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colorado lifestyle magazine

07-04

Energy Healing
For Your Pet

Horse Sense
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The Split Ear
A Female Advantage

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July 28th - August 8

ADAMS COUNTY FAIR

CPRA Rodeo 🐎 Inside 4H 🐎 100 Years of History

Entertainment Guide 🐎 Event Calendar

Valley Bank's Senior Day

COVER: FLATIRONS EQUESTRIAN CENTER

PHOTO: BIGREDNOSE.COM

Horses: Incredible Teachers

Lessons about your inner-process and inner-self



As the show-fit Palomino filly is led to the round pen ring, she snorts and sniffs the fresh morning air. It is the perfect body temperature for her: 35°.

She finished her breakfast a few hours ago and is ready for a run and playtime. In anticipation, she begins to play on the end of the lead rope. Bucking in place, she raises her tail and her eyes, as liquid as a soap bubble, shine brightly.

As her handler begins to remove her halter, she bursts disrespectfully off to play in the round pen. A burst of enthusiasm, she bolts first to the right, three strides, and then a sharp dive to the left.

Dirt flying in all directions, she is temporarily in control of her direction and celebrates her nakedness with little, if any, regard for the human standing just outside the gate.

The gate opens and the young woman steps inside the circle.

Now the game changes and the filly observes her with one eye as she continues to run and kick out in the woman's direction.

The 60 foot circle is big enough for the two beings and they watch each other carefully. This filly has been in the round pen with her before. She knows the game.

Gracefully, the woman bends to the ground to pick up the 6 foot long whip lying in the dirt, center ring. Carefully keeping the tip to the ground, she moves the whip to her right side and slowly begins to raise her right arm high in the air.

The filly, who was flying to the right by her own choice, recognizes the body language and abruptly slides to a stop on her haunches.

After completing the quick stop, she rolls back on her hind legs, turning toward the outside fence and once again bursts out with speed to the left, circling the round pen in a new direction at a fast lope.

An occasional buck still left in her fresh fit body, she sets a pace she will not be able to maintain very long.

With the trainer's quiet and subtle movement upon entering the pen, walking to the center and picking

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Blue Parrot

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[equineprécis]

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up the whip, the filly begins to relinquish control of her own direction. She will also begin to relinquish control her own speed.

The game has truly begun. It will be only one of the lessons for each of them today.

The filly accepts this process and begins to learn.

The whip is incentive to create momentum, but more so, it is a tool to aid body language. The whip will never touch the mare's hide. She is now a partner with the human, focusing on what lessons they will learn together in the pen.

Control confidence touch;

stems from the woman's legitimate and leadership. They do not and force is not the dynamic.

Round and round and round she runs, where she stops nobody knows.

The filly is a living equine metaphor for the busy lives humans create and the omnipresent helpless feelings that occur when demands and schedules dictate both the direction and speed of one's life.

No longer free or in a place of feeling, lacking the ability to choose for one's self, a person loses control.

The bills or the jobs one must work,

overhead dictate how many hours or which projects or for whom.

As if the individual were a victim, the schedule often dictates what is eaten: "fast food" rather than the meal one would crave naturally.

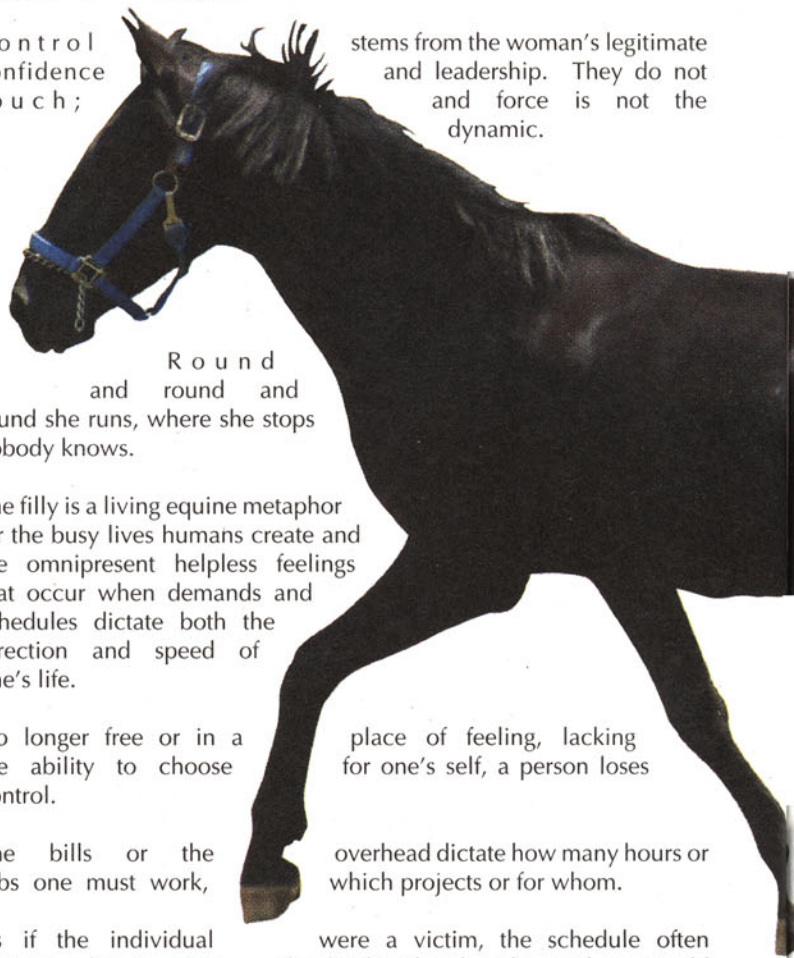
The chaos in preparing the children for school in the morning leaves them without time to enjoy their own playfulness.

Perhaps employees or subordinates are late on projects or due dates without deference to their position, which creates unending stress. Does this sound familiar?

Do you relate to this mare as she runs the circular fence with no beginning, escape hole or resting place?

In each of our lives, we must ask ourselves when it is appropriate to be the filly on the rail of the pen and when we are to find in ourselves the trainer's control position in the center.

What drives us is always a great quest.



From what or whence does motivation stem in our lives? When are we to be the one in control and hold the whip?

Choosing the direction, choosing the speed; and further, when do we allow ourselves to be the one on the rail? Running, enjoying freedom during enthusiastic playtime.

The filly clearly is not unhappy, nor afraid. She is well cared for and little is asked of her in return for her clean stall bedding, fresh water, feed, and people to watch over her every snuffle.

She submits to the woman as the leader, while she is choosing to learn and to be there.

If the filly were truly motivated by fear -- say by a cougar being in the center of the ring instead of the woman -- she would merely jump out of the pen.

No; she is not afraid. She knows the game.

Both the filly and the young woman have learned a lot in this session in terms of their roles and identities.

After a de-brief session, the woman has clarity in her leadership skills, awareness of creating choices, acting in fairness and making clear contact with agreements on both sides and much more inner awareness.



As always, there were multiple lessons learned in this game.

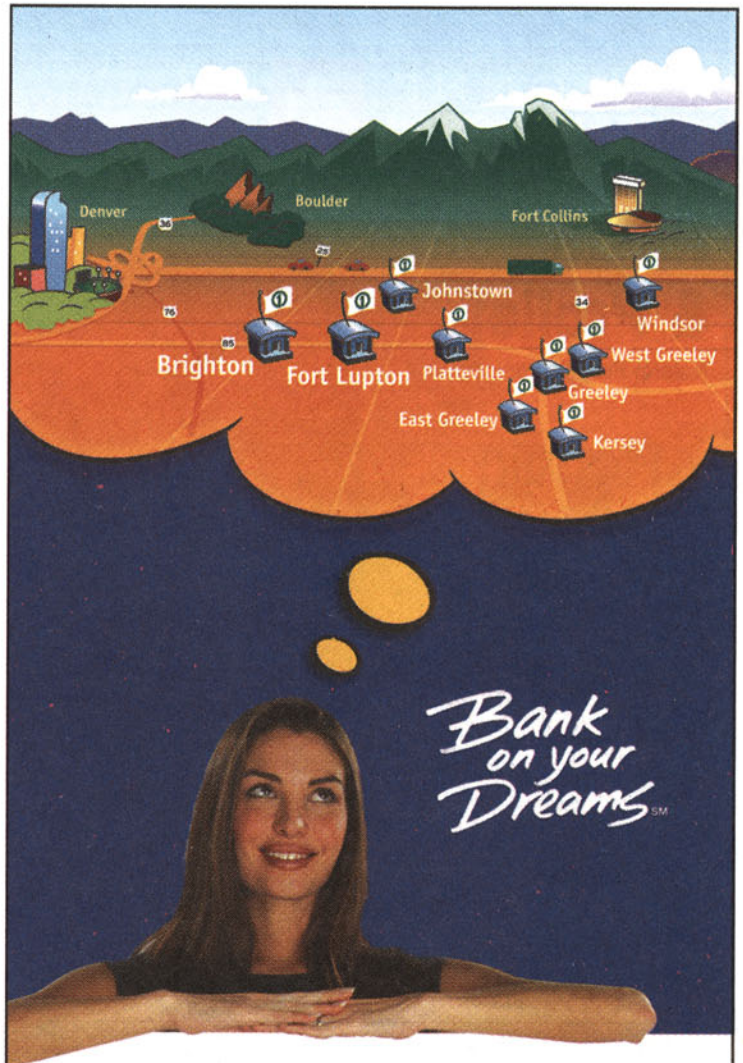
This is the process we create for those who join us at

Lil Bit North Ranch: to learn what incredible horses are and all they have to teach about your and inner-self. teachers inner-process



Melisa Pearce, entrepreneur, coach, writer and accomplished horsewoman has a background in psychotherapy. She hosts and facilitates the Touched by a Horse events at her horse ranch in Longmont, Colorado.

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