop, or turn back again. If you keep doing this, approaching and then retreating from the threshold, all of a sudden your horse volunteers to go over it without any encouragement from you. What you've done is help him feel safe *with you!* It's not about the threshold so much as it is about gaining your horse's trust so he feels safe with you and the fear goes away. As you continue to consistently practice this, you'll find that your horse's fear in many other areas goes away because he knows he can trust you to not push him when he's afraid.

How does this apply to you? The horse is your brain. To overcome your fear, you have to listen to what your brain is telling you, respond to your instincts and then use the same strategy of retreat and re-approach to regain your self-confidence. It's amazing what happens when you do this—your adrenaline drops, the tension goes away, and pretty soon you feel self-confidence rising. I'll give you some situational examples a little later.

### Two Kinds of Fear

When it comes to fear of horses or riding, there are basically two kinds: real and imagined. You need to know which one you are dealing with, because there are some similar and some different strategies to apply. Put a check mark next to the ones you identify with.

#### 1. Real Fear: Safety issues or lack of skills.

You have every reason to be afraid when you are not safe.

- *Your horse is hard to control, spooky, excited, on adrenaline, distracted, going faster than you want, tense, or pushing you around.* This is because you are not in control. If you are in a car and it's going faster than you want or the brakes and steering don't work properly, you know that's not safe. Same with a horse.

- *You're being told to do something that you don't feel ready for.*

Encouragement does not work because gentle pushing is still pushing. It makes you go over thresholds, and that does not build confidence. It actually destroys it.

- *You lack the required skills, on the ground or in the saddle.*

When you don't know what to do or your balance is not good enough, you tend to grip with your legs or hang on the reins or saddle. You ride defensively instead of with certainty. Horses don't do well with this. They need a confident leader or they take over to save themselves.

- *You are tense or afraid.*

This is not a good situation. At least one of you has to be Left-Brain and in the lead, and it should be you.

- *You've actually had an accident or been rattled by a dangerous experience.*

The problem here is that you keep thinking about the accident, so you become tense and defensive, and your leadership deteriorates.

- *You've pushed your horse over a threshold.*

If your horse is scared and unconfident, he's not safe to be on or around.

***No matter whether your fear is based on reality or is a product of your imagination, its intensity is the same, and it feels real in your body and emotions.***

#### 2. Imagined Fear:

It's not based on personal experience.

- *You have not actually had an accident with a horse.*
- *You've heard a lot of horror stories and can't get them out of your head.*
- *You're always thinking of what might go wrong.*
- *You are not a naturally self-confident, brave person or leader in other areas of your life.*



• *You have no experience with horses at all.*

This really belongs in the Real Fear section because it's like getting in a car and not knowing how to drive. You need knowledge, and you need to know what to do with a horse, both on the ground and on his back.

Here's the thing: No matter whether your fear is based on reality or is a product of your imagination, its intensity is the same, and it feels real in your body and emotions. Your brain cannot tell the difference because it's responding to your thoughts, so the reaction is the same: Fire up the emergency stations, adrenaline full speed ahead! You get tense, tight, clammy, sweaty palms, dry mouth, anxious, shaky; the fear mounts and mounts. Urrrgggghhhh. It can even be physically painful. In order to not go there anymore you have to start treating yourself differently.

***Figure out exactly what it is you are afraid of, and then trace the steps that lead up to that so you can pinpoint when the first fear sensation starts.***

### **Positive Steps**

#### **1. You have to stop telling yourself it's wrong to be afraid and to truly thank your brain for keeping you safe.**

Really, this is the first step. If you cannot do that and truly respect and appreciate this, it doesn't matter what techniques you try; you will fail.\* Fear is a very important emotion. You need it. You just need to stop triggering the fear in yourself and taking the right steps to re-train your brain for the situations that you really are safe in.

\*There are some very effective techniques that literally retrain your brain to overcome unrealistic fears and phobias, or fear that comes

from other sources that are being relayed to your horsemanship. Be careful, though, because if your fear is gone and now you are unrealistic about your skills, that won't work! That's why knowing the difference between real and imagined fears is an important part of your success.

#### **2. Don't do it until you can do it.**

People often ask me things like "I get really scared at the canter. What should I do?" and I tell them, "Oh, what a relief." It's funny how that thought never enters our heads. I used to say to my dad, "It hurts when I press here," and he'd say, "Well, don't press it!" How logical is that?

If you use the strategies in this article to develop your confidence, one day all the planets will line up and you'll canter (or conquer whatever the problem is). It will come easily and feel great. And then just do it for a few strides and come back to the walk and only try it again if all feels good. The problem comes when you get into the canter and then keep on cantering, and your confidence evaporates, your balance goes off, it unsettles your horse, and you're scared again. The secret is in approach and retreat.

#### **3. Don't go over thresholds and don't let others push you over them.**

Remember that *you* are responsible for your own safety. Start playing retreat and re-approach with yourself, and do it in your head before you do it with your horse. For example, the fear can start at different points. Sometimes it starts the moment you think about riding your horse later that day. Other times it only starts when you put your foot in the stirrup, or when you are about to canter. Figure out exactly what it is you are afraid of, and then trace the steps that lead up to that so you can pinpoint when the first fear sensation starts. This is the first threshold to deal with. So in your mind, as a simulation, see yourself approaching that point and then going away from



it. Do this over and over and over until you have no sensation and can move to the next threshold. Then work that one and move to the next, and so on. The rule is to not move forward when you still feel tension or fear and to move forward only when that feeling is gone, just as you would with a horse. And as Pat Parelli says, "Take the time it takes so it takes less time." Many people go for years and years with the same problem but won't take the hours or days necessary to fix it. Believe me, it's worth it.

Here's an example: Let's say your fear starts when you put your foot in the stirrup. What most people do is keep going. They get up and into the saddle, and now they are wrecks. You have to figure out what the steps are so you know what leads up to the moment you feel the fear and then how far you need to retreat.

1. You get your horse.
2. You play with him on the ground using some Patterns and get him in the mood to be saddled.
3. You saddle your horse and put the bridle or hackamore on.
4. You move him around to check that you have control and communication, that he's in a calm and responsive frame of mind, and that he's comfortable with the saddle; the cinch or girth is properly adjusted. You might do some more Patterns with the saddle on.
5. You move next to your horse and get in the mounting position.
6. You take hold of the stirrup.
7. You put your foot in the stirrup.
8. You stand up in the stirrup and pet your horse's shoulder, asking permission to get on.
9. You gently put your leg over the saddle.
10. You settle into the saddle and sit there for a while before you move off and go on to your riding plan.

I've listed ten steps, so let's say the fear starts at step 7. As soon as I feel the fear, I retreat: let go of the stirrup, move away from the mounting position, play with the horse on the ground, take the saddle off—retreat as much as is necessary, and you'll know when it's right because your adrenaline will go down and you'll feel calmer again. Then re-approach and retreat as often and as much as necessary until you find yourself being able to go to the next step without any fear sensations. For each new step be sensitive for another threshold, and then retreat and re-approach again. If you don't retreat, you don't build confidence, and if you don't re-approach, you don't make progress. Again, do it all in your head before going to your horse and doing it in reality. This way you'll be rehearsed and prepared. It will feel familiar and therefore easier to do.

***Accidents tend to happen when you're unprepared, careless, or haven't thought about how to make sure everything goes smoothly.***

The agreement you make with your brain is that the moment you feel fear you will retreat and re-approach again. When you can do this consistently and your brain can depend on you, your fearfulness will get less and less instead of more and more. Don't rush—take the time it takes. That's what Pat Parelli says, isn't it? Take the time it takes so it takes less time. Most people don't take the time to actually solve the problem, but they waste time dealing with the effects of the problem over and over, year after year.

NOTE: If you have a child, you are responsible for the child's safety until he or she learns how to be safe. Teach the child how to be safe through Savvy, to not crash through thresholds, and to wear

protective headgear. And on that note, don't just strap a helmet on them and think they'll be safe. They need Savvy, too. Most people get hurt because they did the un-savvy thing.

#### 4. Set things up for success.

Every great horseman does this. Great horsemen think ahead, have a plan, and are ready to adjust that plan. Accidents tend to happen when you're unprepared, careless, or haven't thought about how to make sure everything goes smoothly. Things like not rushing, putting your horse and the trust/relationship first, taking care of the horse's thresholds, and having a backup plan ("If this doesn't work, I'll do that") are good examples. It's *all* about preparation: "Prior and proper preparation," to quote Pat! I once heard Ray Hunt say, "Confidence is being prepared for the unthinkable."

#### 5. Work on your skills.

You cannot have too much Savvy. This doesn't mean you need to have a high level of horsemanship, but you need enough for the things you want to be able to do safely and confidently with your horse. Savvy is something that you apply to every single situation, from going through a gate to turning your horse . . . from catching to releasing . . . from grooming to saddling . . . on the ground On Line or at Liberty . . . riding with or without contact. The better you get in all Four Savvys, the more overall Savvy you have. In addition, study Horsenality™ and get very, very good at reading horse behavior, because the sooner you can detect a problem and know what to do about it, the safer you are.

***The moment something doesn't feel right, get off and get off now, because sometimes you don't get a second chance.***

#### 6. Get off now!

Don't ever be too proud to do this. The moment something doesn't feel right, get off and get off *now*, because sometimes you don't get a second chance. Better to be a live chicken than a dead duck, isn't it? And who cares if someone else thinks you're stupid? It's not worth risking loss of confidence or your life—or your dream!

I learned to get off from Pat, the former rodeo champion! Everyone else had told me to stay on no matter what, and I've had some horrible wrecks because of that stupid advice. When a horse is Right-Brain, he cannot listen to you; he can't think. He's reacting with lightning-quick reflexes, and all he's concerned with is self-preservation. That instinct is so strong in horses that it's very dangerous to stay on the horse and try to get through it. Get on the ground and use the Parelli skills to get your horse calm again. He has to look safely rideable before you get on again. Pat has taught me to preserve my confidence by not going there. The moment things don't feel right, I can get off that horse so quickly it's amazing! And Pat's even better at it. He

doesn't get on until everything is right, and he gets off the moment it's not. You have to take care of your confidence, because it's easy to lose.

#### 7. Change your goals.

One of the secrets of not getting frustrated is to change your goal. One of the big problems is the expectation you set, such as "I've got to ride today," or canter, or get through my fear, or . . . or . . . or. So every time you don't achieve that goal, you feel worse about yourself. So change your goal! Simple as that.

My personal experience on this is with my big, athletic, complicated Trakehner, Allure. I quickly realized he was way too much horse for me, so instead of getting him to Level 3 in the first couple of years, I changed my goal to learning as much because of him as I could. As a result I'm never frustrated, because every day I achieve that goal. He teaches me something every single day. He is also the trigger for developing our Liberty & Horse Behavior course and the Horsenality™ work. How wonderful is that? Not only did he help me, he helped all of us who study Pat's method.

I'm riding Allure calmly and confidently now. It's taken over four years to get there, but interestingly enough, I was totally oblivious to how long it took, because I was engrossed instead of frustrated every day, and the rewards have been huge. I didn't want to sell him or give him to Pat to train for me. He's a dream horse for me, and I was prepared to never ride him if that's what it took to be successful with him. And then one day I watched him and thought, "You look rideable!" So that's what I do when I play with him. Sometimes I play with no thought of riding, and sometimes I play with a plan to ride should all the planets line up that day. So that's another decision you need to make: Is this the horse you want to invest your time and love in? If not, then you might look for the horse who is that for you. Remember, Parelli is about way more than riding.

#### **In Closing**

I've spoken to hundreds of students around the world—male, female, younger, older—who have thanked me for talking so openly about fear, because in the horse world it feels like a dirty secret. And the advice I give them is what I've written here. Now all you have to do is follow it.

Can you imagine how good you'll feel when you know how to be confident all the time? 🐾

#### **For more information**

**Courses:** Confidence in Riding (Parelli Centers—U.S.: Florida & Colorado; U.K., Australia)—Intensive coaching and support for overcoming fear.

**Books:** Move Closer, Stay Longer (Dr. Stephanie Burns); Get The Life You Want (Richard Bandler, founder of NLP)



I have had fantastic results with the Cradle Bridle with my horse Bandit. He is well into Level 3, but we were really struggling with collection (particularly at the canter). He would push his nose out, go really fast, chomp constantly, etc. We were getting marginal results with the suspension rein. This was with the Comfort Snaffle.

The moment I put the Cradle Bridle on, it was a completely different picture. His mouth is dead quiet (finally tongue relief for my Left-Brain Introvert horse!).

*The moment I put the Cradle Bridle on, it was a completely different picture.*

From the first ride I could feel his back come up under me. His canter is almost too slow now, and I am getting consistent blowouts at the canter. His collection is not perfect at the canter yet, but it takes little to ask him to round up, and he is often asking to drop his head and round his back when I release the feel.

I am also now able to really feel what it means to “move my horse’s shoulders over,” as the overall communication with all of his body parts has surpassed anything I have felt before. I am riding him with the solid chin strap and on the small rings. He does not seem to prefer the elastic over the non-elastic chin strap, and I broke my elastic one (long story—my fault!), but I imagine I will keep him in the solid one even when I get my elastic one replaced.

My friend Debby also bought a Cradle at the Savvy Conference in Pagosa Springs, and I have to share a response she got. She rides her horse every day, and her parents live on site, so they see her ride all the time. When we got home from the Conference we put the bridle on her horse (after 26 hours of driving, but we couldn’t wait). She got immediate results as well, with her horse rounding and softening. Her dad walked up and asked me quite seriously which horse Debby was riding. When I told him it was the same horse he sees every day, he did not believe it until he looked closer. If that’s not honest feedback, I don’t know what is!

—Ann

For more information visit [www.parelli.com](http://www.parelli.com)

*Cradle Bridle*

# Spot the Savvy!

*Photo taken during filming for an upcoming Savvy Club DVD called "Horsenality-Personality—Ending the Mismatch." Can you spot the savvy? (Answers on page 59)*



# The Savvy



# Performance Fundamentals: Pleasure Classes

by Pat Parelli

*Most competitions that we participate in have practical roots. These roots are important. Within the history of every competition lies the original intent, goal and principles that kept the horse and human in mind.*



In the case of pleasure classes or rail classes, the idea was to develop a horse that would be a pleasure to ride, a horse that you could take out for a leisurely ride across the countryside. In order to be best suited for this purpose a horse would need to have a fast walk and smooth gaits and be nice-looking, like a town car.

My experience in pleasure classes comes from Troy Henry, my mentor, with whom I stayed for five years until his passing. Mr. Henry was famous for his ability to select horse and rider partnerships that would create a winning combination. He was also a firm believer

in cross-training. According to Mr. Henry, every good performance horse, regardless of specialty, should know and do three things: rail classes, trail classes and reining classes. Most people had pleasure horses that could only do the rail; people couldn't ride them out into the middle of the arena to save their lives! Mr. Henry's horses excelled at pleasure classes, but they could also do a fairly good job at reining and trail. Consequently, all of his reining horses could do pleasure and trail classes, all of his pleasure horses could do reining and trail classes, and so on. They were performance horses. This cross-training kept



his horses exuberant and excellent in their craft; it is why they lasted so long. The final lesson I took from Mr. Henry was that if you put the relationship and the foundation first and then specialize in an area of a horse's particular talent, you'll have a horse who is confident and balanced and good at what he loves to do—provided that we don't knock it out of him through over-specialization or too much pressure.

So as we look at pleasure riding, we need to remember to keep it simple. Successfully competing in a pleasure class boils down to one thing: every judge can spot a horse that acts like a partner. A horse that acts like a partner maintains gait, maintains direction and looks where he is going. The first responsibility is to maintain gait, and this is where a lot of people get into trouble by micromanaging their horses. What I mean by "maintain gait" is that a horse understands that it is his responsibility to stay in the gait you asked for and not go slower or faster. You're not holding the horse back or urging him to keep him going, and it's something you teach him by asking for it and leaving him alone, and only gently correcting him when he changes gait. It doesn't take long for the horse to understand the concept.

The second responsibility is to maintain direction. Well, what is the direction? The direction in pleasure classes is defined as you follow the rail. When a horse accepts this responsibility as his own, he'll follow the rail regardless of whether or not the arena is a square, a rectangle, a circle, or an oval. A good judge will be able to see this. Judges will see the subtle differences between a horse that is being ridden with legs and reins to keep him on the rail and a horse that puts in 80% of the effort just by taking the responsibility of maintaining direction within the gait. This is where the third responsibility, looking where you are going, begins to reveal itself. For example, once your horse has accepted this responsibility, you will find that when he encounters another horse in the class he will self-regulate by backing off or looking to you for direction. By accepting this final responsibility your horse will look out for horses, for obstacles, for uneven ground, for everything.

The human's part of the partnership is to have sport-specific focus—to know what it takes to get the job done but not let it get out of balance. Usually it is the super-focused human who lucks into a horse that is supremely natural in the sport who becomes the champion and therefore the model for others. As a result, many horses are tormented into trying to emulate that, and when they break down because they can't do it they are passed off as "dinks." It is my observation that to err is human, but to blame the horse is even more human. And to take the credit for success is the most human of all! So whenever I think about sports or performance, I try to get back to the base and to its roots. If not, our need to specialize our horses will get caught up in the fad and fashion of today without thinking of the horse that will be needed tomorrow. The final thing to remember is to keep it natural. If you keep it natural by putting the relationship

first and putting the foundation before specialization, you might end up being the next world champion . . . naturally!

Recommended Resources: Archival Footage of Champion Pleasure Horses from the 1950s and 1960s. 🐾



#### Essential Traits of a Pleasure Horse

- Smooth Gaits
- Smooth Transitions between Gaits
- Smooth Transitions within the Gait

#### Essential Components of the Foundation

- Follow the Rail Pattern
- Clover Leaf Pattern
- Trail Riding
- Riding Outside of an Arena

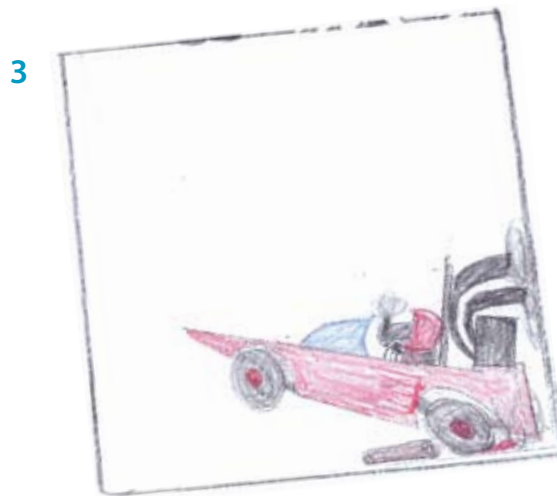
#### Horsenality™ Best Suited for Pleasure Classes:

- Left-Brain Introvert, Right-Brain Introvert

Can You  
**Match the Name**  
of the **Seven Games?**  
with the picture?



**Porcupine  
Game**



**Driving  
Game**

**Friendly  
Game**

4



Sideways Game

5



Squeeze Game

Yo-Yo Game

6



Circling Game

7





*The meadow Honeycomb at the Colorado Parelli Center*

# How to Build: A Honeycomb

**Pat Parelli's imagination is incredible.  
His "Honeycomb" is an innovative facility  
for teaching all Four Savvys.**

## 1. What is the diameter of the posts?

The post are 5 inch to 6 inch post. If we hang a gate adverse to a rope across the gateway similar to the ones in the honeycomb the gate post are normally 6 inch to 7 inch post.

## 2. What type of posts were used for the uprights and the rail?

The uprights are normal pressure treated fence post buried or planted 3 - 3.5 feet in the ground. The rails, if available, are diamond cut (which mean they are the same diameter the

whole length ). If unable to get these, we use standard fence post but longer when joining them. Cut and join so that the top is level all the way around and the bottom of the rail can wear the unevenness.

## 3. Is there a convenient supplier for this material?

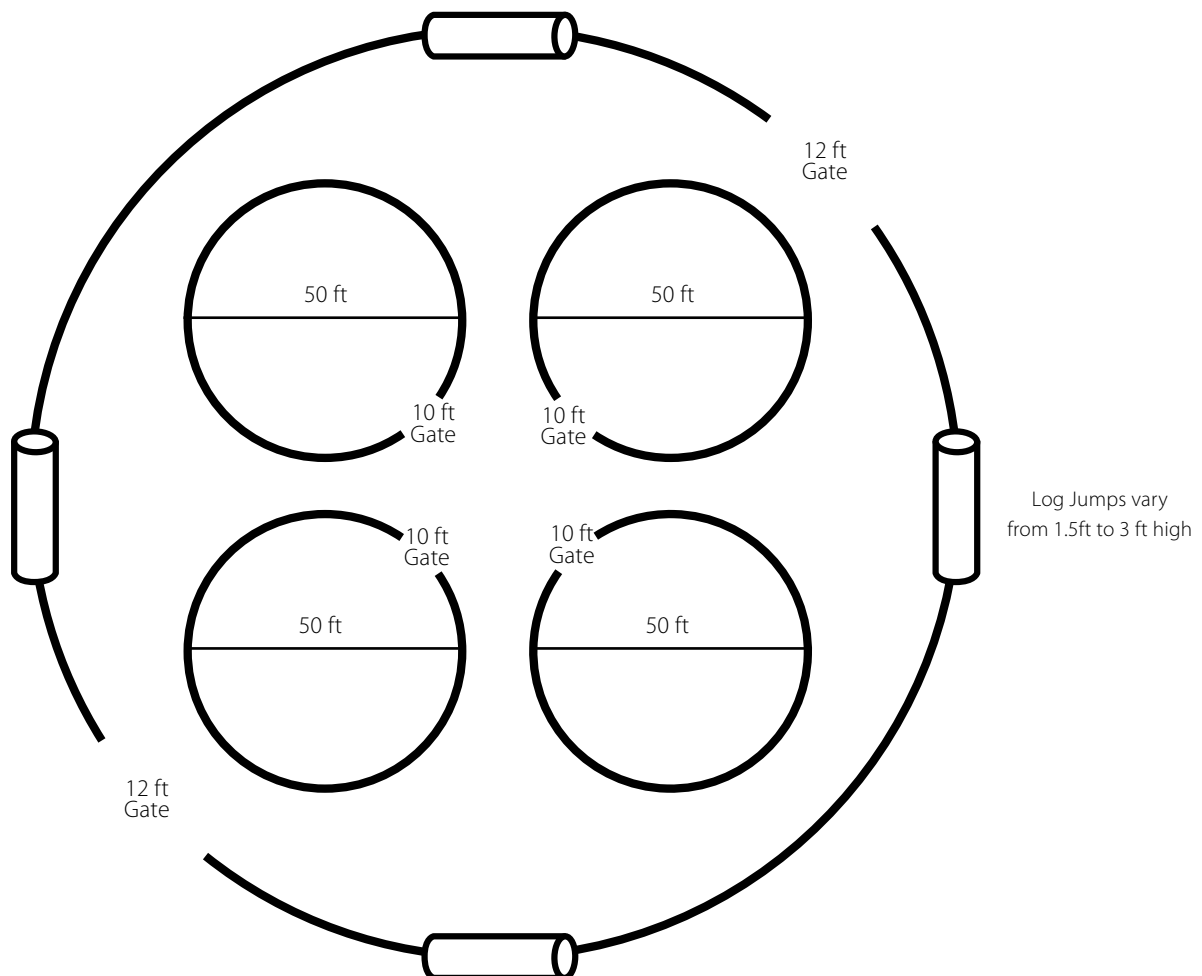
The lumberyard. In Florida we just source these from our fencing supplier; this is normally the most economic way to go.

## 4. What is the distance between the posts?

The spacing will vary depending on the material. In an ideal world we like to have 9 feet of space between posts (7 feet min- 12 feet max).

## 5. What is the height of the uprights?

Height is ideally around 4 feet 6 inches into the top of the rail. And lastly would recommend for the gateway to go no smaller than a 10 feet gateway and in an ideal world 12 foot as this will fit in most of your implements and general machinery used for maintenance and up keep. 🐾



# Problem Solving

## Herd Bound

by Linda Parelli

***In 1989 I watched Pat Parelli trying to load a thirty-one-year-old wiry, wily gray gelding, a rental horse at a Sydney riding stable. It had been many years since they'd gotten this horse into a trailer, and the last time they only managed it using a winch and broomsticks behind him.***

He had quite a reputation and was now retired from trail rides because he would get to a certain part of the trail, turn around and head home. No one could stop him, so they told riders not to let him turn around. Pretty soon he had that one worked out, too—he simply backed those two miles up and down the rocky trails, all the way back to the barn.

Needless to say, Pat convinced him that he was all right to load in there, but it took a lot of Savvy. He didn't trust anyone.

Some people call it herd bound, buddy sour or barn sour, but in truth they are herd-sweet—they would rather be with the herd than with you.

Annoying as it may seem, when a horse is herd bound he is trying to tell you that he feels safer with the herd than with you. Since he's a herd animal, this is not hard to understand; but the methods most people use to try to change the behavior are the opposite of what is needed.



*Pat puts the relationship and confidence first*

As prey animals, horses instinctively know there is safety in numbers and that anytime they leave the herd they are in danger of being singled out, caught and killed. That's why when horses are afraid they push deep into the herd, crushing their bodies tightly together, which makes it hard for a predator to get to one.

It stands to reason, then, that herd bound behavior has a Right-Brain or fearful origin, because it's the insecure horse who is most likely to behave this way. But not all horses are herd bound, buddy sour or barn sour because of a lack of confidence; some of them—like that old grey gelding—are Left-Brain. They know where they would rather be!

So if they would rather be with the barn than you, and feel safer with the herd than with you, what has to change? You!

### It's about the relationship

When your horse would rather be somewhere other than with you, he's telling you something about the relationship from his perspective. It's interesting: If you were out with a friend and he or she kept wanting to leave you and go back home, you'd know your friend didn't want to be with you; but when it comes to horses, the tradition of the horse being wrong is so strong that we immediately think of it as disobedience and give it a label such as "herd bound."

Once you are prepared to accept the fact that it's all about the relationship, you're off to a good start to truly solving the so-called problem. In short, there are three important steps involved.

#### 1. Improve the relationship

Learning how to put the relationship first will be a great help in solving your herd bound issues. This makes the horse's feelings more important than the task at hand, and once you can prove this to your horse on a consistent basis, he'll start wanting to be with you more than with the other horses; he'll be more bonded to you. That's why most Parelli students find their herd bound issues are over by Level 2. (Refer to the article on Putting the Relationship First for more details.)

#### 2. Figure out if it is a Right-Brain or Left-Brain behavior

Most herd bound behaviors are born of fear—the horse doesn't feel safe if he leaves his friends or the barn or pasture where he lives. But some horses avoid leaving the barn or the herd because

they're going to have to do something they don't enjoy. Most Left-Brain horses actually like going out on trail rides, but when it comes to doing something at a clinic where they have to leave the others to come out into the middle, they don't want to do it. This is not so much about fear as it is about an unwillingness to go with you. Either way, punishment is not the answer, because it only makes the horse more afraid or defiant.

(There's another situation some people have, such as when you take one horse out and leave the other in the pasture. This is much more difficult to solve, because you are not in control of the horse that's left behind; but if you make it a priority, you can use the same strategies to solve it.)

#### 3. Set it up for success

A horseman doesn't just do something with a horse; it's all about the preparation. Before a horseman tries to take the horse away from the barn or from the herd, he makes sure the horse wants to be with him or her. That's often a big part of the problem—we take the horse before he is ready to go.

### Solutions - The Horsenality™ Key

If you are a student of Horsenality™, you'll know exactly why your horse is herd bound and what strategies you should use.

Extrovert - Fights You	
<p>Needs to play. If he finds you boring or he's unhappy being with you, he may become unwilling; otherwise this horse is the least likely to be herd bound. He's looking for adventure! If he fights you, it's because he wants to do something else, so make sure you've got him in the mood before asking.</p>	<p>Needs to feel safe. Don't go over thresholds; speed up to match his energy, sending the horse back faster than you ask him out again.</p>
Left-Brain - Defiance	Right-Brain - Fear
<p>Needs a reason to be motivated to leave his comfortable place—a stop and rest, praise and a treat, etc. Go very slowly, ask less than he offers and wait for him to offer more.</p>	<p>Needs to trust you more. Slow way down and don't ask anything while horse is introverted. Wait until he is breathing and open to you, and then ask only a little. Thresholds are very close.</p>
Introvert - Shuts Down	

In each case, it's important to have enough rapport and respect. Rapport means connection, and respect is obedience, so you have to constantly measure how much you have compared to what you need for the task at hand. Do you have enough connection and trust? Does he follow your leadership willingly?

Right-Brain horses tend to be more obedient because they are looking for leadership, but gaining rapport can be challenging because they are fearful and distrustful. Left-Brain horses tend to be difficult on both counts because they are not looking for leaders or friends! You have to prove your worthiness to them.

Solving herd bound issues with Right-Brain horses usually involves matching energy and working the thresholds until they disappear. With Left-Brain horses it's more about creating the incentive to go with you.

### Thresholds

A threshold is an invisible line representing the maximum distance the horse can move away from another horse or the barn before it feels afraid or unwilling to go further.

Some horses hit their thresholds within yards of the barn, while others hit it within a hundred feet or so. Some will not leave another horse's side, and even an inch is too far. Can you imagine how terrified some of those horses are? And because we are misinformed about horse behavior, people tend to start pushing, coaxing, even forcing horses across thresholds without realizing what they are doing. Pat and I just saw this recently at a competition warm-up. As we drove

in we saw a lovely white pony with his young rider heading to the practice arena. As the (Right-Brain Introvert) pony hesitated and then froze at his threshold the young girl started kicking and whacking relentlessly until the pony went forward, which he did only because another horse went in front of him. The little girl had no idea her pony was terrified, but someone taught her to behave this way.

Punishing a horse for being afraid does not work. It does not make him braver, and it usually makes him progressively worse. Punishing a horse for being unwilling doesn't work either! He'll only dislike you more and become more defiant.

The best way to handle thresholds is to honor them and empathize with your horse. When you feel your horse hesitate as he gets to one, stop and wait until he feels okay before moving forward again. Or if he's really worried, go back a bit before approaching it again.\* This is where the preparation comes in, because when you can consistently prove to your horse that you're not going to force him over thresholds, he'll start to have fewer of them, he'll trust you more and it will become his idea to cross them. Conversely, the more you push the horse over thresholds, the more of them he'll develop, because he'll lose trust in your leadership.

Take the time it takes so it takes less time. The better your relationship with the horse, the less herd bound he'll become. Learn how to put the relationship first in every situation and become the leader your horse admires. Remember, you're only as good as your horse thinks you are. 🐾

*\*See more details on thresholds in the article on Fear.*



*Horses are herd bound by nature.  
How can you become his herd?*



# Does your horse have a Rotated Scapula?

And/or

- A short or choppy stride under saddle?
- A poorly muscled topline or uneven muscle development?
- A tendency to avoid downward transitions when ridden?
- A tendency to stop or rush without being asked?
- A strung out hind end when you ride?
- A head that nods up instead of down, especially when you trot or canter?
- A troublesome time collecting?
- An unhappy expression or irritable behavior under saddle?



The bulge in this horse's shoulder is a rotated scapula, one of the effects directly attributable to the saddle he is wearing while he trots in the strung out posture illustrated in the photo below.

## Do you know Why this happens?

One of the main causes of all these things is a saddle that pinches and constricts, **causing the horse to hold his shoulders forward in self defense.**

This is a postural thing, not a structural issue.

As soon as you put a saddle on that sits back from the shoulders and gives them room to move, the horse changes his posture and the shoulders start to flatten out.

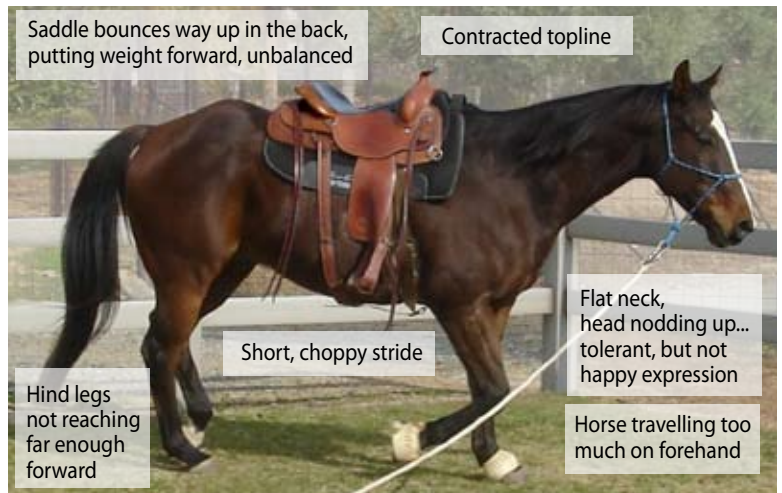
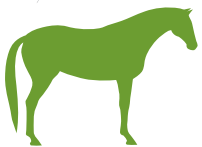
When you use a Parelli Saddle system, the reversal of the problems listed above are astonishing!

We've learned how to read a horse's body, and you can, too. You'll know what your horse is trying to tell you and how to improve things for him.

Restrictive Saddle Result



Comfortable Saddle Result



"WOW, I couldn't believe what my horse's body looked like when we took off his normal saddle after I rode him... we tried moving his saddle back (in this photo), and it was better...but the changes were SO dramatic when we put on a Parelli saddle system! He felt so much smoother to ride, and was so much happier!"

Our saddle clinics are more than saddle "makeovers". They are in-depth studies of biomechanics, posture analysis, how to free up a horse's back... and yours! NOW, you can view some examples of "Before and After" horses and riders online at [www.parellisaddles.com](http://www.parellisaddles.com) / Saddle Specialists and Clinics.

Our DVD includes fascinating video illustrating how horses' backs move, what happens underneath saddles and why it is so important to accommodate this!

**The DVD that explains it!**

Order your copy at [www.parellisaddles.com](http://www.parellisaddles.com) for only \$5 to cover shipping and handling within USA (\$10 elsewhere)



# Parelli Saddles

# Parelli and Vets Recipe For Change

Teri Sprague, PNH 3-Star Instructor and Jennifer MacLeay, D.V.M., Ph.D.

**Take one university professor frustrated by the lack of horsemanship skill possessed by incoming vet students. Introduce a filly exhibiting strange symptoms sporting a Parelli halter attached to an avid Parelli student. Mix vigorously with conversation and passion. Network with a 3-Star instructor.**

Add twelve excited third- and fourth-year vet students, a head nurse from the equine hospital, Pat and Linda Parelli, and natural veterinarian Mark Fitch, and what do you get? Answer: a great, fulfilling, groundbreaking week that was just the beginning of something really special.

Last July all these ingredients came together to culminate in a charter class on Horse Behavior and Safe Horse Handling designed especially for veterinary students. After many years of dreaming and scheming to get Parelli Natural Horsemanship into the veterinary program at Colorado State University, Dr. Jennifer MacLeay began to see her dream come true because of a generous donation from a Parelli student, who prefers to remain anonymous.

***Incorporating Parelli training into the veterinary curriculum can go a long way toward improving recruitment into veterinary practice and keeping veterinarians safe once they are there.***

"For what seems like a long time we had been struggling with how to align Parelli principles with the practice of veterinary medicine," said Jennifer MacLeay. She has crossed paths with Pat several times over the last few years, and she was also acquainted with natural veterinarian Mark Fitch, who is a good friend of Pat and Linda. "But it wasn't until this gift and the willingness of Teri to come teach the class that we were finally able to make things happen," Jennifer explained. Cur-

rently there are several challenges facing the veterinary industry. One is the need for new veterinarians to enter large-animal practice, and a second is retaining them once they do. Unfortunately, many students enter veterinary school lacking an extensive background with horses, and the veterinary curriculum provides little or no opportunity to develop horsemanship skills. Thus only students who enter veterinary school with the intent of working on horses ultimately do so. For the veterinarians who leave school and begin to work in equine practices, injury is a real problem, because we do little to advance their [horsemanship] skills during their medical education, and working on sick and injured animals requires a very high level of skill. While studies have not been conducted in the U.S., we know that in Australia the majority of veterinarians suffer a major injury at some point in their careers. Incorporating Parelli training into the veterinary curriculum can go a long way toward improving recruitment into veterinary practice and keeping veterinarians safe once they are there.

With Parelli, everyone wins. Teri polled some of the non-veterinary students attending her clinics in the months prior to coming to CSU. She found that 33% of her respondents thought that veterinarians needed to improve their communication skills and that 20% needed to improve their horse handling skills. Interestingly, 12% said their veterinarians needed to have more patience. Indeed, learning about horse behavior can give a veterinarian more patience. Having improved horsemanship skills not only helps veterinarians develop patience, but



also improves the quality of their practice by improving their relationships with patients and their owners, which all makes for a longer, safer, more rewarding career.

The one-week course enabled students to observe and participate in exercises that stretched them mentally, physically, and emotionally. They discovered a new level of awareness of what it means to be a prey animal and what that might mean for how they can or should interact with a horse. The word “patience” came to have a whole new meaning as the students observed firsthand what it might mean to “take the time it takes.” They were introduced to the concept of Horsenality™ and a multitude of its applications. The result was an understanding of how Horsenality™ can positively impact their relationships with horses and owners as well as the quality and success of a veterinary practice. There were opportunities for hands-on experimentation with the Seven Games of Parelli Natural Horsemanship, in addition to simulations and practical application of techniques unique to veterinary procedures.

After receiving the invitation from Dr. MacLeay, Teri Sprague, 3-Star Professional, developed the curriculum with the direction and encouragement of Pat and Linda. The goal was to create in the students a Level 3–quality feel, the ability to predict and prevent negative behavior through an understanding of horse psychology, and the skill of being able to read a horse—all in five days or less! “Dr. MacLeay told me that veterinary students are different, but I was surprised at the quality of feel the students had even by the second day!” Teri said. “Their ability to process and the speed at which they assimilated the information was astonishing. By the end of the week we were well on our way to accomplishing the goal. All they needed was more practice!” The students had an equal amount of admiration for Teri, with comments such as “I loved the fact that you are great yet humble about what you do. We couldn’t have asked for a better-equipped teacher and guide. ‘Guide,’ since I really felt we were being guided to the right decisions/knowledge” and “Excellent teacher! You definitely have a gift.”

***Horse owners are beginning to demand that their veterinarians have a corral-side manner that is pleasant not only to the owner but also to the horse.***

The highlight of the week was the question-and-answer session with Pat. Questions concerned everything from handling stallions and foals, to addressing training issues as a veterinarian, to determining how to implement the “take-the-time-it-takes” philosophy within the time constraints of a veterinary practice. Pat impressed upon the students the awareness that as participants in this class they were the first of a new breed of veterinarians with a different understanding of the psychology of horses and how to do procedures “for them” instead of “to them.”

## The Horses

The horses we used for the class were out of the CSU recipient mare program. The mares were almost all Left Brained mostly Introverts-mild. During our first outing with the horses, our goal was simply to attract their attention. They were for the most part, not interested or evasive. What was surprising was that by the third day they had already developed a significantly different relationship with their student. It was reported by Dr. MacLeay that on several occasions, when students left a horse with her while they went to use the restroom, the horse would intently watch their student leave and keep watching until they reappeared and returned!



The finale of the class included two complementary demonstrations. The first was a practical demonstration of veterinary procedures by Pat's longtime friend, natural horseman Dr. Mark Fitch, DVM. Mark was presented with two difficult mares; it was said of one that it was "impossible to touch her mouth." While Mark was in the process of checking her out, she tried to kick him. However, in less than an hour she was accepting his touch all over, including in her mouth. Mark simply used the principles of the Friendly Game (rhythm, relaxation, retreat, and reapproach) to quickly win her over. The second was a demonstration by Teri with her two horses of just how far the students could go if they desired to continue learning about Parelli.

"As most Parelli students know, you don't know what you don't know until you know it. This has been and will continue to be an obstacle in developing this curriculum for veterinarians. But once we have their attention, the thirst for knowledge will grow," Dr. MacLeay

says. "I am profoundly grateful to Teri, Pat, Linda, Mark, and [the anonymous Parelli student] for supporting my vision."

Since the course ended, three students have returned, and two new students have done twenty-hour independent study sessions on Parelli techniques with the veterinary hospital's horses. The winds of change are beginning to blow. Horse owners are beginning to demand that their veterinarians have a corral-side manner that is pleasant not only to the owner but also to the horse. Veterinary colleges are recognizing that students who have not grown up in a ranch/farm setting come into vet school without the background that used to be assumed. Veterinary students are looking for ways to stay safe through school and in their practices and for strategies that give them an edge in the equine market. Parelli Natural Horsemanship is stepping up to provide these solutions and direct the winds of change. 🐾



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This breakthrough takes the guesswork out of parenting and helps parents build confidence in their ability to care for their newborn. The knowledge of sounds and what they mean transforms hours alone with a crying baby into a time of effective communication. For information on the Dunstan Baby Educator Program and the Dunstan Baby Language DVD box set, visit [www.dunstanbaby.com](http://www.dunstanbaby.com).



Chase “speaks” baby language with Mike and Cezanne



*The man who influenced me in the development of Hors-enality™ Profiles, Glynn Braddy, is the man behind Dunstan Baby Language, too. It is now our gift to every friend and relative expecting a baby. —Linda Parelli*

*“The Dunstan Baby Language is amazing! Chase would scream and refuse to eat. He lost almost two pounds in the hospital. The nurses would tell me to feed him when he cried, but he would bite me. As soon as I got home I pulled out the DVDs that Pat and Linda had given me. I watched and listened and very quickly learned that my baby had gas. It was so frustrating not knowing what Chase needed, and after studying the DVDs I never felt that way again. In fact, I am so excited about it, I will stop strangers who are expecting and make sure they know about it, too.” —Cezanne DeCristoforo*

by Cynthia McFarland

# Horsenality™ and Personality Combine in Useful New Tools

*Anyone with savvy knows their eventual success—or failure—depends on the knowledge they gain . . . or fail to gain.*

This truth has been reinforced in countless ways over the years by horse owners who have discovered the value of the Parelli program. Since the release of the Parelli Horsenality Model in 2007, horse-men and women around the globe have been able to identify their horses' specific traits, learning "what makes their horse tick" and how to motivate and approach each unique Horsenality.

Over a decade in development, the Parelli Horsenality model is a diagnostic tool that allows a horse owner to discover a horse's individual Horsenality by charting specific behaviors based on innate characteristics, learned behavior, environment, and spirit. Pinpointing the Horsenality shows the horse owner how to be the leader that horse needs and how to be more effective and efficient in working with him.

Never content to rest on past accomplishments, Linda and Pat Parelli are about to unveil two exciting new educational tools: the new online Horsenality Assessment and Report and the Horsenality/Personality Match Report.

The **new Horsenality assessment**, available in May 2009, profiles your horse's Horsenality and includes valuable coaching advice from Pat and Linda on how best to establish a winning relationship with your particular horse.

If you've already evaluated your horse's Horsenality using the original paper worksheet, you'll quickly discover that the online version has more depth and is more customized, because the coaching/training advice from Pat and Linda is specific to each user and horse.

The online assessment also allows you to rate your horse in different environments and get advice on how to be the leader your horse needs in each environment, based on how your horse behaves. You can even separate your horse's general tendencies from how he acts in specific situations.

This new online version more accurately charts your horse's scores, so it's not just a "guesstimate" but rather a score based on a comparison to a large database of horses. The coaching advice from Pat and Linda is based directly on your horse's individual score. You can retake the assessment as your horse changes and advances or behaves in different environments, and you can receive updated coaching advice.

The Horsenality/Personality Match Report is a revealing, customized report that highlights the similarities or differences and mismatches between the horse owner and his or her horse. In order to receive the Harmony Report, users complete the Parelli Personality Inventory and the Horsenality assessment. The computer system then compares the user's personality traits to the horse's Horsenality traits and generates a Match Report. Coaching advice from Pat and Linda, customized for each report, is included. It's like getting personalized advice from Pat and Linda on how to adapt your style to be more effective with the individual Horsenality.

These two remarkable products promise a deeper understanding of the horse/human relationship and, better still, practical applications to enrich that relationship.

***Horsemen know that a horse's behavior changes in different situations, so they change their approach accordingly to be appropriate for what the horse needs. This is why people like Pat Parelli are so successful—because they understand every Horsenality and not just one.***

In creating the Horsenality and Harmony Reports, Linda worked closely with longtime Parelli student Patrick Handley, a licensed psychologist with a Ph.D. in counseling psychology with a major emphasis in personality assessment. The bulk of Patrick's career work has consisted of designing and statistically validating personality assessments and survey inventories. The best known is the INSIGHT Inventory, a strengths-based personality assessment published for over twenty years and available in seven different languages.

Just as the Horsenality model was about to be released, Linda and Patrick met up at the Kansas City tour stop in 2007. Patrick asked if Parelli would be interested in doing an online version, especially one that matched horses and people and could offer more specific advice. After years of trying to work with Patrick, Linda realized this was the perfect time to collaborate with him and take it to the next level.

A recent interview with Linda Parelli and Patrick Handley revealed some of the remarkable work that went into this project and how it can benefit participating horse owners.

**Please share your thoughts about working with Patrick on these new projects.**

**Linda:** I'm really excited about this collaboration with Patrick. We have a lot of history together, some fourteen years. He knows our program, he knows Horsenality, he knows psychology, he's already successful with his own model, and we work extremely well together. I don't know how it could be any better, really, and I'm interested to see how it continues to develop. Like us, Patrick is an "improveaholic," and we've already discussed some exciting things for the future.

**What got you interested in the Horsenality concept?**

**Patrick:** I became interested on three levels. As a psychologist and personality assessment developer, I was intrigued with the concept of identifying the traits of horses, a completely different species.

As a horse owner, struggling along with many of the same issues most Parelli students have, I immediately found Linda's model helpful and a tremendous aid in identifying specific things to do differently with my various horses. As a parent of two budding horse lovers, my son Shea, age nine, and twelve-year-old daughter Lauren, I found that the Horsenality model made it easier to describe to them what to do to improve their success with their horses.

So my interest was captured as a researcher, horse owner, and parent. I was excited about using my professional skills and background to help Linda and Pat further develop and fine-tune the new online version.

**What is unique about the Parelli Horsenality system?**

**Patrick:** There are other "horse personality" models out there, but to my awareness, the upcoming Parelli online version of the Horsenality assessment is the only one that is based on a large population norm base and that has been statistically normed and validated. This means that users can compare their results to a large database of horses and see how their horse is really different from other horses. It will allow the Parelli program to continually conduct scientific research about horse differences, not just rely on opinions.

**In your opinion, what makes this system unique and useful?**

**Linda:** Horsenality is unique because it is a paradigm or model that gives you an overarching understanding of all Horsenalities. By knowing one type, you understand its opposite. This is basically a system of opposites, from Extrovert to Introvert and Right-Brain to Left-Brain. The goal is right in the middle, to help horses (and people) become



more mentally and emotionally balanced and centered.

It's natural for people to want to put things in a box and keep it that way, such as labeling their horse as lazy or trying to train every horse the same way, but that's not what true horsemen do. Horsemen know that a horse's behavior changes in different situations, so they change their approach accordingly to be appropriate for what the horse needs. This is why people like Pat Parelli are so successful—because they understand every Horsenality and not just one.

Additionally, it's a kind of horseman's blueprint of solutions, because as soon as you recognize the behavior as Right-Brain or Left-Brain or Introvert or Extrovert, you know exactly what to do: back off or do more, slow down or speed up. It literally gives you the kind of understanding most people never achieve, even in a lifetime of owning horses.

### **How has it helped to have the Horsenality program already up and running as you worked on this unique project of matching human personalities with Horsenalties?**

**Linda:** It's actually worked fantastically. Patrick met with us several times over the years with ideas on how to give more individualized attention and help to our hundreds of thousands of students. He actually came up with something very close to this program eighteen months ago, right when we were getting set to launch Horsenalties. When he saw our model, he said, "That's it! This is even better than I'd hoped."

Patrick was familiar with [my mentor] Glynn Braddy's model, which I adapted for reading horses, so it made the rest relatively easy, and it all fell into place.

### **Was this the plan all along—to introduce the Horsenality profile and then follow up with the Harmony Report?**

**Linda:** No, that evolved because of Patrick. We've always tried to teach people how to manage their energy and leadership styles with different horses, but we didn't have a clear system until Horsenality. Patrick's background in psychology and the fact that he already has a model for helping people to understand each other and work better together was the perfect complement, not to mention his knowledge of our program.

### **Have you identified specific human personality types, just as the Parellis have identified specific equine Horsenality types? If so, what are they?**

**Patrick:** Yes, this has been the core of much of my professional research over the past twenty-five years. But the exciting news is that Linda Parelli and I have been busy creating a Parelli Personality assessment, and we haven't been doing it alone. This past year over three thousand Parelli tour participants volunteered to complete a

beta version personality assessment. Along with Dr. Greg Welch at the University of Nebraska and Dr. Tom Krieshock at the University of Kansas, I've been analyzing this data to identify key personality traits that are emerging and then selecting the traits that are the most parallel to the Horsenality model.

We've identified a human Dominance—Submissiveness trait that is quite similar to the Horsenality Left-Brain and Right-Brain continuum. A second trait, Outgoing vs. Reserved, is almost the same as the Horsenality Extroversion/Introversion trait.

Naturally, other personality traits emerged, but we have set those aside for now. Our goal hasn't been to create a comprehensive, all-encompassing personality assessment, but instead to identify two strong human personality traits that align closely with the two Horsenality traits. This will allow us to match owners with their horses on these two traits and then provide some really specific coaching advice from Pat and Linda. This will be a huge step forward for horses and owners alike.

### **Can you share some of the research that went into creating these programs?**

**Patrick:** We've done a lot of analyses of descriptive terms in the past year. For example, we re-started from scratch with a generic list of a hundred terms for horses and a hundred descriptors for people. We asked people at several tour stops to complete this research version. Then we ran a factor analysis on the results, which determined which items stick together and seem to be measuring the same thing. Next, we reduced the words to a list of the best seventy-five, repeated the process at the next tour stop with another thousand people, ran another factor analysis, etc. We did this four times!

We followed a strict statistical procedure to really identify the terms that best discriminated between horses, rather than assume the original items were good. This meant Linda had to be open to finding out that some of her original terms weren't as good as they could be and that other terms she didn't include might need to be added. For example, almost every horse owner rated his or her horse as "sweet," so that term does not discriminate between different horses. Also, many horses were perceived as "food-oriented," so that description was useless when it came to identifying differences between horses. But food is still a helpful aid when motivating certain types of horses.

Not all horse trainers would have been open to having their model tested at this stringent academic level. It really is a compliment to Linda and Pat that they wanted the assessment itself to be put to the test rather than just stand on their opinions and experience. They took that risk because they are committed to the long-term vision of discovering how best to understand and train horses, not just promote a particular product or model that they conceived. In the end, most of Linda's original terms were very usable—she had a good



model—but now we have a solid statistical foundation to build upon and to which to link future research.

### **Do you believe that certain human personality types mesh better with certain Horsenalitys?**

**Patrick:** That's possibly true. I'll share what the research says in a year or two. What we do know is that most horse owners form strong bonds with their horses even though they aren't matches made in heaven. And professional trainers have to deal with all types of horses as part of their business. That's where the Harmony Report comes in. It's designed to help horse owners develop better relationships with their horses if they are well matched, or even if the two are initially mismatched. People can use the guidelines and coaching to become more aware of their behavior patterns and those that may not be working well with their mismatched horse. When they change their behavior, their horses change.

Horses are just who they are. That's one reason we love them. They are completely honest, living only in the now. Their Horsenality is what it is. If we as owners provide the right leadership, then our horses change their behavior right in front of our eyes.

### **Do you think it's possible for a horse owner's personality to clash with his horse's unique Horsenality?**

**Patrick:** It may feel like a clash, but it's probably better described as mismatched leadership tactics. When horses don't receive what they need from their human leaders, they move into either a fear-based reactive mode or a domineering leadership position. It's like they're communicating, "Lead, follow, or get out of the way."

These may seem like clashes, but they aren't premeditated conflicts like the kind people have with each other. Horses present innate survival responses, and these reflect primarily whether the horse is basically Left-Brain (dominant, pushy) or Right-Brain (reactive, fearful). It's more productive to interpret a clash as a leadership gap.

### **What is the solution in such situations?**

**Patrick:** This is where the Parelli program comes in. It teaches people what training techniques, Seven Games and Patterns to use with different Horsenality types. If owners can provide the best-matched training activities, clashes will be minimized. Horses actually dislike clashes and conflicts; they are creatures of habit and comfort. They are eager for their humans to take the appropriate leadership role and help them learn in the most stress-free manner possible.

### **What do you think of the Horsenality concept in general?**

**Patrick:** The Horsenality Assessment and Report is an excellent tool to help people identify the unique characteristics of horses. It helps owners avoid generalizations that get people in trouble with their

horses. It makes it so clear that we just can't say a horse is a horse and treat all horses the same. That is a huge step forward.

Excellent horsemen and women have probably instinctively done this all their lives, but they aren't often able to articulate or describe what they are doing! What the Horsenality™ model does is make it easy for the rest of us. It helps owners see that the best pathway to realizing the dream of an ideal relationship with the horse requires understanding of the interaction between the horse's Horsenality™ and the person's personality.

### **What do you think is the greatest benefit? How will it change the horse world?**

**Patrick:** It gets people to focus on the relationship with the horse and get out of narrow-minded, robotic training methods. There is an old saying: "If the only tool you have is a hammer, then every problem looks a lot like a nail." When a horse owner or trainer thinks of all horses as the same, then they tend to use the same strategies on all horses. Sadly, this has often been the case in the past. The original Horsenality Profile has already started to change that, and now the online assessment and Horsenality/Personality Match Report will take it through the roof. It's a breakthrough that will greatly benefit both horses and humans.

This tool can contribute to changing the horse world. With the computerized system we'll be able to continue to collect a lot of data on horses that can be used to reveal even more about this, our favorite creature. Perhaps more importantly, it also changes people. It makes us better with horses for sure, but it probably will seep through our consciousness and also help us communicate better with people.

Pat and Linda have always said that when we become the leaders our horses need, we also can learn to be the friend our friends need, the parent our children need, the partner our spouse needs. That's exciting and perhaps the most important benefit of all.

### **What do you and Pat hope to see as the specific rewards for horse owners who take advantage of this?**

**Linda:** It's about understanding versus judging. I love it when people understand why their horse is behaving as he is rather than make him wrong for it, and then know how to respond appropriately. Even better is knowing how to not cause problems in the first place. I've had people tell me fantastic stories about how it's saved their relationship with their horses, given them real keys to use, and that they even know why their horse "failed" at the trainer's.

Best of all, people have fewer questions now than they did before. They say things like, "My horse is a Right-Brain Introvert, and now I know exactly why he's having problems with me!" In the past, they'd have a lot of trouble explaining their horse's behavior and not

understand the reasoning behind what we advised them to do. It's so simple now!

### What is it about the human personality that so powerfully compels certain people to want horses in their lives?

**Patrick:** People see beauty in horses; they appeal to our innately artistic sense. Humans have used horses for work, transportation, and conquest, but perhaps more interestingly, they have drawn, painted, and sculpted horses from antiquity to modern day. There seems to be something in most people, even those who don't own or ride horses, that senses their beauty.

Then there is the nature of the horse. Although big, fast of foot, and powerful, horses are willing to have a relationship with humans.

This is rather unique in the animal kingdom. Something stirring happens when we find ourselves in the presence of this beautiful creature. Somehow we feel more powerful ourselves, freer, more alluring, and at the same time befriended. It's an irresistible draw for many people and a special treasure for those lucky enough to have horses in their life.

### What positive attributes does a relationship with the horse bring out in the human?

**Patrick:** Horses allow us to experience patience and caretaking, adventure and risk, and to show assertiveness without anger or control. Perhaps most of all, they allow us to love a creature that is willing to live in the now and teach us about how we show up. 🐾

#### About Patrick Handley

One of Patrick Handley's earliest memories was of riding in a wagon drawn by a large team of draft horses as his father picked corn. This was followed by a childhood enriched by years of riding adventures on his paint gelding, Prince. After Patrick left for college he didn't own a horse again until mid-life, but today he and his wife Melanie, and their children, Lauren and Shea, live on acreage in Kansas City, MO, and share their lives with several horses.

A successful author, speaker, and licensed psychologist, Patrick is an in-demand management consultant, professional speaker, and trainer. In 1984 he developed the INSIGHT Inventory, an easy-to-use, statistically valid personality assessment that helps participants learn more about themselves while improving teamwork, leadership, and communication skills.

Patrick first met Pat and Linda in 1994, after attending a weekend seminar to learn how to better deal with a challenging horse he owned at the time. Having read Pat's first Western Horseman book, he believed that Pat's natural horsemanship techniques might hold the answers he was looking for.

"That was fourteen years ago, and it's hard to believe now, but there were only fifteen or twenty people there," recalls Patrick.

In addition to learning more about how to handle his horse, Patrick had the strong sensation he was watching something special unfold and felt Pat and Linda's program hadn't yet reached its full potential.

"Pat was entertaining, skilled, and talented, but he was not taking full advantage of some presentation techniques that help participants follow along systematically," recalls Patrick. "At that

time in my life I was conducting business seminars around the country on such topics as human behavior, motivation, and leadership. Pat Parelli was a natural presenter, and I had learned some techniques that I thought Pat could use to make his sessions even better. I passed Linda a note suggesting we met for dinner, and the rest is history."

After the Parelli Center was established in Pagosa Springs, the Parellis asked Patrick to assist with the training of the Parelli Professionals with a focus on improving people skills and teaching techniques. Linda and Pat had recognized that their real business was teaching horse owners, not training horses.

Over the course of the next ten to twelve years Patrick attended numerous tour events and became a Savvy Club member. Despite having watched every video and DVD and having read every book and article the Parellis have authored, Patrick is thrilled to realize he's still learning. Defining his current progress as "somewhere in the middle of Level 3," he's found the new Parelli Patterns program especially helpful because it's helping him advance in different areas based on his time availability and focus.

"It's an exceptional system," he notes. "But what impresses me most is that Pat and Linda are still learning themselves and incorporating new concepts into their material. It gets better and better."



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Constructive and fun exercises for your horse. These Patterns are Pat Parelli's blueprint for developing a solid foundation on his horses because they exercise a horse mentally, emotionally and physically. It's your road map to success, plus it automatically and naturally brings out the leader in you.

*"The first thing I check when I ride a horse is if he knows what I'm asking him to do. If I put him on a circle, does he know it's a circle or do I have to micromanage him? If I head him towards something, is he looking for what this is? If I go towards an obstacle, is jumping it the only think he's thinking about? I don't like horses to be mindless puppets, I want them mentally, emotionally and physically involved as my partner. How I do this is through patterns." —Pat Parelli*

*rapid progress*

## Q & A with Linda

*Q: I know this is probably a silly question, but I'm having difficulty "bringing my energy up." I have a Left-Brain Introvert, and he's true to form. My problem is I'm a little too calm. I seriously need to be exciting for my horse, and I was just wondering if there were any exercises you do that can help. It's holding me back in going for my Level 1. I'm a dog owner and can make my dogs excited and interested in what I'm doing, but although my horse is obedient and interested in Parelli, I'm letting him down by not being able to be exciting. He usually looks at me like "Okay, there she goes again jumping about. Perhaps if I just look bored, she'll stop." Any suggestions? Am I the only one?*

*A: No, you are not the only one! This is quite a challenging thing to do with a Left-Brain Introvert, because when you bring your energy up too much, it is so at odds with where he's at that it feels disturbing to him and shuts him down. If you push him too much, he could*

*get mad and buck. What you need to do is experiment with the opposite.*

*Take the energy down from where it is and bring it up again to the level it was. When you do it this way, your horse gets more in harmony with you, and then progressively you can ask for it to come up a bit more...and then go down again.*

*The Left-Brain Introvert is not given to great spurts of energy, so use reverse psychology and do less, go slower, go really slow, then not so slow, etc., and reward him every time he goes with you, slower or a little faster again. In this way your horse starts to understand what you want, but he doesn't feel so pushed. One day he'll start offering more and more, so make sure you are always ready to tell him what a good boy he is! Trust this helps.*

*Q: I'm in the doldrums of wintertime here in Chicagoland. There's ice in my paddocks and pastures, and it's so cold that I can hardly stay warm! No indoor arena, and none nearby that I can borrow. I do all my barn work, since I have no help. That means feeding four times a day, picking*



out frozen manure, heating water, etc. No complaints about the work, because I love to be around my horses, and it keeps me active and fit. However, I just can't play with them. I get my Savvy Times and monthly DVDs. I go back and review the Success Series and Liberty and Horse Behavior DVDs, and I love them. But I get to feeling frustrated because I can't do any of the activities they teach. I'm in Level 3 officially, and I see the Patterns pathway that I am following, and that leaves me more frustrated because I can't do them! Do you have any suggestions besides moving?

A: We hear you; there are a lot of students in your situation, and we'll get them to share how they go through winter without being able to play with their horses.

In the meantime, something that Pat often talks about is using this time to really study, to increase your mental understanding of the program. Make a study plan for yourself and focus especially on the areas you feel you are weaker in. For example, which of the Four Savvys needs improvement? How's your relationship/bonding with your

horse? Your understanding of more advanced techniques such as lead changes, etc.? Then look first at the Success Series of DVDs. This covers the ten most important notions that horse owners need and tells you how Pat and Linda approach them.

To get into more depth, the Liberty and Horse Behavior Course (in a box) will give you a *lot* to think about!

Finally, get together with some study buddies and develop some quizzes to test one another, and choose some simulations to do. For example, you could simulate the Seven Games at different levels, or the Patterns at different levels with one of you as the human and the other two to five being the horse (or zones of the horse). As you simulate, each person can give you feedback on how he or she received your communication. You are not allowed to reply—just take the feedback as you would from your horse and improve your game.

In the U.K. we are now having horseless courses because of the weather constraints, and people are getting a *lot* out of them.

Trust this helps. Stay tuned for ideas from some of your Savvy Club friends! 🐾

## Spot the Savvy!

### ANSWERS:

The student has:

- Changed her focus
- Matched Linda's energy
- Become more extroverted
- Adopted a power position



by Linda Parelli

# Putting the Relationship First

## What does this mean? How do you do it? What happens when you don't?

***You know you are putting the relationship first when rapport, connection, trust and confidence are more important than achieving the task or goal itself.***

When you make your horse's needs more important than the task at hand, you'll be amazed at how that changes your horse's feelings about you. That's why we so often say, "It's not about the . . ." It really isn't. When your horse won't get on the trailer, it's probably because he lacks self-confidence. He doesn't trust your leadership, so the more you push him, the more convinced he is that he shouldn't trust you, and his confidence in you deteriorates.

Anyone can make a horse do something, but can your relationship be so good that your horse offers to do things for you? It's the most amazing feeling when you walk past a trailer and your horse offers to get in it, or when he pops over those barrels or slips into that canter or offers you a flying change. When your horse becomes this willing, you know the relationship is in great shape; but to achieve this, your goals have to change. You have to put your horse's needs first, and everything else will follow.

### Take the Time It Takes

My two biggest breakthroughs in this past three years came from finally understanding how to put the relationship first at a level I had not been able to achieve before. The first was during demonstrations in the arena with Pat. You might remember when both Pat and I would play with a problem horse at our tour events. Well, even though I knew it was not about the trailer, I couldn't help putting a little pressure on myself at first, because I really wanted to get the horse to go into the trailer within the hour or two that we had. It took me several sessions to wake up to the truth that, no matter how small my thought about the trailer was, the horse would feel it. He would feel my intent, and it always led to a little distance between us. One day I had a really tough horse, and suddenly I realized I was worrying about time running out, and there it was, loud and clear: I cared more about the trailer than about the horse's trust and confidence. Sheesh.

After that I made a big shift in my horsemanship, because I could truly focus on the confidence, or the motivation, or the calmness, or the play—whatever it

was the horse needed—and everything would just fall into place. Easily! More easily than I'd ever experienced before.

The second breakthrough was with Remmer. My relationship with Remmer was really good, and I didn't have any problems or frustrations—or so I thought!

One day I was playing with him at Liberty, trying to develop his halt-to-canter transitions, when all of a sudden I noticed he was a little tense. Aaargh . . . I felt terrible that I hadn't thought it a big deal, and I also realized this had been going on for some time. So I immediately changed my approach. Instead of asking Remmer to canter again after the halt, I just waited. I waited for what seemed like an eternity, until he finally looked at me and took a big breath. Then I



smiled and asked him to canter. *What a difference!* The next transitions came smoothly, and he stayed connected; no more tension.

But the best was yet to come. The next day he met me at the gate with the most enthusiastic look on his face! It blew me away that something that appeared to be so minor had made such a big difference in his feelings for me. My not waiting until Remmer was mentally and emotionally ready to canter made him feel I was pressuring him, so he was getting a little less enthusiastic about being with me. But I never connected the dots, because I didn't think it was that bad. In truth, I was not concerned about it, because we were doing more advanced things. I can't believe I thought that! From that day on I put his confidence and motivation first, and look at what he's giving me today! Our relationship has never been better, and he has never been more exuberant.

When Pat Parelli says, "Take the time it takes so it takes less time," this is what he means. It feels like it takes a long time in the beginning, but all of sudden things start cooking along. Best of all, you don't create new problems, because you are taking care of the little things; you are taking care of the inner horse.

Here is a list of some "little" things that will help make a big difference.

1. *Wait until your horse comes to you instead of catching him.* Even if he stands there and allows you to approach, there is something preventing him from coming to you. Is it trust? Is it motivation or desire? That will depend on his Horseness™—trust issues are usually Right-Brain; motivation issues are usually Left-Brain.
2. *Don't just put the halter on him; feel what it feels like.* Is he putting his head in there eagerly, or is he braced against you, or shut down and non-reactive? If you can make the haltering/grooming/bridling/saddling experience as important as the things you want to go have fun with or train for, your horse will give you more.
3. *Don't push him.* You need to notice when your horse is reluctant to do something and figure out if it is a confidence issue or a lack of trust in your leadership. Most people just increase the pressure until the horse does it. You can torture your horse with Phase 1 because you are still coaxing him forward when you actually need to back off. Right-Brain horses lose their confidence easily, and Left-Brain horses are always challenging the validity of your leadership. When you treat the reluctance or resistance properly, the relationship improves, and pretty soon your horse becomes more calm and willing. If you don't do this, things get progressively worse until one day you are fed up with being frustrated or your horse blows up.
4. *Give him what he needs right now.* The moment he gets upset, calm him. If he gets tense and loses trust, back off, relax and reassure him. If he loses motivation, get it back. If he is naughty, play with him until he can concentrate again. This is taking care of the inner horse.

#### Gain rapport by:

- Being appropriate for his Horseness™.
- If your horse needs to think before he can move his feet, you need to give him the time to think (Introvert). If he needs to move and play before he can think, you have to encourage his activity (Extrovert). If your horse is unconfident, then coaxing him to do it, no matter how gently, is distressing. And if he is confident, then being conservative or tentative will frustrate him or make him dull.
- Knowing what is important to your horse, what makes him tick. Right-Brain Extroverts need to feel safe. Right-Brain Introverts need to feel confident. Left-Brain Introverts need mental connection. Left-Brain Extroverts need to be physical.

#### Help him to feel safe by:

- Retreating when he's scared.
- Being a confident and considerate leader.
- Respecting thresholds (see Fear article).
- Making his fear more important than anything else and doing what it takes to get him calm.

#### Gain trust and confidence by:

- Not pushing or forcing your horse. No matter how gently you encourage, you are pushing a reluctant horse whose mind or heart is not in it.
- Giving him choices and allowing him to make decisions.
- Retreating whenever he loses confidence, no matter how subtly.
- Not tricking him (halter behind back, luring or bribing with treats, etc.)
- Repeating things until your horse is relaxed and confident.
- Being consistent.

#### Get mental connection by:

- Realizing it is a game. Don't get frustrated or impatient, or you'll lose his respect. Remember the saying "How interesting!" You'll use this a lot.
- Doing the opposite of what he expects. Humans can be so predictable!
- Being subtler. When your horse gets you to move more than he does, you're losing the game!
- Not repeating things over and over and over. Left-Brain horses are fast learners.
- Enjoying the challenge. Mental connection leads to motivation.

#### Get physical connection by:

- Encouraging your horse to use his energy.
- Giving him constructive things to do with it (Patterns).
- Being progressive. 🐾

# No Matter Where We Go There We Are

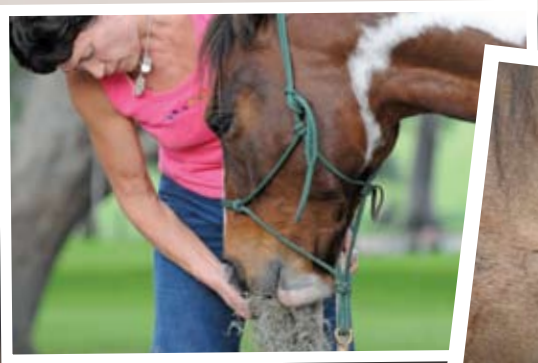
by Parelli Photographer, Coco



*With your heart  
in your hand...*  
Parelli  
-Coco







# Principles of the Parelli Foundation with the Gaited Horse

by Pat Parelli

***Linda and I often get questions asking us to consider the needs of gaited horses in our program. What we want you to know is that from our perspective, the foundation of a gaited horse isn't different.***

The only real foundation challenges are the concepts that involve a lot of turns and disengagements, because that is not what the gaited horse breeds were designed for. The gaited horse was originally developed to have a smooth, fast walk and be comfortable to ride around the plantation all day, or to ride from town to town or on long trails. For example, cars that are designed for drag racing are not usually designed to turn well.

For gaited horses that have been bred to be extreme in their gaited propensity, cantering and trotting can be a problem, because these gaits don't come naturally to them. When it comes to the

Parelli program, one of the principles or responsibilities we teach horses is "Don't change gait," and that can apply to any gait. So when you give the horse the responsibility to not change gaits within the rack or the largo, for example, the horse should not break from the that gait. The idea is still the same. What you're telling your horse is "Don't make me use my reins; don't make me use my legs; maintain your gait." When should you focus on the gait in the Parelli program? Right at the beginning. My suggestion is that you pick whichever gait comes most naturally to your horse and is easiest for you. I'm not saying that you should over-focus on teaching the gait, but that



Icelandic horse

***Pat Parelli discusses the application of the Parelli Program and the gaited horse.***



you shouldn't fight the gait at the beginning. Once you've established communication and a "neutral" within the gaits, you can successfully start teaching or developing different types of gaits. Make sure the relationship and confidence are there first.

The secret of the foundation is adaptation. When you look at a Pattern, a task, or a Savvy category (On Line/Liberty/FreeStyle/Finesse), what does the concept being presented really mean? The concepts presented are universal; the application of those concepts is personal. So if you are asked to walk, trot and canter at a certain level of the program, you need to look at your horse's repertoire of gaits and determine whether or not trotting or cantering is an option for you and your horse. Instead, you could show us three gaits within the walk. That's the adaptation!

In the past we found that some students got caught in a dilemma: "My horse doesn't canter, but you require a canter to pass a certain level in the program." The new Savvy Auditions are going to ease this. Actually, they are going to help everyone in different ways. We've given you the fundamentals in the Seven Games, and now we want to see how you and your horse make these games your own. Write your own song with them. The only part that might affect you if you have a gaited horse that doesn't canter is in Level 4, where we ask for flying changes. For the sake of building the savvy of a horseman, you need to know how to do these, but you should never force a horse that cannot naturally canter. Flying

changes require suspension, so if you have a horse that has been developed to not have suspension, it's going to be tough, if not impossible. You might get flying changes at a gallop, but not in collection.

The final advice that I can offer is that consistency is a good teacher, and variety is the spice of life. In my experience, most people who own gaited horses (most) are recreation-minded people. Often they are very happy with horses that will maintain a gait that is fast and smooth, maintain direction and look where they are going. Our program teaches this. We wrote the Parelli program to develop a horseman in all Four Savvys, and also for the majority of the horses in the world, which are not gaited. This doesn't mean that our program doesn't apply; the concepts are there, so the application needs to be adjusted to the horse's unique talents. The question you need to ask yourself is: How does this make your horse a better partner regardless of whether or not he is gaited?

### References

No matter what breed or specific focus you have, find someone who puts the relationship first, who puts foundation before specialization and who believes in never-ending self-improvement. They're called natural horsemen. Parelli Professionals David Lichman and Carol Coppinger are both from gaited horse backgrounds and are, of course, highly skilled in the Parelli program. 🐾

# Savvy Club Update

Hello, everyone! Dunebuggy here, and it's time for a Savvy Club update.

As I write this, we're busy making the January 1 changes and adjusting timelines so that we can deliver everything to you with the quality you've come to expect. These last few months have been a time of change. Change. Yes, that is a word you could use to describe this process, and at the same time it isn't the right word. Transition? Better. Molting? Best.

Yes, the Savvy Club has been molting—shedding old feathers, growing new ones and getting over the fact that during some stages of this process we were a bird with no feathers. So here we are now, post-January 1, with most (though not all) of our new feathers in place. What has changed about us? We've got shiny, new feathers. We've even got more feathers now than we used to, but nothing at the core of us has changed. We're still the same bird.

If nothing is different, what is new? We've added a lot (*a lot*) of video: every Savvy Club DVD back issue since inception (38 total), Parelli Masterclass, Live Your Dream, Zero to Hero, Parelli Puzzles, Live Coaching with Linda, Natural Colt Starting with Frontier, demo horses, etc. The video is of nice quality, too. We switched to a flash format (the same as YouTube) that is high resolution and optimized for streaming. In laymen's terms, great quality in record time! Our

Q & A database has grown as well. We've added over 300 answers since my last letter to you (and I'm adding as I write this). We've also added the final draft of a self-assessment and supporting web clips that help you gauge how solid your horse's foundation is. Plus, to celebrate each Savvy that you self-assess successfully, you can print your own certificate of progress. The end of January will also see the release of the auditions. After six months of worry and doubt from Savvy Club members, I'm starting to receive letters filled with excitement about the audition process. Recently, in an interview with Natural Horse Radio on BlogTalkRadio.com, Pat mentioned that "Eighty percent of people auditioning the new way came out a level and a half higher than what they thought they were trying for." It is exciting! We've removed the mental barriers to your success, and you can't help but succeed. This is what Pat and Linda have been working toward for the past twenty-six years. It is finally "so easy that even an adult can do it."

So welcome to 2009 and a freshly molted Savvy Club! Welcome to a new year of never-ending self-improvement, of putting the relationship first, of studying in Four Savvys, of putting foundation before specialization and of living your dream. Savvy dreams.

Yours Naturally,  
*Dunebuggy*



# How to *Succeed* with the Patterns



I know the Patterns are new for you so I want to give you some big pointers to help you get the maximum benefit. Over the past month I've personally helped a few students with problems and when I asked if they were doing the patterns they said "sort of" or "no".. but they had them! My advice was, If you do the patterns, these problems will go away! They kept trying to fix them by troubleshooting the Seven Games... but the problem was not the Seven Games, it was a horse that was fed up, unmotivated or confused. So here are a few pointers to help those of you who might be in the same boat...

## 1. DO them, just DO them!

We have observed that most people find it hard to come up with a consistent plan for every time they play with their horse. And that means that your leadership takes a dive! When you do the Patterns and progress along the Levels accordingly, you'll be astounded at the progress you'll make and how much more solid your horse will become. Many behavioral and riding issues especially occur because the horse is not exercised well enough, mentally, emotionally and physically. You see the best part about these patterns is that they impact all three, they are way more than just giving a horse a workout. Once you start doing them, you'll see... but until you do I suspect you look at them but can't see why they are special. Go back and read some of the testimonials if you need more proof.

## 2. Check it off horizontally!

I know some of you (not mentioning any names!) that have been doing each Pattern 'vertically' instead of 'horizontally'. That means you took one pattern and did it at Level 1, 2, 3 then 4! This is not the idea and it's how you can turn it into a drill for your horse instead of an education. You need to complete one pattern seven times, then move to the next pattern, not the next level. By the time you complete all the patterns at that level you'll be ready to step up and start the patterns again but at the new level. In this way you systematically develop your horse and don't drill him, make him bored or confused. You get the perfect blend of consistency and variety and that's a huge secret for success. Oh... and make those check marks big and visible! You need to see how much progress you're making and you need to be disciplined about doing it. Can you imagine how disciplined Pat Parelli is? All this is in his head but now it's visible for you.

## 3. The Horsenality™ Factor

I played with a rather extreme Right-Brain Introvert for the class here at the Florida Parelli Center last season. He would seem to be doing the pattern just fine and then suddenly take off and tear away from his

owner. Essentially, he looked quiet and obedient but as soon as he was asked for a little more oomph, he'd blow up. Interestingly, this horse can already do a lot of Level 3 stuff, but he had been misread for years, no one realized he was a Right Brain Introvert so he was pushed a little too much at times.

When I played with him and waited for him when he hesitated (as you must with a Right Brain Introvert), he became completely immobile and couldn't move. We were doing the Figure 8 pattern at a walk (Level 1), but on a 22-foot line and he froze up on the second turn. So I kept the feel on the rope until finally he could take a step and as I released, he took a big sigh, licked his lips and walked over to me. And then I quit... and if he was my horse, I would have put the first check on the OnLine Patterns Map that day. Even though he didn't do the whole pattern, he had a breakthrough. Can you imagine how much better the next Figure-8 would go, and then the next... until the 7th time? And then I'd be on to the next pattern.

You are not aiming for perfection, you just want something to improve according to the Horsenality: Right-Brain Extrovert—stay on it until he's calm. Right Brain Introvert—stay on it until he's trusting. Left-Brain Introvert—stay on it until he offers to keep moving for at least one lap. Left-Brain Extrovert—stay on it until he's obedient. Each day it will get better and better, so be happy with the improvement and don't go for perfection. This is a development program with four levels that you can see mapped out in front of you.

## 4. Combining Savvys and Other Activities

Some of you will only be doing the On Line Patterns. Then at about half way through Level 2 patterns, start the FreeStyle Patterns, or if you don't ride then start the Liberty Patterns. Then as you get to Level 3 On Line and FreeStyle, start your Finesse. In this way you'll be playing in one, two, three and then Four Savvys. If you are already playing in all Four Savvys you can decide what you want to do today... play at Liberty and then focus on FreeStyle; or some On Line and then Finesse, or maybe just one savvy today. Yesterday I just played at Liberty with my horses. Any way you want to do it is fine so long as you are not overdoing it. And then, if you like to go on trail rides, or play games with friends, do a couple of patterns as your warm up and when your horse is totally in tune with you, off you go.

Every horseman has a plan. The Parelli Patterns are designed to help you DO what Pat Parelli does so you can put a solid foundation on your horse and grow your horsemanship instead of getting stuck or distracted. From the moment you get your horse, or get on your horse, you must have a plan or your horse will not think you are a leader.

# Event Updates

by Carmen Smith

## Making History in the U.K.—Your Horse Live!

We're making history here in the U.K., and times are a-changing! This past November the largest recreational show in the U.K., Your Horse Live, saw—for the first time in the show's history—the entire first day dedicated to natural horsemanship.

I was excited, to say the least! Having arrived from Florida the previous day, I was eager to be among Parelli enthusiasts on the other side of the world. Parelli opened the natural horsemanship day with a demo in the main arena, and the grandstands were packed full. As I stood at the top of the grandstands overlooking the last-minute frenzied search for seats, the energy was buzzing with anticipation and excitement.

As the announcer said, "Let's welcome Parelli Natural Horsemanship and Mr. Neil Pye," the crowd nearly lifted the roof with their cheers. What a wonderful welcome! We had just fifty minutes to share with the crowd a little about Parelli Natural Horsemanship.

If you have ever experienced, in conversation with someone, sharing a little about Parelli, you may notice that you can talk for . . . well, a long time! This arena was savvy, as they had large traffic lights positioned around the base of the arena. Green meant you had plenty of time; orange meant you were in the last ten minutes, so you should start wrapping up; and red meant you were out of time and likely to get your microphone cut off!

Neil introduced the U.K. Savvy Team, and as they entered I could hear Katie Drake's song "First Love" playing. We welcomed Parelli Professionals Alison Jones, Lyla Cansfield, Rachael Morland, Sally Brett, Sharon Crabbe and Terri Martinus, along with their horses. Neil shared with the crowd that this is a young demo team with many more demos to come and that they were going to put the horse's and human's confidence first during the next fifty minutes. What an amazing concept for some—putting the relationship with their horse first, even in a demo!

The U.K. Savvy Team put their best feet forward, sharing with people the special relationship they have with their equine partners by playing On Line with obstacles, playing at Liberty and riding Freestyle. I glanced over to a section of the audience where I could see a lady literally on the edge of her seat, leaning in closer to watch as the halters came off and horses and humans moved off in harmony together at Liberty. It was as if she were holding her breath; the warm smile on her face said it all. It reminded

me of the first Parelli demo I saw and the goose bumps I had. I still get those goose bumps, especially when I see people attending their first Parelli demo and I see that look in their eye that says "I want that with my horse."

Then I saw a little girl waiting at the arena fence, over which she could barely see, stretching as tall as she could on her tiptoes to get a closer glimpse.

The relationship these Savvy Team members had with their horses touched the heart and desire of many people in the audience. Back at the Parelli booth, that's just what we heard. Many people came and visited with us to share how much of a difference our demos made—a life-changing difference. On Friday our U.K. Parelli Team shared, "We didn't lift our heads from talking with inspired people all day. It was so busy in our booth that we couldn't move!" The classroom session we had scheduled couldn't start because there was no room, and no one could hear us anyway, as everyone was



talking with Parelli staff, looking at Parelli Patterns and filling out lucky draw slips!

Saturday and Sunday were similar. We had our demos in a smaller arena, and when Neil asked how many were at their first Parelli demo, over 65% raised their hands! What a wonderful opportunity to share pure Parelli with them. The seating was fully booked on Saturday, and they closed off the entry points when they reached capacity. This left people lining up at the gates ten feet deep, with people jumping up to see what they were missing. So guess what happened on Sunday—people arrived an hour early, and more security was ordered!

Over the three days we shared information at our Parelli booth and three horsemanship demos with some fifteen thousand people who came through the gates for the show.

This event got us warmed up for the upcoming British Open, April 16–19, 2009. There we will have our own Parelli Zone, where we'll have interactive classroom sessions, horsemanship demos and merchandise—and this event will see the launch of the Parelli Games.

So don't get caught like some of those who missed our demo! Book your tickets now for the British Open, and take advantage of the Parelli Savvy Club member discount. Come on in and say hi!

by Alison Bickley and Neil Pye

## Equitana Asia Pacific, November 20–23, 2008

After the Australian equine industry came to a standstill in 2007 with the outbreak of equine influenza, Equitana Asia Pacific 2007 was postponed.

Despite the cancellation and the challenges they presented in rescheduling, Pat and Linda were committed to support the event in 2008, no matter what, to help reestablish this special event for Australian horsemanship.

As is often the case, adversity brought everyone together, resulting in this year's event achieving record attendance, with over fifty thousand horse lovers from all over the Asia Pacific coming together for four unique days.

There is always something special at events like this—the feeling of being part of a marvelous team of people who are dedicated to making the world a better place for horses and humans.

The impact Pat and Linda have made on the world of horsemanship in Australia is amazing, with many demonstrations at Equitana from students or graduates of the Parelli program. It was a wonderful testament to the growth Parelli has had in Australia since Pat's first visit twenty-one years ago.

Our program unfolded over the four days, with Pat and Linda presenting daily on "The Horsenality™ Breakthrough," "The Challenging Horse Demystified" and "How Good Are You With Horses, In Your Horse's Opinion?" On Friday Pat and Linda appeared before a sold-out crowd of over four thousand people for the specialist clinic "The Challenging Horse Demystified." The audience watched as Pat transformed a Right-Brain Extrovert Warmblood gelding and Linda a Right-Brain Introvert mare into partners, not prey animals, by putting the relationship and dignity of the horses first. Our booth was a popular place for Savvy Club

members to sit and enjoy the Live Your Dream series. Members also got to have our experienced team personnel help them complete Horsenality™ charts, and they received member goodies!

To wrap up a wonderful four days of Equitana, Darryl Herbert, the man who has been behind the success of Equitana Asia Pacific since its inception in 1999, presented Pat with a special gift at the completion of Pat's last demonstration.

The public presentation was in appreciation of Pat's continued support, and Darryl said that Pat, more than any other clinician, had added his energy and passion, making this event the premiere equine event in the Southern Hemisphere. He added that he looked forward to Pat and Linda continuing to be leading lights at this event in the future.

Pat had the final say with a wave and a smile and those famous words: "Keep it natural!" 🐾



**Pat has time to talk to Equitana-Australia crowd now that the extreme Right-Brain Extrovert demo horse has calmed down!**

courtesy photo

# 2009 Celebrations Program

*The Parelli Celebration Event is a celebration of the horse and what he means to our lives. In this compelling 3-day event we'll cover the spectrum from the abandoned horse to the happy horse, from the trail to the competition arena, from the novice to the world championship level, from the unsafe to the safe and... unveil important new thoughts on continuing to change industry standards. Aside from the action-packed educational program, we'll be celebrating people like you who have discovered their potential with horses and showcase them in the exciting new Savvy Spotlight event. Join us in celebrating horses and creating the future for a more ethical, harmonious, successful and loving relationship with the horses to whom we owe so much. Not only do they allow us to live our dream... they make us better people.*



## Day 1 *Friday*

### The Parelli Games

It's coming... the Games that will revolutionize the performance and competitive industry. A world where everyone is a winner, especially the horses... where people champion each other rather than fight for the blue ribbon... where principle comes before purpose... and where the relationship comes first.

Lauren Barwick (Parelli Level 4 student and 2008 para-equestrian silver and gold medalist) said... "I didn't want to ride again after I won silver. My mare had already given me everything and more than I had hoped for." It was after that she won her gold medal but only because she had decided to do it for fun and didn't care about winning. What an incredible demonstration of principle under the most pressing of conditions.

It's not about the... medal, the win, the prize, the ego... it's all about the confidence, the preparation, the excellence, the mental and emotional fitness... the trust... the relationship.

When you come to watch Parelli students in the Savvy Spotlight with their horses... individually, in pairs or in a team, this is what is going to blow you away. They are all having fun! They are doing incredible things with their horses. And... when things go wrong, it's no big deal. Oh... and there's even one more thing, they are cheering on the competition!

Doesn't that sound like the absolute opposite of normal competition?

That is one more way that Pat Parelli has envisioned changing the world for horses and the people who love them. He has found a way to inspire people to aim high without sacrificing the trust or dignity of their horse, and for giving people a way to challenge themselves without hating or diminishing others.

The Parelli Games has a BIG future, and you're going to see one part of it at the Celebrations called the "Savvy Spotlight." Around 60 Parelli students from Levels 1 – 4 and even professional level will demonstrate their relationship and savvy to music in what can only be called the opposite of the Gong Show.

### Pat Parelli: Starting A Relationship, Developing A Partnership Part One: Getting to know you.

Over the three days of the Celebration, watch as Pat Parelli starts a relationship and develops a partnership with a new horse. What Pat Parelli can do in a few hours can take months for many of us, so watching him over the three days is like the time-lapse photography you see on nature shows where you watch how the seedling grows into a flower. What's special about this series is that the Humane Society of the United States (HSUS\*) is providing the horse, an adoptable animal which is being rehabilitated by an area horse rescue. This helps us deliver an even more powerful message. Many horse-



human relationships don't work out simply because of the misunderstanding between them. You've dreamed of horses all your life and then you finally get your dream horse and it turns into a nightmare! What went wrong? Why are there so many problems?

Mahatma Ghandi said, "The greatness of a nation and its moral progress can be judged by the way its animals are treated." When we don't know how to 'get' to that horse's heart and win his trust and respect, all kinds of problems can be the result and the worst consequence is that out of desperation the horse gets sold into a bad home or is abandoned, neglected or sold for slaughter.

As stewards of the horse it is our responsibility to make the right choices and learn how to be successful with horses. Not only does this make a better world for horses, it's how you can live your dream instead of your nightmare. Nobody gets a horse with bad intentions but many of us end up against the wall simply because we're not taught the very things we need to know.

If you watch nothing else over the three days, this series with Pat Parelli will be one of the most impactful education series ever. Part 1 is called "Getting to know you" and you'll see how Pat determines his Horsenality™ and then adjusts his approach to quickly establish rapport, build trust and develop a mutual respect.

\*In Australia and the UK this session will be supported by a different organization than the HSUS.

### VIP-GOLD Seminar

A private seminar with Linda & Pat Parelli for VIP-GOLD ticket-holders. Appetizers will be provided.

## Day 2 Saturday

### Savvy Spotlight Highlights

Showcasing especially interesting or exciting entry from Friday's Savvy Spotlights.

### Pat Parelli: Starting a Relationship, Developing a Partnership. Part 2: From Ground to Riding

In Part 1, Pat determined his Horsenality and played with him on the ground to develop the communication, teaching him to understand what was wanted by using the simple ABC of the Seven Games. In this session you'll see how he introduces the idea of being on the horse's back and gains willing acceptance rather than just tolerance.

What seems like a fine line between the two becomes glaringly obvious and this why Parelli is way more than riding. You'll learn about safety and intimacy all at the same time because there is no way to be closer to a horse than on his back. It's an honor and a privilege

to be invited to ride and that's what should keep you on the edge of your seat. You're not watching a saddling and riding session... it's way more than that. You're learning mastery and you'll never think about riding the same way again. Of course... it may turn out that the horse is not at all ready to be ridden yet!

### Break 1

Level 1\* graduates are invited into the arena to celebrate their success and take a commemorative photo with Pat and Linda. (\*official and unofficial graduates all welcome!)

Enjoy mini seminars, Q & A's, demos, equipment contests, mini course experiences, book signings and much more in the Savvy Plaza.

### Linda Parelli: Success with Introverts & Extroverts At Liberty

Introverted horses are notoriously challenging to play with at Liberty. The Left-Brain Introvert doesn't want to move his feet and the Right-Brain Introvert loses confidence quickly and can't move his feet. So how do you do less and get more?

Extroverts seem to be easier to play with at Liberty because they want to move their feet, but it gets challenging when you want more focus and obedience, especially in teaching the higher level maneuvers.

In this eye-opening session you'll see Linda play with her horses Remmer: a Left-Brain Introvert and Allure: a Left-Brain Extrovert and Right-Brain Introvert! It's a teaching session for you as she explains how she's teaching her horses, one at a time, and you'll get to see and understand the different approaches she takes. Learn to analyze horse behavior in action and how to modify your attitude and tactics.

### Break 2

Level 2\* graduates are invited into the arena to celebrate their success and take a commemorative photo with Pat and Linda. (\*official and unofficial graduates all welcome!)

Enjoy mini seminars, Q & A's, demos, equipment contests, mini course experiences, book signings and much more in the Savvy Plaza.



### **Pat Parelli Patterns & Puzzle Solving**

In the mid 1970s, Pat Parelli was fully immersed in five years of study with his mentor, Troy Henry, the man who changed him from a rider to a horseman. Mr. Henry deeply understood horses and he taught Pat how to do way more than train a horse, to open the door for him to be more of an active partner in the process. Among many other secrets he shared (that many of us are now getting through Pat) he taught him the significance of patterns.

In this session Pat shares the savvy of using patterns because they exercise your horse mentally, emotionally and physically and it makes sense to your horse when you want to apply it in different situations, broadening your scope and depth of instinctive thinking when handling horses. In short, you become a puzzle solver.

Not only are you going to see this in action, you'll find out why the application of ground skills will change the way people handle horses, from vets, farriers, and breeding farms to private horse owners and trainers.

### **DANCE!**

Singer, songwriter and bandleader Tim Sullivan is with us to give you the dancing night of your life. Special guests include Mary Ann Kennedy, Katie Drake, Dancin' Pete (come to his Seven Games dance class at 7.30pm) and Pat Parelli will join in with his guitar! Dress up or come as you are, it's going to be a fun time!

## **Day 3** *Sunday* **Savvy Spotlight Highlights**

Showcasing especially interesting or exciting entry from Friday's Savvy Spotlights.

### **Pat Parelli: Starting a Relationship, Developing a Partnership. Part 3: The Riding Partnership**

Each session is building to the next, at the pace the horse needs. Pat's goal is a calm, trusting, motivated and obedient / willing horse and as he places the check marks against these we witness it all coming together more quickly and easily. When the green light is there, Pat asks permission to climb astride and now advance the relationship from the most vulnerable and personal place to be on a horse. How do you cause this to be a beneficial experience for the horse? A safe experience for you? What should you do and how do you progress? How do you communicate more advanced ideas without making it feel like pressure?

As Pat has often said, "Riding is nothing more than the mere act of not falling off." It takes focus, feel, timing, balance, savvy and experience... but ahead of that it takes heart and desire because the mental connection and emotional constancy should never be lost. That's how a horseman thinks of it, the whole goal is to become one with your horse, part horse, part man... mentally, emotionally and physically. Therein is the definition of unity.

We don't yet know this horse; we will discover him over these three days. As a rescue horse there could be trust issues that need to be overcome, or fear that needs to be calmed. This horse could be shut down or rebellious, we don't know until Pat begins the very first session and we will witness together how he reveals the inner horse and begins a new relationship and new hope for his, or her, future.

### **Break 3**

Level 3\* graduates are invited into the arena to celebrate their success and take a commemorative photo with Pat and Linda. (\*official and unofficial graduates all welcome!)

Enjoy mini seminars, Q & A's, demos, equipment contests, mini course experiences, book signings and much more in the Savvy Plaza.

### **An Afternoon with Walter Zettl**

When asked to describe himself, Walter will tell you that he is the guardian angel of horses. As one of the modern masters of the classical dressage, this is a dramatic statement especially in light of the heated controversy surrounding hyper-flexion in modern competitive dressage training and he speaks out tirelessly, writing letters and articles for some of the top dressage magazines in the USA and Germany.

When Pat and Linda were introduced to Walter they instantly realized the connection, as equestrian soul mates brought together by a deep love and concern for the welfare of this incredible animal but arriving from two very different ends of the sport... theirs from the foundation and his from the very top.

At the age of 21, Walter Zettl was already a master in dressage and jumping. He was awarded the German golden riding medal, the highest decoration you can get, for his outstanding achievements in both dressage and jumping. He was the youngest ever to receive it and at that time it was awarded for accomplishments in one season whereas later it could be achieved over a ten-year period. When he moved to Canada he was quickly recruited as the dressage coach for the Canadian Team at the 1984 Olympic Games. Watching Walter Zettl teach a dressage lesson is to witness mastery. His incredible skills bring horse and rider together, not with force, but through

*Special note: Walter Zettl and Lauren Barwick will present at USA and UK Celebration events, health permitting.  
Some changes and substitutions will be made for the Australia Parelli Celebration.*

mentally and physically engaging exercises that gently reach an exciting pinnacle. This may be your only chance to see this great master, and his student for this session will be Linda Parelli with her horse Remmer.

#### **Break 4**

Level 4\* graduates are invited into the arena to celebrate their success and take a commemorative photo with Pat and Linda. (\*official and unofficial graduates all welcome!)

Enjoy mini seminars, Q & A's, demos, equipment contests, mini course experiences, book signings and much more in the Savvy Plaza.

#### **Pat Parelli: Foundation to Finish featuring the Savvy Dream Team and Lauren Barwick**

When under the mentorship of Troy Henry, Pat Parelli learned one of the most powerful riding patterns called the CloverLeaf. It taught him the value of having your horse mentally enrolled as you ride, giving him responsibilities and shaping his behavior. Many riding issues stem from inadequate ground preparation and a lack of trust, but most behavioral concerns arise and worsen in the absence of the appropriate exercises.

You will learn the riding pathway to travel with your horse that develops a strong foundation that will carry you all the way to what you define as your finish line... your dream.

What better way to introduce this session than to have Lauren Barwick demonstrate her Gold Medal ride from the 2009 Beijing Paralympics, and talk to you about what it took to get there.

As Pat teaches you the fundamental skills he shows you how the ingredients build from completely basic to highly advanced, including bridleless riding, flying changes, jumping, slide stops, and more. In addition you will learn how the Patterns in combination with the Parelli Games are the fulcrum for all other equestrian sports. Having a solid horsemanship foundation is one thing, but preparing yourself to be successful yet non-predatory in competition is the mark of the future.

Where is the industry going? How is Parelli changing industry standards? How can competition become more focused on the well being of the performance horse? In a world where competition breeds as much ill will cruelty and as it does champions, role models and heroes... it's definitely time for a change.

#### **Grand Finale**





**Parelli Centers**  
**2009**  
**Courses**  
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We were discussing the “newest thing” in academic teaching, “problem-based learning.” During the entire presentation, all I could think about was how you deliver your courses at the ISC—students solving their own problems and answering their own questions, instructors (hiding behind trees) who step in to help by posing more questions rather than spitting out solutions, producing life-long learners and problem-solvers, etc. I bet you didn’t realize that you guys are on the cutting edge of college teaching, and more willing to embrace it than the old stuck-in-the-muds who do *not* like new things...? —*Dr. Jean Lewis, Director of Specialized Recruitment Relations, Fischler School of Education and Human Services, Nova Southeastern University*

Visit [www.parelli.com](http://www.parelli.com) for course details and applications.

## 2009 COLORADO



### 1-Week Courses:

**Language of Horses** May 24-29, Jun 14-19, Jun 28-Jul 3,  
(On Line Levels 1&2) Jul 26-31, Sept 20-25

**Natural Attraction to Liberty** May 17-22, Jul 5-10, Aug 2-7,  
(Liberty Levels 1&2) Aug 23-28

**Confidence in Riding** May 31-Jun 5, Jul 12-17, Aug 2-7,  
(Freestyle Levels 1&2) Aug 9-14, Aug 30-Sept 4, Sept 6-11

**Moving in Harmony** Jun 7-12, Jul 12-17, Aug 9-14,  
(Finesse Levels 2&3) Aug 16-21, Sept 13-18

**Advancing Communication** May 17-22, May 31-Jun 5,  
(On Line Levels 3&4) Aug 23-28, Sept 20-25

**The Truth** Jun 7-12, Jun 21-26,  
(Liberty Levels 3&4) Aug 30-Sept 4

**Riding with Purpose** May 24-29, Jun 14-19, Jun 28-Jul 3,  
(Freestyle Levels 3&4) Jul 26-31, Aug 16-21, Sept 6-11

**Natural Performance** Jun 21-26, Jul 5-10, Sept 13-18  
(Finesse Levels 3&4)

### 4-Week Packages:

**"Getting To Know My Horse"** May 17-Jun 12, Jul 26-Aug 21  
(Study all Four Savvys in Levels 1 & 2)

**"I'm On My Way"** Aug 23-Sept 18  
(Study On Line and Liberty Levels 3 & 4  
+ Freestyle and Finesse Levels 1 & 2)

**"Masterclass"** May 31-Jun 26, Aug 23-Sept 18  
(Study all Four Savvys in Levels 3 & 4)

### 8-Week Package:

**"Becoming A Horseman"** Jul 26-Sept 18  
(Study all Four Savvys in  
Levels 1, 2, 3 & 4)

## 2009 FLORIDA



### 1-Week Courses:

**Language of Horses** Jan 11-16, Feb 15-20, Mar 8-13,  
(On Line Levels 1&2) Mar 29-Apr 3, Oct 18-23, Nov 1-6

**Natural Attraction to Liberty** Jan 18-23, Feb 8-13, Feb 22-27,  
(Liberty Levels 1&2) Apr 5-10, Oct 25-30

**Confidence in Riding** Jan 25-30, Mar 1-6, Mar 15-20,  
(Freestyle Levels 1&2) Apr 12-17, Nov 1-6, Nov 22-27,  
Nov 29-Dec 4

**Moving in Harmony** Feb 1-6, Mar 8-13, Mar 22-27,  
(Finesse Levels 2&3) Nov 8-13, Dec 6-11

**Advancing Communication** Jan 25-30, Feb 8-13, Mar 15-20,  
(On Line Levels 3&4) Nov 8-13, Nov 15-20

**The Truth** Feb 1-6, Feb 15-20, Mar 22-27,  
(Liberty Levels 3&4) Nov 15-20, Nov 22-27

**Riding with Purpose** Jan 11-16, Feb 22-27, Mar 29-Apr 3,  
(Freestyle Levels 3&4) Apr 12-17, Oct 25-30, Nov 29-Dec 4

**Natural Performance** Jan 18-23, Mar 1-6, Apr 5-10,  
(Finesse Levels 3&4) Oct 18-23, Dec 6-11

### 4-Week Packages:

**"Getting To Know My Horse"** Jan 11-Feb 6, Feb 15-Mar 13,  
(Study all Four Savvys in Levels 1 & 2) Oct 18-Nov 13

**"I'm On My Way"** Nov 15-Dec 11  
(Study On Line and Liberty Levels 3 & 4  
+ Freestyle and Finesse Levels 1 & 2)

**"Masterclass"** Feb 8-Mar 6, Mar 15-Apr 10  
(Study all Four Savvys in Levels 3 & 4) Nov 15-Dec 11

### 8-Week Package:

**"Becoming A Horseman"** Jan 11-Mar 6, Feb 15-Apr 10  
(Study all Four Savvys in  
Levels 1, 2, 3 & 4) Oct 18-Dec 11

## 2009 AUSTRALIA



### 1-Week Courses:

**Language of Horses** Mar 22-27  
(On Line Levels 1&2)

**Natural Attraction to Liberty** Oct 4-9  
(Liberty Levels 1&2)

**Confidence in Riding** Mar 29-Apr 3  
(Freestyle Levels 1&2)

**Moving in Harmony** Oct 11-16  
(Finesse Levels 2&3)

**Advancing Communication** Apr 5-10, Oct 18-23  
(On Line Levels 3&4)

**The Truth** Oct 25-30  
(Liberty Levels 3&4)

**Riding with Purpose** Apr 12-17, Nov 1-6  
(Freestyle Levels 3&4)

**Natural Performance** Nov 8-13  
(Finesse Levels 3&4)

### 4-Week Package:

**"Masterclass"** Oct 18-Nov 13  
(Study all Four Savvys in Levels 3 & 4)

## 2009 UNITED KINGDOM



### 1-Week Courses:

**Language of Horses** May 18-22, Jun 1-5, Jul 20-24  
(On Line Levels 1&2)

**Natural Attraction to Liberty** Jun 8-12  
(Liberty Levels 1&2)

**Confidence in Riding** May 25-29, Jun 15-19, Jul 27-31  
(Freestyle Levels 1&2)

**Moving in Harmony** Jun 22-26  
(Finesse Levels 2&3)

**Advancing Communication** Aug 3-7, Aug 31-Sep 4  
(On Line Levels 3&4)

**The Truth** Aug 10-14  
(Liberty Levels 3&4)

**Riding with Purpose** Aug 17-21, Sep 7-11  
(Freestyle Levels 3&4)

**Natural Performance** Aug 24-28  
(Finesse Levels 3&4)

### 4-Week Package:

**"Getting To Know My Horse"** Jun 1-26  
(Study all Four Savvys in Levels 1 & 2)

**"Masterclass"** Aug 3-28  
(Study all Four Savvys in Levels 3 & 4)

# Six Weeks Down Under

by Tara Harris

*With Pat Parelli nearing the celebration of twenty-seven years of presenting, teaching and changing the lives of horses and horse lovers, he and Linda have officially reached an international level in the world of horses.*



courtesy photo

Pat and Linda have been traveling the globe and sharing their message for years, and from the beginning they have been committed to changing the world. They have a vision and a dream they relentlessly pursue. The year 2008 was a milestone in their efforts, with Parelli courses offered at our three international locations—U.S. (Colorado and Florida), U.K. and Australia.

For the students in Australia, it was coming full circle.

Australian students have been dedicated since the first arrival of a tall American cowboy who had a unique and captivating way with horses. They helped support his message, they spread the word and

they stayed dedicated to the program even when he returned to the U.S. His Australian instructors continued to travel to the U.S. to stay close to the source so that they could bring pure Parelli to their students. Their principles and philosophies are the same, but the students in the U.S. were the only ones with an opportunity to travel to the heart of it with their own horses.

Until September 2008.

Mark Weiler, president of Parelli, committed to sharing pure Parelli with the world—one message, thousands of miles apart, an international heartbeat. The dream became a reality when we opened

the centers in Birmingham, U.K., and Wilton, Australia. All of the courses were led by an international team of faculty members. It's one team that spends time at the U.S. centers with Pat and Linda, traveling abroad to share the same message.

Venetia Raymond and Janet Gray look after all of the operations for Parelli Australia, and Venetia in particular looks after the Parelli Center and Linda's and Pat's horses. When faculty member Berin Macfarlane arrived two weeks before the course, the place was in great shape, so he had time to look after the little things that would make a difference.

Trevor and I arrived a few days before the course to help finish the preparations. Leena Weston, a Level 3 graduate, also came down from Brisbane to help with the six-week course. She traveled down with her main horse, Rain, as well as Tornado, a younger horse for Trevor Carter to ride. Most importantly, she brought her energetic get-it-done attitude. Throughout the course she looked after the students and their needs and even found time to invent a "poodotype" to find a more efficient way dump the manure trailers. A clever play on the word "prototype", don't you think? Maybe it will be a "How to Build Your Own" article in a future *Savvy Times*!

***The students really started to discover what made their horses tick and what they needed to do to help them progress while keeping the relationship first.***

Neil Pye and Sue Shoemark arrived a few days before the course to ensure we had all the support we needed for a successful start. Neil led the orientation and shared the philosophy and principles of Pat and Linda's message, as well as preparing students for what they might expect.

Afterward we invited the students up to share their goals and outcomes for the six weeks. It was our first opportunity to get to know the incredible group of twenty-one students gathered in dedication to their horsemanship. The students ranged from beginners to advanced, and each had something special to offer and to learn.

Trevor and I led the first course, Liberty and Horse Behavior. The mornings were full of learning in the classroom, simulations and demonstrations. Afterward the students had the afternoons to experiment and observe their horses so as to better understand their psychology. The students really started to discover what made their horses tick and what they needed to do to help them progress while keeping the relationship first. In the second week we started to help them progress both On Line and at Liberty.



***Students practicing coiling and tossing skills with a 45-foot Line against the green ball***

*courtesy photo*

We held optional workshops in the afternoons so that students could attend the ones that were most beneficial to their development. It was wonderful to see and hear their successes every day.

In the afternoons Berin started Neil Pye's two-year-old gelding Flash as an option for students to watch. Flash is out of Neil's late mare Pepper, who is a half-sister to Magic. Berin had to be very clever, as Flash could catch the lead line snap in midair and start playing the Yo-Yo Game with Berin!

At the end of the course we had a Parelli Games day. It was amazing to see the progress the students had made. As we all horse-shoed up at the end, one of the students said, "At the beginning of the course I never thought the picture of horses and humans would turn out to look like this!"

Berin and I led the second course, Fluidity I. With some students looking forward to riding and others not so excited, this course can be a ton of fun and challenging at the same time. By Day 3 each student was well equipped to read his or her horse and its posture so they could prepare the horse mentally, emotionally and physically to have a safe and fun ride. The three of us played with a horse for the first ride at the course so that students could see what "warm up strong to ride soft" looks like for different Horsenalities™.

On Friday we all went out to dinner to celebrate the middle of the middle. We had a great time and had lots of stories to share from just three weeks together. Within the next week we played with Fluidity, one-rein riding, Carrot Stick riding, Patterns and trail riding. One of the things to prepare students for trail riding was the spooky silhouette demo. Trevor and Berin built a little sawhorse on skids, attached a rubber flap for a tail and used a cow-flavored barrel cover to add the finishing touches to our "cow simulator." When Trevor said, "I'm headed out to build the simulator," I knew it was only a matter of time before Berin would say, "I think I'll go out and help." It was bound to be a beautiful concoction, with the two of them pulling out all the stops, and even the most seasoned of horses gave it a second, third



*Practicing the Fluid Rein  
on the seat builder*



*Berin riding Flash*

and fourth look! “Beauford” was a huge success and managed to help develop confidence in both the horses and the students, as well as to give them strategies to help their horses become calmer, smarter, braver and more athletic.

As with Liberty and Horse Behavior, we held the Parelli Games at the end and added the Freestyle Savvy. It was another great end to a wonderful course, and the students supported one another, their teams and their horses. There were a few who tried things for the first time and proved that if the ingredients are right, the cake will turn out!

Trevor and Berin led Fluidity II, continuing with all of us to present and demonstrate with horses. As with the other courses, we had them come up to the front and share what Finesse meant to them: Power, lightness, looks like nothing is happening, collection, lead changes, politeness, harmony, dance, starts today. They even talked about applying Finesse to the other three Savvys, which shows that Finesse doesn’t involve just the reins and a saddle.

The students were fantastic at playing with Finesse at their levels. Almost every student participated in the lead change demo at the walk, trot or canter. They came early and stayed late to be certain their foundation was in place for what the next day’s lesson would have to offer.

During this course the famous Melbourne Cup was on. The students were really talking it up, and Trevor and I thought it was similar to the Kentucky Derby—a big race, but only for those who are interested in horses or racing. But the Melbourne cup is way different. *It stops the nation.* Even preschool kids hold little betting sweeps and stop to watch the race. If you’re at a gas station filling up, you go inside to watch. So we bought some extra-long cable, ran it out to the TV in the classroom and prepared to watch the race. But, we thought, why watch it when we can ride in it? And we did.

We inflated all the Fluidity balance balls, brought our Carrot Sticks and prepared to ride with the jockeys. We held a drawing, and each drew a horse to ride. *And we were off . . . down the stretch we came . . . we were racing . . . the middle of the pack was coming on strong . . . and Viewed crossed the line first by a nose hair.* Literally! The closest win in the history of the Melbourne Cup. We anxiously awaited the results, only to find that the same student rode the first- and last-place horse—a versatile rider indeed!

On the second-to-last day of the course we held a day of Parelli Games in all Four Savvys in three different types of events. They chose what they wanted to do and again were great supporters of one another. On the last day we held a Savvy Spotlight like the one students will have at the Celebra-



tion events in 2009. It was so much fun! It was fantastic to watch, as they truly impressed us with their fun, inspiration and outstanding ability. They even submitted a "late entry," and the entire class showed us their skills in all Four Savvys to music. It was an honor and a privilege to be part of such a great group of people and horses.

We all said our goodbyes at the finale and shared how the course will cause us to be different for our horses from there on out. We also said farewell to five Level 1 graduates: Suzanne Dickson, Carol Lake, Angie Sturzaker, Lesley Livingstone and Kathryn Coombesand, and to Level 2 graduate Tanya Bennett.

We can't thank Pat, Linda, Mark, Neil and Sue enough for the great opportunity with wonderful people in a beautiful country, and with a magnificent creature called the horse. It's nice to sit back, even if just for a moment, and ask yourself, "Where else would you be?" 🐾



courtesy photo

Learning relaxation on a trail ride

*“Cover-All buildings  
are the buildings of the future...”*



***...that are here today. My Cover-All arena is what I call 'my office' so when it came to finding a special place for my special horses and my passion, I chose Cover-All. I could not think of a better product to have than Cover-All. It serves every purpose and everything that is congruent with my passion.”***

– Pat Parelli, Parelli Center – Pagosa Springs, CO



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by Pam Billinge

# Parelli and Personal Discovery

How your journey can help you be the person you really are.

*In spite of having spent twenty-three years helping others overcome the most complex emotional issues and having invested significantly in my own personal growth, I was blown away by the power of my journey at the Parelli Center in Colorado.*



It is often said that embarking on the Parelli journey can change your life. But how? Pam Billinge, leadership coach and body psychotherapist, spent six weeks at the Parelli Center in Pagosa Springs this summer. She hopes that by sharing her experience she can help others on their own journey of self-discovery. I emerged from the six-week program with not only a new level of horsemanship but also new depths of self-awareness, self-belief, vitality and focus, which I

know will change the course of my life. And this is nothing unusual for the committed student of Parelli, whether studying at one of the Centers worldwide or on a home-study program.

Our horses present us with challenges that touch us at the deepest level. They can really get to the heart of our emotional or mental barriers to success and happiness if we are prepared to listen. When our progress with our horse falters, this is often a sign that we are

bumping up against something big in terms of our own personal development. But working out what that something is—and then confronting it—is trickier. Our attitudes, beliefs and behaviors have been with us for a long time. It is likely that we developed them early in life, and they may have been useful in helping us to feel safe. So the prospect of questioning these facets of ourselves and changing them can bring up anxiety and even pain.

My “something big” emerged when I was working on my Fluidity. I had leased one of the Parelli horses, who taught me much (and stole my heart!). At first there was so much brace in my body that I felt like a sack of potatoes on his back. When my bouncing just got too much for him to bear, he would gently come to a halt and, look around at me with big, soft, patient eyes as if to say “Shall we try that again?”

The Parelli faculty team came to my rescue when they began teaching us about how mental, emotional and physical brace in the horse are intrinsically linked. As a body psychotherapist, I do work that is based on the connection of mind and body and the belief that our emotional experience is held somatically. So to hear this was music to my ears.

***But what became crystal clear was that as long as there is brace—in either human or horse—our relationship cannot be complete.***

Our lesson then moved on to exploring how physical brace in ourselves creates physical brace in our horse. This is a great example of what is called a BFO (blinding flash of the obvious) in Parelli-land. It follows that if we have a physical brace ourselves, it is undoubtedly caused by a mental or emotional issue. So the achievement of Fluidity becomes not a matter of improving riding technique, but one of self-exploration and personal development.

At this point in the course I could no longer deny the fact that something big was staring me in the face, however much I tried to blame my difficulties with Fluidity on the unfamiliar saddle and gait, among other things! And however scary it was, I knew I had to get to the bottom of it if I was to progress in my Fluidity, horsemanship and life journey.

I spent a lot of time exploring what was going on for me by reflecting and writing in my journal. Often I would go and sit in the meadow with my horse grazing while I gazed at the amazing views and scribbled furiously. Many things arose for me. But what became crystal clear was that as long as there is brace—in either human or horse—our relationship cannot be complete. While it exists, our energy cannot flow together with our horse’s; our hearts cannot fully connect; and neither horse nor human can be as beautiful as we have the potential to be. The same can be applied to human relationships—and identifying where our brace is and what is causing it can transform how we relate to ourselves and to others.

The source of my emotional issues was in the areas of trust and bereavement. For others it might be about fear, anxiety, loss of control, lack of assertion, self-image, self-worth, over-controlled emotions. Exploring this territory is not easy.

As we build a wonderful relationship with our horses they offer us the truth. If we can be brave enough to accept this gift from them without self-recrimination or shame, we can become the people we really are, and our lives will truly change as a result. 🐾

## Fundamentals to guide you on your Journey

- Keep a journal. It doesn’t have to be a work of art! Just capture key words and phrases that describe your experience and feelings. Also jot down any questions that come up but you can’t answer; the answer will emerge later. Journaling helps to deepen your thought process, bring things alive and lessen the chance of your brooding on things.
- Create the right environment. Making time and finding the right environment for reflection is important. That may be somewhere spacious and peaceful, or people-watching at a café—whichever suits your personality best.
- Become more aware of your body. Where is the brace? Which muscles? When do you first notice it? What happens before it happens? What makes it feel more or less severe? Are you aware of any feelings associated with the brace (for example, annoyed, sad, ambitious, angry, resistant, competitive, excited)? What feelings emerge when you start to loosen the brace?
- Track your emotions. How do you feel about yourself in relation to your horse (for example, not competent enough, inadequate, afraid, ambitious, controlling)? What sort of self-talk do you have? Are these messages your own, or are they what someone else in your life has said about you?
- Involving others. If you are finding it tough, seek the support of someone who is professionally qualified to help. And of course, you can always rely on your horse for authentic feedback. He will let you know when you are on the right track!
- Be kind to yourself. Processing the emotions that come up as a result of your journey takes energy and courage. Use approach and retreat as you would with your horse when tackling any of your own emotional issues that are difficult or painful.





*Now I have something to remind me of the roads traveled, the memories gained, and all of the wonderful people I have met and made lifelong friends with along the way.*



*Jake and I were relatively green when we first met. He had just turned three, and I was ignorant enough to presume to teach him what it means to be a horse. I soon found that I wanted something more out of our partnership than physical control, and I discovered just what that something was when I went to my first tour event in Nampa, Idaho. There was a student of Pat's from the Czech Republic who demonstrated a level of skill, trust, and harmony with a horse that I had never before seen or believed possible. After that day, a whole new world of possibilities opened up for me.*

*I returned home, brimming with excitement and anticipation to play with my three-year-old gelding. So we started taking clinics and following the Levels material, and with the savvy teachings of Dan and Gretchen Thompson we took the first steps in our journey to success. Parelli helped me discover how much more could be accomplished with a natural train of thought, and believe me, there's not a better feeling in the world than when your horse chooses to be with you.*

*Now I have something to remind me of the roads traveled, the memories gained, and all of the wonderful people I have met and made lifelong friends with along the way. Ginny Sue has an obvious passion and talent for what she does, and I look forward to seeing what she creates with my future Level achievements. — Cory Streett*



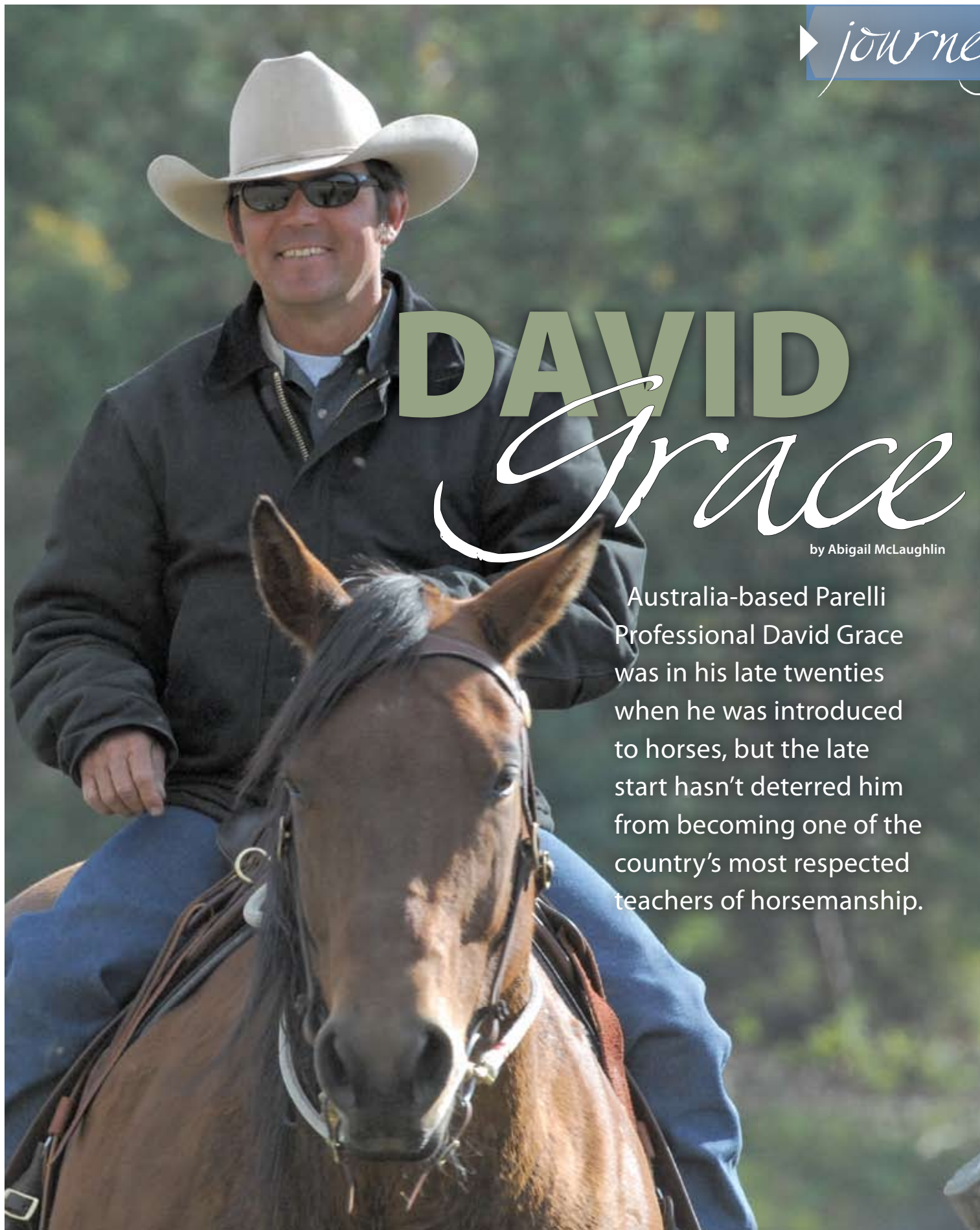
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# DAVID *Grace*

by Abigail McLaughlin

Australia-based Parelli Professional David Grace was in his late twenties when he was introduced to horses, but the late start hasn't deterred him from becoming one of the country's most respected teachers of horsemanship.





by Abigail McLaughlin

*All David's skills and knowledge were gained through the Parelli system, working closely with Pat and Linda, making him a real example of what can be achieved. He is a licensed 4-star Parelli Professional and has traveled across Australia to help others reach the goal of a better relationship with their horses.*

"In some ways, starting late was helpful because I didn't have to change the way I did anything. From the time I first attended a Parelli course in Australia in 1989 I could relate to Pat's methods, and since then I've attended over sixty of his camps, courses, and demonstrations in Australia and the U.S. I became a certified instructor in 1995.

"Sometimes I look at the younger students, and even children, and see how fast they pick up the skills, but my own experience of a late start with horses has taught me the importance of a good instructor and an efficient teaching program. Pat's program can be followed by

anyone—from a beginner with horses to an experienced rider.

"I understand where the students are coming from, what they have to do, and where they want to go with their horses because I've been in their shoes myself. As an instructor of Pat's program, I can guide them on their journey."

David estimates that over the past thirteen years he has taught more than 450 Parelli courses and camps and started just over 500 horses under saddle. Almost every year since 1996 he has visited the Parelli centers in the United States to hone his own skills and to



teach, and he is now the most qualified instructor based in Australia. A highlight of David's career so far was a year spent in the U.S. in 2003, working alongside one of Pat's mentors, Ronnie Willis, on an 80,000-acre ranch. Along with teaching, David managed over a hundred Quarter horses and was responsible for administering their foundation training.

***I'm always telling my students that with heart and desire they can achieve anything they want.***

When he is not away teaching, David, his wife Vivian, and their two daughters, Rebecca, age nine, and Madeline, eleven, run a mixed farming and beef cattle enterprise on their property, Coolibah, at Condamine in South West Queensland. Vivian works from Coolibah organizing David's courses and camps and taking care of the home front when he is away. The whole family enjoys horses and is following the Parelli program. David loves helping them with their skills and riding with them around their cattle. David particularly enjoys working with cattle and is keen to pursue his interests in cutting and reining. "I have been working with Pat on cutting and reining and enjoy them a lot. I see both pursuits as a challenge and a way of taking my horsemanship to another level."

Over the years David has imprinted many foals and handled scores of yearlings and young horses for both himself and his students. But David's real passion is passing his skills on to others. He draws great satisfaction from empowering students to achieve their goals and, not surprisingly, is in demand as an instructor.

He has a busy teaching schedule that takes him around Australia. His students range from beginners to experienced riders beyond Level 3. Many of them travel for several days to attend his Parelli courses and return every year, becoming close friends.

"I'm always telling my students that with heart and desire they can achieve anything they want. In fact, I've seen more students achieve their goals with heart and desire than with talent alone.

David is constantly grateful for his own experience with Parelli, which has provided him not just skills, knowledge, and a career he loves, but also friendships around the world and a philosophy of life. "Every time I see Pat, I'm so inspired by his horsemanship and teaching. I am forever grateful for his influence not only on my own horsemanship, but on my life and my family as well." 🐾



*Above: David's big highlight—cutting on Magic*

# Riding for Gold Beijing 2008

by Lauren Barwick

*People say to me, “Wow, you must be so excited—what an amazing journey! You’re so lucky! I’d give anything to be able to compete at that level!” Allow me to share with you about this last leg of my eight-year riding-for-gold journey.*

It has been extremely complex and emotional, and it has pushed me to my breaking point. I have experienced more feelings than I thought possible, and all this with the most wonderful sponsors, friends and family supporting me. You really become aware of who you are compared to who you thought you were when you are dropped into unknown territory. Most important, I have discovered my weaknesses, what motivates me and where my strengths lie.

My heart has ached over the past four years more than I ever want to feel again. I wanted to perform to the best of my ability more than anything. I knew I was capable of achieving gold, but that involved all the little ducks being lined up in a perfect row. Looking back, I think I have always had a rogue duck in my line-up. I think that for this trip, he decided to be a team player. Being that prepared—being able to be my absolute best for the six minutes I am in a ring in front of five judges—requires a type of focus that does not come easily.

Instead of spending a lovely summer in the mountains of Colorado, Maile and I went into team quarantine in Vancouver, BC. It was a required six weeks of monitoring, isolated from other horses and people. I called these six weeks “jail,” with a two-hour period each day during which we were allowed to be in the dressage arena or a square pen that was shared among the quarantined horses. It was as if we were in the military—no individuality, tight time lines, horses marched from one stall or paddock to another. Everything was micromanaged and out of my control. All we needed to complete the situation was black-and-white-striped clothing.

At the end of each session I found myself exhausted and very upset. All I wanted to do was sleep for the rest of the day. In eight years of training for the Paralympics, I had never had a problem with my focus, and now I was finding it very hard. What I was going through was nothing I hadn’t dealt with before. Then why did I feel so lost? While speaking with my sports psychologist, Donna, I tried to explain that I felt pulled in too many directions. I was living in three worlds—so many questions, and everyone had a different answer. We decided to call it minor identity crisis. Boy, if mine was minor, I’d hate to experience a severe one. She reminded me not to lose my style. “Style is the one thing no one can take from you.” What was my style? The best I could come up with was “flying by the seat of my pants.” I do my best to

go with the flow, make it work, think outside of the box and, if it can be done even in the most surreal circumstances, get it done.

During this quarantine I had another issue to contend with. The wonderful Thoroughbred mare that I had grown up riding had extreme complications giving birth. The vet gave her two days to live, and we had a two-weeks-early colt on the ground. Every two hours he had to be fed, antibiotics had to be given to him and the mare, horse-size girdles had to be tightened, my mare had to be milked, and temperatures had to be taken. My good friend Shannon and I took shifts—I did the night, and she did the day, while I slept and trained. One of the training sessions had me at the barn with very limited sleep, and I was saddling Maile. When I went to the other side to adjust the saddle, I actually pulled it down on top of me. The metal stirrup iron came down and landed on my face, splitting my lip wide open. The saddle was under the horse, and I finally said, “I quit! I’ve had enough!” On my way to the bathroom to clean up, I thankfully had enough time to cool down. Poor Maile was still standing in the barn with a saddle on the ground, wondering if I was ever coming back. While in this weakened state I discovered something about my riding and myself—being sleep deprived and injured caused me become aware of my internal predator. All I wanted to do was get through my ride, and by doing that I was an amazing passenger, allowing Maile to do an excellent job with her responsibilities. Maile is an absolutely wonderful mare, and I am very grateful that she accompanied me on this journey. At this point she hadn’t really revealed herself to me. Little did I know the strength she would soon share with me.



**Lauren plays the Friendly Game with Maile in the main arena in Hong Kong for the Para-Olympic Games, 2009**

The five team horses traveled to Los Angeles for another week of quarantine that was stricter than the previous six weeks. This was also our team camp, giving the Canadian riders a chance to unite and try to come together as a team. All the horses flew out of Los Angeles, ended up landing in Alaska to refuel and then went on to Hong Kong. Our horses were on a plane for twenty-six hours, longer than the horses of any other country competing. We were greeted with big smiles by our team manager, leading us to believe that the horses had traveled well; all we needed to do was to get to our athlete village and rest until the next day. The next day at the barns we discovered that Maile and one of the other team horses were very ill. Maile had a fever of over 103.5 and a respiratory infection. Both were on extreme drugs, receiving IV fluids, scanning of the lungs and scoping. Maile had shipping fever. She lost nineteen kilos in four days. The vets did not hold much hope that I would be able to participate. My Paralympic journey was now focused on Maile just being healthy enough to travel home. All I could do was feed her an apple and gently rub her belly. While the other riders got to train in the competition ring, I walked Maile in hand and let her know that this would most likely be the extent of her Olympic experience.

Four days before the competition I was given the okay to ride Maile in order to move around some of the fluid in her lungs and see how bad her cough was. It was a stressful ride as the vets stood on the sidelines and watched us. Maile was given approval for soundness. It was conditional in that she could not get a fever or cough throughout the ride.

Whenever we went to a competition Maile was fairly confident in the ring, but not always outside of it. I'm sure many competitors' minds went wild with fear when they first saw the arena in Hong Kong. It had a large electric results screen, flowers, wells, waterfalls, statues, wooden pandas, green bushes shaped to look like dragons, the Olympic torch and huge stands surrounding it. It looked like a fantastic play area for a Parelli student, but everyone else's nightmare.

### Team Test

I was just happy to be riding Maile in the competition. I was the first rider for team Canada, and I wanted to give our team a good start. We placed second. I was happy, and I knew Maile and I had done our best. It made me feel proud that I had put in a solid performance, but sad, as I knew the rest of the teams' best riders had yet to perform. I didn't expect my score to hold up in the next couple of days of competition.

### Championship Test

I was nervous. I wanted to do well, and I feared that the riders from the day before were all going to put in great tests. I was fifth to ride. Maile felt good—more energy than the day before; however,

I couldn't focus and was panicking. Steps from the entrance, it all came back to me. When I saw the score of 68.44 (second place) I was sure it would be passed, as all the top riders were still to come. It was torture, test after test. With five riders left to go I went to a quiet place in the tents and just sat watching, getting more nervous by the minute. How could there only be five riders left if I was still in second place? Was I going to be bumped down to fourth place? Fourth place is a very painful position to be in. It leaves with you with so many "what ifs." The rider who had beaten me the day before was still to come, along with the U.S. and Norwegian riders. When the German rider entered the ring her horse spooked, and the U.S. rider's horse was tense as well. At that moment I knew I had at the least a bronze medal. It was more than I could ever have hoped for. Within five minutes it was confirmed that I had actually won the silver medal. Speechless, all I wanted to do was see my horse and thank her.

Over the past year I have had many frustrations that have caused me to re-evaluate my dream. To "ride for gold" was my goal in 2001. When I didn't achieve that in 2004 in Athens, I remember saying that it was okay and that I hadn't failed. I just hadn't reached my final target yet. On September 8 and 10, I discovered the feeling of completeness in having finally succeeded. Actually, I felt a sense of freedom, because when I set a goal, unfortunately I become so focused that the goal owns me.

Maile had done it—she had not only competed while being ill, she had given me the silver medal. It was far more than I could have asked for. Her heart and courage are huge, and I didn't realize how much she had to give until she gave it all to me.

### Freestyle Test

Instead of being nervous and focused on perfection, I decided to go in and have fun—no tension, no stress and no nerves. Go into the ring and dance to the music while enjoying my partner.

When we finished the test and saw our score, I knew I had won at the least a silver medal; however, the German rider who had beaten me the day before was yet to ride. When I discovered that she hadn't beat my score, all I could say was "No way. It's not possible." But it was. Maile and I had won a gold medal with a score of 72.776. I wish there was some way I could explain so that you could feel what I was feeling at that moment, but truly there are no words. It's a journey you would have to take in order to feel the deep emotion I did that day!

With the help of Walter Zettl and the Parellis, Maile was able to go to China with a solid foundation, giving her that competitive edge—allowing her to be stronger mentally and emotionally, especially since she was weak physically. The national team members helped put the icing on the cake by helping Maile and me look and feel divine.

P.S. Not even knowing it, I achieved another dream—Pat recently awarded me my black string. Words escape me! 🐾

# To Every Thing There is a Season

## Creating Change by Yvonne Wilcox

*Almost nineteen years ago in Sydney, Australia, my sister Linda told me about a man she met who changed the way she thought about horses. I was working in the graphic design industry, and she asked if I'd be willing to help her make posters and advertisements to help others learn what she was learning.*



***Vonni and I having fun taking my horses to a Savvy Club shoot... She brought Remmer while I revelled in being able to ride Allure bareback. —Linda***

We used to stay up late after working at our “real jobs” all day, creating marketing materials for this purpose. Those days it was on a typewriter—took a lot longer and looked pretty scary compared to what can be made on computers these days! But the message was pure and the words were clear: If you love horses and want them to love you, there’s a remarkable learning program out there called “Parelli.”

The phones rang off the hook from those little black-and-white ads, and because they told the truth, and people were looking for the truth, people picked up their telephones.

For about nine years I helped Linda and Pat create their messages in Australia and then in the U.S. (from Australia). Then in '98 I got a call from Linda in America: “We need a full-time graphics person here in the U.S. Can you come over?”

It was a big move, but a timely one. The Levels program (Levels 1–3) was about to go from thirty pages of photocopied notes to a full-fledged multimedia pack. It was a thrill to be involved in the making of those revolutionary programs—perhaps the first serious home study packs of their kind in the horse industry!

The following ten years saw the evolution of those packs, prompted by feedback from students—some who needed more info, some who needed less, some who needed help with goal achievement, some who needed help overcoming fear. It was an amazing and fulfilling learning journey.

With each new evolution of information I learned much more about my horse and myself. Last year the release of the Horsenality™ Profile was the most significant of all. It has helped me in so many areas of my life. And then Patterns, which seemed to be the missing piece of the puzzle, came this year and was an extraordinary project to bring to life.

I've had some pretty big life changes happen in the past year, perhaps mostly due to turning forty! I had always thought as a child that when you were forty you would know who you are. I now know that if you travel the path of "positive, progressive and natural," who you are keeps changing with time, and always in a good way, if you want it to be so.

In the past year my marriage of twelve years has come to an end, and my beautiful daughter of eleven years has started school in California and is blossoming into an incredible young lady. I have met a new life partner who is challenging me to be "the best me I can be." Part of that has meant new doors opening and pathways appearing. It's exciting and mysterious at the same time, but I can't hide from the fact this is my season for change.

Pat, Linda and Mark and the creative team at Parelli have been instrumental and supportive in helping me create this change! As of Monday, December 22, I'm no longer working at Parelli. After nineteen years it feels very strange, but it also feels like an amazing new beginning for everyone involved. I'd like to thank everyone—all the staff, instructors, students and friends I've met over the years who have influenced me, given me confidence and most of all helped me learn as much as I have learned. Especially my "crazy" Arabian, Escada, for forcing me to always learn and grow!

My greatest hope is that the next step in this journey involves lots of creativity and continued learning and still in some way contributes to helping humans enjoy better lives, more joy, more happiness and harmony—if that's what they seek.

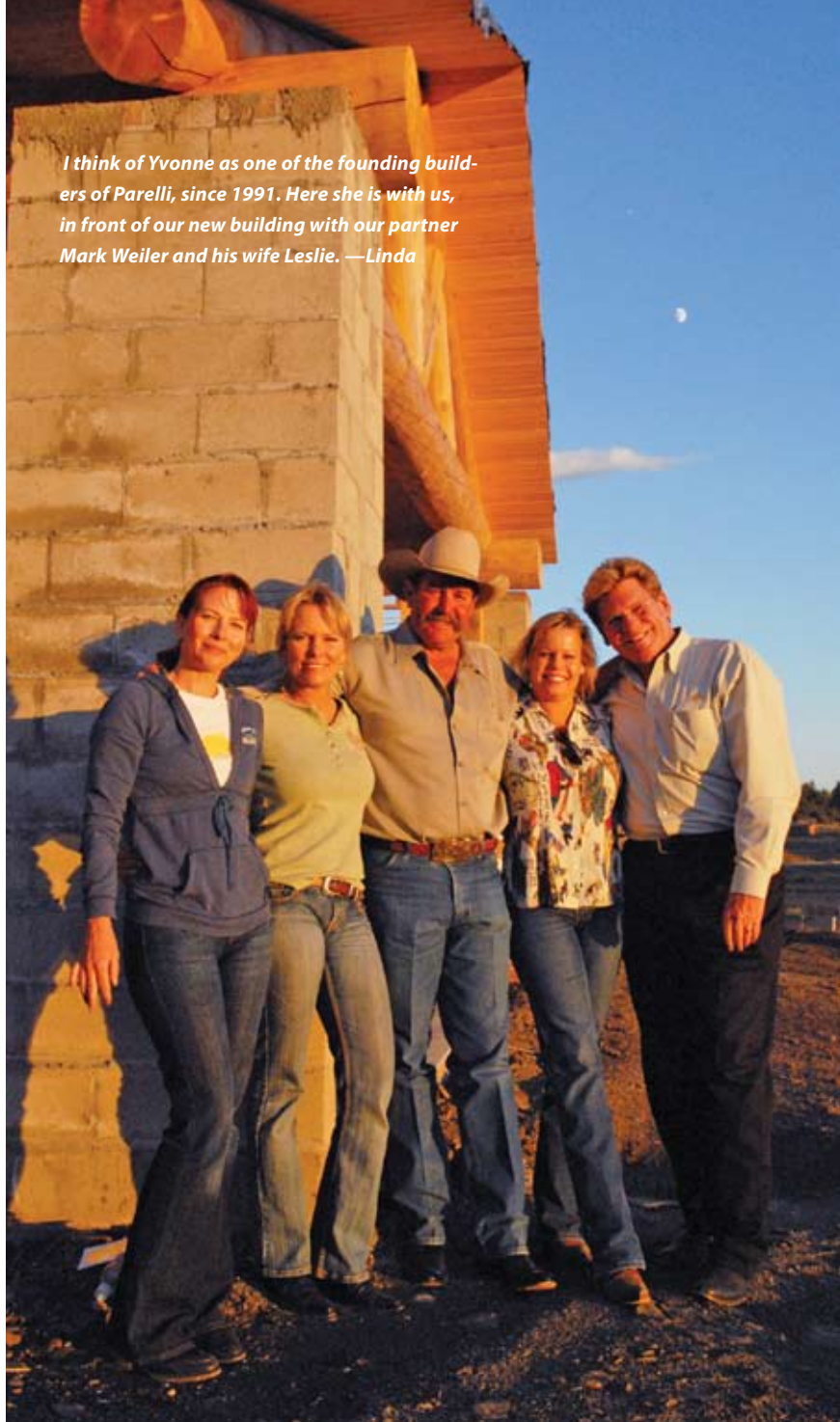
I have loved sharing my horsemanship journey with you all, and it's meant a lot to hear back from you, too. I will always laugh when I think about some of the thank-yous that said things like "It really helps to watch someone who isn't perfect!" Part of being successful in the future is being okay with the present.

I wish you all continued success and growth in your horsemanship and hope to see you again somewhere, sometime down the trail.

Keep it natural,

*Yvonne*

*I think of Yvonne as one of the founding builders of Parelli, since 1991. Here she is with us, in front of our new building with our partner Mark Weiler and his wife Leslie. —Linda*



*Vonni and the horse who taught her so much, her Left-Brain Introvert, Escada.*

# Linda's Journey

## The Wonders of Learning

by Linda Parelli

*Do you know that you, like me, are among less than 5% of people who invest in themselves and in their horses to increase their knowledge and ability... for anyone who pursues relentless self-development?*



Learning is something I've always been passionate about, and I've always been a confident student, which actually affected me as a teacher. Yep, I thought everyone was like me. So when students were having trouble, I thought that they needed more information and motivation, when in fact what they often needed was for me to slow down, back off and give them time to think.

Oh, boy, isn't that just like our horses? Dr. Stephanie Burns, one of my mentors in the 80s with whom I had the great honor to work in the mid-2000s, was the one who pointed it out to me. She sat me down and told me point blank, **"Linda, everything you do with a horse is what you need to do with your students."** As soon as she told me that, I got it. And every day that I'm teaching my horses

I think of you all, and every day that I'm teaching you I'm thinking of my horsemanship.

Recently I was coaching the faculty at our Florida Center, and we were brainstorming how we could improve the learning experience at our courses. As some of you know, this is the place where we do far more than teach—we transform people who are serious about accelerating their personal development with horses. And as we talked and thought, we came up with a questionnaire called "Are you ready to take a course?" And as we went through the things that students might have trouble with, we came up with something even better: a Horsenality™ concept for students that would take into account the learning situation for different personalities so we could

adapt our teaching approach accordingly. We were excited, and I could hardly sleep that night! I knew this was another huge step forward in the learning experience at the Parelli Centers. Good, better, best—you know how it goes—never let it rest!

On the first days of the fall season courses, students were asked to identify themselves as extrovert or introvert, Right-Brain or Left-Brain. Each morning, our remudas (discussion and problem-solving groups) were divided into three or four groups that centered around the Horsenality model for people. You see, what's hard for a particular Horsenality of learner is the same as what might be hard for a particular personality.

- Extroverts have trouble sitting in a classroom and listening.

They need to be more physical, to talk, to expel energy before they can focus.

- Introverts have long attention spans and can absorb information readily, but they sometimes have trouble getting into action with their horses because it's hard to get out of their own heads. They need to think before they can do.

- Right-Brainers are less self-confident and seek leadership.

- Left-Brainers are usually quite confident and like to question or even challenge the leader.

And to be even more specific . . .

- Right-Brain Extroverts have trouble staying focused and thus completing lessons or enduring the need for repetition when teaching the horse is challenging.

- Right-Brain Introverts tend to be more reserved when it comes to the horsemanship. They feel their horses (and others) at a level most of us don't understand, and because they are so sensitive to emotions, they can be reluctant to ask more of their horses.

- Left-Brain Introverts are given to deep analysis and questioning of the process. They need to discuss, to challenge, to have it all make sense before doing anything.

- Left-Brain Extroverts are strong characters with a lot of energy and a high sense of adventure. Being in the classroom can be absolute torture, and they worry more about staying awake or remembering what was said.

***First you have to get it in your heart . . . then in your head down to your eyebrows. Then it will flow through your body, down your arms and legs and into your hands and feet.***

Over the course of the six weeks we continued to develop the concept, with fantastic results. I remember Stephanie Burns saying how important it was to "learn to learn"—that people who don't learn well tend to impose self-protective rules, such as "I can't learn in a classroom," and that can be a huge hindrance to their personal success.

We need strategies to overcome those obstacles rather than avoid them. Why? Because it's hard to learn from someone else when you have a horse in your hands or under your seat. Some things are best learned in a classroom. If you are allergic to that, you're going to miss out on a great deal, and it will hold you back.

Pat has a great way of saying it: "First you have to get it in your heart . . . then in your head down to your eyebrows. Then it will flow through your body, down your arms and legs and into your hands and feet." So that's how we structure learning at the Parelli Center courses: theory + demonstration + simulation + experimentation. We cover all bases for maximum learning.

### **Problem-Based Learning**

Recently a friend and student, Jean Lewis, alerted me to the fact that we have been doing something for many years in terms of teaching that universities are just beginning to study. It's called PBL or "Problem-Based Learning". Rather than delivering information for people to memorize and try to regurgitate under pressure, PBL has three primary principles that she shared with me:

1. Problem-based learning (PBL) instructors help to show students how to solve the problem of solving the problem.
2. Role of faculty in PBL = function as facilitator... be participants in a process of learning rather than purveyors of knowledge. Do not solve the problem for the students; exercise "exquisite restraint" to allow them to proceed to solve the problem themselves.
3. The PBL facilitator (instructor) must be an expert learner and diminish his/her interventions as students connect with their responsibilities for their own learning processes.

From the first time I did a clinic with Pat, this is pretty much how he did it, and he let us suffer until we came through our emotions and found whatever it was we needed to find within to get it done. He gave us information and then set us tasks or problems to solve; he taught us how to become problem solvers and in that way to become highly independent and increasingly self-confident. If you have taken a course at the Parelli Center, you've probably been chuckling your way through all of this, as it will feel resoundingly familiar. And if you are scheduled to be here in 2009, you'll experience firsthand the value of being in Horsenality based groups.

I know many of you may have expected me to write about my horsemanship journey, but I hope you realize that I'm on an equally stimulating journey as a teacher. This fascinates me, and every day I learn something new from my horses and you. As our dear friend, mentor and dressage master Walter Zetl says at the end of every day of lessons with us, "I learned a lot today, maybe more than you." How wonderful it is to truly enjoy the evolutionary process of learning. 🐾

by Jesse Peters

# Pittsburgh, Pachyderms, and Parelli?

*A young and exuberant Pat Parelli set out almost twenty-seven years ago to change the world for horses and horse lovers. The elephant industry is a world that is based on traditional training techniques and methods that many times involve pain, force, fear, intimidation and dominance to get an elephant to become completely submissive and obedient.*



© Paul A. Selvaggio

The Pittsburgh Zoo's president and CEO, Barbara Baker, and head trainer Willie Theison visited the Parelli Center in Florida and attended the Liberty and Horse Behavior course to learn about and gain a deeper understanding of prey animal psychology in an effort to begin to change the world for elephants. They both understand that to change the world they must start in their own back yard by building a successful training model through which they can train current and future elephant trainers. One part of their vision includes using the

Parelli program and draft horses as an "elephant simulation" to select and safely train employees for a possible future training big, beautiful African elephants.

*It is interesting and amazing to see how similar elephants and horses are as prey animals and how the training theory and behavior seem virtually seamless.*



The Liberty and Horse Behavior course helped to put a vocabulary and language to everything Willie had already been doing with the elephants at the zoo. He now plays with the zoo's eight African elephants on a daily basis using Parelli principles, the Seven Games and Patterns as he works to take his relationship to new heights with each elephant in the herd.

The entire Pittsburgh elephant program is symbolically going through a rebirth of sorts as the staff welcomes two new babies to the herd, kick off their training initiative for staff development and open the zoo's 724-acre International Conservation Center. The Florida Parelli Center used to be a privately owned zoo that imported new elephants into the United States. One of the Pittsburgh elephants was imported and grazed the beautiful Spanish-moss-covered playgrounds at the Florida Parelli Center. The International Conservation Center is a new facility where the zoo is constructing a multifaceted elephant care and breeding facilities, which will include housing for up to twenty elephants. The first structure—an approximately one-acre indoor facility—will include stalls for housing as well as an unprecedented indoor arena for exercise in winter months, staff training and education programs.

The first day I arrived at the Pittsburgh Zoo I was permitted to sit back and observe the "Elephanalities" throughout the entire herd and watch Willie's play sessions. In July the zoo welcomed two newborn elephant calves, Angelina (Left-Brain Extrovert) and Zuri (Right-Brain Introvert). It is interesting and amazing to see how similar elephants and horses are as prey animals and how the training theory and behavior seem virtually seamless. Over the next couple days we took the team out to a local horse facility where we could dive into the Parelli program with real horses. We spent the days teaching the six-member elephant team about Level 1/2 topics like the Seven Games, Parelli Patterns, Horsenalities™, and predator/prey relationships. It was a fabulous experience to see the team learn about horses and the Parelli program. Using a 12-foot Line on a horse seemed to be a big challenge for the team due to their experiences with having elephants at Liberty 100% of the time.

The team really enjoyed meeting and playing with the horses as well as filling out Horsenality™ charts on the horses and elephants. Some of the elephants come to the Pittsburgh Zoo with Right-Brain Introvert tendencies due to their natural "Elephanalities" and possibly some of their baggage from the past. These females are very obedient, and you can see that they worry about finding the right answers when communicating with the herd and humans. One of the cutest Right-Brain Introverts is Zuri. She is very hesitant when meeting new opportunities and can be worried at times about where her mom is and what she might be doing. Some of the elephants I met would even fall in the Left-Brain Extrovert category—Jackson (breeding male), Callee (young juvenile male) and the adorable calf Angelina.

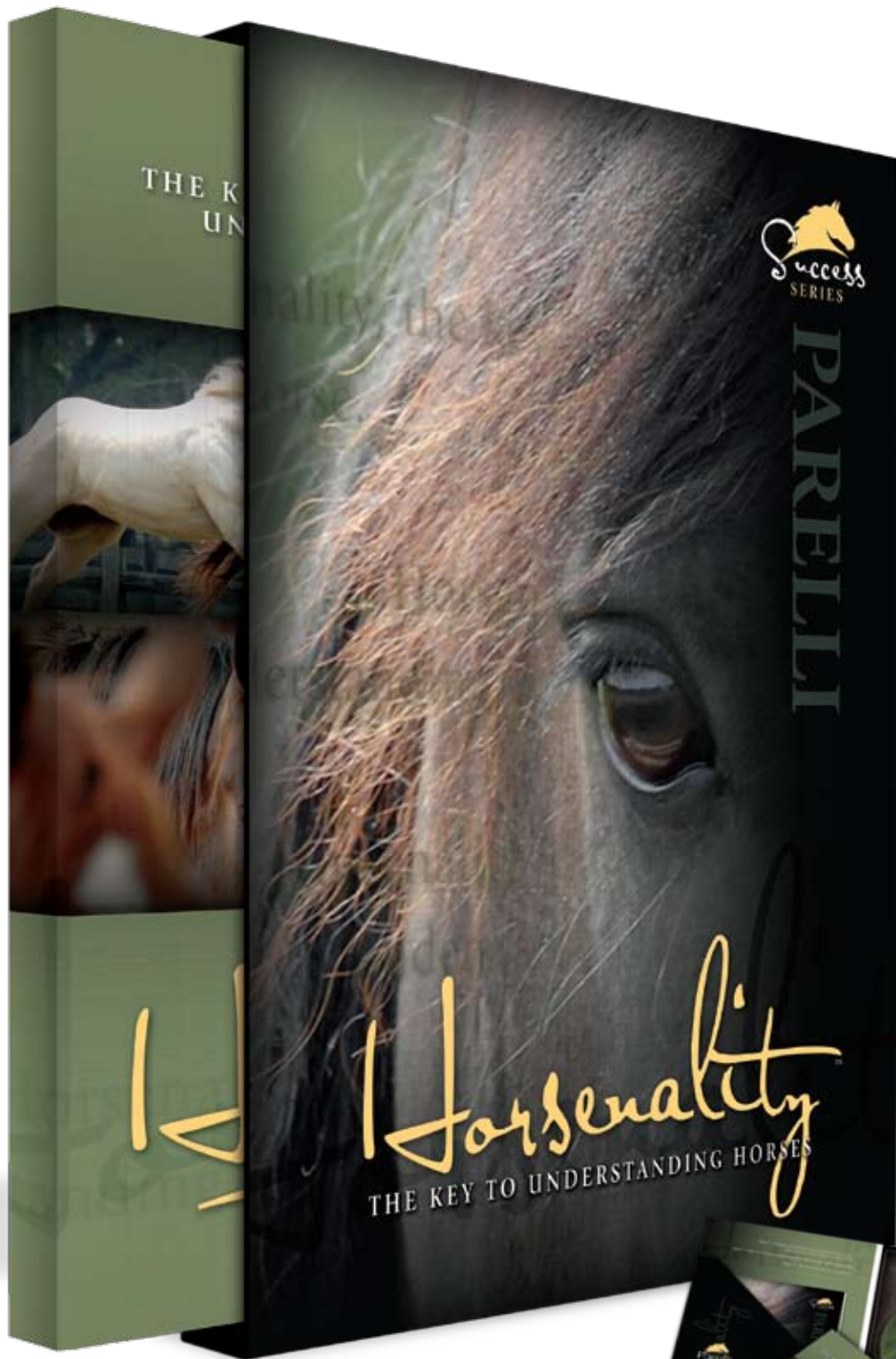
Five-hundred-fifty-pound Angelina is the poster child for Left-Brain Extroverts—she loves to play, play, play! While I was there she gave me several curious "Hello, what do you smell like?" baths! She loved to run around and cause mischief all over the elephant house, including charging unsuspecting humans. The Left-Brain Introverts were definitely there just for the food: "I am fine as long as I don't have to move." I did not meet any Right-Brain Extroverts (I thank my lucky stars!), but I have heard that it is best if we do not do anything to bring the fear and safety issues up in the herd. The Pittsburgh Zoo is always looking for people with a passion for elephants and for making this world a better place for them to live in. Be sure to visit the zoo this spring to see the elephant play in person! 🐘

[www.pittsburghzoo.com](http://www.pittsburghzoo.com)



**Top: Head trainer, Willie Theison, is putting the relationship first in Parelli Pachyderm Play with the Seven Games and the use of Patterns as he lays the matriarch down for a display of trust and confidence.**

**Bottom: Zoo elephant staff will use the Parelli Program and horses as a simulation to achieve high levels of communication through play, safety and improved quality of life for the elephants.**



*"The Horsenality Chart is one of the best tools I have seen from Parelli. It is so complete, so sophisticated, yet so easy to use. Now I have a way to really feel I am starting in the right place. Please convey my thanks to Linda and Pat for once again giving us a key to unlock the gate to communication with our wonderful partners."—Maggie W.*



*way more than riding*



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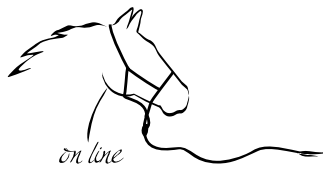
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LIBERTY & HORSE BEHAVIOR



2009 CELEBRATION EVENTS



ON LINE PATTERNS



LIBERTY PATTERNS



FREESTYLE PATTERNS



FINESSE PATTERNS



HORSENALITY, SEVEN GAMES



NATURAL ATTRACTION,  
BEYOND THE ROUND PEN – LIBERTY



SAFE RIDE, FLUIDITY  
CALM RIDE, RIDE OUT



NATURAL COLLECTION,  
NATURAL LEAD CHANGES



GIFT CERTIFICATES



BOOKS



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