

# SAVVY TIMES

Welcome to the Journey! Issue 8, July 2005

The Official Parelli Savvy Club Magazine



Parelli Essentials  
Help Keep Digestion Natural

The Power of Transitions

Improving Horse Behavior  
at Feeding Time

Parelli Behind  
the Buses



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**SAVVY TIMES**

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 Issue 8, July 2005  
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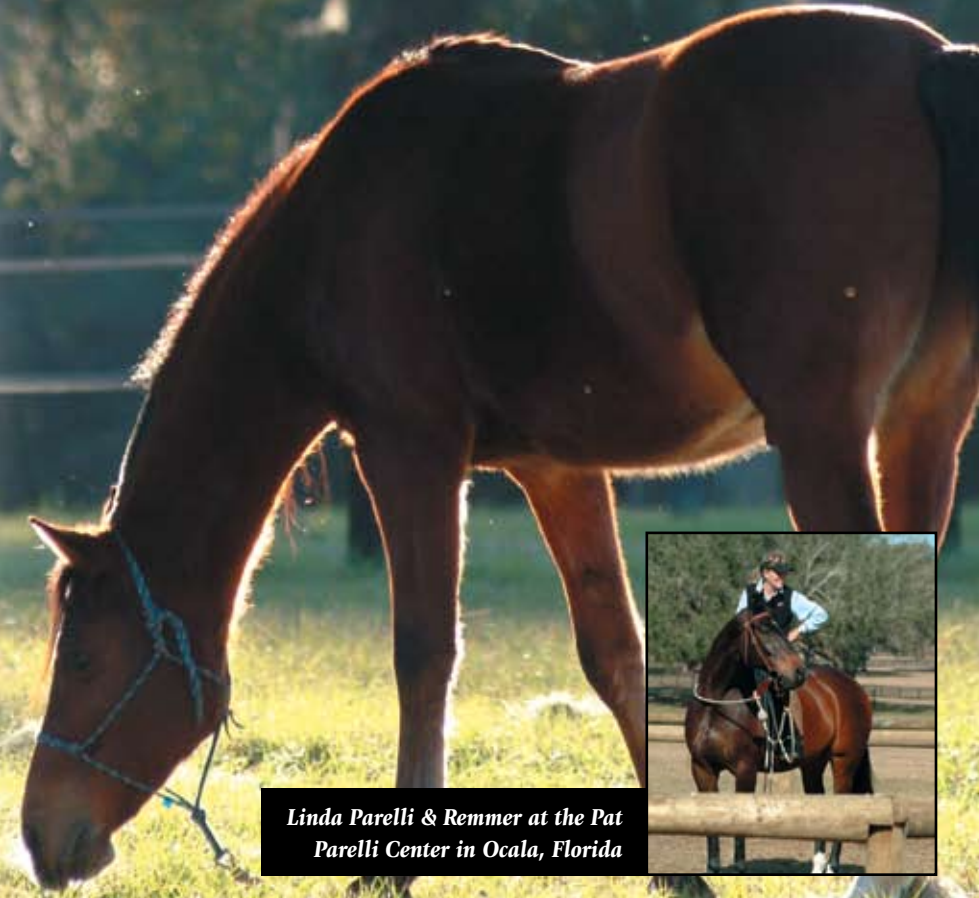
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2	Riding the River <i>Editorial by Kate Riordan</i>	30	Savvy Club Update
3	Behind the Scenes: Pat and Linda's World	32	Junior Savvy
4	Letters	34	Fearful or Stubborn? <i>by Pat Parelli</i>
6	Our Readers Write About: KNOWLEDGE	36	Meet 3-Star Endorsed Instructor, Helen Topp
10	The Power of Transitions <i>by Linda Parelli</i>	39	Improving Horse Behavior at Feeding Time <i>by Linda Parelli</i>
14	Q&A with <i>Stephanie Burns, PhD</i>	40	Parelli Essentials— Help Keep Digestion Natural <i>by Cynthia McFarland</i>
18	Parelli Professionals	42	Meeting Smart Seven
20	Achieving Unity One Step at a Time—Parelli 5-Star Premier Instructor David Lichman <i>by Cynthia McFarland</i>	48	Parelli News
24	The Pat Parelli Foundation Station <i>by Pat Parelli</i>	50	Parelli Behind the Bushes <i>by Stephanie Burns, PhD</i>
26	A Tribute to Ray Hunt	54	A Level 2 Journey <i>with Yvonne Wilcox</i>



Linda Parelli & Remmer at the Pat Parelli Center in Ocala, Florida



Shakespeare, that wonderful bard whose prose we can only understand bits and pieces of (even though we all read the yellow-and-black Cliff Notes booklets in college, hoping against hope it would all finally make sense), once penned: “Be not afraid of greatness. Some are *born* great, some *achieve* greatness, and some *have* greatness.” I can certainly understand that particular Shakespearean quote, because it applies to my friend Pat Parelli. He was born with, achieved, and has greatness.

I’ve just returned from the Parelli “Live Your Dream” tour stop in Red Bluff, California, where once again I was in awe of Pat’s horsemanship (even after 23 years of watching him), and of his ability to be so incredibly sensitive about horses and the natural world. He may not use \$20 Shakespearean words to describe things, but when he talks about how the world is moving away from all things natural (“There’s too much asphalt and concrete in this world and not enough dirt”) it pretty much says it all. His sensitivity to the earth and its creatures (okay, maybe not domestic cats) continues to amaze me. Pat’s greatness shines through when you look at the 2,600 people gathered in the bleachers at Red Bluff, and they’re all focused on Pat’s every move on horseback, and drink upon every word he speaks. That’s greatness.

This particular tour stop was very poignant for many of us. Pat’s parents were in attendance, as were many of Pat’s relatives (including his Aunt Donna, who you probably know if you read Pat’s book, “Raise Your Hand if You Love Horses”). Some of Pat’s rodeo mentors were also in attendance, as was Joe Keirse, the man responsible for getting Pat his very first horse. So having those people come and pay homage made it remarkably special for Pat. Pat even played with one of Joe’s horses, and at the end of the session, Joe stood up, took off his cowboy hat and bowed to Pat—probably the quintessential gesture of honor and “job well done” in the Western world.

Pat and Caton performed a touching father and son presentation at this tour stop, and I am so very proud of how Caton has become more balanced, more polished, and is making strides towards becoming a truly fine horseman. On this particular Sunday, I was even more proud of Caton, because Caton’s mother Karen was in the audience too—and I’m pretty sure this is the first time she’s seen Caton and Pat present together. Of course I went through copious amounts of tissues during the performance, and had a good laugh later with Pat’s mom Doris about marketing Parelli logo Kleenex, since she certainly went through her share watching her son and grandson perform together.

• • •

Pat’s an interesting man to interview. You never know when the topic may take a left turn somewhere along the way. I’ve interviewed lots of people over the years, and with many of them I can just turn on the tape recorder and drift off into my own little world in my mind, occasionally nodding at the person and making sure the little wheel is still turning on the recorder.

Pat’s not like that. He keeps me on my toes. One day, after interviewing him on some horse subject, I decided to throw a question

at him just for my own entertainment and amusement, and asked him who he would like to meet.

“Tony Robbins,” he replied immediately. “I’ve actually met him,” Pat states, “but I didn’t get to *know* him.” (It’s that in-depth Italian cowboy thing.)

“I’d also like to meet John Travolta,” Pat continues. “But I’ll probably eventually meet him because we keep our airplanes at the same place in Florida.” I reminded Pat that John has huge jets and Pat has a propeller-powered parachute, so I doubted that they were berthed side by side. “Yeah,” Pat laughs, “but we eat at the same sushi bar!”

“I really wanted to meet R. M. Williams,” Pat continues, “but he died recently. He was such a fascinating man. He developed R. M. Williams boot dressing and saddle dressing. He was a household name in Australia. I missed several opportunities to meet him there. He wrote a book called, “There Once Was A Man.” He went from rags to riches several times in his life—five times at least. He was a gold miner, a cowboy, and made clothes and boots for Outback people. Now R. M. Williams stores are really big in Australia.”

Okay, I say to Pat, you get one more name.

“The other person I’d like to meet is J. R. Simplot,” Pat announces.

“Oh wait!,” he says, before I can reach over and turn off the tape recorder. “I’d also like to meet Mohammad Ali. I met a guy in Utah who said he knew him and would set it up for me to meet Mohammad in Michigan. I didn’t know that Mohammad has horses!”

As I’m reaching for the “off” button, Pat continues without missing a beat, “I’d like to meet Oprah. Her story is fascinating to me. I like her charisma and her energy. I also like her magnanimous vision.” I tell Pat that Oprah has Tennessee Walkers, and his eyes light up.

“And when I say *meet* someone,” Pat states with great intensity, “I mean I really want to get to *know* them.”

Why am I not surprised?

• • •

I drove out to the Pat Parelli Center in Pagosa last week, right after it opened for the season. It’s incredibly green green green, and the white Cover-All, that beacon on the ranch, was vividly contrasted against the blue sky. Before you know it, the ranch will welcome thousands of people to Savvy Conference. This year the ranch celebrates its 10th anniversary of being home to Parelli. When I started helping with the Parelli marketing department five years ago, the entire department, all two of us, was crammed into a little 10’x10’ windowless room upstairs at the lodge, with a single light bulb overhead. Honest.

Boy howdy—we’ve come a long way.

The journey for me has been a grand one beyond measure—and I hope your journey with Parelli has been equally rewarding in many, many ways.

Happy trails!

A Glimpse Into Pat and Linda's World...





**AH! THE LLAMA ENCOUNTER**

After reading the article in *Savvy Times*, "Be Safe... Be Ready" (July 2004), it wasn't long before I had the opportunity to put that advice into practice.



I was riding a 31-year-old Quarter Horse alongside a girlfriend and her horse when another friend waved us over. We waited in a large dirt driveway while he saddled his horse. I looked over in the adjoining pasture in time to see a llama lock eyes with my girlfriend's horse. I could feel the energy coming from that llama as it did the America's Top Model runway walk, all the time intensely staring down her horse. I only had time to look at her and say, "Uh oh" before her horse gave one good blast from his nose and went ballistic. The horse I was on didn't care about the llama but he sure did care about the horse doing cartwheels in the driveway next to us. He was reacting to her horse's frantic attempts at escape, and I was on a bareback pad. (Not a Parelli pad. I wish!)

I remembered the article, and as calmly as I could, got off my horse. My friend continued to spin out of the driveway, down the road and away from us. I faced my horse toward the action and began the Friendly Game. Not only did my horse calm down, almost to a Zen state, but so did I.

By that time our friend was saddled up, and we joined a very upset horse and rider at the end of the road. We ended up riding in a huge fenced-

in pasture, and I noticed my horse kept enough distance from the other riders so that he couldn't hear their chatter. It was the most peaceful ride, and we continued going deeper into our Zen state.

Toward the end of the ride, my horse stopped and calmly looked back at the other horses just in time to see my other friend's horse jump straight up, do a twist in the air, come down and start bucking. There was a lot of yelling, "Right rein! Nose to your knee! Hang on!" as my horse and I calmly watched. Hat and sunglasses flew, and unfortunately my friend hit the saddle horn, hard.

I think I was the only one who had a great day, and it is all because Parelli training is about love, language, and leadership. I learned a lot that day, but the most important thing was that if I wanted a left-brained horse, I needed to go into the Games left-brained, too. To have a balanced, grounded, and profoundly focused horse, I had to do the same for myself. Now, before I do anything with my horse, I plop down in corral, meditate and then visualize what I would like to do with my horse.

We used to do that same thing before a ski race, so it makes a lot of sense to me that it would work with my horse. Going to that centered place within and then visualizing "your run" with your horse makes for a breakthrough day! Thanks!

—Deb Johnson

**BEGINNING AGAIN**

I have come to the conclusion that learning Parelli training is a lot like learning a new language. Now, when I ask Chert to do something and he doesn't respond as I expected, I realize that I have mispronounced a word in the Equine language. I think about what I want to tell him, go back and make

sure I pronounce every word correctly, and guess what, he then understands.

When I started Level 1, I went through the Seven Games one by one. The thing that I now realize I missed was the importance of the Friendly Game. It seems so simple at first; you just get the horse used to being stroked with the Carrot Stick and Savvy String. No big deal. He never seemed to object to it and I figured that was it. Couldn't have been more wrong.

When I progressed to Level 2 and started to ask for quicker responses by being more meaningful with the Carrot Stick, it became so obvious how necessary it is to take the time for the Friendly Game in between other games. The other thing I have come to realize is just how afraid horses are of so many things we expose them to every day. It is a minor miracle that they don't go completely insane. This started to dawn on me when I became aware how uneasy Chert was in having a horse blanket put on. My old attitude was "Hey, stand still, or else." But I took the time to play the Friendly Game with his blanket for a week until being blanketed was nothing to him. I wonder about the many times I blanketed a horse and never gave any thought to their uneasiness about it.

Then I saw other things that also made him uneasy and have resolved to one by one take them on. Today we tackled the water falls on the Tevis trail coming into Auburn. He always scooted past the actual waterfall as fast as he could. Today I stopped him right at the most scary spot and kept him there for 15 minutes until he really relaxed and I was able to bend him both ways.

I have been working on helping Chert overcome his fears. Rushing water is something that he really isn't comfortable with. Not that he won't go

through it; it is just that he is nervous about it. So in applying the philosophy “take the time it takes so it takes less time,” we stop at each rushing stream and spend some time. In two weeks he has gone from obvious apprehension at the sound of a rushing stream ahead to eagerness to get to it because he knows he will get a rest. Amazing! I am also applying this technique to anything that he spooks or shies at along the trail, rocks, mud slides, etc. I stop for two minutes (timed by my watch) or until he licks and chews. It is really making a difference.

Chert is really starting to bloom. I have always had good horses, but I have never had one that I get so many compliments about.

— Phil Gardner, Auburn, California

*Editor’s Note: Phil Gardner is a world-renowned endurance rider who holds numerous awards and records. He is also a founder of the American Endurance Ride Conference (AERC) and is an honored member of AERC’s Hall of Fame. I first met Phil in the late 1960s through endurance, and we became good friends on the 1976 Great American Horse Race from New York to California and then the Pony Express Race from*

*Missouri to California. His journey in discovering Parelli is fascinating. Phil had two devastating diseases several years ago and wasn’t expected to live. After surviving against all odds, he was left in a physical state of not being able to even stand. His horse world went from capturing world records to not being able to lead a horse or sit in a saddle. Determined beyond measure, he had to start over with horses, and chose to start over with Parelli. Gratefully (and somewhat miraculously), he’s back in the saddle and has discovered a new universe of relating to his horses and developing partnerships with them—the Parelli way. Phil is now proudly sporting a Level 1 red string and is entered in this year’s 100 Mile Tevis Cup Ride.*

— Kate

#### A KINDRED SPIRIT

I was so moved after reading Yondell Savage’s letter (*Savvy Times*, April 2005) that I wanted to write a response.

I have two rescue horses and three horses that we bought. The rescues both had problems—one had bad feet, the other just a bad attitude. They have been with us for three years now; both have made major improvements and are having fun just being horses. Hang in there, Yondell, and keep learning

as much as you can. It will pay off by keeping you and your new herd happy and safe.

It sounds like you were not planning on having so many horses, but there is an upside. You can become an official rescue ranch, which has tax benefits; everything related to their care can be a deduction. A reliable vet should give you a group rate on vaccines, etc. It would be worth the money and time to enlist the help of a Parelli Instructor so you could fast-track your learning.

You have your work cut out for you. I know how much energy it takes to clear trails and clean up the woods, but it will all be worth the effort. Your land will heal, and a medicine man will find his way to you. Becoming horse people will be a journey worth taking because the horses you saved will bring happiness to you everyday. Keep it natural!

— Debi Peterson

#### GREETINGS FROM TEXAS!

I would like to thank you for all you gave me at the tour in Fort Worth! Thanks to Linda, Pat, Caton, Trevor, Grady, Christi, Sharon, and Callie for your wonderful demonstration of horsemanship, and the Parelli Collection group for letting me volunteer and making me feel as a member of the team for the weekend.

I am studying Level 2 and for the first time since I started riding again as an adult, I am having fun with my horse. I do not ever feel pressured or inadequate (as I used to feel when I was training for Hunter shows and for Dressage). I no longer get angry at my 16’3 hand Appendix Quarter Horse mare for being stubborn or not getting it. I can safely play with her without feeling afraid or scared out of my wits. And even though my journey through

LETTERS CONTINUE ON PAGE 38.



NEVER UNDERESTIMATE THE IMPORTANCE OF THE FRIENDLY GAME

This is the third time horses have descended on me—in numbers. The first time was after high school; second, in my 40s when I bought a Thoroughbred stallion, had three mares, and then lots of horses!

I taught kids ages seven through thirteen the bare rudiments of actually getting into the horses' minds (without myself understanding a thing about prey animals) so they had no fear, but focused on the horse. After riding we went into the house for piano lessons. The kids grew up and I thought my horse days were over.

And now. A friend took me to the 2003 Parelli "Success with Horses" Tour at Upper Marlboro, Maryland and I was hooked—besides winning the Mega Kit! And again horses descended on me (number three in my life). I leased a couple of pastures to a race horse trainer and the first horse who came into my life recently was a "mean" horse, always biting and cow-kicking. He now loves getting left-brained and is doing some Level 2 games. And then there was another gelding, and a broodmare bred to Civilisation—and now the colt, born May 2, is mine. He accepts touch, runs to see me, and I hope to gain the Savvy to follow Pat's incredible work with Smart Seven.

What I always lacked was any real idea of how to help a horse along, developing mutual respect, honoring their dignity, and having the patience and understanding to wait for them to process.

Bless you, Pat and Linda, for providing the potential for forming a real partnering with my horses.

—LYNN SCHELL, CHARLES TOWN, WEST VIRGINIA

Prior to Parelli, I could round pen a horse to come to me with everything but her heart. I acknowledged that what I knew just wasn't enough. I could no longer lie to myself that what I had learned over 10 years was working. My human-horse relationship was missing that special something. I also recognized that my teachers no longer advanced their art and were incapable of helping me advance mine. My path to a new way of being and thinking and knowing started with the Parelli program.

This program is an open door to more than just another style of training horses. It is a door to a new way of thinking and growth. When I seek answers I have many sources. The Savvy Club, RFD-TV and local Parelli Instructors continue to provide the help and inspiration I need to advance not just my technical skills, but also the

golden talents of love, language and leadership. I now enjoy the company of any horse I am with, and I see free demonstrations of them wanting to be with me.

Ralph W. Sockman said, "The larger the island of knowledge, the longer the shoreline of wonder."

Parelli proves there is no locked door to gaining knowledge. By asking I have found an unlimited ability to grow. Now whenever there is that slight ache for things to be better, easier, graceful, joyful and nurturing then I simply A.S.K. (ask, seek, knock). Parelli is there with the answers.

—EILEEN SCHULLER

As I sat watching a recent three-day Level 2 Harmony Course given by David Lichman, I was amazed at all the knowledge going on. I realized that knowledge for me would be a lifelong journey that I am looking forward to taking with my horse.

I have been studying Level 1 on and off for about eight months. I had bought my first horse, a three-year-old Appaloosa, when I was 49. That was almost four years ago! Was I crazy? No! Even though I hadn't been around horses since I was a kid, I had a pony when I was 10 and I've always wanted to have them in my life. So I decided to get a horse after raising my five children. I bought a young horse because I wanted a partner, besides my wonderful husband, to grow old with.

**"The larger the island of knowledge, the longer the shoreline of wonder."**

—Ralph W. Sockman

**Each issue of Savvy Times features a particular subject to which our readers can respond. The deadlines following are when your 250-word submission must be received to be considered for publishing.**

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“Ignorance is the curse of God. Knowledge the wherewith we fly to heaven.”

—William Shakespeare

Because I was diagnosed with Multiple Sclerosis in 1991, I have been very safety conscious in dealing with my horse. I knew that I wanted to train him, but I couldn't find the right way of communicating with him. I knew safety was of the utmost importance to both of us, because my balance and muscle strength is not normal and he was a young horse with a great mind.

I then met some people who were starting to study the Parelli program. I decided it was the best fit for me after spending a couple of years researching different training methods. The first person who helped us train Buddy introduced herself to him by going up and slapping him. That was not the way I wanted to train him! We moved him out of that facility as quickly as we could. He was trained to ride by a wonderful person who had a natural way with horses. She could communicate with horses in a way that they could understand what she was asking of them.

For me to be able to be an effective communicator, I knew I needed more knowledge. Parelli Natural Horse•Man•Ship values horses as individuals just as I do. My horse, Buddy, and I are having so much fun and success and are looking forward to the journey wherever it takes us. For me knowledge has been everything. Without the knowledge, I would not be enjoying the journey! Without my horse, I probably would not be walking.

Thanks to everyone for turning Pat's knowledge into reality for Buddy and me. As Shakespeare wrote:

Ignorance is the curse of God. Knowledge the wherewith we fly to heaven.

—SUSAN SACHS, ROCHESTER, NEW YORK

**B**ack when I thought I knew about horses, back before first I saw Pat Parelli in 2000 I had some knowledge. Unfortunately most of what I knew was wrong.

When I bought Level 1 of the Parelli Program, I was on my way to discovering the truth about horses. Relearning: throwing out all I held to be true and replacing it took twice as much time as learning it right the first time.

It wasn't that I doubted any of the principles. It took time to really learn—replacing myths that I had accepted for years with truth and to make that truth part of my every day life with my horses. When a horse moves fast, there's no time to think, only time to act and learning the skills to this degree took repetition.

At the June open house in Pagosa Springs, I witnessed Pat slip off Casper, get the halter and lead rope and run through the Seven Games, and I knew I found the system that worked. There are not many horsemen who 'practice what they teach' and seeing Pat use his system to gently get his horse's attention back to him and away from the other eight horses and riders in the large round corral, so he could ride him was most enlightening.

Knowledge, learning the truth, is a step in forming a relationship with my horse, but real truth, like true love,

**“A good teacher inspires the quest for knowledge!”  
—unknown**

won't be found until that knowledge becomes a natural part of my whole life.

—JAN MURAWSKI EVANS, COTOPAXI, COLORADO

As well as being a lifetime learner, I am also a teacher in a one-room K-6 school in Nebraska. It is a challenge, and I don't always know if I am teaching the students what they need to know.

One day I asked a person whom I respect, “What makes a good teacher?” His response is now a daily reminder of my goal: “A good teacher inspires the quest for knowledge!”

Through my study of the Parelli program I have discovered that Pat and Linda are not just good teachers; they are GREAT teachers. They have inspired thousands on their quest for knowledge.

The levels program has inspired an insatiable hunger in me for more and more knowledge about horses and their relationship with people. It seems that I just can't get enough, and I realize just how much more I have to learn.

I believe the most important discovery I have made in my journey with horses is that *who we are* is as important, if not more so, than the knowledge we claim to possess. Knowledge without the correct attitude can be a recipe for disaster. I think it is called “wisdom” when knowledge and attitude are united in a joint effort toward application.

The principles I have learned through the Parelli program have transformed my way of thinking, and provided me with the knowledge and change of attitude



necessary for me to become a better horseman, teacher, wife, and friend.

It is very difficult for a teacher to inspire a quest for knowledge if the student does not trust the teacher. I was a real skeptic when I went to my first Parelli event, but I was open minded enough to see that what they were doing was working better than what I was doing. I was so attached to my bit and bridle that I needed them as my security blanket, or so I thought. I rode for the first couple of months with them *under* my Parelli halter. After two months of not needing my old equipment, I learned a valuable lesson: Trust the teacher and follow instructions in order and carefully.

I want to thank my teachers in the Parelli organization for inspiring me on a quest for knowledge that has improved my horsemanship skills beyond my wildest dreams. I am sure that my horses send a whinny of great appreciation as well. Come to think of it, everyone in my life may want to tip their hats to you as well.

The quest for knowledge is the responsibility of each individual, but it is so wonderful to have teachers like the Parellis who inspire us to areas unimagined.

—SHERRY JARVIS, BURWELL, NEBRASKA

There's no substitute for knowing what you're doing. Unfortunately, I've seen firsthand how people who are supposed to know what they're doing have such unmanageable, problem horses in the arena. If I've learned one thing from the Parelli Program it's that the knowledge provided by Pat and Linda Parelli can be built upon, relearned, and re-understood in ways I'm still waiting to discover. Every time I work with my four-year old Quarter Horse gelding, Comet, I either learn something new or more fully realize the importance of a previous lesson. True knowledge takes time.

As a college writing teacher, I know that good writing takes time; the same is true with horses—“take the time it takes.” One of the reasons time is so important for me is because knowledge needs to percolate. Just because material is read doesn't mean it's completely understood. Lessons that appear simple on the surface generally have much more knowledge, reason, and experience buried beneath—just how much a person realizes that depends on how hard they work at learning. And learning means you have to take risks; in fact, one of the nuggets I got from a Stephanie Burns article (“Savvy Lives Over the Silly Bridge”) was “learning benefits from risking your self image.”

Once horse owners accept that they can move beyond

what looks good, they can begin to understand the brilliant/genius/simple concept of the Parelli Program. In other words, don't worry about what the neighbors think when you're working your horse and they come driving very slowly down the road. You know they're looking and wondering what you're doing—and they know you know they're looking and wondering.

The other thing about knowledge, I've discovered, is that many people are uncomfortable around those who have it. Many horse people (as well as teachers, welders, mechanics, you name it) are very insecure about what they are capable of doing. People who are recognized as accomplished or knowledgeable, or think they are accomplished or knowledgeable, often do not want others to become as good as they think they are; they're insecure. Knowledge is very powerful—and it really is true that what you learn after you know it all is what counts. Those who are insecure may not be willing to go over the silly bridge and accomplish what it takes—to risk "looking silly" in order to learn knowledge that can, literally, propel a person to heights they never imagined.

The knowledge I've learned so far is probably just the tip of an iceberg—probably 99% of what I need to know is still submerged, waiting for me to figure out. I said there's no substitute for knowing what you're doing, and it's obvious that the Parellis have come up with a brilliant/genius/simple way to present that knowledge and make it accessible to those who are willing to commit to the learning process.

—STUART TICHENOR

**K**nowledge of horsemanship is easy to acquire. Just look at all of the books, videos and TV programs out there. Knowledge, however, is linked to other attributes that we need to bring it all together. This is where Parelli is set apart from the others.

It was not always that way, however. My husband and I were two of the many stuck in Level 1, not because of the lack of knowledge, but the ability to apply the other attributes that makes the knowledge work. When those attributes are applied amazing things happen in your relationship with your horse. In the new Level 1 Dr. Stephanie Burns and Linda add the parts we need to fill in the knowledge blanks.

These attributes are:

1. **Wisdom** – It's the ability to use the knowledge you have. A person may have considerable knowledge, but if he does not know how to apply it, he gets himself

in trouble or stuck. A good example is in the February edition of the Savvy DVD. We may have the knowledge to know when we should get off our horse, but without the wisdom to get off we could get hurt. Stephanie and Linda help us to attain that wisdom.

2. **Understanding** – This is the ability to put all the parts together and make it a whole. Understanding in horsemanship involves the appreciation of your horse and how his mind works. Once you have that appreciation and apply it when you work with him, you will be able to connect any new information to the knowledge you already have about your horse.
3. **Discernment** – This is the ability to take the knowledge you have apart and weigh it against any knowledge that comes along in the future, and then distinguish what should be retained and what could be discarded.
4. **Lastly there is – Thinking Ability.** This is the ability to take what you learn and apply it all to your relationship with your horse. By following closely and watching how Pat and Linda build their relationships with their horses, and then thinking and meditating on it and how it applies to your relationship with your horse, you're using your thinking ability. Your thinking will be acting in harmony with your knowledge.

All of these parts come together in the new Level 1, and our relationship with not only our own horses, but other horses have gotten so much better! We can't wait to keep on going up the Level ladder! Goodbye Level 1 purgatory. Hello horsemanship heaven!

—TIFFANY TILLEMA, WINNSBORO, TEXAS



# The Power of Transitions

Teaching the horse self-control through change of gait

by Linda Parelli



**The easiest and safest way to get a horse's attention is on the ground. If you don't have his attention where you plan to ride while playing on the ground, it's not likely to get any better once you mount up.**

**Pat and Allure demonstrate disengagement on the ground:** Disengagement slows the horse down and occurs when you move your horse's hindquarters away so that he has to cross his hind feet over each other.

I've been there myself... started to trot, the trot got faster and faster and then suddenly turned into a scary fast canter until finally I'd grab my rein and bend my horse to a stop. Heartbeats racing, I'd release the rein and my horse would shoot off again. It took me weeks of this before my horse finally stopped breaking into the canter, but the trot was still really fast and in some way I still felt out of control. And I was. I didn't have my horse's attention, he really wasn't calm, and I didn't really know what else to do, especially since I knew holding him back would only make him worse.

I'd like to share some savvy about how to teach a horse to have more self-control through the use of "transitions." A transition is essentially a change, and in this case we'll be talking about downward transitions, meaning a change of gait.

Transitions help you get control and keep control by focusing your horse's attention in a positive way. While this sounds like it might only apply to horses who are forwardaholics, it actually works for all kinds of horses, including the easily-distracted and those who are not motivated to move at all!

## GETTING AND KEEPING ATTENTION

Horses tend to easily lose attention when being ridden and mainly for the following reasons:

- They'd rather be back at the barn or are overexcited.
- There's not enough communication from the rider so they get distracted or bored.
- The rider doesn't have a plan, so they take over!

First of all, the easiest and safest way to get a horse's attention is on the ground. If you don't have his attention in this location (where you plan to ride) while playing on the ground, it's not likely to get any better once you mount up. In the new Level 1 program we make a very strong point about having your horse focused, calm and in the mood before you get on. So this is still and always will be the most important pre-requisite. It's your pre-ride check and you need to be as disciplined as a pilot is with his pre-flight check of the plane. A pilot won't fly if the plane doesn't check out 100% on the ground.

Now let's talk about communication. Wherever you are riding, from arena to trail, it's important to keep your horse mentally with you. The greener the horse or more distracting



the environment, the more focused and alert you'll need to be. You can't "relax" the way you can with a calmer or more developed horse because there is no cruise control in place yet. Riding is an interactive sport; it needs your attention and physical participation and depending on the horse, it could be quite intense for a while.

For example, my young horse Allure has a very active mind. He's curious and easily excitable in a "left brain" kind of way which means there is no fear involved. His excitement and energy can come up from one moment to the next, and shortly after that he gets quite acrobatic! As you can imagine, that's a bit challenging to ride, especially as athletic as he is. He starts off calm which can lull me into a false sense of security and if I don't occupy his mind as well as I do when on the ground, it gets pretty dangerous for me.

In days gone by I'd just get off, but now I can use transitions to help keep Allure mentally connected with me because it's when he gets bored or distracted that I'm in trouble. So I'll walk along and then ask for a trot, and then walk again... sometimes within a couple of strides and sometimes for longer stretches, depending on what he feels like to me. If he starts getting faster or I can feel some tension or excitement begin, I'll make a transition to the walk or halt. When he feels calm and reconnected I'll ask for a trot again, but not before, and of course I'm ready to make another transition as soon as necessary and preferably

before I lose his attention.

Where I used to get into trouble with Allure was when I'd ask him to follow the rail at the trot. I'd feel him getting bigger

and more elevated in his stride but instead of thinking "uh-oh," I'd go "Wow... what a spectacular feeling trot"... and then he'd explode into the air! I felt silly once I remembered that I don't need to let him go there, and to do something sooner and head off trouble. I'd never experienced a horse this challenging, so it's brought about a whole new level of learning for me.

Now the third point, the one about having a plan: I would make a physical plan like asking him to follow the rail at the trot. But I didn't have a plan on how to keep his brain engaged. Once I realized that transitions would be a great way to keep his attention, I made this part of

my plan: Practice "Follow the Rail" with a lot of as-needed transitions! The "as-needed" was based on being alert for the slightest change of speed, gait or distraction. Even better, I'd do it before it was needed! The results have been fantastic which means I can now ride him all over our property and know how to keep his attention.

### Do it NOW

One of the biggest pitfalls is that we wait far too long before doing something about a situation. You don't have to tolerate more than one step, one second or one moment of loss of control, because the next second can find you on a runaway or in the middle of a bucking fit. Teach yourself to become more highly aware of what your horse is doing so you can act sooner rather than later. Even if it proved to be a false alarm, it's better than the alternative. Being physically relaxed yet mentally alert is a learnable skill!

With horses that are speed junkies or tend to get tense and fearful, the more transitions you make the calmer they get. There's a strong connection between speed, loss of balance, and emotions. Once your horse gets emotionally worked up it can get pretty dangerous. The key is not to let it go there. You may find yourself making a transition every 5 or 10 feet at first but as long as it is your plan you'll be successful at doing it to establish control as opposed to trying to get control. There's a big difference.

Then there's the unmotivated horse who'd rather walk or stop or preferably eat grass! You can use transitions to look like a hero... ask him to walk or stop before he loses momentum and it'll start to feel like a reward for going forward. And if he just wants to eat grass, instead of fighting him and trying to pull his head up, simply go through your Four Phases to go (as shown in Level 1) each time he goes for a bite. And when he moves forward, flow with him for a few strides and then guide him toward a patch of good-looking grass just a few feet away and invite him to stop and graze for 30 seconds. You'll be amazed at how he'll suddenly



**The mistake most frustrated riders make is fighting their horses and trying to prevent them from grazing, when you can use it for incentive**



**Pat and George following the rail**

become more willing once he starts to realize you're taking him to a better grazing spot. The mistake most frustrated riders make is fighting their horses and trying to prevent them from grazing, when in fact you can use it for incentive. Pretty soon you'll take him a mile or so to find just the right bit of grass! And if you don't have grass, remember that just stopping and resting is great incentive for this kind of horse.



### HOW TO MAKE TRANSITIONS

Because this is all about teaching your horse to have self-control, a loose, Casual Rein position is the best. This means holding your reins in one hand and leaving the other free so you can run it down the rein and bend your horse's neck and disengage his hindquarters

to the degree necessary. Disengagement is the opposite of engagement and that's why it slows the horse down. Disengagement occurs when you move your horse's hindquarters away and he has to cross his hind feet over each other. It's what you've already taught him on the ground in the Level 1 Seven Games and learned to ask for in the saddle with the Indirect Rein. A partial disengagement results in a slowing down of momentum, while a full disengagement leads to a complete stop.

You'll start the transition by relaxing your energy and lifting your reins with one hand. If he doesn't stop, the disengagement begins: Run the other hand down the rein, close your fingers and start bending him until he slows down to the gait you want, even if that means bringing him all the way to a stop. Pretty soon your horse will key into the slightest bend, or the lifting of the reins, and ultimately the change in your energy. As long as you are consistent with the sequence he'll learn to respond to the mildest signal.

It's equally important to know when to release the rein because it can either help a horse get calmer or it will make him worse. Don't just release when you get the change of gait; wait until he feels soft to your hand. Do not release if he's bracing and pulling against you. When he softens, that tells you his emotions have come down too and you have

his attention. In this way the release rewards the horse's mental state, not just his physical action. You should be able to continue on a loose rein but if he starts to rush off, even at the walk, bend him again until he's soft, even if it means coming to a complete standstill. Make sure he can walk calmly before you start trotting again. Once the trotting is calm and your horse is demonstrating self-control by keeping a steady gait on a loose rein, you'll be ready to apply the same formula to the canter, but that's not necessarily on the same day.

### WHY TRANSITIONS WORK

Done with savvy, transitions gain attention, control and balance. Transitions work because they:

1. Interrupt the horse's action or pattern.
2. Slow the horse down so he can regroup, emotionally speaking.
3. Prevent things from getting worse.
4. Can be done at any time, any gait and almost in any place.

Horses don't enjoy disharmony and lack of leadership, and they especially hate getting worked up because it's a very disturbing state for them. As the horse's leader, it's up to us to help our horses allow us to teach them self-control, because holding them back or forcing them to go simply doesn't work. Transitions are one of the most powerful ways to do it.

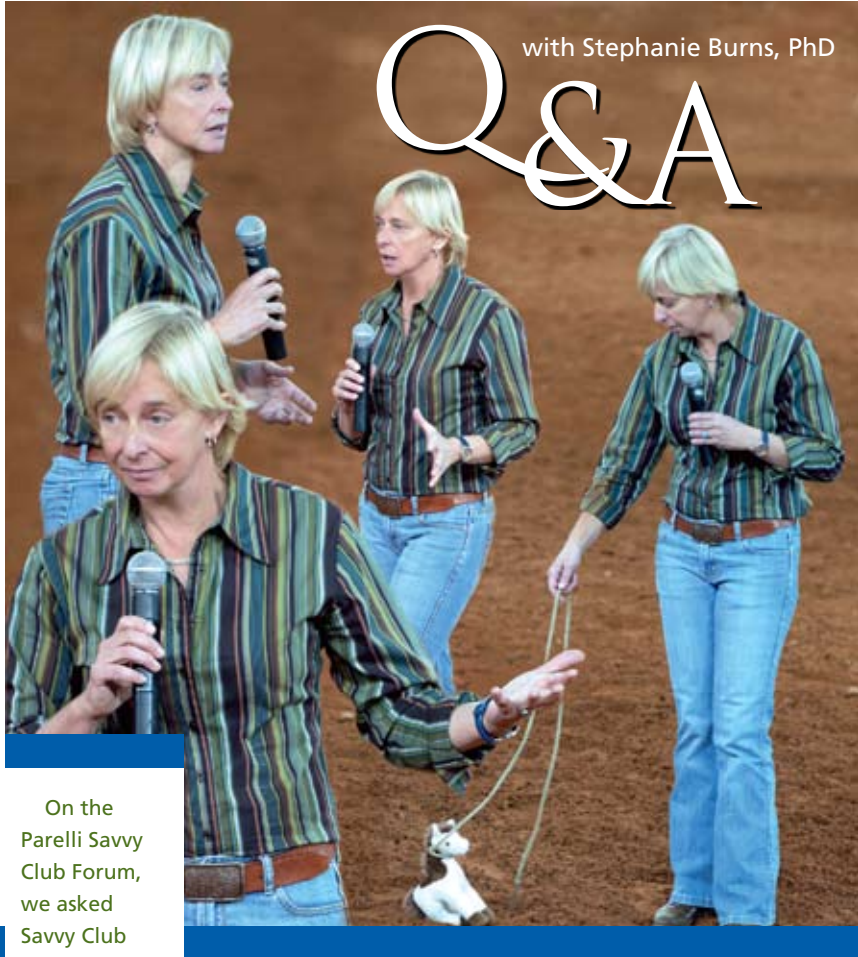
One last thing—make transitions both when you need to as well as before you need to. Instead of repeatedly bending your horse to a screeching halt because he's gone from a fast walk to a gallop, fix the fast walk by doing transitions from walk to halt. What you're fixing is your horse's mental and emotional state, not his gait. 🐾



Pat and Magic demonstrate disengagement from the saddle

# Q&A

with Stephanie Burns, PhD

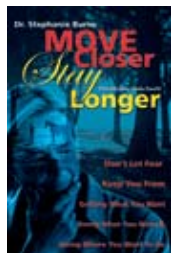


On the Parelli Savvy Club Forum, we asked Savvy Club members to ask a question of Stephanie Burns, PhD. Following are a few selected questions and Stephanie's responses.

**Dear DB, Tears streamed down my face as I watched the last installment of Fear Makeover on the Savvy Club DVD. The tears aren't about my horse-related fears; they are about the fears I have in numerous other areas of my life. Can you talk about how the two interrelate? How do areas of confidence impact areas of fear and vice versa? — Christine**

Hi Christine, In *Move Closer Stay Longer* I noted that all fear is about loss—be it a loss of love, control, self-esteem, life and so on. Every context or situation in which you experience fear has its own connection to the perception of losing something. So, it is not necessarily true that building confidence in one context will benefit you in another. Learning to be confident in a race on the track did nothing for my confidence in riding.

The first step you need to take is getting very clear about what the loss is that relates to the fear. Are you afraid you might lose your life, your health, money, a friend, respect? The second step is a rational analysis to discover how close you can get to that situation or event before the fear response starts, and under what conditions is it better or worse. The final step is truly a slow process over a period of time of moving closer and staying longer, allowing your brain and body time to learn a new response.



Every time I begin a new thing that causes fear, I start right there with that thing. I am not disappointed in myself nor am I disillusioned. My brain and body need me to take these steps as a natural part of learning or doing anything that is new.

**Dear DB, I know a guy who is afraid of failing and so does little with his horse, or when he does play with this horse, he sees himself as failing because it is not perfect. We read "Great Lies" together and it was wonderful, but he did not really internalize the material... i.e., he knows he is beating himself up, but he doesn't quit doing it. How can I encourage him and help him to not beat up on himself? — Kat**

Hi Kat, Well, doing nothing for whatever reason does have its gain. It gives your friend a good excuse when and if he does fail. And, for some it is emotionally safer to say, "I failed because I didn't try" rather than to fail after having tried hard. Children often use this mechanism of minimizing emotional consequences.

Perfection as a notion just doesn't fit in with learning. It is counter-productive to the whole process. You cannot PERFORM what you have not learned and practiced, and the learning process can be quite ugly.

I wouldn't fight this with logic, as this will drive your friend further from trying. I would accept it as true for him and acknowledge honestly the consequence. Keeping perfection in the equation will cause learning to be slow and backwards. It is a dead end, so I'd encourage him to quit now. That might sound cruel, but you have to first accept that what he is doing is okay and true for him and SUPPORT IT. If he wants to learn fast and effectively he'll need to start telling that part of his brain that keeps bringing it up to BE QUIET! This is something only he can do.

**Dear DB, It would be helpful to have some tips or discussion on how to differentiate whether your fear is warranted or not. Sometimes our fear can be telling us there is a real hole in our horse training and a real danger, while at other times it is just leftover fear from past experiences or fears we make up, etc. Where is the gray area, and how can I tell the difference? When should I "move closer, stay longer" and when should I wait until my horse has more training and experience before trying?**

Dear Reader, You are absolutely right. We are prone to a fear response whether warranted or not, and whether useful or not. For modern day human beings this is the dilemma, as unwarranted fears keep us from achieving our goals. How do you tell the difference? Knowledge, experience and self-assessment are the keys. It is about taking the time to learn to have ACCURATE interpretations of the situations you



plan to put yourself into.

If we use our horsemanship training as an example, then you will know already that over time you have learned “what means what” in many situations. The faster and more accurate your interpretation, the more appropriate your response. When I first started riding I had NO way to interpret “what meant what,” so in every instance that I felt fear I retreated. This was a good strategy. I could NOT know when I was in real danger and when the situation was benign. As I’ve gained knowledge and experience I know better when retreat is necessary and when there is nothing dangerous at hand.

I would say until you can read your horse accurately and interpret whether there is true danger it is appropriate to retreat. But don’t leave it there. Follow up by asking questions that will help you better interpret your horse’s behavior in the future. I am ALWAYS relating stories to knowledgeable others, or studying—essentially asking, “What does it mean when my horse does this?”

**Dr. Burns, How can we apply your lessons to the fear of screwing up our horses? Before Parelli, I “knew” everything and now I feel as though I know nothing, even though I am a Level 2 student. Sometimes the fear of making mistakes is what paralyzes me—I second-guess everything I do. My confidence in what I know is shot. I study my Level pocketguides over and over and have no problem explaining to others what they need to do or what I’m going to do. Then it’s time to do it and WHOA! Timid, terrified me just about has a panic attack thinking about how I’m affecting my horse. Then I can’t play because my horse is acting crazy because I’m an emotional wreck! Oh, the circle! — Amy and Duke (Sometimes my mom shakes a lot!)**

Hi Amy, Yes, screwing up your horse is NOT an outcome of Level 2! What you are experiencing is the NATURAL reshuffle of knowledge your brain has in the context of horses. It is common for confusion to reign supreme during these times. Your brain is reevaluating, recalculating, reassessing and putting new information into its knowledge territory called horsemanship. This process takes time, and while it is happening you will need to readjust your focus.

The focus during these times must first and foremost be on maintaining your relationship with your horse! While I am in a major learning phase for myself, I spend the majority of my time with my horse maintaining his

confidence and my rapport with him. I spend lots of undemanding time with him in his yard or pen. We mosey from one good grazing spot to another—perhaps for 30 minutes before a session. We go for a swim. He likes to be with me because we do cool things together. Then, when it comes time for me to be practicing my newly formed skills he is tolerant of my awkwardness. Between each ASK I allow him (and me) LOTS of soak time—as much as 10 minutes—and many times I take all pressure off by just sitting on the ground. And, when doing an activity in which I can see I’ve caused confusion, I stop and wait until he feels confident again to come to me, and soak some more. Then I give him a quiet apology while his head is resting in my hands.

Your mental state of fear of making a mistake is really the issue, and that you have nailed on the head. Forget what you think you are supposed to be doing and fix it for your horse so he wants to be with you. Then, you and he can handle a bit of the muddled process learning can be for both you and him. Sometimes Buddy, my horse here in the U.S., looks at me as if asking, “You want me to do WHAT?” If I cannot cause him to understand I call him in, and together he and I think about what we’re trying to do.

Your answers for this are not in the Pocketguides. Your horse has the answers and they are there in your relationship. If you remember that it is your relationship that is important and take care of that, your horse will forgive the ugliness of the natural learning process you are experiencing.

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**Hi DB, I would be interested in hearing your thoughts on fear of failure/success. After reading your books I was able to work past the fear issues I had with riding. I've been on more horses in the last 6 months than I have in the last 4 years, but I've discovered a new "fear": success.**

**Through various postings and discussions I believe a lot of people out there have professional Parelli goals, yet it seems the majority are not even past Level 1. I'm wondering if this has to do with a fear of failure/success. Lack of progress in the program due to any number of excuses = no chance of trying and failing. Trying and succeeding = recognition, responsibility, "growing up" and being professional. — Jenn**

Hi Jenn, Fear of success and failure is an interesting topic. In life we carry around what are called "secondary gains" and they are often at the heart of what we strive to achieve and what we avoid. It's not the overt goal, but instead the covert affects that are the problem!

For instance, overt goal to lose weight can sometimes be undermined by the covert "secondary gain" of keeping a relationship intact. The real fear for the person stems from the loss of confidence to sustain an existing relationship if they become thin. The point is that this fear of success or failure is hard to judge without knowing what other factors are contributing to the condition. And, there are always

other factors underlying success and failure. When we set out to achieve a goal the whole idea we have of ourselves comes under scrutiny.

I believe the dream of being a Parelli Professional is a natural target for new students. It is the one that is most easily identified. That so few do continue in that direction can have something to do with fear for a few, but I would think in most cases what happens is that as they progress, they discover new targets to aim at. What appeared to be only one path when they first begin turns into thousands of possible paths when they become more knowledgeable.

The issue of lack of progress, too, has many possible factors. The single most prevalent one is that we were never taught in school how to direct or manage our own learning process. Without "how to learn" skills, adults will flounder through no fault of their own. They just do NOT have the strategies to manage this process and for that reason you are finding my work being included more and more into the Parelli programs—home school, Savvy Club and clinics. Adults need to be prepared properly for learning and then be taught HOW to manage their learning and motivation. That is a mission Parelli is taking very seriously.

For a certainty, it improves the possibility of completion for those starting the programs whether the aim is Parelli Professional or something far more personal. 🐾



## A Horsemanship Experience BIGGER Than Anything You've Ever Dreamed...

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Additional information on courses can be found at [parelli.com](http://parelli.com) or by calling 1-800-642-3335.

Remember: Savvy Club members receive 35% off! (discounts do not apply to the School & University). Stay tuned to [parelli.com](http://parelli.com) for a listing of new and exciting courses!

## In Memory of Cody

I lost my Level 2 partner Cody in 2003 to severe colic. It was necessary to make a very tough decision to end his extreme suffering. Cody was 8 years young and entering the prime of his life.

When I purchased Cody as a 3-year-old, he came from a cutting horse trainer, where he had a foundation, but definitely not a natural start. As I continued Cody's training, he became more unpredictable and dangerous. In '99 I committed to purchasing Level 1 to deal with all of the issues that Cody and I were having. The transformation was absolutely incredible. Cody went from being evasive, unpredictable and dangerous to being attentive, curious and a true Partner in my life.

When I lost Cody, I lost part of my soul. I didn't know if I would ever recover and be able to heal or develop another deep relationship with a horse. The emotional scar was so very deep that I didn't know how to deal with the pain.

Summer of 2003 I purchased a 2-year-old Palomino gelding, Scooter. In September of 2004 my mom and I had the opportunity to attend the Savvy Conference. Unfortunately, 2 weeks prior I had a fall from Scooter and broke my ankle. Yes... not enough prior preparation. We discussed canceling the trip, but decided we would rather deal with crutches than miss this experience.

On the last day of the Conference we were walking through the displays when I came across

the Parelli Awards booth. I started talking with GinnySue and immediately felt a connection. We talked about a memorial. Through my tears and emotions, I tried to tell her some of Cody's story. I was amazed when I looked up and saw my same emotions and tears reflected in GinnySue's eyes... she truly understood. I was asking for help in putting closure to this extreme grief.

After the Conference I contacted GinnySue to start working on the project. Each time I put something in the box to mail to her, I felt a little more grief leave my system. Over the next few months we corresponded on the look and the layout. I had complete confidence that the memorial would be everything and more than what I expected.

The day it arrived I sat on the floor of my sunroom and carefully opened the package, feeling reservations, anxiety and excitement as to what the memorial would look like and what my reaction would be. My first thought was... my goodness she has captured every trait of Cody's "horseanality." The memorial includes my Level 1 certificate, Savvy String, Cody's shoes, a casting of his hoof, a piece of his tail hair and various pictures. I sat for about 15 minutes crying, looking at the memorial and remembering all the good times that Cody and I had. I can truly say that I felt him there with me. I could feel his breath on my shoulder as if to say, "This is what you needed. See what we did together."

Now when I look at the memorial, I remember



courtesy of GinnySue

all the good times, all the things that Cody and I learned together and how much he taught me about my relationship with horses. It has taken me time to begin to heal and to offer a deeper relationship to Scooter. I am confident it will continue to grow with time.

I have to say a special thanks to my family for their support throughout this process. I also have to say a very special thanks to GinnySue. Without her, none of this could have happened and I would still be struggling to deal with the grief, as well as struggling with a way to pay tribute to this incredible horse. Her expertise, talent and incredible patience have given me closure and the confidence to move forward.

—Amy Kuehl, Fort Collins, Colorado

Parelli Awards by GinnySue • 269-781-2564 • awards@parelli.com

## Teachers Come in All Shapes, Sizes and Species

I just learned a good lesson from the resident barn predator (cat).

Some of you might remember me posting (on parellinaturally e-mail list) about having problems porcupining Merlin's head down. Well, I haven't tried in two days, and this afternoon I was brushing Merlin when Slinky (the barn predator) taught me how to do it right.

I let Merlin's rope just dangle—I don't tie him to anything. Slinky jumped up and caught hold of the rope about 8 inches from where it attaches to Merlin's halter. She was just hanging there. Merlin put his head down. Slinky got his claws unhooked. Merlin sniffed him, then raised his head back up. Slinky caught hold of the rope again with one paw, and with just one paw of pressure from a small, five-pound cat, Merlin lowered his head all the way to the ground.

I was flabbergasted. Here this cat was, porcupining Merlin's head down with his tiny fuzzy self, and I can't do it—and I am a full-overgrown-human with opposable thumbs!

I thought about it and knelt on the ground in front of and to the side of Merlin and put some pressure on the rope. Voila! Merlin's head came down! So hmm... Perhaps when I was trying to porcupine his head down from the standing position, he knew there was no purpose really, since there was nothing on the ground of interest to him.

Anyhow, I thanked Slinky for the lesson.

What's that quote Pat uses? When the student is ready the teacher will appear?

Just goes to show the teacher isn't always human or horse!

— Sarah Simmons, Slinky & Merlin



## TIPS ON CLEANING HALTERS, LEAD LINES AND SAVVY STRINGS

Put lead ropes and halters in a pillowcase with a towel wrapped around any metal parts (to save your washing machine and your nerves; that clanking sound can be annoying). To avoid shrinking your equipment, use a cold water wash. Tying the pillowcase shut with kitchen string or baling twine will help keep everything inside the case. Make sure everything goes through the rinse cycle; certain detergents can irritate the horse's skin if not completely rinsed out. With most washing machines, your ropes and halters will be fairly dry by the time the wash cycle is finished. Take them out of the machine and hang them up to finish drying.

You can also just hose off your equipment and hang it up to dry. 🐾

# Parelli Professionals



For your convenience we've listed all of the 3- through 5-Star Professionals in the US and Canada. Listings are current as of June 1, 2005. See [parelli.com](http://parelli.com) for updated listings.

## 5-STAR PREMIER INSTRUCTORS

**Dave Ellis** [rangerdave@parelli.com](mailto:rangerdave@parelli.com),

[www.parelli.com/rangerdave](http://www.parelli.com/rangerdave), 661-391-8672

**7/7/05 4 days; Cow Working; Laramie Peak, WY**

Terry Brooks; [tbrooks@trib.com](mailto:tbrooks@trib.com);  
307-684-7771 or 217-1097

**7/11/05 5 days; Advancing Horsemanship/cow Working; Laramie Peak, WY**

Jody Grimm; [jody.grimm@juno.com](mailto:jody.grimm@juno.com); 303-431-7739 or  
503-2911

**7/16/05 2 days; Level 1 Partnership Clinic; Brighton, CO**

Jody Grimm; [jody.grimm@juno.com](mailto:jody.grimm@juno.com); 303-431-7739

**9/24/05 6 days; Level 2 & Level 3; Ft Collins, CO**

Mark Loader; [markloader@aol.com](mailto:markloader@aol.com)

**10/7/05 3 days; Level 3 & Advanced Level 3; Pleasant Hill/ Kansas City, MO**

Yvonne Thilsted; [yvonneshats@yahoo.com](mailto:yvonneshats@yahoo.com);  
580-327-3132

**10/11/05 7 days; Advancing Horsemanship; Platteville, WI**

Kris Fulwiler; [kris@starryknightfriesians.com](mailto:kris@starryknightfriesians.com);  
920-487-5623

**10/21/05 3 days; Advancing Horsemanship; Cottonwood (near Red Bluff), CA**

Robin Berry; [dvberry@earthlink.net](mailto:dvberry@earthlink.net);  
661-548-6114 or 760-937-1311

**10/28/05 3 days; Cow Working; Mena, AR**

Gena Warrington; [obarw@cswnet.com](mailto:obarw@cswnet.com); 479-243-0062

**David Lichman** [david@davidlichman.com](mailto:david@davidlichman.com),

[www.davidlichman.com](http://www.davidlichman.com), 916-648-1092

**7/9/05 2 days; Level 1/Advanced Level 1+; Maui, HI**

Tricia Rohlfing; 808-573-6243; [HIRohlfing@aol.com](mailto:HIRohlfing@aol.com)

**7/11/05 2 days; Level 1 Advanced, Level 1 Beginning, Level 2 Gaited Horses; Oahu, HI**

Lisa Until 6/2, Cryshtal 6/3 -7/6; [lisa@horseshawaii.com](mailto:lisa@horseshawaii.com);  
Lisa 808-349-7515 Cryshtal 808-247-4252

**7/16/05 2 days; Level One Ground Skills Course; Pebble Beach/Monterey, CA**

Sherry Fabela; [info@davidlichman.com](mailto:info@davidlichman.com); 916-648-1004

**7/20/05 5 days; Summer Horse Camp; Santa Cruz Area, CA**

Sherry Fabela; [info@davidlichman.com](mailto:info@davidlichman.com); 916-648-1004

**7/29/05 3 days; Advanced Level 2/Level 3 Workshop; Port Angeles, WA**

Jess Crouch/Karen Jones; [jess@olympen.com](mailto:jess@olympen.com) or  
[kjpuzzles@mindspring.com](mailto:kjpuzzles@mindspring.com); Jess 360-683-1856 or  
Karen 770-251-1799

**8/5/05 3 days; Level 2/Level 2+ Harmony Course; Hadley, MA**

Karen Jones; [kjpuzzles@mindspring.com](mailto:kjpuzzles@mindspring.com); 770-251-1799

**9/2/05 3 days; Mixed Levels 2+/3; Colorado Springs, CO**

Jessee Province; [jprovinc@lsil.com](mailto:jprovinc@lsil.com); 719-749-0696

**9/17/05 2 days; Level 2/3 Workshop; Sacramento Area, CA**

Sherry Fabela; [info@davidlichman.com](mailto:info@davidlichman.com); 916-648-1004

**9/20/05 5 days; Fall Horse Camp; Northern California, CA**

Sherry Fabela; [info@davidlichman.com](mailto:info@davidlichman.com); 916-648-1004

**9/30/05 4 days; Level 3 Refinement; PA Border, NJ**

Karen Jones/Peg McCreery; [ponderay1@aol.com](mailto:ponderay1@aol.com);  
251-630-4057

**10/7/05 3 days; Gaited Horses Naturally Or Level 2/Level 3; Newnan, GA**

Karen Jones; [kjpuzzles@mindspring.com](mailto:kjpuzzles@mindspring.com); 770-251-1799

**10/15/05 2 days; Level 2 Beginning Harmony; Northern California, CA**

Sherry Fabela; [info@davidlichman.com](mailto:info@davidlichman.com); 916-648-1004

**10/22/05 2 days; To Be Announced; Northern California, CA**

Sherry Fabela; [info@davidlichman.com](mailto:info@davidlichman.com); 916-648-1004

**10/28/05 4 days; Level 2 Advanced/Level 3/**

**Private-assessments; Decatur, IL**

Karen Jones/Robin Leenders;  
[kjpuzzles@mindspring.com](mailto:kjpuzzles@mindspring.com) or [onery13@aol.com](mailto:onery13@aol.com);  
770-251-1799 or 309-663-8956

**Neil Pye** (Parelli Centers Dean) [npye@parelli.com](mailto:npye@parelli.com)

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[www.carolcoppinger.com](http://www.carolcoppinger.com), 615-444-2039

**7/5/05 3 days; Level 2/3 Camp; Iron Ridge, WI**

Laurie Hills; [lhills@charter.net](mailto:lhills@charter.net); 920-349-3185

**7/9/05 2 days; Level 1 Clinic; Lebanon, IN**

Susan Moran; [suziehorse@aol.com](mailto:suziehorse@aol.com); 317-896-3912

**7/11/05 2 days; Level 2 Clinic; Lebanon, IN**

Susan Moran; [suziehorse@aol.com](mailto:suziehorse@aol.com); 317-896-3912

**7/16/05 2 days; Level 1 Clinic; Fairbanks, AK**

Gail Jensen 907-457-2438

**7/18/05 3 days; Level 2/3 Camp; Fairbanks, AK**

Gail Jensen 907-457-2438

**7/23/05 2 days; Level 1 Clinic; Palmer, AK**

Stephanie Olson, [3branch@mtaonline.net](mailto:3branch@mtaonline.net),  
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**9/24/05 2 days; Level 1 Clinic; Hanover, MI**

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231-829-4078

**9/26/05 3 days; Level 2/3 Camp; Hanover, MI**

Sherry Goldsmith; [ssgoldss@earthlink.net](mailto:ssgoldss@earthlink.net)  
231-829-4078

**10/1/05 4 days; Level 2/3 Camp; Mt. Juliet(Nashville), TN**

Les Coppinger; [les@carolcoppinger.com](mailto:les@carolcoppinger.com); 615-444-2039

**10/8/05 4 days; Level 3 Camp; Athens, OH**

Jackie Fokes; [jfokes@hotmail.com](mailto:jfokes@hotmail.com); 740-448-2555

**10/22/05 2 days; Level 2 Clinic; Dover, DE**

Joan Seaver; [jcseaver@erols.com](mailto:jcseaver@erols.com); 302-674-8969

**Larry Stewart** (CAN) larry@parellicanada.com, parellicanada.com,  
250-546-3724

**7/8/05 5 days; Partnership Level 1;**

**Paradise Hills Ranch, Lumby, BC**

Leslie Stewart; leslie@parellicanada.com; 877-PARELLI

**7/15/05 5 days; Harmony Level 2;**

**Paradise Hills Ranch, Lumby, BC**

Leslie Stewart; leslie@parellicanada.com; 877-PARELLI

**7/22/05 5 days; Advanced Harmony Level 2;**

**Paradise Hills Ranch, Lumby, BC**

Leslie Stewart; leslie@parellicanada.com; 877-PARELLI

**7/29/05 5 days; Refinement Level 3;**

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# Achieving Unity One Step at a Time

**Parelli 5-Star Premier  
Instructor David Lichman**

by Cynthia McFarland

**C**hildhood dreams can be persistent. The most powerful often have a way of weaving themselves into the subconscious and hanging on, even when forced to lie dormant for decades.

Born in Boston, David Lichman might have been raised in the city, but his dreams revolved around horses. Rather than analyze any deep-seated meaning behind his fascination with all things equine, as a boy David only knew that spending time with horses made him happy. He frequently rode his bike to the boarding stable where he made friends with a school horse named "Rexx." Cleaning stalls and grooming horses bought him precious time riding the old gelding and that was it... David was hooked, permanently, on horses.

City life wasn't conducive to time in the saddle, but David never lost his passion, even though for years he carefully put aside his dreams of owning a horse. He went on to study at Tufts University's College of Engineering, attended the Berklee College of Music and earned an honors degree in Computer Science from California State University at Sacramento. After college, David was employed as a consultant for IBM and taught classes in software engineering, project management and programming languages. He was also a professional musician for ten years.

In 1983, David and his wife, Nancy, were newlyweds with

two incomes. At long last, the timing was right for horse ownership. The couple bought their own riding horses and David began what has become a long love affair with gaited horses when he started riding Tennessee Walking Horses.

A casual introduction to Parelli in the mid-1980s evolved into a realization that would change his entire life. Today, David is one of only four Parelli 5-Star Premier instructors in the world. He resides in Sacramento, California, and travels to venues all across the world, from Hawaii to Texas and far beyond, as far east as the Czech Republic and as far north as Sweden. His intelligence and keen humor, combined with patience and remarkable people skills, make him a sought-after clinician around the globe.

With his strong enthusiasm for classical riding, David is responsible for bringing Grand Prix dressage competitor and trainer Karen Rohlf into the Parelli program, and Karen is now the official Parelli Associate Professional for Dressage.

In mid-April, David attended the Animal Behavior Management Alliance annual conference in Houston, where he presented "The Challenge" video, featuring a horse and sea lion "competing" at various tasks. This remarkable video, which shows the two animals relating naturally with their trainers and each other, impressed the crowd of notable animal trainers.

David's presentation won the prestigious 'Sharing the Knowledge' award, a significant accomplishment since many trainers have presented at the conference for years without being recognized with such an award.

We caught up with David between clinics to find out how he first discovered Pat Parelli and what has happened in his life since.

#### **HOW WERE YOU FIRST INTRODUCED TO PARELLI?**

A couple years after my wife and I bought our first horses, I saw Ray Hunt giving a demonstration at the California State Fair. The following year, 1986, Pat was there and he was starting colts, doing one a day for 18 days in a row. I saw Ray and Pat doing things that were so 'elegant.' What they could do with horses was amazing.

I had used traditional training methods previously, but not for very long because I only had horses for a few years. From 1987 on, I started using Pat's principles in my training. Back then, you just ordered the tapes and read his book. Believe it or not, at that point you could ride with Pat for \$400 a week, but during that time I'd just go to his seminars and to his events that were free.

#### **WHAT MADE YOU REALIZE PARELLI WAS THE WAY TO GO?**

In 1990, I met and bought a Tennessee Walking Horse named Baker's Little Man. He was renamed The Artful Dodger because of his less-than-desirable traits and he was barely rideable when I bought him. In 1991, we won the Lite-shod World Grand Championship together. This was one of my personal best achievements with horses, and it was a result of a combination of things I'd learned from Pat and things I discovered for myself.

In the past, I had done everything I was told to train gaited horses, although I never 'sored' a horse. After winning this championship, I quit my job as a software engineer because I wanted to train Tennessee Walking Horses in a natural way.

I soon found out it was impossible for me to earn a living because I wanted to put so much time into each horse. I never could figure out how to play with and ride all ten horses in training each day the way I wanted to. I decided to start teaching people instead.

I started with some local clinics and did my first on-the-road clinics in Texas in 1991 and 1992. These were clinics for gaited horses and I was using some of the techniques that dressage instructor Dominique Barbier had taught me, but I quickly realized many of these people needed Parelli principles. They needed basic ground skills because they couldn't control their horses. At the time, I was taking Pat's halters and lead ropes with me to clinics, so I called Pat's office and asked if I could sell Parelli equipment at my clinics. The instructor program was just starting in the United States then and Pat said if I became a Parelli instructor I could sell his equipment.

Nancy Lichman



David with Dr. Jenifer Hurley during the making of the video "The Challenge" which won the prestigious 'Sharing the Knowledge' Award from the Animal Behavior Management Alliance

Jen Hurley



Harold Greene



1991 World Grand Champion Tennessee Walking Horse "The Artful Dodger"

**TELL US ABOUT BECOMING A PARELLI INSTRUCTOR.**

I cruised through Level 1, but at Level 2, I realized I hadn't taken advantage of everything Pat had to offer. I got a little stuck on the flying lead changes because I had a gaited horse. After I sent Pat my demonstration tape, he and Linda invited me to the first U.S. instructor camp in 1994.

At that point, Pat said I had to finish Level 2, so I rode with Pat in a five-day Level 2 course and learned more in those five days riding with him than I had in the seven previous years I'd been doing this on my own. That's when I realized the value of riding with an instructor, especially Pat. I graduated Level 2, got my private instructor's endorsement and the following year I graduated to Course Instructor.

I also helped Pat and Linda with some of the organization and planning of the first Pat Parelli Center (then called the International Study Center), which was being built in Pagosa Springs. I also worked to speed up the manufacturing of the various tools and equipment. From there, the teaching just took off. I taught some at the Parelli Center in Pagosa Springs and then I was off and running.

**YOU PERFORMED FOR YEARS AS A PROFESSIONAL MUSICIAN. IS MUSIC STILL PART OF YOUR LIFE?**

Music is equally as big a passion for me as horses. I play the electric bass and performed professionally in a night club band for 10 years playing jazz, top 40, dance music and show tunes. I had actually stopped playing for a while, but started practicing seriously again last year.

I use music a lot in my courses and bring a huge sound system with me to clinics. It's cumbersome and costly to transport, but I wouldn't be happy without it. We ride and play games to music in my courses. Linda's whole concept of riding with fluidity is all about riding in

rhythmic harmony with your horse, and there's nothing that helps you get rhythm better than music.

**HOW HAVE YOU INCORPORATED YOUR LOVE OF MUSIC AND PERFORMANCE ARTS WITH HORSES?**

Music and horses go together. Riding in perfect synchronization with the music being played is very



**David with Karen Rohlf and the Dancers from the Equus Project—Dances with Horses...**

theatrical. Why not add to that with staging, lighting, theatre, dance and story line?

Kate Riordan, who handles Parelli's public relations and publicity, introduced me to Joanna Mendl-Shaw, who teaches dance at both Julliard School and Alvin Ailey Dance Theater in New York City. I consulted with her on a performance they were doing with horses and dancers. I then put them in contact with Karen Rohlf, the Parelli Associate Professional for Dressage, and together we created a project that involved playing at liberty with the horses, as well as riding.

Dancers are professionally trained to display their emotions through body language, and the horses reacted to this very favorably. It was as if the horses were saying, 'Finally, someone knows how to speak clearly here!' The dancers' actions were very dramatic, but also very clear. It was easy for them to communicate with the horses. I watched them play with the horses and was just thrilled with this. We're going to do more projects like this in the future. The sky's the limit!

I also have a close professional relationship with one of the top circus horse trainers in the world, Katja Schumann, and her famous father Max Schumann. Katja is a sixth generation circus horse trainer and a brilliant horsewoman. She has taught me so much about liberty work and how horses think. She is working on her Level 3, not that she couldn't already do these tasks, but because she wanted to know all the steps to see how it would help in her training.

**YOU'VE BEEN INTRIGUED BY DRESSAGE AND CLASSICAL RIDING FOR MANY YEARS. WHAT IS YOUR DEFINITION OF "NATURAL" DRESSAGE?**

Even before I started working with Pat, I had studied with dressage instructor Dominique Barbier, and was already being drawn toward the classical school of lightness. Dressage done naturally takes into consideration the horse's

Photographer Unknown



**Playing bass with the group Softwood in Harvard Square, Cambridge Mass. about 1970 and playing bass today**



Nancy Lichman



mental and emotional state over the physical development. It's more important to have his mind in the right place, and then to develop his body. If you focus on the body first, that is where intimidation and manipulation can take hold.

Natural dressage is really just following Pat's philosophy that you have to make sure you have the basics in place before you move on. When the mental and emotional part comes first, then you aren't sacrificing these as the physical development comes along.

**YOU ARE THE AUTHOR OF *GAITED HORSES, NATURALLY!***

**TELL US ABOUT THIS EDUCATIONAL MATERIAL.**

Bringing natural horsemanship to the gaited horse community is a priority for me. Not only are they using traditional techniques that are not necessary and not 'horse friendly,' but some trainers go to extremes and use techniques that are quite undesirable. Part of my mission is to keep trying to bring Parelli to the gaited horse community, so that nobody trying to find a better way has to look very far. I can't change what some people are doing, but I can surely help other people not to go there.

In 2002, I published *Gaited Horses, Naturally!*: two DVDs and an instructional book about my experiences and the application of Parelli to the development of all breeds of gaited horses. It is available on the Parelli Web Shop. I am just now putting the finishing touches on *Part 2: Canter the Gaited Horse*, which should be ready for release by summer of 2005.

**IS YOUR FAMILY ACTIVE IN PARELLI?**

My wife Nancy is a small animal vet and she loves to ride. Right now she has a pony she is having fun playing the Seven Games with him On-Line and at Liberty.

Our daughter, Tova, is the real natural horsemanship person in the family. She's 12 years old and is just finishing her Level 3. I've learned so much from her. She brings a child-like playfulness and innocence to her relationships with horses.



Coco

**David and his family: wife Nancy, daughter Tova and son Sam**



Nancy Lichman

With her there is no time pressure. She really helps keep me aware of not doing things in too short of a time frame. In the summer she sleeps in the barn in a hammock to be near her horse, Jasmine. Jasmine sticks to her better than any of my advanced horses will with me. Thanks to Tova, I've learned to 'live in the moment' of the relationship I have with my horses. When I walk out to feed, I say 'hello' and interact with them. I don't really think of them as animals.

Our son, Sam, is eight and the only thing he knows about riding horses is riding bareback and bridleless because he sees his sister doing it. He's not that motivated to play with the horses; he's more into motorcycles and remote control trucks, but it's interesting to observe that when someone is only exposed to natural horsemanship, they don't know there's any other way.

**YOU TRAVEL TO EUROPE FREQUENTLY AND HOLD MANY CLINICS IN EUROPEAN COUNTRIES. IS THERE A DIFFERENCE BETWEEN HOW AMERICANS AND EUROPEANS TREAT THEIR HORSES?**

The Parelli program has crossed all language and culture barriers. Our students excel all over the world and many of our top instructors come from Europe.

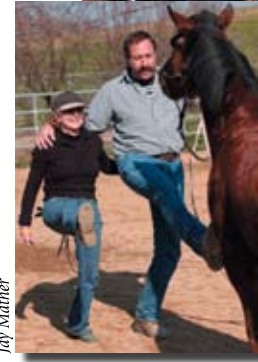
I think there is definitely a difference in how Americans and Europeans treat their horses, but it's not easy to describe. In many parts of Europe, there is not as much open space as in America, so the horses are more confined. In general, I think most Europeans live close to their horses. They are really attentive to the physical side of the horse and its care, such as grooming, blanketing, trimming, shoeing, etc.

**CAN YOU SUMMARIZE YOUR PERSONAL AND PROFESSIONAL GOALS IN ONE SENTENCE?**

To achieve unity with my horses and family and to help make that possible for other people. 🐾



Nancy Lichman



Jay Mather

**David playing with his students and their horses**



Nancy Lichman



# The Pat Parelli Foundation Station

by Pat Parelli

**It may look like a sea of panels, but for safety and function, this design is hard to beat**

In the past 35 years, I've seen some natural designs for handling horses, as well as some very unnatural designs for handling horses. Oftentimes you'll encounter people who have a lot of dollars, but not a lot of horse sense. People build things that look pretty, but aren't very functional.

In trying to achieve savvy with everything we do, what we build has to fit this model: Safe, functional, clean, green, and handsome. I always put safety in front of function; sometimes if you build something merely from an aesthetic point of view, it may not be the safest design. For example, with our new fence lines in Florida, we're building everything without 90 degree corners. With the existing fences

that do have 90 degree corners, we're putting a rounded curve inside the 90 degree angle. This is a safety issue. The fence may look just fine with a 90 degree corner, and it may function as far as holding stock, but it's not as safe. With everything I do, I put safety first, followed by function. Then come "clean, green and handsome."

It's always been a challenge to design and build a place where colt starters and foundation trainers can work together harmoniously. At the Pat Parelli Centers in Colorado and Florida, we've developed a complex that I call the



Foundation Station for Parelli University students (post Level 3 students). It's a modular design made from Priefert panels to create 12'x12' corrals, and then we put them together in a square configuration. Since it's modular, you can make the design as big as you like or as little as you like. The one we built in Colorado is eight corrals on each side, so there are 32 corrals total. There are four 10' gates, with a gate going into each corner. The inside of this design winds up being an arena approximately 100'x100'. The outside of this square station gives you a track to ride around. You can open and close the gates as a training



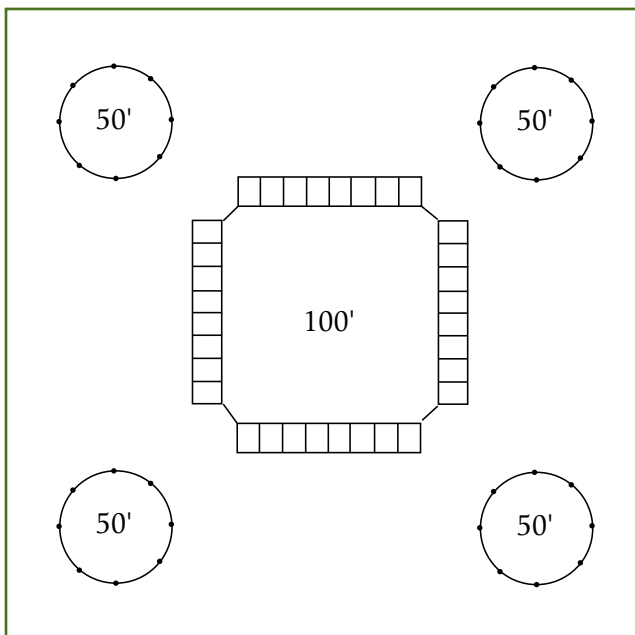


lesson, or leave them open to ride through to the arena in the middle.

In the morning we call the horses, up to 32 of them, from the pasture into the corrals for their grain. Each horse knows to go to its own, same corral each morning. At each corner of the Foundation Station is a 50' round corral. With four round corrals, an arena, and 32 corrals, no one has to vie for round pen time, space for their horse, or training space. In Florida, we even put a tack room in the middle of the arena. That way the tack room is equidistant from each corral, although you lose a little bit of arena space.

This Foundation Station

modular architecture is probably the most efficient and proficient design I've come up with yet! 🐾



# A Tribute to Ray Hunt

Paying Homage to Pat Parelli's Mentor • Fort Worth, Texas

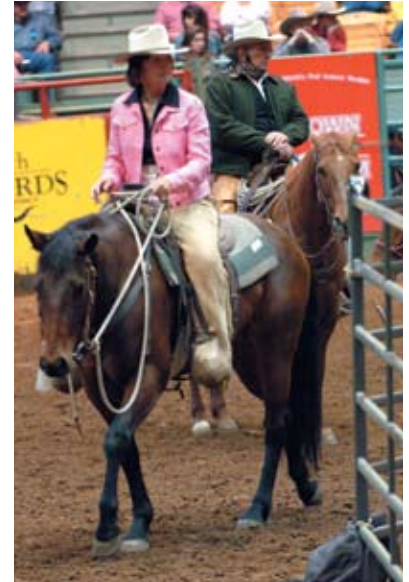


## Colt Starting Day 1

with Ray Hunt's 8 grandchildren

"It's very impressive to see what not only what Ray is able to do and communicate, but how he's gotten his grandkids to have a basic set of skills and orchestrate them. This is the first time I've seen Ray in a situation where everybody who's there had the same basic set of skills. This is actually the best demonstration of Ray Hunt's I've seen that would inspire other people to be good. It's fabulous."

—Pat Parelli



Ray Hunt with wife Carolyn

## Colt Starting Day 2

with Ray Hunt's 8 grandchildren

*Editor's note: One of these young colts bucked off its rider and kicked him in the face during this session. The young man was taken to the hospital; it was reported later that day that he was doing well after surgery on his jaw. Comments from Pat and Linda quoted here refer to this accident.*



"I was impressed with what I saw this morning. I thought the way Ray presented everything and his conversation to the crowd about what every person was doing with their colt was very well done. It showed tremendous insight about horses' attitudes and how to get people to work with horses. It was special."

—Craig Johnson



"I wish this was how the whole clinic was going to be — watching Ray and his family and seeing how his method works. This afternoon he's going to have a bunch of us riding around and some of us will get it and some of us won't. But this is what I love seeing—how his family is doing. I thought it was excellent. Some were better than others, some more skilled. But I loved the way it was efficient; they knew what they were doing, they trusted Ray's guidance the whole time. Even if they didn't know whether the horse was ready, Ray knew and they trusted him. I thought it was fabulous."

—Linda Parelli

"Another fascinating session. I like the way he (Ray) took the colts to the next level, and he did it in a way the horse could understand it. He explained how to keep the people out of trouble, too. It was a great session."

—Craig Johnson

"What I really liked was watching the sorrel horse that was in trouble. When the last rider got on, what a nice job he did of not pushing that horse."



A little bit softer in his body, and the horse made quite rapid changes. It's a pity that rider didn't get that horse the first day, because the horse wouldn't have gone to that extreme. It was lovely to watch that change. Again, it was interesting to see how much the human is responsible for in the horse."

—Linda Parelli

"Today was a great example of Principle #7: Horses teach humans, humans teach horses. Probably ten years from now that young fellow (*Editor's note: The man who was injured*) will be a better horseman because of this. He'll have a little more consciousness of what self-preservation means. You have to have grit and you have to have confidence, but without the sense of knowing where the line of self-preservation is, you can get cocky. That's when you make those kind of mistakes. To me I look at this accident a little differently and from a wholistic and long-range perspective; what doesn't kill you will make you stronger. Like Ray says, he's here first for the horse, and the horse came out good in the end. Second, he's here for him. And third, Ray's here for these kids and for any of us who want to pick up the pieces that are left. And that's the way it was."

—Pat Parelli



## Appreciation Dinner



"This weekend is about appreciation for what Ray Hunt has done for all of us. I want to thank Ray for teaching me about honor, especially about honoring the horse. If you have honor, whether it's in front of the barn or behind the barn, you're never wrong.



"Allow me to tell you some things that Ray does for all of us. He gives us puzzles to figure out. I believe it's actually disempowering to give people too many clues to the puzzle. All the things he says, 'Prepare to position for transition; make the wrong things difficult and the right things easy'—all these things are puzzles.

"The inspiration that Ray has brought to all of us is fabulous. I truly appreciate Ray's talent, skill, savvy, knowledge—he makes it all look so easy. I want to thank Ray for giving us the puzzle and not telling us the answers, but presenting it in a way that it causes us to figure it out. Our job has to be dedication and perspiration. We need to dig in and find the answers.

"I thank Ray with all my heart for everything he's done for me, for horses, for all of us."

—Pat Parelli



# Ray Hunt Horsemanship Clinic



**Trevor Carter**

**Day 1:** "I learned a different feel from listening to Ray, based on what I've learned from Pat. I've learned so much from Pat, and today I could apply all those things a little differently when I heard Ray's voice using similar terms. It was incredible."

**Day 2:** "I had lots of challenges, but it went better today because I knew what to expect from my experience yesterday. Both my horse and I learned things. What was interesting was that two or three times, as soon as Ray would say something, I knew that my horse was literally listening to his voice on the

microphone. When I went to turn on the haunches, for example, my horse would be right there as soon as Ray got the words out!"



**Bruce Logan**

**Day 1:** "What I experienced today was the wisdom and knowledge of Ray Hunt. The atmosphere of the people who were out there—Pat, Linda and all my PNH peers—was remarkable. It was great to be out there with Buck Brannaman and other trainers and to see what they're doing, what their students are doing, and what they're horses are doing. Being at my first Ray Hunt clinic is truly an experience of a lifetime."

**Day 2:** "Everything flowed better for me today. I felt like all the horses in our group, especially, were very far along. Ray didn't have to correct us even once."

To me that's a testament to where our foundation is and what we're doing with our horses."



**Linda Parelli**

**Day 1:** "I learned that no matter what happens, you have to keep your focus. I also learned the value of transitions. Constant transitions. Ray didn't let us do any one thing for very long at all, so it really kept the horse's attention and helped improve the way the horse carried himself."

**Day 2:** "I was ready today for all the transitions. But I realized that I don't work myself that hard! I don't make that many changes in a short session or have a plan to do that. It was a good wake up call for me. My horse obviously benefitted—he got more under me and more ready to

do lots of different things and make changes. Remmer actually got a little bit cocky since it was the same pattern as yesterday—"I know all this and I've done it before." So then he thought about biting some horses. Yesterday he was fascinated by the process, so it was fun today. But the session was good; it made me think about my concentrated riding. What tends to happen a lot when you start to focus on something like dressage is that you start to drill the

horse. When you drill a horse, it doesn't do any good. And so with a lesson like today, just before it becomes a drill and you realize you've done enough, you can change them. It keeps the horse alive in the mind and in the feet; it keeps them connected. Remmer just got lighter and lighter."



**Katja Taureg**

**Day 1:** "I learned that there is a huge knowledge behind Ray Hunt, and that I know such a tiny little bit. It's great to be in the presence of his spirit. He's friendly and funny. I just love it!"

**Day 2:** "It was great to see what they did with the horses again this morning (colt starting). It felt different from yesterday; yesterday felt like there was no agenda and it felt a bit magical. This afternoon (horsemanship class) it was good to see how Ray dealt with that one horse. What was stunning for me as well was the high level of horsemanship Ray has, and how Pat and Ronnie Willis have

translated a lot of those things that Ray does so I can understand them."



**Caton Ryder Parelli**

**Day 1:** "It's actually not really what I learned so much, as what I experienced. What I experienced was a deeper understanding of what natural horsemanship, especially Parelli Natural Horsemanship, is all about. I also felt enlightened by learning from a true master of horsemanship, and I'm honored to be in his presence."

**Day 2:** "Earlier today before the class, when I rode Aspen around bridleless, he really seemed more in tune with me. More so today than yesterday. He was in tune enough to ride him without the bridle.

In the arena, he seemed a lot more like a horse—well broke, well situated, and all I did was saddle him, bridle him, climb aboard and say, 'Let's go to work.'"



**Rob McAuliffe**

**Day 1:** "The best thing I got out of being with Ray today was his comment about not being righteous—no one is right and no one is wrong and how the horse displays that to us."

**Day 2:** "It was good today to see some of the changes in the colts that were started, especially the sorrel horse after he bucked off the rider. And it was good to see the difference in the expression on the horses' faces—different from yesterday. Riding this afternoon was an enjoyable experience."

**Christi Rains**

**Day 1:** "I really enjoyed today. It was interesting to note that my mare often has trouble with other horses and I think the format today really helped her to desensitize. She didn't have any trouble weaving in and out of all the other horses. She didn't pin her ears at all! It was a great experience."

**Day 2:** "It was another great day and I was really proud of my mare. Have I ridden with Ray Hunt before? Five or six times. At a cow clinic with Ray in

Decatur, we rode out two miles across the ranch to get to the cattle pens, then we'd gather the cows and calves. We pushed them back to the pens, where our goal was to put the cows in one pen and the calves in the other pen. We pushed the herd toward Ray, and then all of a sudden there was this BLUR of man and horse darting back and forth at incredible speed and purpose. When the dust had settled, all the cows were in one pen and the calves in the other. Ray hadn't missed even one. It was amazing! I've been to the NCHA Cutting Super Stakes, and I've never seen such a display of horsemanship or cutting expertise as I saw Ray perform that day."

### Craig Johnson

**Day 1:** "I rode a nine-year-old horse named Smart Anna Lena. She's a horse I show competitively in some of the major reining events around the country. It was a great experience for her to have to be that close to other horses and weave in and out while concentrating."

**Day 2:** "Today helped me focus on fine-tuning the little things. The emphasis on the little things is so important, and Ray did a very good job explaining that and helping us with it. Our tendencies are to focus on the big things—the stops, the spins, the slides. If ever there are any flaws in any of those, you can trace it back to something simple. I liked the way Ray approached the lessons with the simple things."

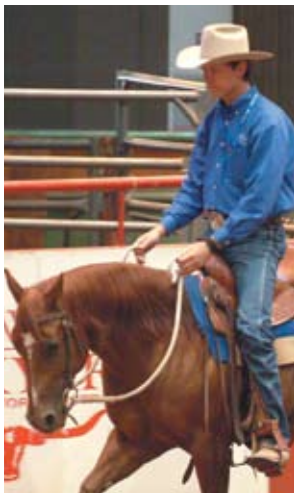
### Jake Shoemark

**Day 1:** "It was a really good experience. I got to meet Ray Hunt, listen to him talk, and watch him ride. Watching him ride a horse had to be my highlight. He reinforced the Parelli way of take more time with your horse, give the horse plenty of time."

**Day 2:** "My horse felt different today. I was looking for small changes and trying to reward that. It went really good. It was good to listen to Ray Hunt, to meet him and get my photo taken with him—I'll treasure that. I'm pretty lucky. Not many people get to meet him. Fifty years from now I'll probably still be talking about it. I really enjoyed it; I'm glad I came down here."

### Neil Pye

**Day 1:** "I didn't know what to expect today—I haven't seen Ray Hunt in eight years. There were certainly a lot of horses in there and it was crowded, but he directed everyone and it went smoothly. He answered everyone's questions and I was very impressed. He has a particular way to turn a phrase—he gets you to think about things and he certainly talks from the horse's point of view."



**Day 2:** "Today was more relaxed; I knew what to expect. Liberty was very relaxed today. He got used to listening to Ray Hunt's voice. I thought everyone did the maneuvers better today, so I thought it was a good day."

### Sharon Lyndi

**Day 1:** "It was great to watch Ray Hunt at work and it was really good to have all the Parelli people there. To go into the arena and get it all done without too much trouble was incredible. I wouldn't have been able to understand what it was all about without my background with Pat and his program. I've been at this a long time and I've participated in Tom Dorrance and Ray Hunt clinics before, but the longer you're in Parelli the more you understand what they're about. It's really great to be able to say, 'Yep, I'm getting it!'"

**Day 2:** "Last night was just fabulous. Today was more of the same, keeping the basics going. Today was good."

### Jonathan Field

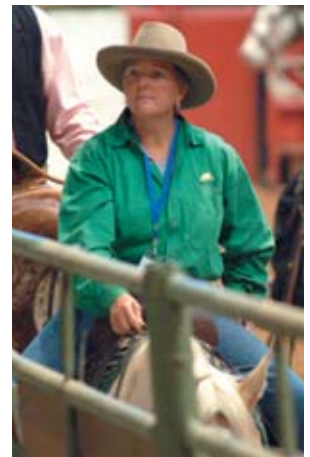
**Day 1:** "I caught myself not adjusting to fit the situation—I'd get myself in a big ball in the corner with all the other people and think I had to stay there in that line. Then I'd think, 'Ray didn't say we had to stay here.' So I'd go across the arena—it really got me thinking more. It was a great day. It's an honor to be here."

**Day 2:** "My horse felt totally different today from yesterday. In preparing her before today's class, I went out and spent a whole bunch of time getting her to really feel for me. That simple exercise that Ray has you do is amazing—and he says exactly the same thing over and over—but each time he said it, it seemed to mean more. He says, 'How little can you do?' And then I thought, 'Well, how little can I do?' It made a huge difference in me."

### Pat Parelli

**Day 1:** "I experienced the magic hold that Ray Hunt has on people. When he orchestrates people, there's something that comes to you and through you from him that causes you to reach inside yourself and find the softest, sweetest way in the world to get the message from your horse's mind through his emotions, down through his body to his feet. I had not felt that in a long time, and I'm glad I felt it again today."

**Day 2:** "You asked why I took the bridle off Magic during the class. Well, Ray had talked about how he would like to see people have enough communication and skills so that we could ride our horses without bridles—especially in competition. So I wanted to honor Ray by taking the bridle off Magic and riding her in the course today bridleless. He may not have said anything to the crowd, but I know that he noticed. He doesn't miss a thing. What I did was about honoring Ray." 🐾



## Savvy Club Photo Contest

Thank-you to everyone who submitted photos. Stay tuned! Winners will be notified by August 1st and published in the October 2005 issue of Savvy Times!

## Savvy Club Forum

The Forum is a great resource for Savvy Club members only. While it is not a place to find training information (that's what the Parelli Program, Virtual Instructor and Parelli Professionals are for), it is a place to meet fellow Savvy Club members, share stories and chat about everything Parelli. Includes a special Classifieds section. To log on and check out the Forum just log-in to [parellisavvyclub.com](http://parellisavvyclub.com). Click on the "Savvy Club Forum" link at the top of the page and then select "Register" from the top menu. This will take you through a few easy registration steps. Now you're set to explore existing posts or create your own! Also when you log into the Savvy Club website check out the member locator option.



## TOUR STOP ADMISSION

We are now asking that Savvy Club members reserve their seats at tour stops by requesting a ticket for themselves and anyone who is attending in their membership. The ticket must be used for the venue you requested it for. If you are unable to attend and want to

attend a different stop than the one you requested the ticket for, please request new tickets for that venue. You're helping us keep a head count to ensure everyone gets a seat. You can also still request an additional five tickets so you can bring friends for the same price... FREE!

What you have to do:

1) Log on to the Parelli Online Shop. <https://shop.parellisecure.com/>  
(If this is your first time, you will have to make a new account. Make sure that you use the same e-mail address as your Savvy Club e-mail otherwise it won't recognize you as a Savvy Club member.)

2) Click on the link that says "Tickets" and follow the same steps as if you were purchasing tickets. In the end your balance will be zero and your FREE tickets will be sent by mail.

If you run into any problems, please call the customer service department at 1-800-642-3335.



## DON'T FORGET YOUR PASSPORT & MEMBERSHIP CARD

Requesting tickets will get you in free to all the Parelli 2005 Tour stops, but don't forget your Parelli Passport and membership card. Your passport can be stamped at the Savvy Club booth with a unique stamp at every Tour stop or major Parelli event. Document your journey! Your card will be swiped to add your special Savvy Club member discount to your purchases at the show!

## BACK ISSUES AVAILABLE

Visit [www.parellisavvyclub.com](http://www.parellisavvyclub.com) and click on 'Previous Products' or visit the Parelli web shop (and make sure you set up an account if this is your first visit and log-in with the same e-mail address you registered with the Savvy Club) for a listing of back issues available. Hurry! Items over a year old are only available while supplies last. Recent issues include:



### Savvy Times Magazine, Issue 7, April 2005

Riding Like A Leader by Linda Parelli; Finding Your Way Through The Labyrinth by Stephanie Burns, PhD; From Computer Keyboard to Cowboy: Parelli Instructor Dave Ellis Made the Journey; What Makes Mules So Danged Special? by Pat Parelli; Shorty Comes Full Circle; When Your Horse Walks Off While You're Trying to Mount... ; Riding the River; Behind the Scenes: Florida Parelli Center, Letters; Our Readers Write About: ATTITUDE, Meet Pat's Foundation Student, Jake Shoemark; Parelli Professionals; Savvy Club Update; Junior Savvy; Q&A with Linda Parelli; Meeting Smart Seven; Savvy Playground Obstacles: Waterfall; Parelli News; A Level 2 Journey with Yvonne Wilcox and more!

### June 2005 DVD, Issue 10

• ATTITUDE/KNOWLEDGE Smart Seven Part 8 with Pat Parelli, Scamp and Smart Seven  
Smart Seven is now 16 days old and has been moved up to Pat and Linda's house so they can have more play time together! Seven gets his first scratch on the belly, and Pat uses two Carrot Sticks and strings to play Porcupine Games. Seven learns to lead by following a feel on the back of Zone 2. Pat shows how to use "baby blocks!"




Seven meets the 'plastic flag' for the first time and gets curious when Pat lets him 'follow the flag'

- TOOLS/TECHNIQUES** "Seven Games in Huntsville, Alabama" with Linda and Pat Parelli  
 This segment has been one of our most requested pieces of video ever! You'll see Pat playing the Seven Games with a new horse with his mare Magic as his legs! Magic helps Pat play the Seven Games with her own "Schwiegermutter looks" and Porcupine Games with her teeth! Pat plays with Scout, a 5 1/2-year-old QH Paint gelding who "fights the bit" and has never backed out of a trailer. Linda plays with Sebastian, a 12-year-old Dutch Warmblood gelding who "spooks and bolts when scared."
- IMAGINATION** "The Parelli Games in Huntsville, Alabama" with Pat, Neil Pye, Emilie and Porsche  
 The Parelli Games are great imagination builders! How many different games, in different zones, in four savvys (On Line - Liberty - FreeStyle - Finesse), over three levels (Partnership - Harmony - Refinement) can you play with one obstacle? In this session you'll see 16-year-old Emilie Thompson and her Arabian, Porsche, play with obstacles on a 45-foot Line: the tarp in the circle, the slalom, sideways over a pole, sideways over barrels, then the squeeze over the barrels from 45 feet away!
- INSPIRATION** "Kinder & Pferde" with the Savvy Kids from Stuttgart, Germany  
 Get ready to be inspired... At the September 2004 Savvy Day in Germany, Pat and Linda received a wonderful surprise as they watched 12 young members of the Savvy Team (the youngest barely three years old!) play with their horses On Line, at Liberty, then riding FreeStyle bareback and bridleless!



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## Have Fun with the Porcupine Game #2

*Here's a neat game to play with your parents or friends that will help you master your Porcupine phases! Get your Carrot Stick and a parent or friend, and then play this game with them. They must not know what you are planning to do; you just need to ask them to pretend to be your horse...*



It's easiest if you begin with your pretend horse standing.

You'll need a chair that has a back on it, and have it out in the middle of a room, not pushed under a table.

Start away from the chair, and use your Carrot Stick to gently guide your human toward the chair.

Think about what 'zone' you would need to gently press with your Carrot Stick to move your human toward the chair.

Remember to rub your human with the Carrot Stick before you press.

If your human is resistant, gently increase your phases until they make the right move, and then quit and rub to let them know they're right, just like you would with your horse. No talking. Use your body language and phases.

Remember your Porcupine phases are Phase 1: press the hair, Phase 2: Press



Human bodies can be awkward to porcupine. Be careful.

the skin, Phase 3: press the muscle, Phase 4: Press the bone. (Hopefully your human will move at Phase 1!!)

Once you have your human stopped at the chair, position them with your Porcupine Game so that their back is to the chair, then porcupine them to have them sit in the chair. When your human makes the right move, you could also rub them with the Carrot Stick to help them know they did the right thing. If you make it feel nice, they will become even better at trying to understand what it is you're wanting them to do!

Now Porcupine your human to have them stand up and then walk three circles around the chair.

Then have them stop behind the chair, facing the back of the chair. Porcupine your human to have them touch the top



Laura Dollar

It's really rewarding when you've accomplished your goal.

of the back of the chair with their nose! Remember to be gentle and patient!

Remember, it's important to let your human know they're right by quitting at the right time, and rubbing them with the Carrot Stick.

After you have completed this task, ask your human how they felt. And how did you feel? Talk about it and maybe go through it again, now that your human knows what you want. What could you have done differently to make it easier?

This task will help you learn to become really clear in what you are asking your horse to do, plus it's lots of fun! Can you think of other things to have your human do? How about turning on a light switch or picking up something?



The kids were having so much fun the adults (Gabriel, Andrew's dad & Yvonne, Sophie's mom) wanted to try. It's tougher than you think. Who knew it could be so hard to turn on the lights?



We switched roles. Now Andrew starts off in the chair and it's Sophie's goal to stand him up, turn him around and put his nose on the back of the chair.



Andrew's proving to be a very difficult horse.



But Sophie remains passively persistent in the proper position.



Remember to be very careful around your pretend horse's head. Here Sophie Porcupine's Andrew's back to get him to lower his head.



Success! It's easy to get really focused on your goal especially when your pretend horse is so close to accomplishing it. Don't forget the rub before you press and to use the rub as a reward when your pretend horse responds to pressure.

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# Stubborn or Fearful?

by Pat Parelli

**H**ow do you tell the difference between a fearful horse and one that is just plain ol' stubborn?

Many times, what we may perceive as fearful or stubborn is actually a lack of confidence.

I think most people recognize some obvious factors that indicate fear, like the whites of the horse's eyes showing. When some horses are really afraid, they'll move their feet in a nervous and unconfident manner, and may form foamy sweat on their bodies.

But other horses, who maybe don't have as much fire in their feet, may not exhibit their fear or lack of confidence that way. Oftentimes those horses don't want to go forward at all and they'll plant their feet. In assessing a fearful or stubborn horse, I try to determine how a lack of confidence will exhibit itself—flight from fear or a more a passive resistance?

Horses, even fearful or stubborn ones, are looking for leadership. I find that when a horse is confident in a person's leadership ability, the horse will be a natural follower.

We need to build a horse's confidence a little bit at a time—whether going forward confidently or going farther away from the barn or crossing something he wouldn't cross on his own. A lot of times these horses just are not confident in the person's leadership. They've learned how to use opposition reflexes like stopping, not going forward, sashaying to the side, even rearing up a little bit. Learning about opposition reflex is critical to learning how to read a horse, as well as understanding why he is reacting. It may involve a lack of respect, but this is due to a lack of trust and esteem for the human as a leader.

Often if we can get a horse to be confident in himself, his environment, and in our leadership, these fearful or stubborn behaviors will go away.

## Your Role

Your attitude applies directly to your relationship with your horse. If you are confident, the horse gains confidence. If you are nervous, your horse will feel unsafe and lose confidence in you as his leader. If you are over-aggressive or inconsiderate, the horse may become fearful (or fight back).

In so many ways, your horse is your mirror. Lots of people blame the horse for his attitude and not realize the part their attitude plays in this two-way relationship. Your attitude and behavior determine the amount of respect you'll get from your horse. You'll be amazed at what your horse will do for you once he trusts you as his leader. 🐾



# Savvy Playgound Obstacles: The Spools



We caught up with Linda Parelli as she and Remmer were playing in the playground at the Pat Parelli Center in Colorado and asked her about the Giant Spools.

## **Why did you and Pat create this obstacle?**

Because they look cool, are very unusual and are very challenging!

The Giant Spools represent a big "Squeeze" challenge for horses. Not only does the horse have to jump a sizable obstacle, he also has to stay between the sides of the spools, which are barely wider than the horse himself.

## **What "challenge rating" do the Spools have?**

I'd say Level 3 to 4. They're tougher than trailer loading a claustrophobic horse, plus they require a horse to jump 2'6" or more between two sides.

## **What can you do with them if you are studying Level 1? Level 2? Level 3?**

I would not attempt them until the study of Level 3. You need your horse to be quite trusting and reasonably athletic and confident to jump. He has to be "over" the claustrophobic issue to a significant degree (perfect is not the right word; perfection doesn't exist).

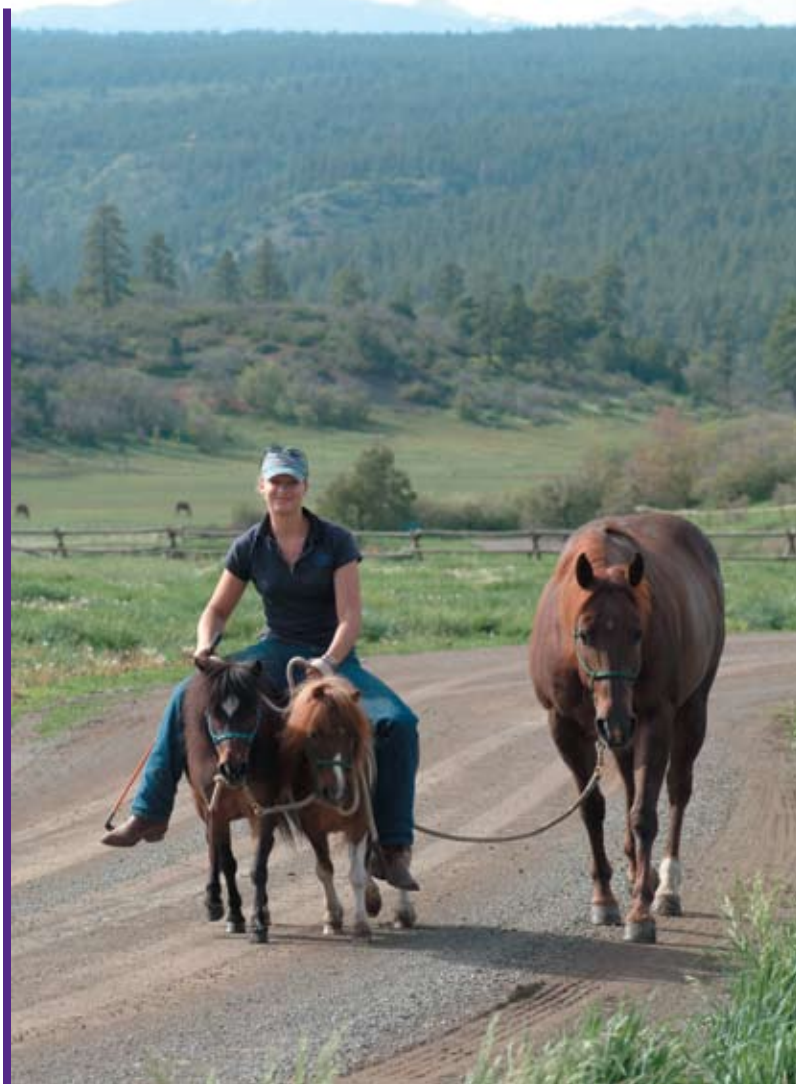
Just as we teach in "Seven Games with an Obstacle" (currently in the Level 3 Program), it's not about the obstacle. And you need to be able to do a lot of things other than just jump the Spool, although jumping it seems to be the coolest thing!

Part of the challenge should be: Can you get your horse to put his nose on it... back up to it... sidepass around it... circle it... put one or two feet on it... touch the side of it with Zone 3 or 4...?

## **Where did you find the Giant Spools?**

We found them at a local electrical depot. They can probably be found in any town where people use miles of cable.

*Next issue: "The Honeycomb."*



### Where are you originally from?

Bendigo, Victoria, Australia.

### How'd you first hear about Parelli?

I had a difficult pony. It was either sell him or do something, which may have been the last straw. I had a friend who suggested Parelli. It kind of got worse before it got better, but once it started getting better I was hooked. That was almost 10 years ago. There was no program then, just the original five videos. I watched those and got my Level 1 from that.

### Was it difficult not having a program?

I got my Level 3 in two years. When I get something in my mind, I'm really determined and motivated. I just went at it anyway with what information I had. If I'd had the packs I would have gotten it done even faster.

### What are your long-term horsemanship goals?

My first priority when I came over here, and I've been here for two and a half years, was my instructor-man-ship. I participated in courses for seven months and then my program was refocused on horsemanship, so I was in the

Foundation Station at the Parelli Centers and on Tour for two years. Young horses and difficult horses are my passion because you can stretch the horses so far in very little time—from nothing to being able to ride. When you get over a really major problem or issue I think it's really satisfying.

### Do you think you'll continue instructing?

I love teaching, and I've been doing heaps this year. Since April 2004 I've been Neil's assistant, and I've been teaching one- and two-week courses. That's been unreal! I've got so many star ratings in instructing, difficult horses and young horses. I'd like to keep going.

I actually really like driving horses, too. I hadn't been exposed to it much at home. I studied for a week with Steve Bowers, who's been a presenter at the Parelli Savvy Conference. The more I learn about it the more I think it's the ultimate form of respect.

### What's a problem you've experienced as a student and how did you overcome it?

The first horse I had, my Level 3 pony, is still to this day the most difficult horse that I've played with. He's the reason I got into the program—it was green on green. I was only 12 and he was four. He learned quicker than I did. He got into the pattern of bolting and jumping fences or gates. He just wanted to run his own show. I wasn't quick or smart enough for him so he'd just take over. He hated being controlled, too. Respect was big for him. Level 1 was pretty easy because I could do it in a small arena behind a big high fence. Once I had to get into Level 2 and bigger spaces, lead changes... it got worse before it got better. When we got over that real respect issue it was straight up from there.

He was really confident within himself, which was to our advantage. The great thing about the Program is that it doesn't ever break their spirit. That pony still asks all the same questions. It's just he's got enough respect for me as his leader to listen to what I say and do it anyway. When I came here it was very difficult to find a home for him. If you don't play with him, he jumps out of the pasture no matter what type of fence you've got. I finally found a really great lady who used to be a coordinator for instructors. She'd just lost her horse and has been perfect for him. She's had him for the last two-and-a-half



years that I've been here, and it's going great.

### **Tell me more specifics about your pony.**

His name is Toppa. We bought him like that... You know my last name is Topp. When we went to buy him my mom said, "Don't look at the name. It's not meant to be." It was love at first sight. He's a 13-year-old, dapple gray, Welsh Mountain pony.



### **What's the most valuable thing that you've learned in your journey?**

I think being here at the Parelli Center was very important for

my journey. At home I really did it by myself. My family is not into horses. I was very much an 'I' person. I'd do a lot by myself and wouldn't ride with other people. So coming here, fitting into a team and working together, gaining patience was very difficult. I grew mentally, emotionally and physically. I'd had my Level 3 since I was 15, which was five years before I came here. The horsemanship side I had. It's the people side that was a real challenge. I'm certainly much more relaxed now and enjoy it a lot more.

### **So your family wasn't into horses, but you've told me you once had a total of eight horses. How did that evolve?**

At about age 10 I'd pester my mom about going to riding school. I had a neighbor, actually a vet who I worked for, whose wife was into horses. She didn't have one at the time, but after watching me ride one day it made her want to get back into horses. We lived in town, so she used to take me out with her. I rode other people's horses and had a blast. Mom said I'd have to be 18 before I could have a horse; I'd have to look after him and drive myself to where he'd stay. Horses are lots of responsibility. I was 12 when my neighbor, Jan, was looking for more room for horses. In front of me and my parents she said if I had a horse I could keep him there. We looked at a few horses, and I got Toppa.

Since my first lesson I wanted to be a Parelli Professional. After I got my Level 3 with Toppa, I took another four horses to Level 3 since that's the next progression to Level 4. I couldn't come to the Parelli Center yet and pursue my goals as a Professional until I was 21.

I really wanted to do a Level 4 course with Pat in Braidwood (Australia), nine hours away. At 19 I made it my goal and saved up

my money. I took my latest Level 3 horse who used to be a bucking horse. I was the only one there who wasn't an Instructor. Everybody had their best horse. Mine was still a solid Level 3. Pat liked him so much that he bought him and uses him when he travels to Australia. His name is Doc.

I talked to Pat about going to the Parelli Center. We watched a video of the Savvy Conference and he pointed out his apprentices. I asked, "What do I have to do to do that?" We talked a couple of times and Pat did what he always did and didn't really say much. The last day when we had to recap our highlight, my highlight was finding something I really loved, and that I might not have to spend five years at a University studying something I really didn't want to do. That's when Pat stood up and announced, "I've just given Helen a scholarship to come and study with me." It was all my dreams come true.

He gave me one of his horses to play with for a few months before I came over. I couldn't believe it. I wouldn't take back any of the time that I've had here.

### **What's your typical day like?**

I get up pretty early, about six, and try to play or do something with the horses before I go to work at the ranch office. I get into the office about eight and answer lots of questions for Neil, or if I'm teaching a course, I teach until lunch. Then I continue from two until seven. After dinner, I try to ride a few horses. Quite a change from the first year I was here.

At home I was a very academic person. Horses were just a part of my life. Coming to the Parelli Center was very physical and all about horses. I had about 10 project horses, and we'd just be going full-on.

Like I've said, at first it was hard emotionally with the teamwork and fitting in, but I also didn't have as much mental, academic type work which I'm getting now. It's been really fascinating working out how to answer difficult e-mails or questions. It's all part of the journey. It's been a good change. 🐾



the program has been slow, I finally know that studying Pat's teachings is the best decision I made in my life—after marrying my husband, of course.

So thank y'all! You are making our world a better place.

—*Florence Dorsey*

### SAFETY ON THE TRAIL

I listed my dressage saddle on ebay last week, since my Arab has long outgrown it after developing beefy muscles from months of daily impulsion program patterns. An interested buyer was local—a self-proclaimed professional dressage riding instructor. I suggested we meet at a trailhead nearby and ride.

My boyfriend (a mid-Level 2 student, with his coming 4-year-old mare, Paks) and I (a beginning Level 3 student with my "former freak" Arab, Red) met the dressage lady and her husband at the designated trailhead. Little did we know that there was a trail club event that morning, so the place was packed!

However, Paks and Red were perfectly calm. They have a "been there, done that" attitude about everything (unloading, checking out new places, being saddled, etc.). The lady's horse, on the other hand, was a bit of a freak. Her husband's horse (their 20+-year-old school horse) was much better, although a little "up."

The scene was rather funny: chain over the noseband, tall boots, full breeches, polo shirt, helmet, dressage whip. Her horse had a full cavesson, flash, martingale, and who knows what else tied to it. The mounting experience was amusing, and the whole time on the trail she was apologizing for how her horses were "a little hot." Amazingly Paks and Red did not feed off the nervous energy of the other

horses and were having fun, enjoying the trail and getting the chance to graze, as we stopped and waited for our companions to "have conversations with their horses" from time to time.

At one point, the path was very narrow, and a group of riders was coming toward us. So, Red easily backed off the trail, squeezed into thick brush, and stood casually with reins on neck. Paks pushed through the thickest brush and also waited. Then, the lady's horse started to flip out. It wouldn't back up or turn around. As the lady began to fight him, he reared straight up. It was surprising that she stayed on (it was also surprising the horse did not flip over). I complimented the lady on her ability to stay on the horse, and she replied something like: "That's typical behavior for dressage horses in training, and you better be able to stay on while the horse rears."

Toward the end of the ride, the husband asked what we were riding our horses in (our Parelli hackamores), because they were so responsive. The lady then asked (somewhat impressed herself) how long it took for Paks (knowing she's very young) to adjust

to the hackamore (assuming Paks was started in a bit). My boyfriend replied that she was started in this, and had not had a bit in her mouth yet. They were stunned. Then, she asked how long I've been riding. I told her three years. They were stunned again.

Of course the trailer loading segment was also amusing. It took two people, one pulling by the clasp while the other hit the horse from behind with a stick. Meanwhile, Red and Paks both self-loaded into the trailer with a ho-hum attitude.

The best part of the day was after we got home when I had a moment of realization. At no point during the day did I ever feel a flash of anxiety. Everything just felt easy and comfortable.

It's hard to believe that it's only been three years since my first time around horses. It's also hard to believe how far Red and I have come together. I really believe this is what harmony is supposed to feel like as we graduate from Level 2. I can't wait to see what new and great changes are in store for us as we journey through Level 3.

—*Janet Conway*







## Improving Horse Behavior at Feeding Time

by Linda Parelli

Here is a savvy way to do everything with horses. The more you learn about horse behavior, being able to read situations before anything goes wrong and knowing what to do about it—the more safety and success you will have.

Feeding time can stir up emotional and dominance behaviors in horses because in the herd environment some of the biggest pecking order battles occur over who gets to drink or eat first. Even though your horse may not be kept with other horses, this behavior is still a strong part of his instincts. You may find your horse playing these games on you. Here are some of the most common behaviors:

- Ears back
- Charging or kicking at you
- Pacing, head tossing, pawing and other demonstrations of impatience
- Aggressive behavior towards other horses
- Anxiety

Most of these behaviors are actually caused by people scheduling regular feeding times and allowing horses to rush to their feed before being invited. The following information is meant to teach you how to change these patterns and thus reshape your horse's behavior... not to mention keep you safe.

### GENERAL PRINCIPLES

Don't feed at exactly the same time every day. Allow a two-hour window for feeding (for instance, anywhere between 5PM and 7PM). Horses learn habits very quickly. If you are regimented in your feeding times, you will teach horses to become demanding, impatient and emotional if you are late.

Feed at the place you want your horses to draw toward, like the gate.

Some people establish feeding places in pastures that are a long way from the gate. You want the gate to be a sweet spot, and not the only place they see you when you come to get them for other reasons.

Provide plenty of room between horses if you are feeding a group in one place.

It is natural for horses to play dominance games over things like feed and water. Help avoid wars by feeding the dominant horse first and by allowing lots of space between feed buckets—a minimum of three horse lengths. Make sure a horse is never fed in a corner where he can be trapped.

Establish a call or whistle for every time you arrive to feed or to get your horse to play. This is called "conditioned response." You want to program a habit in your horses of

having them come when you call.

Don't let horses push on you. Don't get caught in between two horses involved in a dominance competition at feeding time.

At first you might want to carry a Carrot Stick and Savvy String so you can drive horses away from you. Then ask them to wait until you invite them to feed by smiling and walking away. Because you are aiming to become the "dominant horse," you should adopt the same behavior that dominant horses do at feeding time: "Stand back until I give you permission to eat!"

Don't cause your horse to get crabby. In the early stages of learning this program and feeding your horse, don't mess with your horse after he starts eating. Eating and drinking times are when horses are most inclined to assert their dominance, so you don't want to invite potential problems right now.

Once you allow your horse to come to his feed, smile and leave. It's important that your horse understands the ritual and to realize that he is not dominant over you, which is especially tested at feeding time. Only then will it be safe to stroke or pet him while he's eating... and for a good, safe rule of thumb, think of this happening only when you're about a third of the way through Level 2. 🐾



# Parelli ESSENTIALS

Help Keep Digestion Natural

by Cynthia McFarland

Pat Parelli's Quarter Horse Stallion, Casper

Parelli Essentials may be the answer if your horse shows any of the following signs:

- Poor hair coat—dry, bleached, etc.
- Skin issues, allergies
- Poor hoof quality
- Joint or bone issues
- Wood chewing, cribbing
- Stomach ache, colic
- Lack of energy, glandular problems
- Parasite infestations
- Sensitivity to viruses, low immunity
- Nervousness
- Poor appetite or inability to gain weight
- Over-eaters, obesity
- Vitamin and mineral deficiencies.

## What Savvy Club Members are saying about Parelli Essentials:

"I just started using Essentials on my two horses about a month ago and they are looking so much better! Justin used to have really dry, bleached hair, and his hooves didn't grow as fast as they should, he was always eating wood, and he had also started eating manure!

"Now, he feels almost like satin and the farrier noticed a big change in his hoof condition. He's also not eating wood and the other stuff anymore.

"Then Deace, my other pony, has pretty much all the same changes except she never really ate wood. But it used to be really hard to keep weight on her, and now she's right where she should be."

—Cambridge, Minnesota

Most horses, even those who are well loved and cared for, live in an environment far different from what Nature intended. Stabled horses cannot graze and browse all day, and even horses kept on pasture have limited conditions when compared with how wild horses forage. Add to this "artificial" environment the stress and rigors of training, and it's not hard to see why so many horses often show physical signs that something is missing.

In many cases that "something missing" is proper digestion. Even if your horse has the finest feed available, he can't reap the benefits if he can't digest it efficiently. In the horse's upper digestive tract, whole foods are broken down into components: amino acids, vitamins, minerals, essential fatty acids, etc., which are then delivered into the small intestine for absorption into the body. If these nutrients are not properly broken down the body cannot use them. The body reflects this in various ways, including poor hair coat and hoof condition, skin issues and allergies, intestinal problems, lack of energy, anxiety, compromised immune system, chewing on wood, and more.

Often, an owner will strive to remedy such problems by simply giving the horse additional supplements. Unfortunately, if the horse's digestive system isn't working

the way it should, even the best supplements aren't the solution.

## Stress Can Affect Digestion

Our domesticated horses are exposed to a variety of things that can stress them both mentally and physically. These may include inadequate nutrition and/or hydration, travel, performance training and exercise, stabling/pasture conditions, hard work, isolation from other horses, and fight/flight responses. If a horse's digestion is compromised over a period of time, he can suffer from long-term stress because his body cannot renew and replenish itself as it should. To compound the issue, when a horse is highly stressed or fearful, his digestive system partially shuts down.

"If you get nervous, you may feel physically ill or you can't eat," observes Linda Parelli. "A horse will do the same thing. And if the horse is fed in this stressed condition, he can't properly break down the feed and this often leads to elimination problems, such as colic and intestinal problems."

The adrenal and thyroid glands can be compromised if a horse is fearful or under great emotional and/or physical stress. In this case, trying to solve the problem with feed or supplements is "like trying to fill a bucket with a hole in it," Linda notes.

## Improving Digestion

Pat and Linda Parelli realized the importance of efficient digestion when they noticed certain health issues in some of their own horses.

"With over 100 horses under our care, it was hard to have an individualized feeding program for each horse," Linda recalls. "We also saw health issues in some of our horses, such as wood chewing, bleached and dull coats, and skin and parasite issues. Some horses were underweight while others were overweight."

At first, offering the horses direct mineral supplementation seemed to be the answer, as it showed clear improvement in these troubling conditions. "The frustrating thing was that they didn't always want to eat the powdered supplement," says Linda. "Certain horses would not eat it at all; others would eat it for a period of time and then quit eating it and their condition would fall off again. I realized we needed something that the horses would eat consistently."

Enter Parelli Essentials. Designed to restore optimum digestion and to keep the horse's system consistently operating at a high level, Parelli Essentials helps the body renew itself properly.

"Pat and I have been using Parelli Essentials with our horses since January of 2004," says Linda

Parelli, noting that, the product was specifically developed by a health consultant in Australia whom she's known since the mid 1980's.

A "synergist" rather than a "supplement," Parelli Essentials was created to help upgrade the digestive process so the horse can better break down its feed and utilize nutrients. Essentials allows the horse to extract more of what it needs from its diet by "upgrading" the digestive process.

### Proving the Product

Wanting her own proof, Linda decided to test the product herself. "We went through a testing period and had two groups of horses with 40 on the Essentials and 40 on the mineral supplements. The difference between the two groups was profound," she says.

"Given the right feed, horses should be able to manufacture what they need for maintenance, unless they are not digesting and utilizing the feed nutrients properly," notes Linda. "The very things the body needs often must be synthesized by the body from the food it takes in. The synergists in this formula either make specific nutrients when they come in contact with feed, or they stimulate production by the body itself. This really helps horses get on track physically so they can make, and hold, enormous changes in their condition."

In the year-plus since the Parelli herd has been on the product, Linda found that physical improvements among the horses were noticeable, and in some cases, dramatic. Changes were noticed anywhere from just four days to over a period of several weeks, and for some horses, the impact was immediate and visible, she adds.

"One thing I've noticed is that all the horses eat it," says Linda. "There has been no rejection of the Parelli Essentials as there was with the minerals in the past. Adding Essentials is the only thing that has changed in

our feeding program in the last year.

We don't have any horses with obesity problems or any that are really underweight, and there are no grass bellies. Our horses are kept outside and this year there was no difference between the blanketed horses and the unblanketed ones. Their coats look amazing and their coat colors are a lot richer and darker."

The Parellis have been using Parelli Essentials now since January 2004 and all of their horses are on the product, which became available to the public in September 2004.

"We never had intentions of selling Parelli Essentials in the beginning," admits Linda. "We just wanted a good way of managing our own horses. But people saw the condition of our horses that are out on tour for months and they look as good at the end of the tour as they do at the beginning. They started asking us what we were doing and we realized people needed this, so we made the decision to package and sell it."

### Using Parelli Essentials

Parelli Essentials is actually a combination of natural plant-derived products, amino acids and herbs designed to produce a synergistic result in the horse's system when taken with feed. The list of ingredients includes Taurine, L-Lysine, Slippery Elm Bark

Powder, Hawthorne Berry Powder, Golden Seal Root Powder, Licorice Root Powder, St. John's Wort Herb Powder and DL-Phenylalanine.

The Parellis suggest feeding a double dose (a measuring scoop is included) for the first month and then dropping to a maintenance dose. Parelli Essentials is easy to feed. Simply mix it in your horse's regular feed and wet the entire mixture with water and a small amount of molasses.

Since adequate hydration is critical if your horse's systems are to work properly, make sure your horse is drinking plenty of water. Offering a choice of plain water and water flavored with molasses, as the Parellis do with their horses, is an excellent way to encourage water consumption because molasses acts as a natural electrolyte.

Since Parelli Essentials isn't a "supplement," there may be some situations where your horse will require supplementation, such as a joint supplement to support the extra stresses on horses involved in high level performance.

### Seeing Results!

Dan and Gretchen Thompson, Parelli 3-Star Instructors, are based in White Fish, Montana, and work out of north Georgia during the winter holding clinics throughout the

Continued on Page 53



"I got Essentials because they came in a package I purchased at last year's Savvy Conference. I absolutely love it!

"We noticed changes in appetite within a couple of weeks, most notably my 16-year-old gelding started LEAVING HAY for the first time in his life.

"This spring their coats are phenomenal. My vet agrees that there are benefits for my gelding with metabolic syndrome—he lost over a hundred pounds of nasty-fluid type weight in a couple of months after starting Essentials.

"We don't have a big budget by any means, but this is one expense that is a necessity for our guys. I haven't looked at the exact figures, but with the decrease in our hay bill Essentials just might literally pay for itself."

—Tucson, Arizona

"My horses have been on Essentials for about 12 weeks. I, too, have a budget but changed a few priorities and feel it has been money well spent.

"Their coats are shiny and sleek (shedding occurred more easily), my old Doc's chronic diarrhea finally went away. My arthritic mare is moving better. Their eyes are bright and healthy and they seem to have a new zest for life."

—York, South Carolina

#### 4 DAYS OLD

As I whistle for Scamp and her foal, Smart Seven, I'm really pleased when the colt answers me with a whinny, then starts calmly nursing on his dam. He's relaxed and confident in my presence. As I lead Scamp down the hill, Seven follows willingly and freely. I sit in the back of the golf cart as my son Caton drives us through the pasture, Scamp and Seven trotting behind. In a few hours, Seven will be four days old.

After teaching Seven some principles in our last session (see April issue of *Savvy Times*), it's now time to put a purpose to those principles.

Even with a foal, each session I offer him is different from the one before. So today we'll introduce lots of new things to Seven. First, however, we start with establishing the relationship between us. I kneel down and play the Friendly Game with Seven by stroking him all over his body. I create a little foal harness by draping two Savvy Strings (knotted together) over his wither area, then I run the two ends of the string between his front legs, in front of his chest and then to my hand.

I ask Seven to follow the string with his nose as I walk in an arc in front of his body, and then release the pressure of the string when his nose passes over it.

For the first part of this session, I want to introduce Seven to a handheld, small, vibrating massager. I start by massaging Scamp (who loves being scratched), and as I pass this massager all over the mare's body, she's so happy about being massaged that she reaches down with her tactile nose and starts grooming the foal by rubbing him busily with her muzzle. The colt starts rooting for the mare's udder, and then I hear that assuring suckling sound. As Seven suckles, I kneel down alongside him and lightly run the massager over his body, using the back of my hand first to rub his tiny neck and back. For those of you who have seen my "Clipping" DVD or have seen me demonstrate with a problem horse at a tour stop, you know that this massager is a great way to get horses over their fear of clipping. By rubbing their body with the massager first before you ever introduce the clippers, the horse begins to think that everything that buzzes feels good—eventually even the clippers.

Smart Seven really likes the massager, and reaches out to groom me as I rub on him.

As the saying goes, an ounce of prevention is worth a pound of cure. And because of the foundation we're giving this colt, like getting him used to a massager, Smart Seven will never have any problem being clipped. Imagine what horses would be like if we gave them a pound, or even a ton, of prevention instead of just



# MEETING SMART SEVEN

Part 4

By Pat Parelli



Remember,  
there's nothing  
you can't  
do when the  
horse becomes  
a part of you.



an ounce! Today, more and more young people are achieving their Level 3 (we suggest getting Level 3 before playing with foals). Can you imagine the foals these young people teach Parelli to that will have this kind of pre-ride training? It will blow the lid off the world of horses! Remember, there's nothing you can't do when the horse becomes a part of you.

I continue to massage Seven as he nurses, and then I ask him to be brave by following me; I want him to be confident and curious about everything. Caton leads Scamp behind us.

Here comes our first obstacle opportunity! On the ground is a saddle blanket that's made of medical felt. I stand on the opposite side of the blanket from the colt and ask Seven to put one foot on the blanket. Before I can blink an eye, he's walked right over the pad without any hesitation! Each hoof has made contact with the blanket. It was so cool! I lead him back in the other direction, putting his nose over the blanket (releasing the pressure on the string when his nose is over the edge of the obstacle). I don't pull on him, but rather I hold him in position—there's a big difference. You need to be as gentle as you can but as firm as necessary. Seven gives just a little hop with his hind feet as he crosses the blanket the next time, only because one side of the pad is lifted a little off the ground. I think he's the smartest four-day-old colt in the world! He's now trusting in my

leadership, because I've given him love, language and leadership in equal doses.

I lead him over to the saddle pad again, line up his nose, and he plops those tiny hooves right on top of the pad and walks calmly over to the other side. No big deal!

The next opportunity is a pole on the ground, and it's as big around as a telephone pole. Before I can even get a full sentence out of my mouth, "Let's see what he thinks about..." he's over the pole—right front, left front, hippity hop with both hind. He didn't even break stride! We've got a full-fledged trail class going on here!

I lead Seven up to a tarp that's been anchored on the ground with a rock placed on each corner. Remember, this foal isn't even four days old yet! He stops at the edge, ears rotating in various directions. Then I stop so I can let him become curious. I never force him; the string between my hands and his body is slack. A nano-second later, it was one, two, three, four feet on the tarp, and a calm stroll off the other side. This is so great! How many horses have you seen who are a LOT older than four days who won't even step on a tarp, more or less calmly stride over it!

Next is a solid-sided pedestal, with the top platform about a foot off the ground. He's definitely not sure about this obstacle. He even rears up a little bit—which illustrates how easily and quickly horses elevate their front end when they're not confident. He even jumped across one corner of the pedestal. I ask Seven to put his nose on the pedestal to help him become curious about it, and I play the Friendly Game with him by stroking his face and neck. He's a little too hesitant about the pedestal, and I would never force him, so we move on.

I ask Caton to take the halter off Scamp, and then to open the door to the trailer that's parked in the pasture. As you probably know by now, the Parelli way is to do just the opposite of what everyone else does in the horse world. So instead of leading the mare to the trailer and asking the foal to follow, I lead Seven toward the trailer. This gives us another opportunity to practice with the colt. There's no doubt in my mind that Scamp will follow, so that's not an issue.

On our way to the trailer, we practice crossing the tarp again, which Seven does again without breaking stride. This time the saddle blanket, however, looks like something to bound over, so he did. Then I asked him to step on it a foot at a time, which he does without any fuss or muss. He crosses the pole again with just a little bloop! of a hop, and then we approach the pedestal one more time. If he puts his nose on it, I would be happy. It's a bit of a Mt. Everest obstacle, so having him touch it

with his nose is just fine for today. Which is exactly what he does.

The trailer we're using for this lesson has one of those really big rear doors that swings wide, opening up the entire width of the trailer. The back of the trailer is configured like a large open stall, with no divider. I step inside the trailer and stand on the rubber mat as I face the foal. Caton holds the trailer door secure, flush against the side of the trailer as I suggest to Seven that he come inside the trailer with me. I don't pull, but instead hold the string steady as he checks out the situation. The mare is loose and stands alongside her foal, and on occasion I have to ask her to not join me inside the trailer.

Then I get on my knees and ask Smart Seven to back up by using the Porcupine Game on his chest with just my hand. I'm applying "approach and retreat" with this foal right now, just as we do with training adult horses to trailer load. Humans have a tendency to go directly for what they want, yet horses need to approach and retreat until they feel safe.

All I want Seven to do is to try, and then I reward the slightest try by releasing the pressure on the string and stroking him on the face with my hand. Just trying is so important. And as I've said before, it's the release that teaches. Again I ask him to back by playing the Porcupine Game on his chest; it's approach and retreat again. And then before you know it, he puts his nose over the top of the back edge of the trailer. A big jump and he's inside standing close to me! Now that he's inside the trailer, we begin to explore the interior. Next thing you know, Scamp hops in with us. This is important to note. There are mares who hate to trailer load who will willingly follow their foal into a trailer. Mares will do whatever it takes to make sure they're right there with their babies.

Be careful when you unload the foal; when I started to unload Seven, Scamp got between me and the foal and pushed us both. I wasn't paying attention! I ask Seven to load again, making sure that I'm firm but not forceful. Scamp is on sentry duty and stays right behind the foal. And once again, it's bloop! and Seven hops into the trailer, followed by Scamp. I would really like it if the foal nurses while in the trailer, and within seconds, he nuzzles on the mare's udder. We exit again with a little jump. The next time I suggest that he come into the trailer with me, he doesn't hesitate at all and hops in confidently.

There are four things we want our horses to be: Calm, smart, brave and athletic. And that's exactly what we're teaching Smart Seven in these sessions. We're preparing him to be a real SMART Seven. Those four things: Calm,

smart, brave, athletic—are so important in our horses.

Don't you just hate it when your horse gets athletic when he's cowardly or scared? I've experienced enough of that myself and know that I don't want it anymore. I want my horse to become athletic only when he's calm and smart.

One more time in and out of the trailer, and Smart Seven is showing so much more confidence. Caton then takes the opportunity to successfully load Seven into the trailer. I ask Caton to take the string off the colt, and Scamp jumps into the trailer to join them. Caton then steps outside the trailer to be with me.

As Caton and I stroll away, Scamp and Seven remain in the trailer, by choice, as calm and cool as could be. It's been a good Day 4 in Smart Seven's life.

#### 4-1/2 DAYS OLD

Today Smart Seven is 4-1/2 days old, and it's water crossing day!

I'm going to ride Scamp through the water, and hopefully Seven will follow. I've asked a helper, Jody, to stand on the near side of the water crossing with a Carrot Stick so she can act as a barrier for Seven.

Before I mount and as Seven is nursing, I take the opportunity to run my hands over his body and down his legs. Horses learn all the time, and if I take advantage of that fact, it really helps with the process and the plan. I pick up Seven's right hind leg and hold it for just a second, then the left hind leg.

I mount up on Scamp bareback and turn her in a

*All I want Seven to do is to try, and then I reward the slightest try by releasing the pressure on the string and stroking him.*





circle, with Seven next to my inside leg, also turning in the same circle. Then Scamp and I just sort of saunter over to the little creek crossing, which is only a few inches deep and a few feet wide, and here comes Seven right behind us. He chooses a narrower crossing than what I've chosen, which I think is pretty neat. He just calmly walks through the water, picking his legs up high, his little knees coming closer to his chest from the feel of the water! This is a good example of how horses naturally follow the order of love, language and leadership. The leadership part is following the mare through the water without hesitation. I turn Scamp around and we mosey through the water again, with Seven following behind without fear or hesitation, even across a wider part of the creek.

Remember the story I told you in a past issue of this magazine about watching a mare lead her three-day-old foal through a raging river? The bond that horses have with their dams, that feeling of safety and comfort, is remarkable. The mare is the first playmate the foal has.

Scamp and I cross the river again, and Seven is a little more curious this time, looking for an easier route. Jody has to push him a little bit with the Carrot Stick by circling it in the air. Scamp nickers that low, throaty "come here" sound to him, and Seven scampers across the creek, only to follow Scamp back across again through the widest part of the water. I want this foal to be confident about human leadership. With how Seven followed my leadership yesterday into the trailer and across the tarp, he's beginning to think, "Okay, you're leading me now; oh I get it, I'll go across the tarp, I'll go into the trailer." If the horse sees that I have a plan, he'll think, "I get it. I know what to do." By being a leader, I will always have a plan. Then he's got his partnership plan in place. But if the horse sees you and thinks, "Okay, I'm going to do the opposite of what this human

wants," then you're in an adversarial role. Establishing a leadership role is the value of what we're doing today with Seven.

Hey! What happens next is pretty interesting—Seven starts to follow one of the other mares in the pasture. Jody has Scamp on a 12-foot Line, and instead of grabbing the mare up close, like so many people do, she sends the mare to the foal, giving Scamp lots of line. If she had stayed close to Scamp instead of sending her, Jody would have been in the way between the mare and foal. And that's not a place you want to be! Seven started suckling on Scamp right away. Whew! As soon as things start getting a little fast or too complex, the foal thought the other mare (who is also out of Scamp) was his dam! That's when you have to be ready to do the right thing—and the right thing is the same thing in principle as it is in purpose.

I know you've heard me say, "Never catch a horse, let it catch you." This principle applies to foals, too. So when I approach the two, I go to the mare first, then the baby comes to me and I lean down and stroke him. He reaches out with his little muzzle, which is the first step of him coming to me. It's sort of like someone being glad to see you and reaching out with their hand.

I slip two Savvy Strings knotted together over his withers, down between his two front legs, up his chest and to my hands and lead him over to the creek again. I walk with Seven away from the mare over the easiest part of the creek, and then toward the mare through the widest, most difficult part of the creek. Doesn't that seem logical?

He hesitates a bit at the wide crossing, so I just hold him steady with the Savvy Strings—I don't pull! Then he gets a little curious and puts his head down to check out the water. Then he follows my feel as we both cross the water. I don't look back at him but keep my focus on the far side of the water crossing. He crosses without a hitch.

I ask Jody to take the halter and lead off the mare, and of course, Scamp being Scamp, she heads to me for a Winnies Cookie and a scratch. I want Scamp to do whatever she wants, and for the foal to follow a little faster. Scamp crosses the water and Seven and I follow along. I ask Jody for another Savvy String, so I can add length to the strings around Seven—this allows me to be farther away from him as I ask him for a little faster pace.

I start jogging at a comfortable pace across the pasture with Seven alongside, followed by Scamp and another mare. The four of us just jog along like we've done this forever, raising a little dust as we cover ground. Seven follows me beautifully on this longer lead, staying



between me and the mare. The string is slack between me and the foal; there's no tugging or encouragement needed. He simply follows me as his leader. We come to the water crossing and he follows at a faster speed this time, picking up those tiny legs as though the water is a foot deep, ears a little back. The three of us cross without incident.

Do you know anyone who has a horse who won't cross water willingly like Seven just did at four days of age? Can you imagine how this one brief session is going to help his confidence when someone a few years from now is on his back and asks him to cross water? Can you imagine how great it would be if people developed foals like this instead of turning them into barnyard pets? So often people think you shouldn't fool with foals when they're this age—you should only pet them.

With what we've been doing with Seven, we're exercising the mind and the emotions of this foal, and then allowing the body to follow. The whole process only takes a few minutes with a few simple things (like this water crossing) presented in dribs and drabs, and you've seen the difference we've made.

Let's review our plan with Seven: For the first 168 hours, we're going to lead him around, introduce him to a few obstacles, ask him to follow a feel, and be around people. I'm going on a tour stop for the next two days, and during my absence Jody will come out and play with Seven—just lead him around and scratch him. When I come back, we'll do more of the same and measure our progress when he meets the age of 168 hours.

After that, believe it or not, we'll do less. I may just come out and give Scamp a cookie and just scratch the foal. We've already taught him to be around people and be confident about some of the things we've asked him to do. Now we're going to do less and let Nature do more. My goal is

to take him out for a long walk with Scamp out of this pasture. Maybe jump some logs and go swimming!

Remember, Seven is the one who is in charge of the timeline and the confidence agenda. At 168 hours, we'll see if our plan worked!



## FLY SPRAY

After I turned Scamp loose and watched her and Smart Seven wander off, I stood there for a few minutes talking to Jody about what I wanted her to do with Seven the next two days (more relationship, less doing). I watched Scamp and Seven in the pasture, admiring these two fine animals. I noticed that the deer flies, which are really bothersome for about two weeks here every summer, were starting to annoy the mare and foal. So I whistled for Scamp to come back to me, which she did willingly.

Do you have any idea how many people have paid me lots of money to get their horses used to being fly-sprayed? Or clipped or trailer-loaded? In the past I've made a business out of just that! But the solution is just this simple—play with your foals!

Seven was right alongside the mare, suckling, as I sprayed Scamp with the non-toxic spray, so I decided to take advantage of the situation and formulated a plan. Most people say, "I don't have time to play with my foal." They certainly have time to do something wrong over and over again but they don't have time to do it right!

After finishing spraying Scamp, I sprayed the other mare who's come over—she's also out of Scamp. Seven is just standing there by himself, so I take advantage of the moment and simply walk over and spray his hind legs and hindquarters. He stands rock still, just calmly turning his head to see what's going on. His ears are forward, alert to the new sensation. No panic, no restraint, no fuss. I walk around the other side of him, spray him a little, and he walks off. I don't try to stop him; I just let him do

whatever he wants to do.

I've discovered over the years how important these first 168 hours are. You can shape a horse's behavior much easier than you can modify it. A lot of trainers will tell you to not mess with foals because it makes them dull. Well, they're right—if you do it with just pet pet pet and love love love and let the foal push you around. This is not using love, language and leadership in equal doses! So what happens when this little baby who's a big, dull pet is three years old, 1100 pounds and won't cross water? It's fairly predictable!

Here's a little tip. The right side of the horse's brain is where the instincts live. The left side is where synchronization, partnership, confidence and curiosity live. What this program does from the very beginning is to blend these things together so that we form a partnership with the horse.

Smart Seven, at 4-1/2 days of age, has now been fly sprayed. He barely flicked an ear. How many aged horses have you seen flip out over being fly-sprayed? I've learned to take advantage of every situation horses offer me, and this is a great example. If you take just a few minutes with a foal using equal doses of love, language and leadership, it will make all the difference in the world.

*A note on the type of fly spray the Parellis use: 'The fly spray we use sometimes has just vinegar and peppermint oil, other times it's diluted with water. It's okay, but not totally effective where flies have formed gangs! When I find the magic formula I'll let everyone know. We would never spray fly spray onto a horse's face no matter how natural. It could get in their eyes and still sting. We rub it on.'* —Linda Parelli





#### THE ITALIAN COWBOY IN ITALY

*Here's Linda's account of Pat and Linda's trip to Italy.*

During our European tour last October we gave a seminar in Milan. Nearby is Luca Moneta's jumping stables so we managed to take a day and visit. Luca is a student of ours, a Grand Prix jumping competitor and trainer who has achieved Level 3. He is now making a name for himself because he takes impossible horses and transforms them into happy, willing partners—plus he jumps successfully in Grand Prix competitions in our Parelli halter and 12-foot Line!

Luca especially wanted some help with a horse that was constantly hitting the jumps when they went above 3'6". It turned out that it was a Fluidity solution. I had him move his saddle and Theraflex pad back behind the horse's shoulders and then sit back on the approach and take-off instead of leaning forward at the last minute. The horse cleared everything and we kept putting the jump up until it was 5'.

With that solved, Luca then brought out Glorioso (the horse pictured with Pat), a big Warmblood with a checkered history. He had been a problem horse that Luca really helped bring back, and he said that Glorioso can jump anything. The problem was that he's not very agile in-between the jumps and therefore tends not to do well in competitions—he's too slow on the clock.

So Pat rode the horse and worked on all the simple stuff (of course), getting him lighter and more responsive with turns on the rail—slow and steady, release and go. He also was very particular about the horse falling on the forehand, asking him to keep his weight back both in the way Pat sat and by equalizing backward and forward movements.

Pretty soon Glorioso was looking like a different animal. He became rounder, less strung-out and looked lighter on his feet. Certainly his turns were getting really nice.

When Pat put Luca back on the horse, the moment he sat in the saddle he exclaimed, "I already feel the difference. He feels taller in the withers, his back is more up." Then Pat coached Luca through the techniques Pat had used so he could continue to improve after we left. As a result, Glorioso began winning top events and will soon compete in a major tournament.

When Pat jumped Glorioso, it was very exciting! First of all, Pat is fearless. He just focused on the trees ahead of the jump and then had lift off, soaring over that 5' 4" jump in perfect harmony with the horse. He was so excited that he jumped again in the bare-back rodeo position. It's amazing to see how even that "backward" seat allowed the horse to jump beautifully clear.

Italy is a wonderful place to visit. We ate and ate and ate... but I must say that Pat's Italian sounds like Spanglish to me!

#### LINDA PARELLI PENS FOREWORD TO "HORSE SMARTS"

Rick Lamb's newest book, "Horse Smarts for the Busy Rider," will feature a foreword by Linda Parelli. The book is a collection of short scripts from Lamb's syndicated radio program, The Horse Show Minute. Topics include behavior, training, riding, competing, care, equipment, breeds, and anecdotes. More than 100 horse industry experts, including both Pat and Linda, are quoted in this unique anthology. "Horse Smarts for the Busy Rider" hits the stands in late 2005.

#### THE PARELLI STORK!

Pat Parelli is going to be a predictably and profoundly proud, poppin'-his-buttons grandfather! Pat's daughter Marlene and her husband Angelo Delanini are expecting their first baby later this year. We will undoubtedly have photos in a forthcoming issue of Savvy Times! This baby probably won't have any problem getting a pony when he or she asks grandpapa Pat for one...

#### PAT TO PERFORM AT FRESNO'S SNAFFLE BIT FUTURITY

Pat Parelli will be a guest performer at the first Snaffle Bit Futurity sponsored by the National Stock Horse Association in Fresno, California at the new Save Mart Center on the Fresno State campus on August 26 at approximately 8:00 p.m. Pat will perform a knock-your-socks-off demonstration, as only Pat can do, and then he and Neil Pye will host the Parelli Games with four of Pat's top students competing with their horses on-line, at liberty and freestyle. The schedule for that evening includes the Open Hackamore finals at 6:30 p.m. and the Non-Pro cow work finals at approximately 9:00 p.m. following Pat's presentation.

This isn't the first time Pat will appear as a headliner for a snaffle bit futurity crowd. As many of you know, he wow'ed the crowds years ago with his performance on his mule Thumper bridleless at the National Reined Cow Horse Association Snaffle Bit Futurity in Reno—a show-stopper that old-timers still talk about today.

Tickets for the Friday evening Parelli performance and games, as well as the hackamore and non-pro finals, are \$25 for the public. However, because Parelli Savvy Club members are special, you can get in for a Savvy Club rate of only \$12.50 per person! Tickets are available at [www.ticketmaster.com](http://www.ticketmaster.com) or at the door. Be sure to have your Savvy Club membership information available.

This show with Pat and his students is bound to be fun and entertaining; we'll keep you up to date about the Parelli involvement on our website.

*Greg Ward on Reminics Pep, futurity champions, in the Herd Work portion of the Snaffle Bit Futurity. The entire competition is composed of three sections: Herd Work, Fence Work and Reining.*



#### PARELLI TAKES BRONZE AWARD!

There was bronze to be found in the Klondike at the 2005 Western-English Trade Association's AIM Awards, held in Anchorage, Alaska on May 14. This coveted prize was won in the Multi-Media Campaigns greater than \$50,000 category for the Parelli "Then and Now" campaign that included print advertising design and the free "What is Parelli?" DVD. The AIM Awards were established in 1999 to recognize the best of advertising, public relations, marketing campaigns and publications created for the Western and English industry.

Special congratulations go to the Parelli creative team Yvonne Wilcox, David Burns, Laura Dollar, John Driscoll and Linda Parelli for their brilliant concept and superb execution of this outstanding campaign.

#### PAT AND LINDA AT THE KENTUCKY DERBY

Pat and Linda Parelli were the guests of WinStar Farms (breeders of Kentucky Derby winner Funnycide) at the Kentucky Derby in May. Before Derby day, Pat played with WinStar's stallion, Tiznow. This 1997 stallion is America's only two-time Breeder's Cup Classic winner, as well as being the 2000 Horse of the Year! His lifetime earnings, with 8 wins, is \$6,427,830, and if you have a mare you want to breed to him, it will cost you \$30,000. Pat can certainly pick the best to play with!

At the races, Pat and Linda met Stone Phillips from NBC's Dateline television show and spent time chatting with him about horses (go figure!).



Eric & Anja Weiler

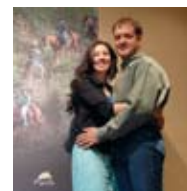
#### PARELLI WEDDINGS ABOUND!

Seems as though the world of Parelli has brought together people in more ways than one! Weddings attributed to meeting through Parelli include employee Eric Weiler and his beautiful bride Anja from Denmark who is a 2-Star Trainee Instructor, Parelli 3-Star Endorsed Instructor Rachel Gott from New Zealand and Level 3 student Don Jessup from the United States, and Parelli employee and Level 3 student Matt Coats and his wife Sarah, who is also a Parelli student.

We wish them all the very best in their *natural* lives together!



Don & Rachel Jessup



Matt & Sarah Coats

# Parelli Behind the Bushes

by Stephanie Burns, PhD

Find yourself hiding the Carrot Stick when non-Parelli people are around? Read on!



I have tackled the broad topic of the effects other people have on our behavior and ultimately our goals in two previous articles—*Savvy Lives Over the Silly Bridge* and *Learning Savvy for Clinics*. I have come to learn that there is still a gap to fill on this topic for many Parelli students. It relates to the issue of retreating **behind the bushes** to use our Parelli Savvy when we are in the presence of people who have had little or no exposure to Pat's work, and yet seem to have more than a few contrary opinions about it.

There's a twist to that scenario. I believe that although it is unfortunate you feel you have to go "behind the bushes" to use your Parelli Savvy, I'd be happier to know you are doing that than abandoning your principles for

the sake of keeping up appearances while damaging the relationship with your horse.

I have a few thoughts I hope will help you either commit to the "bush approach" or take the steps to emerge from behind the bushes for the right reasons.

## Your Responsibilities

Be clear that you only have two responsibilities:

1. Your first and foremost responsibility is to your horse and his confidence in you.
2. The responsibility to let others know the source of your Savvy and where they can access information about Parelli from the organization IF they are curious.

I know the desire and temptation to help others move toward natural horsemanship, especially when we see them struggling with their horse's behavior or their own safety. I know the angst of feeling helpless to offer a better way, but I know better the feeling of disgust when my inability to convince them turns them away from this path forever because maybe I don't have the right language.

In our attempts to help, we can cause people to stack up a lot of psychological strongholds that will keep them from ever moving in this direction. They have these internal ideas in place, and they would have to fight their own internal demons to change—and that is hard—and WE caused it!

I have a good friend in Australia who loves her horses and knows about Parelli. I sent her copies of most of the materials I received when I first started working with Pat and Linda. I recently received an e-mail from her about having her shin smashed by another horse's kick when on a trail ride. She came up too close behind the horse in front and it did what it did—kicked to defend itself.

I was very disturbed by this news, but beyond sending commiserations I could not influence her nor is it my responsibility to do so. She knows where she can get help for this if she ever chooses to walk through the door. It is also not useful for me to tell her that I would have known better. I have Savvy arrows in my quiver from my Parelli studies that will protect me from that experience! Sure accidents happen, but this was not an accident; this was a lack of knowledge that is readily available to anyone who wants it. Rubbing her nose in my Savvy or her lack of it is not going to draw her to Parelli, but it might cause me to lose the friendship.

### Three Things You Can Do

You can do three things if and when the time feels right.

1. Do what you know how to do—**come out from behind the bushes and demonstrate your Savvy.** Let the relationship you have with your horse speak for itself. Be in it for your horse. It is important to feel confident that you have something worth demonstrating! Coming out from behind the bushes too early in your Parelli journey is not necessarily constructive. By the end of Level 2 your demonstrations will appear to others as pretty amazing.

Linda told me a story about a girl she met and her story might help you. This girl told Linda how she manages things when asked to deal with a succession of horses that come into



this particular barn. She's the exercise person. She explains her approach by saying, "I'm just going to move your horse around on the ground to see what kind of attitude it has before I get on." She said this is the best thing she has found to say and it stops people in their tracks; it allows her to do Parelli without argument or criticism.

For many of you, too, this kind of approach can be applied to a number of situations. It is important to remember that when we suddenly start acting differently, we need the magic elixir of human acceptance!

2. If someone exhibits genuine curiosity about what you are doing, have that person contact the Parelli office and ask for the free "What is Parelli?" DVD. You can also share things you might have on hand—a *Savvy Times Magazine* or a DVD. **Let Parelli explain itself.** The organization does this better than any of us can, and it minimizes the risk of losing the opportunity forever that this curious individual will have this experience.

3. I realize that some of you confront people who are anti-Parelli, having made up their minds about the Parelli Program long before you met them. **You do NOT have to defend Parelli methods to anyone.** In this situation I always ask just one question: "How long did you study

with Pat or his method through the Parelli Program?" I make the positive assumption that they have some experience upon which their ideas are based—that's only fair. Maybe they have had a lot of experience and this is their conclusion. That's okay. We can just agree to disagree. But, of course, that is rarely the case.

If the answer is little or never, suggest that they might get some exposure to the Program. I have watched Linda in this situation and she just says, "Then I understand why you think the way you do about it." She then smiles and changes the subject or walks away.

You do NOT need to say more on the subject. Most people like this do not have "informed" ideas about Parelli or it conflicts with other strongly-held ideas. When they have learned a bit from the source, encourage them to seek you out for a good follow-up conversation.

People are just like horses; the more you push the farther away they go. Retreat without blame is a good strategy. You don't have to



Resources like the Parelli web site [parelli.com](http://parelli.com) and the free "What is Parelli?" DVD are good tools to share with someone who is curious about Parelli

convert people by telling them what to do or what you think is better. You need to focus on how good you can get with your horse. Actions always speak louder than words.

This is NOT your problem! You do not have the responsibility to convert others to the Parelli method! That is the job of the Parelli organization—and they do this very well.

#### Some Useful Ways to Think

If you are in the difficult situation of being around others who make it uncomfortable for you to use your Parelli Savvy, ask yourself a few questions. The lesson you want to learn

is in your answers.

Which relationship ADDS more to your life and which TAKES away—the one with your horse or the one with these other people?

Which relationship do you believe will last longer in years and provide more positive experiences?

In 20 years will you know or even remember the people who today might be causing you to deny your Parelli connection? Think about past experiences when you gave up something because of what other people or another person thought. Where are they now, and where are you because of their influence?

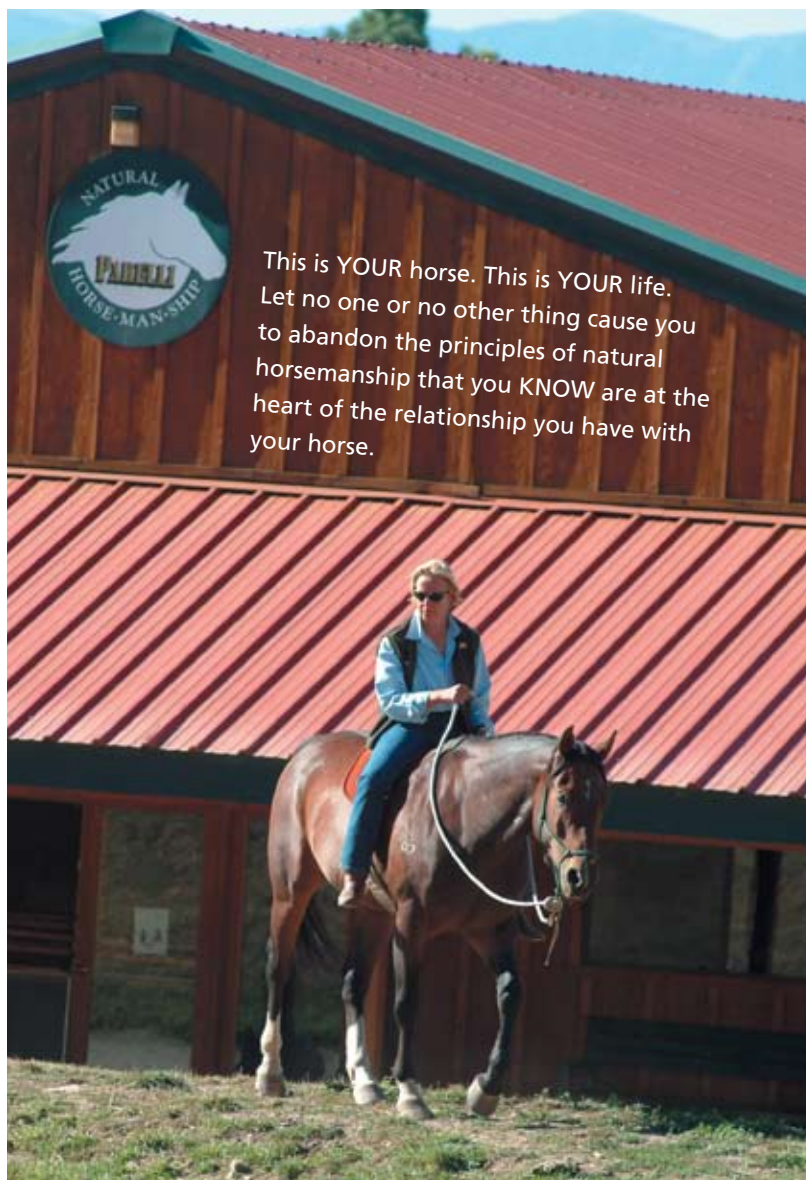
In 20 years what kinds of stories do you want to hear yourself tell about the horse you have today?

This is not about who is right and who is wrong. It is about the individual's right to choose what feels good to them in terms of their horse. Even if you think what someone else is doing is "wrong," try not to judge that person for it. Everyone is doing the best they can with what they know. Some people don't feel a need to change what they are doing. What matters is that you did, and that is why you are having a whole different quality of relationship with your horse and other people in your life. The most powerful thing you can do is to be a good example. It is when you "walk the talk" that others are inspired.

#### How Does Your Concern About Others Affect How You Treat Your Horse?

Sometimes, in trying to make a good impression on someone, you can inadvertently "use" your horse and not realize how different this feels to them. Suddenly you are a different person to your horse. When you are inconsistent in your behavior, it affects everyone and everything around you. It is like having a parent or other influential adult around you who is emotionally unpredictable. You don't know on any given day if you are going to get a smile or a smack. As a child, you cannot sort out what is causing what reaction; this causes insecurity and an ever-present tentativeness. A child will perpetually hang back, not give you two eyes, and will likely carry this into future relationships.

Your horse also has this nature. One day you start with undemanding time with your horse, play on the ground, and ride with fluidity. The next day, you try to show others how good this Parelli Program is, and you don't take the time to make sure your horse is on the same page. You are causing anxiety



and uncertainty for your horse. That is when you find yourself saying things like, "He doesn't do this at home. He is not usually like this," and so on!

Your horse cannot "read" which "owner" turned up today at the barn. That's what will cause him to begin to feel insecure in the relationship. Consistency in your behavior is so important to your horse.

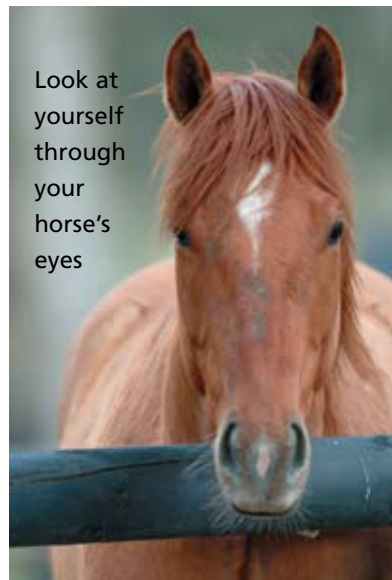
As sad as it sounds, if you cannot reconcile how to manage the effects others have on your behavior with your horse, it would be better for you to be consistently "normal." At least your horse will get a consistent message from you and shut down or compensate appropriately. This is far better than messing up his mind due to inconsistency and breaking his heart.

Don't cause your horse to lose confidence in you. Be consistently the good leader he experiences and expects is always there for him.

### The Worst Thing You Can Do Is Cause Your Horse to Be Afraid

I have just read a new book by Temple Grandin called *Animals in Translation*. If you do not know Temple Grandin's work, you should. All Parelli students would gain a great deal from her writings on animal behavior. One of the strongly held contentions in the new book is that the worst thing you can do to an animal is to make it be afraid.

My horsemanship skills were formed in the Parelli program and I learned quickly to be sensitive to the emotional and behavioral state of horses. I was taught to "see" confidence and to "see" anxiety, uncertainty, confusion and fear. When you put your Savvy behind the bushes in order to not cause yourself embarrassment, or to make someone else comfortable, you use methods of treating your horse that can cause your horse to be afraid of you. And you are the one your horse needs to trust most of all.



This is YOUR horse. This is YOUR life. Let no one or no other thing cause you to abandon the principles of natural horsemanship that you KNOW are at the heart of the relationship you have with your horse.

I recently asked Linda about her own experience "behind the bushes" and she said:

"When I think of my own situation many years ago, I wish I had known how to choose to be ridiculed and not try to be better than I was. I was afraid of the criticism and when I think back, what I really was afraid of was losing my dream and changing what I thought was right just because I wanted to feel 'in' with the people at my stable. More accurately, I didn't want to feel 'out.'"

"Having just one other person in cahoots with you can be all it takes to survive the upstream travel. Today, through the Parelli Savvy Club and other resources no one needs to feel truly alone."

Do it behind the bush if you must, or get clear on what is important and come out into the light. Let go of the need to impress people and to sell Parelli to others. Have a strategy to deal with the reactions and opinions of others. And look at yourself through your horse's eyes. 🐾

Southeastern United States. We caught up with the Thompsons just before they were heading back to the Northwest for the summer and asked about the horses they have on Parelli Essentials.

"We have about 21 head of our personal horses in Georgia, and we have five in particular that were harder keepers than the others," says Dan Thompson. "One of the biggest reasons we put these horses on Essentials was that they were hard keepers and it was difficult to keep weight on them."

After feeding Essentials for just one month, the Thompsons saw a substantial change in these horses. "Essentials were a big factor. The horses put on more weight and their coat quality improved," Dan notes.

Offering their horses molasses water, in addition to plain water, also increased the amount of water the horses were consuming and provided a positive impact. "I think hydration is a big part of a well-rounded nutritional program," says Dan.

Linda added that you can expect to start seeing results anywhere from the first week up to 4 weeks, depending on your horse and his specific condition.

Linda also notes that once a horse has been on Parelli Essentials for a few months, the increased digestive efficiency may even reduce the amount of feed and supplements required to keep the horse in good condition. Simply add it to what you are feeding your horse now. 🐾

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# A Level 2 Journey: Part 3

with Yvonne Wilcox

Date & Hours	Activity	Level/ Lesson studied		Comments
15 min.	Circling at 22-feet	L2	Stage 2	- Has been going much better since getting the advice from my instructor about using obstacles as we play circling. Escada seems to be using her brain more now rather than just running around and getting out of control.
10 min.	Backwards and Over	L2	Stage 2	- This was fun! It was a very new thing to teach her and I enjoyed watching her realize this was something new to figure out. We got it figured out quite quickly on both sides.
10 min.	Sideways without a fence	L2	Stage 2	- This was a great test because we're still trying to improve this game. Needs more time.

Date & Hours	Activity	Level/ Lesson studied		Comments
45 min.	Advancing Squeeze Game	L2	Stage 2	- I think this could be one of our best games! It was fun to try and have new ideas with squeeze obstacles. Made some small jumps with some wooden benches we had in the backyard. Hung my husband's big black raincoat over the entrance to the corral. Set up three barrels next to the round corral rails at different distances from each other. Squeezed between the barrels and the rails, between each barrel. Had fun!
15 min.	Fluidity Lesson with Linda!			- Learned that just because I could ride small horses didn't mean I could ride big horses with big strides!



**Student:** Vonni [Yvonne Wilcox]  
**Horse:** Escada [Kenlyn Muscata]  
**Age/Breed:** 5-year-old Bay Arabian Mare  
**Levels achieved:** Level 1 through self-assessment with the Level 1 Pocket Guides.  
**Levels Goal:** To complete Levels 2 and 3 on the ground before trying to achieve Levels 2 and 3 in the saddle.



*Sometimes being Linda's sister has its privileges! Riding Remmer was such an eye opener for me in terms of my riding and the importance of fluidity.*

In the April issue of *Savvy Times*, Yvonne shared her adventures with the Circling Game on the 22-foot Line, the Sideways Game, and her Arab mare taking license to go "right brain," as well as how encouraged she was with Escada's progress with Games 1, 2, 3, and 4.

This issue we get to find out what it was like—an honor or scary—for Yvonne to ride Linda Parelli's Warmblood, Remmer.

**What was it like to go from being used to riding 12-14 hand ponies to a 16'2 hand powerful Warmblood—especially with the cameras rolling?**

Embarrassing... but fun! Linda had said Remmer was going to feel different, but I didn't know how different until he started moving. I thought I could ride, but this was a challenge I wasn't prepared for.

**How did you get your body (and mind!) to adjust to Remmer's big, bold, bouncy stride?**

At the walk it just felt odd, but then the trot felt terrible. My first instinct was to question how Linda could own such a bad horse! (With all that I've learned, I still managed to blame the horse.)

I just tried to do the best I could to stay on and hopefully not look stupid... at this point I felt it was best to try to forget about the cameras rolling.

The fact is, no matter what I did to get my body and mind to adjust to Remmer's outrageous movement, it didn't work. My back started to really hurt and then my legs, and then thankfully Linda said I could stop.

I had a very sore upper back for the next three days—and let Linda know about it!

It wasn't until Linda started giving me some solutions that actually worked that I was able to start to adjust.

**Did having Linda Parelli instruct you cause any feelings of intimidation?**

Fortunately I've known Linda long enough now to know that she'll never cause you to feel intimidated when you're learning. That probably factored into my answering yes to this public lesson even happening.

I've heard Linda talk about the different Fluidity techniques many times, but I've never been able to really practice them on a horse because Escada's not ready to ride. It's very different to hear and see someone do it, but, as I found out, it's something that you really need to do a lot because you've got to be so conscious of what every part of your body is doing, and be able to change it.

I did not know that I was such a stiff rider, but I was glad to think that experiencing this would cause me to be more conscious for when I do start riding Escada in the future. She's such a sensitive horse, no amount of ground preparation could cause her to forgive me for being a stiff passenger.

I really tried hard to adopt the advice Linda

gave me. Going from stiff to fluid in a few minutes is not easy! I tried to really exaggerate the techniques because I didn't want to feel any more pain. The Pushing Passenger position made it easier to feel how Remmer moved, and be able to move more like him. Rounding and flexing my back while rising to the trot made me think Remmer had suddenly "improved." I felt bad for blaming him. My respect for Linda as a rider has increased immeasurably.

**What did you like better about riding a big horse versus a small one? What did you like less?**

I like it that small horses are easier to ride, but I didn't like finding out that the small horses I'd ridden had been secretly "putting up" with my inadequacies as a rider – or maybe they weren't and I didn't read the signs. Big horses are a great test of how good your Fluidity is, and I thanked (and apologized to) Remmer for helping me learn this. 🐾

*Editor's Note: If you missed the first airing of Yvonne, Linda and Remmer on RFD-TV it will air again on July 27 (Part 1) and August 3 (Part 2). RFD-TV is DirecTV channel 379 and Dish channel 9409.*

PARELLI PARTING PICK



Pat Parelli Center • Pagosa Springs, Colorado • Pat Parelli in his Powered Parachute


*Photo by Coco*



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