



# The Journey...



## Oak trees, sunshine, spiders and...no snow!

As I sit here in Florida, putting together this newsletter and reflecting on the year behind me, all I can say is that 2008 was quite the year. I met some amazing new people on the clinic road and enjoyed spending time with my friends and hosts across the country. I also had two special additions to my horse family – a 2yo Canadian filly and a 5yo Holsteiner mare. Horses are such a centering force and they have so much to teach us in their gentle silence and soft acceptance of the 'now' of living. With a second American Thanksgiving only a couple of days away, I find that I have much to be thankful for.

It's nice to be able to be home with my horses again. Ian and I had a few more fence lines to finish up when I got down to Florida before we could bring the horses to their new home, but they're finally here! And even more exciting news – BILLY IS HOME! See the article and latest updates in this newsletter.

December promises to be an exciting month. On the 5th I fly to Ecuador for a ten day Whitewater Kayak expedition in the mountains near Borja with my BC Kayak Instructor and a small group of

paddlers. As the most novice kayaker in the group, I'll be mentally, emotionally and physically pushed to the limit! But I'm looking forward to the challenge.

On Dec 15th I fly to Costa Rica where I'll be teaching a 2-Day clinic near San Jose. The goal is to determine whether we can make this a yearly 'Learning Holiday' where students can fly in for some Parelli in the sun mid-winter. Let me know if you'd be interested!

Just to clear up a few nasty rumours that are out there, yes it is true that I am now basing out of Florida. And NO, it is NOT true that I am not coming to Ontario anymore! On the contrary, it will simply make it easier for me to get to Ontario more regularly as major airports are far more accessible near Ocala and flights are cheaper. I will still be focusing my teaching in ON and flying in regularly throughout the spring/summer/fall months and also periodically to BC. The move was intended to keep me as close to Pat, Linda and Karen as possible and up to date

on cutting edge education. More info on booking clinics in 2009 in this edition!

One of the great things about my decision to base out of Florida is that my new location just north of Ocala is 7 minutes from Karen's and 15 minutes from the ISC, so you can be assured that I'll have loads of things to share with you guys when I see you back in Canada in the spring!

As the New Year approaches, this is the perfect time to prioritize your horsemanship goals for 2009. Thinking ahead and booking into clinics now will give you a clear roadmap for progressing and staying motivated throughout the year, making sure that you achieve the goals that you set and have the regular coaching to help you on the way and keep you inspired.

From my herd to yours, wishing you all a wonderful winter holiday.

~Fawn

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## Book Parelli Clinics in 2009—Dates Available!

For those of you interested in bringing me into your area (or Country) for '09, I am now taking applications for dates. My fees and policies have changed for 2009 to minimize confusion and they apply to all booking agreements received after November 1<sup>st</sup>, 2008. If you are hosting an event in 2009 be

sure to contact me for your updated booking package. I'll be updating the website January 2nd, so check to see when I'll be in your area!

**In Ontario:** Dates are available in April, May, August, September and October.

**In BC:** Dates are available in July, August and September.

### Other Locations:

Contact me and I will let you know the availability depending on the location.



## Seeing the Human through the Horse's Eyes

Now that you're starting to look at your horse as dominant, lead or passive (and sometimes a combination of those!) it is time to start to examine what role YOU are playing in your 'herd of two' with your horse.

The beauty of Parelli is that it breaks down the Prey/Predator barrier, allowing you to interact with your horse in such a way that they think of you as part of their herd. With that privilege, however, also comes responsibility. As a part of the herd, your horse is now going to do things to determine where you rank, or what position in the herd you hold. For safety's sake, the goal is to become the herd leader.

Horses are constantly doing little things to check the status of their herd members. They do these same things with us! Have you ever had a horse crowd you? It's not just bad manners, it's a test to see if you are PASSIVE! Any time a horse is in your space or pushing on your 'bubble', they do not consider you to be the leader in that moment. Before you can ask your horse to do ANYTHING and expect a decent response, you have to take your space back and defend it. That's why it's the first subject of a Level 1 clinic!

What about when you get a little carried away and you get stuck picking at your horse in a high phase? Did you know that a horse views repetitive high phases as being Dominant? This is why you'll often get ears back and nasty expressions from other dominant horses—they feel as though you are calling them out or challenging them! Often this will cause them to kick out, buck, charge or just push into you. You see, dominant horses use physical strength to win their battles, so as soon as you give them something to resist (repetitive high phases) they can beat you by out-dominating you! That is why the psychology behind the use of phase 4 is so important. Check out the article on pages 5/6 of the newsletter called, 'The Many Faces of Phase 4' to learn more about this subject! ~Fawn

### Web Special!

Students who make purchases via my web site during the months December, January & February will automatically be entered into a drawing to win a new Hackamore of their choice!

To enter, go to [www.fawnanderson.com](http://www.fawnanderson.com) and click on 'Shop'. Each person who makes a purchase will be entered into the draw - Good luck!

Anyone interested in ordering a Parelli saddle can do so directly through Fawn for hands on help and consultation before, during and after the order.

### Congratulations Graduates of:

#### Level One

- ◆ Brenda Brown & 'Chairis' - Elora, ON
- ◆ Kim Rienks & 'Mr. Jay' - Revelstoke, BC
- ◆ Dawn Cwikula & 'Cimmi' - Revelstoke, BC
- ◆ Sue Buerge & 'Rocky' - Salmo, BC
- ◆ Mikaela Labelle & 'Patience' - Deep River, ON
- ◆ Susan Sullivan & 'Whisper' - Deep River, ON
- ◆ Carol Krieger & 'Abi's Lady Oak' - Haliburton, ON
- ◆ Vilika Zafirides—Harding & 'Bella' - Waterford, ON
- ◆ Rowan Belanger & 'Sy' - Victoria, BC
- ◆ Bert Filipek & 'Boomer' - Fruitvale, BC
- ◆ Laurel Mittleholt & 'Squire', Hudson, ON
- ◆ Isabel Gowdy & 'Scarlet', London, ON
- ◆ Ann Evans & 'Huey' - Dutton, ON
- ◆ Patrick Thomas & 'BB Red Pine Cutter' - Surrey, BC
- ◆ Janice Ford & 'Shiner' - Saskatoon, SK
- ◆ Caitlin Jane Taylor & 'Maggie' - Saskatoon, SK

#### Level Two

- ◆ Judy Griffiths & 'Journey' - Uxbridge, ON
- ◆ Sarah Packowski & 'Thunder' - Uxbridge, ON
- ◆ Lisa McCaldon & 'Echo' - Thornbury, ON
- ◆ Dianne Prosser & 'Becky' - Delta, BC
- ◆ Judy Saunders & 'Tommy' - Campbellville, ON
- ◆ Lily Schell & 'Mishka' - Argenta, BC

## \*Fawn's Mailing Address in Florida\*

If you have Videos to be assessed, would like to book a clinic, or wish to reserve a spot in the Dressage Naturally Event with Karen or the Colt Start with Terry, send me an email and you can mail those to me at my winter base until April. My mailing address here in Florida is: **Fawn Anderson, 865 NE 140<sup>th</sup> St, Citra FL, 32113, USA Phone: 352-595-8459 (home) or 352-239-3207 (cell).**

## Colt Starting Coming to Ontario in '09

For many years I have been approached by students in Ontario who are desperate to have their horses started by a Parelli Professional. Putting the right start on a young horse has a huge impact on their development and can set the stage for the relationship for years to come. Although I've been fully certified as a 3-Star Professional Colt Starter and Foundation Trainer since 2006, I have never been interested in making a living at it. Rather, it is a passion that I enjoy with my own personal horses, who I get to keep and continue with at the end of the day. So to satisfy the growing demand for a Parelli Professional in the Ontario area who specializes in Horse Development, I called my good friend and colleague, Parelli Licensed Professional, Terry Wilson.

Terry is originally from Kingston, ON and currently resides right next to the Parelli Ranch in Pagosa Springs, CO. He spent many years working on the Parelli Ranch as their resident farrier and also spent a year studying Horse Development under Pat's mentor, the late Master Horseman Ronnie Willis. For more information on Terry, visit his website at: [www.terrywithhorses.com](http://www.terrywithhorses.com)

A Parelli Colt Start is not like a clinic where you come and learn with your horse. Terry will NOT be teaching you how to start colts! In Parelli, Pat considers Colt Starting to be a post-Level 3 subject and offers courses at the Parelli Centers to Level 3 grads wishing to learn more about the Horse Specialist pathways in Parelli.

A Parelli Colt Start is where the owner sends their horse to Terry and he puts a minimum of 10hrs into them, ground and riding, taking them as far as he can in the time he has. Some horses are more complicated than others and require additional time to get to a point where they are ready for a less experienced person to take over. During the starting process, if Terry feels that the horse and owner are mismatched in experience levels or personalities, he consults with the owner and offers his advice on the best route to take in the interest of both horse and rider.

While owners are encouraged to come and watch the sessions during which Terry is playing with their horse, they are not involved in the actual starting process. There are no spectators at Colt Starts. At the end of the Colt Start, I will be joining Terry to co-teach a one day clinic where the owners get reunited with their horses under our watchful eyes and learn the skills they need to take their horses home and continue to progress with them.

Terry will only be taking in 6 horses and you must send in an application if you would like you and your horse to be considered. Applications can be for Colt Starting (First Ride), Foundation Training (Level 1-3), Re-Starting (horse that had a bad first start) or Problem Horses (specific issues needing help with). All Colt Starting applicant owners must be Level 1 graduates well into the study of Level 2, with preference given to Level 2 graduates.

We are looking at doing a May colt start and will release dates, cost and location once we have secured a facility. If you would like to be on our waiting list you can send me a \$250 deposit to go to the top of the list. Stay tuned...

## Facilities Needed for Dressage & Colt Start 2009

## Dressage Naturally 2009—Reserve Spot Now!

A big thank you goes out to Kathleen Dupon and Kim Pringle for their efforts in helping me to host our recent clinic in Stone Mills Oct 3-7 with Karen. We had many familiar faces and it was great to see how much progress people had made since the previous year! Karen had a blast teaching everyone and said we're one of her favourite groups!

With both English and Western riders, regular and gaited horses, it was the perfect environment to stage the message that it's not about the outfit you wear or the breed that you ride. Good horsemanship applies to any horse, any discipline and any rider. And Dressage done Naturally (which is based on Classical Dressage combined with the psychology of Natural Horsemanship) is a great way to advance your Parelli foundation and learn about freeing your horse's body through Balance \* Energy \* Relaxation and to get your horse powerful and prepared through Flexibility \* Mobility \* Collectability. For details on clinic formats in 2009, check out Karen's latest newsletter at [www.dressagenaturally.net](http://www.dressagenaturally.net).

In 2009 I will be coordinating ALL of the Dressage Naturally clinics with Karen in Ontario. She really enjoyed having the same core group of students and has asked me to put together a 5 day Advanced Class for those who have successfully completed the first two formats offered and are ready to move on. The spring class will be the last opportunity to ride and qualify to move into the Advanced Class. Preference will be given to students of higher horsemanship levels.

**May 15-17: 3-Day 'Sweet Spot' covering the elements of Balance \* Energy \* Relaxation \* Connection**

**May 18-19: 2-Day 'Spirals of Success' focusing on exercises to develop Flexibility \* Mobility \* Collection**

'Sweet Spot' Pre-requisites : <http://www.youtube.com/watch?v=IMH7EVyIqNg&feature=related>

'Spirals of Success' Pre-requisites: <http://www.youtube.com/watch?v=rMrZfpDomRQ>

**Oct 1-5: 5-Day Advanced Clinic for students who have ridden in both the above formats.**

(To apply to ride with Karen in 2009, send a \$300 deposit (made out to Fawn) to the Florida mailing address at the top.)

We are looking for suitable facilities to host these events in 2009. Email me if you have or know of a facility that you think would be suitable.

### Dressage Naturally Event

- 80 x 200 or bigger indoor riding area (not including spectator area).
- Stabling for 15+ horses on site.
- Parking for 15 rigs and 50+ vehicles.
- Close to heavy populated horse areas.

### Colt Start Event

- On site accommodations for Terry.
- Stabling for 6 horses.
- Access to trails suitable for young horses.
- Round Pen & Covered area in case of bad weather.

Contact me at [pnhclinics@yahoo.com](mailto:pnhclinics@yahoo.com) with details and price if you know of a location that would be suitable!

## Stories from Students - by Vilika Zafirides-Harding & 'Bella'



I bought Bella from a friend of mine when she was 14 months old. She is a Hanovarian/TB cross, and from birth she had a mind of her own - very dominant in the herd (I have 3 other horses), she spent a lot of time on her hind legs!! She is super confident, very sensitive, and very VERY smart!!

I started her the 'normal' way as a three year old...lunging with bridle and surcingle/sidereins, then progressing to a saddle. She was easy and willing. I backed her in the fall (again, no problems) and left her for the winter. In the spring, I started her again and she was lovely at all three gaits. I could ride her in an open 6 acre field, with other horses loose and she was quiet. She was so quiet, that I forgot she was a baby...and one day, while I was asking her to move away from my leg, I hit her with my crop and she reared straight up. I felt bad for blowing her mind, and she forgave me...until the next time I asked her for something she didn't want to do (step over a fence rope that was lying on the ground). She reared again.

The third time Bella reared, I was walking her around in the paddock. For what seemed like no reason, she planted her front feet and started to toss her head. I asked her to walk forward, and she reared 4 times until I slid off of her back end, then she calmly walked away. This was October 2006. I didn't try to ride her again until February 2008 (her 6 year old year). Again, I started her from the beginning - lunging, long lining etc. When I got on for the first time, I asked her to walk around for a bit and she was fine. By the third ride, she had caught on and started tossing her head, and threatening to rear. She even started to kick out behind. Friends of mine advised me to have her 'broke' by a trainer who would not be afraid to fight with her in order to stop her rearing habit. There was no way. Knowing Bella would fight back until she hurt herself, or the trainer, I knew I needed to find another method...

After searching the internet, I came across the Parelli website, and ordered the Horsenality DVD. What a revelation!!!! I ordered the level one pack, and noticed a huge transformation in Bella in a really short time. She was still very dominant in the herd, but she had a new respect for me and my 'bubble'. I progressed on the ground through levels 1 and 2 with relative ease, but still wasn't comfortable with getting on her back, as there were days online when Bella still acted dominant with me (rearing, bucking, striking). I had heard about a level 2 clinic with Fawn Anderson, and desperately wanted to participate, but figured I couldn't (considering I couldn't ride her at all, not even at the level one standard). Still, I knew I needed professional help.

I made arrangements to have a private lesson with Fawn during the clinic weekend. We first discussed my concerns and the areas where I was having problems, then I brought Bella into the arena for a lesson. It was fabulous!!!! 2 hours of one-on-one instruction. Fawn watched as I played online, and offered some suggestions where she thought we could improve. She then gave me 'homework' - exercises that simulated riding that could be done from the ground. I learned a ton.

It has been only three weeks since my lesson, and I have been able to ride Bella 5 times (even bareback!!!!) She has not threatened to rear once, and when she gets a bit snotty, all I have to do is bend her (either in a lateral flexion, or an indirect rein) and she softens immediately.

I am very grateful for the Parelli program; I have learned so much about my horses and myself in a really short time (and I know my horses are grateful too!) Thank you so much to you too Fawn - you are an awesome instructor; very knowledgeable and very personable. I can't wait to RIDE in your next clinic!!



Hi Fawn!

Just wanted to show you the progress we've made since Bella and I had our lesson with you. I've been on her back 4 times in the past couple of weeks - her indirect rein from the ground is very soft now and I can do it on her back too (a couple steps at a time). Today, after playing with her a bit online, I decided spur of the moment to climb on bareback and see what would happen. She was lovely...and when she got a bit snotty once or twice, I asked for some flexions and she changed her mind :) I'm a happy girl. Just thought you'd like to see...you helped us tremendously. I will be RIDING her in the next clinic in October!!!! Woo hoo!!

Talk to ya soon, Vilika

*Since writing her story and sending me the follow-up email, Vilika & Bella rode with me in a Level 2 Clinic and did great - a perfect partnership! Just yesterday I assessed her Level 1 video, which (by mistake!) included 21 minutes of BOTH the passenger lesson AND follow the rail! I saw a very happy horse/human partnership. It's so obvious that Bella loves Vilika and enjoys the games they play together now. Their story is an inspiration and an illustration of the fact that when our horse is our friend, we have nothing to fear. -Fawn Anderson*

## Classified Corral - Fawn is currently Selling/Needing...

### For Sale/Lease for ISC Courses GOLDENCHILD'S WHOOZER

2001, 15.1hh, ApHC Palomino  
Gelding, Solid Level 2.

Performance bloodlines, great mover, eager to please, extremely athletic and nicely muscled - a real eye catcher! Would be suitable for most levels of rider. I've had this handsome boy for a little over a year now and he'll be in training with me throughout the winter and is offered for sale at **\$15,000.00US**.

**FL ISC Courses** - I have quality horses of different levels available to lease to approved students only.

Lease is **\$150/week**.

### Trailer For Sale

#### 2004 EXISS 4-H Trailer with 8' ShortWall Living Quarters

\*Trailer is in excellent condition and perfect working order.

\*Nearly new tires all around. Bearings repacked and brakes inspected May 2008.

\*Drop down windows and bars.

\*Hay Rack and Horse Watering Container on roof - great system!

\*Collapsible/Removable Rear Tack Compartment.

\*Lights in horse/tack compartment

\*Ramp Load - SMOOTH haul,

my horses love this trailer!

\*7' wide, 7' high, 28' long on the deck.

\*LQ is super nice and includes microwave, 2-burner stove, CD player, fridge, sink, propane heat, A/C, toilet, full size shower with glass door, table that folds down to sleep 2, ample cupboards for storage and a closet.

Offered for sale at **\$30,000 US**.

### WANTED

Aluminum 3-4 Horse Stock Trailer, 7' high, gooseneck or bumper pull. Dressing room a bonus.

### 2001 Dodge Ram 2500 Diesel

Super reliable and strong, this is a great truck for hauling & driving!

\*Standard - 6speed 5.9L, 240K km

\*Custom Chrome full front bumper

\*850kms (530mi) on a tank of fuel

\*Extended Cab - lots of leg room

\*Runs solid and handles like a race car - very clean and responsive!

\*Overload springs & 4" Lift

\*New brakes May 2008

\*Engine Brake, Cold Air Intake & Edge Performance Chip

\*K&N Performance Air Filter

\*Gooseneck & Bumper hitch

Offered for sale at **\$14,000 USD**



Early September my buckskin partner, Billy, finally got the ok from our surgeon to be released from prison and be allowed full turnout! Since February he's been confined

to a stall or his 10x10 portable grazing pen (mostly in the grazing pen thanks to his doting caretaker, Joy!). Dr. Madison said the fracture had made a good union and looked solid. Yay! Still not out of the osteoarthritis woods yet, but making good progress.

Hans Wiza had flown down from Ontario twice to reset Billy's barshoe, but when my air miles ran out I tried to find a local farrier who could take over the great work he'd left off. My first attempt, although well intended, was disastrous! When I saw the pictures I panicked. Which is when I found out KC La Pierre was not only IN Florida, but was willing to take over Billy's rehabilitation! KC is the farrier who did the pre-surgery trim on Billy, as I knew his trimming methods matched my beliefs on what is needed for a healthy foot. At that time, based on the available research, I felt that the bar shoe was the only truly documented treatment for the fracture. Now that we'd gotten the ok that the fracture was solid, though, I wanted him OUT of them.

After 6 months of being in a bar shoe, Billy's fracture hoof was left seriously deformed with contracted heels and a bell shape in the back. Unfortunately, that is what happens when you take away all ability

## Billy's Road to Recovery - Update!

for a hoof to expand or contract by applying a bar shoe. It's going to take a few more months for that to grow out, but it's headed in the right direction now that the shoes are off and he's being trimmed every 4 weeks. KC has an innovative product called Perfect Hoof Wear (a wrap system similar to a cast but with more flexibility) that, after three applications now, is proving to be very effective in rehabilitating Billy's foot and giving him the support he still needs to minimize the flaring and regain proper function.

Billy was brought home when I arrived in Florida earlier this month. A week later, when the fences were done, I turned him out in the big field, gave him the day to get used to his surroundings and brought my other three horses home that afternoon. I had Ian's dad hold Billy while I drove the trailer right into the field. Then I took Billy as John opened the doors and let the three horses off the rig.

River took off with the herd, as usual, to investigate the entire place. It was quite the sight to see the three of them cantering around in perfect unison. I took Billy and just walked after them and joined the herd when I could so that he felt like he was part of it.

River and Logan instantly recognized their old herd mate, came over to say hi and accepted him back into the herd. Trinity was another story! They'd never met, so I used my carrot stick to defend Billy and drive Trinity away each time she'd charge at him to try to keep him



away from River and Logan. Next, Trinity decided to try to round them up and take them away from Billy! It was pretty neat to watch all

the dynamics going on.

I kept Billy online and continued to just be a part of the herd with him for two hours until all the excitement had died down and everyone was finished running around, the herd settling in to graze, Billy and I right in the middle. When everything looked serene I decided to take his halter off and see how it went! As hoped, it was very relaxed. Trinity still drove him off a bit here and there, but Billy just got out of her way or ignored her.

After another hour the sun was starting to set so I left to go in for the night, confident that the re-amalgamation into the herd had been a success. After ten months of being isolated, Billy was finally back in a herd and being a real horse again. I couldn't be happier! With any luck you'll see me with him in the October '09 clinic with Karen!

## The Many Faces of Phase 4 - Teach \* Control \* Reinforce \* Refine

Over the years I've heard 'Phase 4' (that firm phase that some of us dread and others are a little too quick to go for) described in a lot of ways; "It's whatever it takes to cause a horse to care," "As firm as another horse would be," "It should get their attention." In Level 1 we teach that Phase 4 is 'Bone' for the Porcupine Game or 'Promise' for the Driving Game. The reality, however, is that all and none of these are correct. You see, phase 4 is dynamic and it's THE HORSE that decides phase 4, not the human. And that's real hard for some people to understand or accept. One second you might be delivering a phase 4 that would stop a train and the VERY NEXT SECOND you might need to adjust it to so light that it wouldn't even hurt a fly! What was Phase 4 a second ago might be phase 1 or phase 100 (way too much!) in the next moment. So how do you know which end of this HUGE scale of possibilities to start at, when it's time to lighten up and when it's appropriate to be firm? How can you be sure that you're doing it for the horse and not TO him? What are the signs you can look for to help you read the situation so you feel confident that you can BE firm without damaging the relationship? Let's face it, none of us like whacking our horse with our sticks! And unless you understand the psychology behind the phase 4, often that is all we're doing. Well, I went on a journey of discovery to understand Phase 4 better so that I could help my students read their horses. Here is what I found and I hope you find it helpful...

## Adjusting to Fit the Situation - a Study in Reading the Horse in Regards to Phases

In order to determine what the appropriate phase 4 is in any given situation, first you need to know what your horse NEEDS in that moment. If we go back to Pat's model of Teach \* Control \* Reinforce \* Refine, we'll be off to a great start! This skeleton is packed with gems of wisdom if you dig a little deeper.

When you are playing with your horse it is important to know which stage you are in. If you are Teaching, your phases will feel different than if you are Controlling. To Review, let's look at some examples of how the phases differ:

**Teach** - Phase 1, 2, 3, 4 and hold. Set it up and wait. You're allowing the horse to find the answer and you give him time to think at each phase. Release for the slightest try, even a thought!

**Control** - Pattern Interrupt: Match, Mirror & Override. Do what it takes to shut him down by instantly matching his energy plus 4 ounces. Sort of like giving someone a slap on the cheek and they go, "Thanks, I needed that!" Used to break pattern of horse exploding. The second your horse stops & looks at you (asking a question) and is out of your space or shut down, you go completely neutral and turn all energy OFF.

**Reinforce** - For Game 2: Support steady pressure with rhythmic. Phase 1, 2 steady pressure then ADD phase 3, 4 rhythmically. Used to teach lighter response to steady contact from hand, leg or rein. For Game 3: Long phase 1, quickly to phase 4. Teaches the energy efficient horse to put energy in sooner rather than later and gets that bored look off of their face as you are being more provocative.

**Refine** - Phase 1..Phase 2...Oh, the horse responded so back to phase 1. This stage is for when the horse is trying to do what you want at a light phase but just needs a little support or maybe got distracted for a second.

Now that's a pretty detailed, although mechanical, way to look at phases. I have another way to explain it that might help you to be able to READ the horse to know where you need to be.

I use my phase 4 to do one of the following: **Support, Defend My Space** or **Get Attention/Add Meaning**.

**SUPPORT** - if my horse is scared, confused, learning or trying, then I will support them to HELP them understand what I want. I use my phases like in the Teaching or Refining Stage, depending on the horse in that moment. I simply ask myself, "How can I support my horse so that they know exactly what I want and feel like they can do it?" It's often soft, but can be quite strong too. When firm, it's with a "You can do it, I'm here for you" attitude, NOT a "You HAVE to," one. This makes ALL the difference, trust me! At any moment, if the horse says that they CAN'T, I honour that and don't make them feel wrong or pressured. They aren't being bad! I just ask myself, "What can I do to show them that they can?" This might mean working on ingredients over time and coming back to the original question.

**DEFEND MY SPACE** - if I allow a horse into my space then I lose the position of Leader in that moment. That means that I cannot direct them or calm them, as only the Leader can do that. So I'll use my phases to make sure that my horse respects my space and does not crowd or push on me. When you're shutting a horse down from running into you, this is considered the Control stage. If they're already IN your space...Well, you've already lost the leadership role so you may as well take your time and use Teaching Stage phases to get them out as it's your fault they're in there! Next time defend your space better!

**GET ATTENTION/ADD MEANING** - Ever seen someone tapping away and from the horse's expression they might as well have not even existed? If you're asking a horse to do something and you could insert the dialogue "BORED, BORED, BORED!" then you need to get their attention. I know at phase 1 that I need to go quickly to phase 4 if the horse is ignoring me in a LEFT BRAINED FASHION. They might look sleepy, try to bite the stick instead of move off of it, or just respond

in a sluggish, heavy way that feels like they're blowing you off. They know exactly what you want but view you as boring or passive and thus do as little as possible. If I'm at phase 1 and they're just ignoring me, I ask myself, "What do I have to do to instantly get their attention back, two eyes and two perky ears?" Linda has great stories about doing this! Once you have their attention, now you can have a conversation. Otherwise it's like talking to someone who's looking off into the distance. I've gotten good at being very hard for a horse to ignore!

If I have their attention but they're just being heavy, difficult or dominant, that's when it's time to add meaning. Very similar to getting attention, but a little different. For example, if they're pushing into my stick as I try to drive the front end over (maybe even trying to bite it) I ask myself, "How can I give my stick (or leg, rein, rope) meaning so that they view it as something to be followed vs dominated and pushed through?" and I would go to whatever phase 4 it took to get them to stop pushing on it. You need to be quick and effective—get in, get it done, get out! That's Reinforcing!

Now here's another thing to ask yourself - "Does my phase 4 help my horse to understand exactly what I wanted?"

When you are 'Getting Attention' or 'Adding Meaning' you don't need to worry about this so much, as at that moment you're just trying to get the horse to HAVE a conversation. But once you're engaging in one you need to be sure that your horse knows what you want.

Example: You would like your horse to put more effort into his stop, so you ask him to stop. Question: Did your horse know that you did not just want him to do any old stop, but that you wanted him to stop with EFFORT, QUICKLY and perhaps at a SPECIFIC SPOT? So the question is, how can you use your phase 4 to support your horse and show him what you wanted so he knows that he didn't match your picture....yet!

Have fun & don't forget the rub! ~Fawn