

If you are training your horse to do something new, try this: Let him watch another horse doing the activity. Explain out loud or mentally what he has to do, and then go try it. A competitive trail client of mine would take the course map and talk her horse through it in detail before the trial. She and her horse started winning hands down.

Explain to your horse how you are feeling about any problem you may be having with training or behavior. Go into great detail about the issues and the consequences if not resolved. Then tell your horse what your absolute dream outcome would be. Follow this up by showing your horse your dream in the form of a mental movie. Then tell your horse if he can do just a little of this you will be incredibly happy.

Now watch and see what happens. Pay close attention. If there is even a slight improvement in the situation, make a big deal. Tell your horse how brilliant and wonderful he is ; horses love to hear that just as much as we do.

It's fine to do little reminders verbally or as thoughts and visualizations of what you want. And if there are setbacks, you can have a talk about what went wrong and what needs to change. I think a few well-placed bribes can be useful, too. One of my clients who did dressage with her horse would tell him that if he did everything perfectly the first time, she would take him to go see the donkeys, which he dearly loved. Her practice time was reduced dramatically, and her horse quickly moved to advanced levels.

Try Some Aids

Aids like flower essences can help resolve blocks or address issues like fear. Getting some body work for your horse and for yourself is never a bad idea, and can help both of you relax, stop worrying, and be more in the moment. There are also many nonviolent training modalities that can give a new result and are worth exploring. My favorites are the Carolyn Resnick method (<http://www.carolynresnickblog.com>), TTeam (<http://www.ttouch.com>), and clicker training (<http://www.theclickercenter.com/index.htm>).

Manifest for What You Want

To manifest is to use intention to affect the quality of the energy around you and the energy surrounding a present or future event. Explorations in quantum physics suggest that, to a large extent, what you think about, you bring about. To manifest a new outcome for you and your horse, craft a phrase for what you want to achieve, for example, "My horse and I perform perfectly." Say your phrase in the mirror to yourself often, and to your horse say, "We do a perfect job." Then regularly take time to imagine how it would feel to really experience the dream you have put forth. You and your horse may soon be living that dream. ☺☺



About the author:

Marta Williams, a former biologist, is an author and animal communicator. She has written three books: *Ask Your Animal*, *Beyond Words*, and *Learning Their Language*. Marta offers workshops and teleclasses worldwide, and provides consultations for animals and their people by phone, Skype, and email. <http://martawilliams.com>

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