

TRAINNING

(The human -- the Horse already knows how to be a Horse)

Just as the title suggests, this is not going to be about teaching "how to make the perfect pattern" or shave .05 seconds off your timed event. Rather, I'd like to share a few thoughts I've learned from some fantastic Horses over my lifetime. If you "get" some of the ideas here, maybe your Horse will have a little more patience with you in your learning curve.

The first thing we humans have to learn is a very hard thing for us (and it's not really our fault, it's our parents' fault; they did this to us! They are the ones that kept telling us "how smart we are"). The first thing? Horses are smarter than we are. Sure they can't drive a car (they know that's dangerous). No, they can't text message on a cell phone (they know that's a waste of time/life). And no, Horses don't go to college so they can earn more money (see I told you they're smarter, they don't need money, they have us do it for them).

Seriously, Horses have a very simple rule for life, live it! and don't do things that could shorten that life. Yeah, some Horses do "get into things they shouldn't but usually it's us humans that put those things in their world. Once we learn this we can start the process to think smarter like our Horses. When we're out on the trail, we are not just thinking about walking, like our smart Horse is, we get to thinking about how much fun this is, how we'd like to quit our jobs and do this every day. We think about that cloud over there and is it going to rain on us before we get back; speaking of our job, boy do we ever hate going to work tomorrow. All the while our Horse is just thinking about walking and maybe wishing we would have kept our new year's resolution to lose weight. Humans are taught being single minded is not a trait that helps us obtain the things we think we need. Horses, however, show that being single minded is far safer and makes life a lot less complicated. This is not to say Horses don't think many things, they do! They just think about one thing at a time -- whether that be eating, making little Horses or getting away from danger.

If we allow our smarter Horses to teach us we can also learn, deity like forgiveness.

This is key to "thinking smart like our Horses". We tend to remember things way past the point of being useful, and in most cases only hurt us in relationships with others in our lives. When we forgive someone or something we need to train



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ourselves to really forget it! If it's worth forgiveness then it really is worth forgetting. I'll bet your Horse when he forgave you last week for getting mad at him for not doing exactly what you thought he should, has forgotten all about your bad temper, and is truly glad to see you today! Boy; if only we were that smart.....

Another lesson our Horses have learned that we just can't seem to get through our thick dense skulls is being happy just being alive. Unless we cause it, Horses just don't stress out about things. They deal with whatever is in front of them, be that a barren paddock, an empty water trough, or ants in their hay. They adapt to these situations and look for other things to do. We, on the other hand, take these mild inconveniences and blow them completely out of proportion. This, my human students, is unneeded stress that causes us no end of problems. Fix the paddock, fill the trough, and move the dang hay off the ant hill, done! No stress, no worries and a Horse like calmness settles over us!

There are thousands of lessons we can learn from our smarter-than-us-Horses. If I were the writer I "pretend" to be, I'd write a book all about these lessons, but as you can see, I'm no Shakespeare, L'Amour, or Seeley. These couple of lessons from above are the big ones, though, and can get us humans on the right trail and walking WITH our Horses, not "head on" into them. Do yourself a favor, turn your computer off, go outside, and ask your teacher out there for extra credit "work" (a ride). Hey before ya leave, thanks for stopping by, and if I or any of my team members can ever help you out, just let us know. We've at least learned; "IT'S ALL ABOUT THE HORSE"



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