



Improving
communication
through

Intuitive animal training

By Marta Williams



When I got Fin he would not let me catch him. I used intuitive training to get him to trust me and now he's in my pocket.

When you encounter a roadblock while training your horse or working through a behavioral issue, it helps to take a fresh approach. Try intuitive animal training, or the use of intuitive communication and intention, to shift the situation. This approach has several components.

Adopt a New Attitude

The most important component is to believe that whatever you are trying to accomplish is really possible. If, however, it is something that is actually *impossible* for you or your horse, then you need to regroup. Usually though, one's goal is achievable, but the problem is that you have become discouraged and you lack the proper attitude. In this case, simply decide that what you want *is* possible.

If it is really hard for you to feel this, then you need to look at what beliefs underlie your negative feelings. Do you believe things have to be difficult, or that you aren't competent enough to succeed? Brainstorm to find any hidden negative beliefs, and then reset them by rephrasing them. "Things are always difficult, and I'm not competent," can be rephrased as "This is easy and I can do it." Say your positive belief to yourself whenever you look in the mirror; that will help dispel the negative roadblocks in your path to success.

Take a New Look

Using your intuitive sense, take a new look at why you may be having a problem. Look for insight from your horse and also from within yourself. Tell your horse that you want to understand what's going on, what he needs, and why there's a problem. Cue your intuition to bring you new information by saying or thinking the following: "I want new insight on this issue and on what I need to do to resolve it or move forward." Do these two steps once a day. Then pay attention. Notice any feelings, hits, or hunches that come to you about the issue. Notice anything different your horse does and evaluate what the behavior might mean.

A student of mine used her intuition with a problem she was having

with her horse who would not stand still for mounting. When she paid attention to the feelings she was getting, she became aware of feeling worried, which was somehow related to the concrete surface around the mounting block. Then the thought came to her that her horse didn't want her to fall off on the concrete. She moved the mounting block to the grass and after that her horse stood still as a rock.

A trainer I worked with had a problem with her mustang who had just started nipping at her. Over the course of a week she began asking him out loud what was wrong whenever she could think of a new possible cause. A few days into this guessing game she asked him, "Is it your teeth? Do you have a problem with your teeth?" At that point he completely stopped nipping. The dentist she called in corrected a problem with the mustang's teeth; he has not nipped since.

To gain new insights, make time daily to write any ideas that come to you about the situation. The act of sitting down with pen and paper and the intention of getting the ideas will cue your intuition into action.

Fix the Issues

I'm amazed how often people think that bucking is about bad behavior, when it's usually about pain. If you get a feeling that there is a physical issue occurring for your horse, address it right away. Try a treeless saddle, get some bodywork, find a good barefoot trimmer, and/or get a good dentist to check your horse's teeth. These are the usual causes of pain.

Use the Coach Approach

The coach approach involves seeing your horse as an Olympic hopeful and yourself as the coach: you have to believe that your horse can succeed and you have to be willing to support your horse in doing that. The premise behind this approach is that your horse can understand you just as a human would. You can talk out loud, or just think or feel something to your horse and he will get it, even when done from a distance. However, this means that you have no secrets from your animals, so lying to them is useless.