



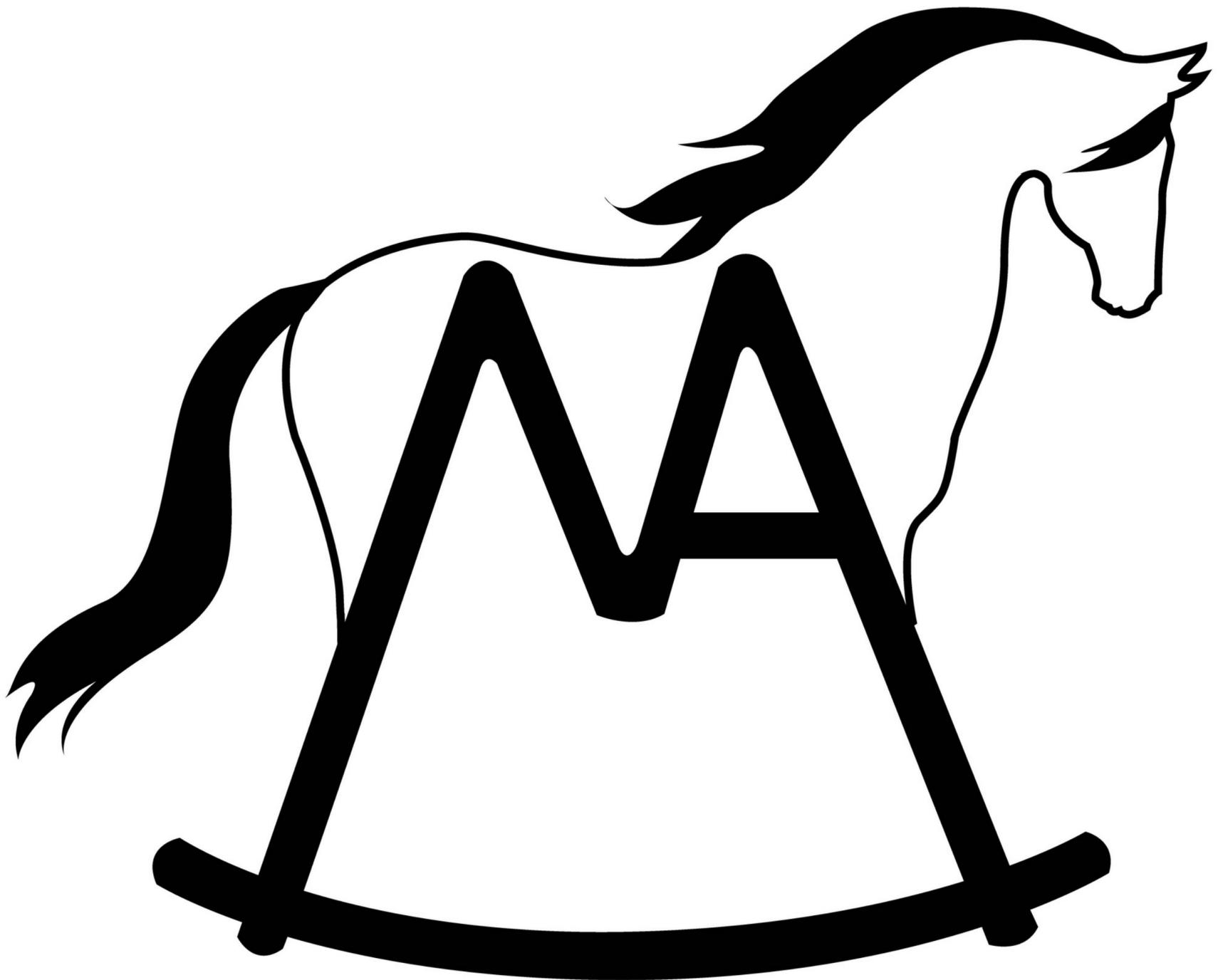
For the
Love of
Horses

A WORKBOOK

HORSEMANSHIP FOR HORSE LOVERS

MARYANN BREWER

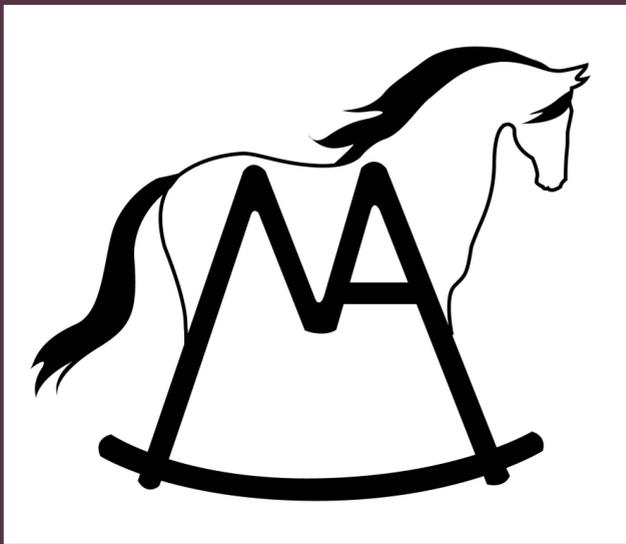
Changing Lives, One Relationship at a Time



For the Love of Horses!

To Realize the Dream You Got Into Horses For,
You are in the Right Place.

You and your horse, can be safe and have fun,
completely connected in Peace with
Confidence!



Mary Ann Brewer

Changing Lives, One Relationship at a Time

Welcome!

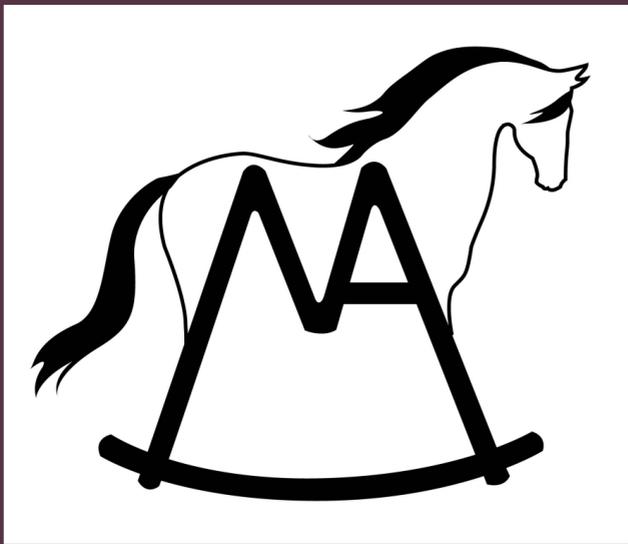
This is the little tiny beginning of
Becoming the Horse Whisperer

This is what is at the core of every horse person who is also known as a horse whisperer. You can learn this process and it's not a mystery! So Welcome to the journey, I look forward to helping and answering all of your questions!!

As you go through this e-book, I recommend you start a journal to write down your thoughts and to do the exercises within. Enjoy!

Love, MaryAnn





Mary Ann Brewer

Changing Lives, One Relationship at a Time

Observation

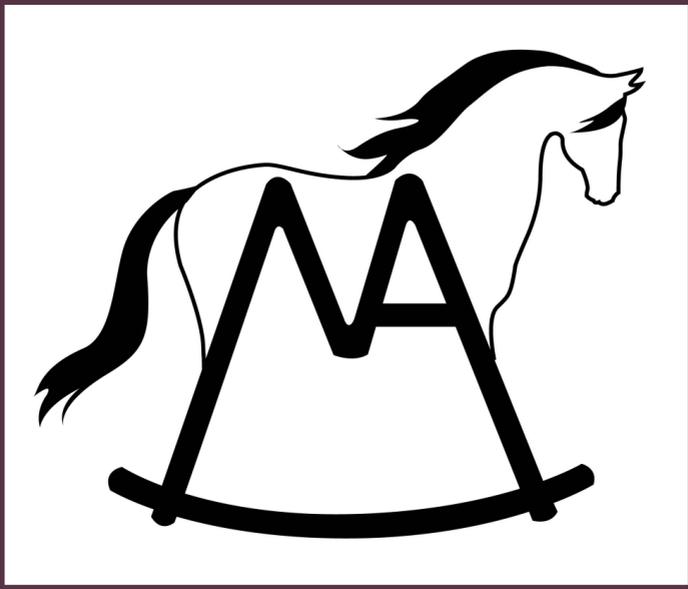
Becoming the Horse Whisperer

The one thing that makes a giant difference for me as a horseman and horse trainer is being able to see what there is to see as opposed to seeing what I think I see. Let's do an exercise to learn how.



Take a look at this photo.

On a separate sheet of paper, write down as many observations as you see. Then turn the page.



Mary Ann Brewer

Changing Lives, One Relationship at a Time

Clean Observations

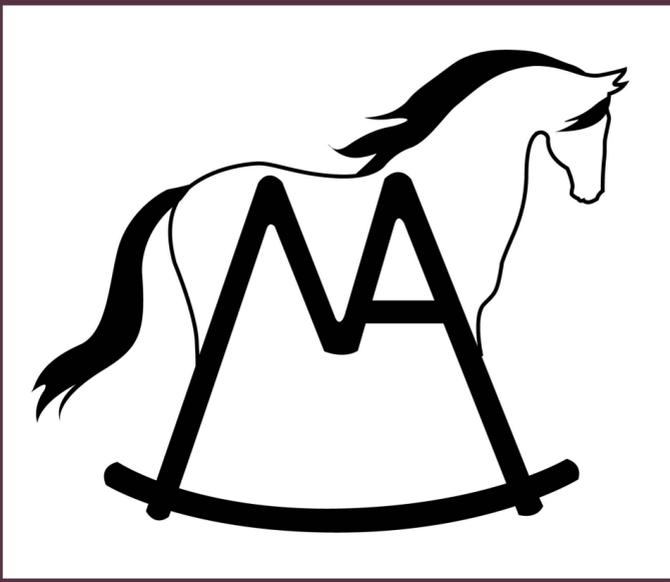
Clean observations are free from interpretation, free from "what it seems like," free from emotion. Observations are just the plain and simple 'what you see.'

I understand how hard it is to separate out what a thing means from what a thing actually is, and this is hard for most people.

The way I learned and continue to practice being good at observing is by 'doing it' so much for so long! As an Equine Specialist who co-facilitates equine assisted learning sessions, I am a trained observer. Literally, a big part of my job is observing exactly what happens and then remembering, so I can track events and build chains of when things happen.

It was surprising to me, when I realized that my interpretations of what I saw was wrong. I was sure I knew my horses very well and I knew why they did what they did.

I enjoyed thinking I knew what my horses were thinking!



Mary Ann Brewer

Changing Lives, One Relationship at a Time

I was co-facilitating equine assisted learning sessions, with my horses and a group of young adult male clients, I saw one horse do something unusual. I made a mental note and later when we were talking about the session, I recounted what I saw and asked the young man about it.

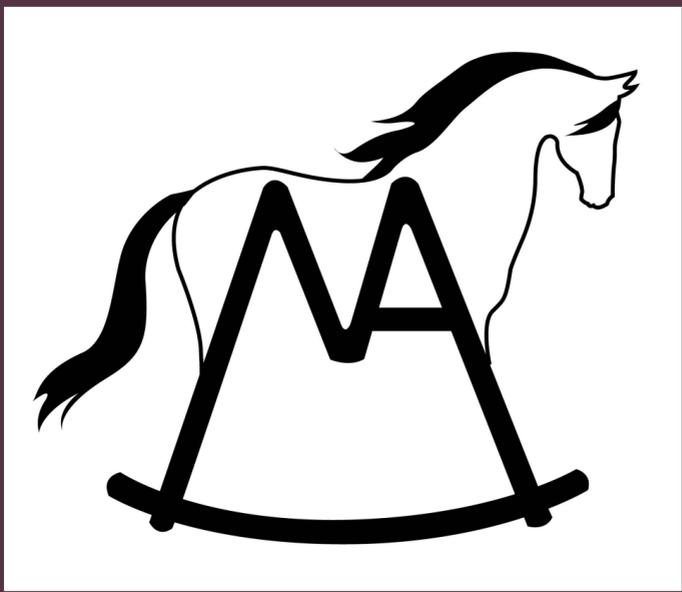
What he shared was so far from what I imagined that in that moment, I realized, that what is really going on between a human and a horse, even when it is my horse, that I have known since birth, is often unknowable. But with clean observation i can remember for future comparison.

Clean observation can stop us from keeping old patterns in place. If you are able to;

Observe - Compare and then Remember

Being able to observe, compare and then remember keeps us in the present moment and out of the past, remembering things that did not go well or projecting onto the future things that we don't want.

So let's have another look at the photo and, on another sheet of paper, write down only clean observations, free from any interpretations and then just compare the the first list and this list. Keep both lists because they both have value.



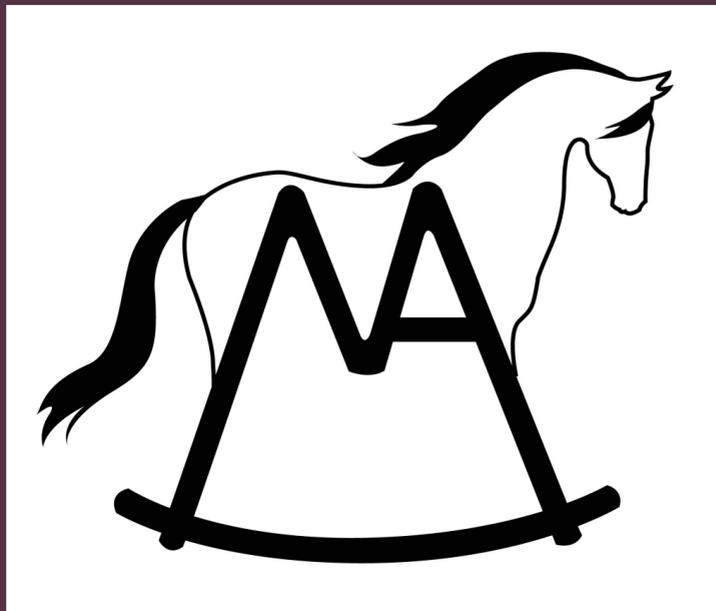
Mary Ann Brewer

Changing Lives, One Relationship at a Time



Here are some clean observation examples:

- The horse is white and black
- The horse has legs
- The horse's eyes are dark
- The horse's nostril is dark
- The horse has 3 feet in the water
- The horse has ears
- The horse's right hind foot is behind
- The horse's tail is black
- The horse has hair between his ears
- The horse has a neck
- The horse's legs are spread apart
- The horse's left leg is out in front
- The horse's right ear is forward



Mary Ann Brewer

Changing Lives, One Relationship at a Time

**Mostly, what happens when we observe is, we interpret.
Our brains are designed to work that way.**

I am not suggesting that our interpretations are wrong, I am merely asking you to make a clear distinction between: what actually is observable and what we think about it.

Being able to interpret is why we stay safe. We don't need to walk into traffic to know what could happen. Knowing when to safely cross the street allows you to both, cross the street, and be safe.

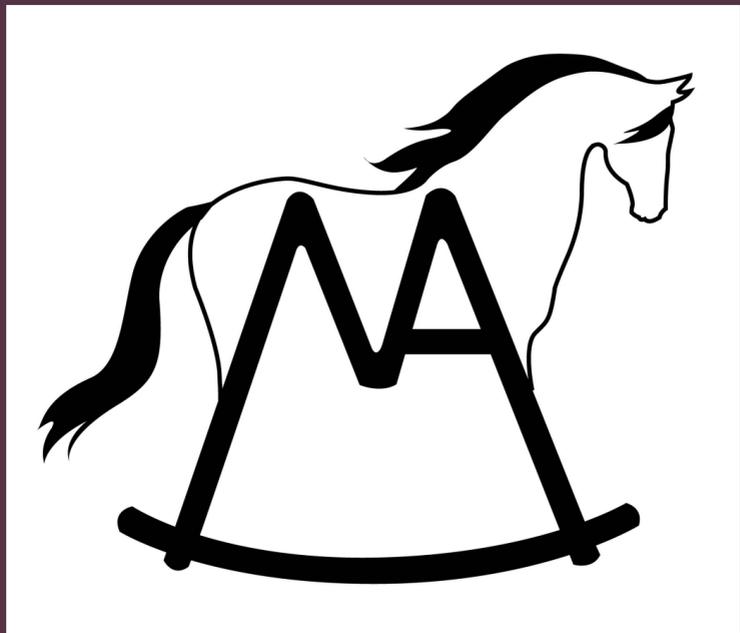
It's a myth to say standing behind a horse is any more dangerous than it is to stand next to a horse. However observing ears back, tails wringing and head in the air, may add up to 'move away'!

Here's what can happen...

A horse moves, mostly slow. Soon enough someone says, he's lazy and he just doesn't want to work.

Now, I know how frustrating it can be when a horse won't go and I know many horses who fall into this category. I owned one for 27 years! She is the horse I did my foundation training with at Horsemanship school in 2005.

What can happen is when a horse gets this reputation, people will begin to use spurs and whips to make the horse go. Some even get instructions to beat that horse! Even children are taught this, and not for any nefarious reason, these things are taught by well meaning people to "keep him going"



Mary Ann Brewer

Changing Lives, One Relationship at a Time

Here's how the power of observation makes all the difference.

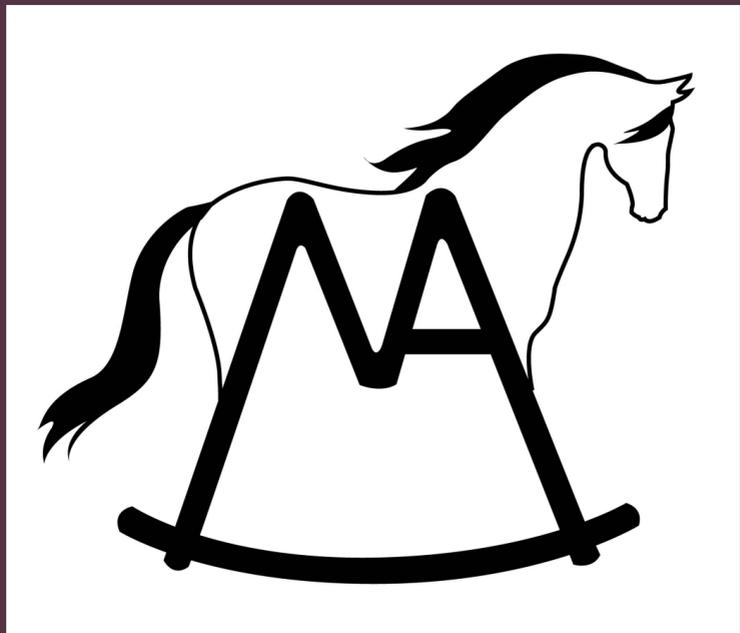
If you were able to observe your horse's slightest response to your request to go, you could release immediately and reward the little tiny beginning of his future full response!

At first, even your horse will be surprised by this release and reward!

This is where your observation meets your well thought out intention that your horse will indeed respond in a positive way, instead of the assumption, from the past, that he will not go.

With time and consistency, your ability to observe what is actually happening will get clearer and clearer. With that, your feel and timing will improve. Your communications with your horse will become lighter and softer and soon enough people will not be able to see you ask your horse to go, you will think it and it will happen.

Next, people will be calling you a horse whisperer, and it all began when you really got clear about the simple stuff; what is actually happening!



Mary Ann Brewer

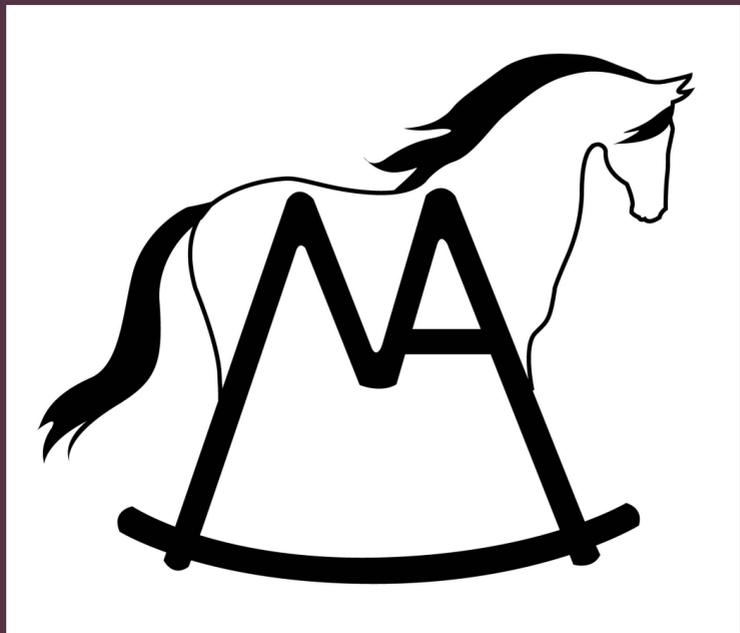
Changing Lives, One Relationship at a Time

The Next Part is a bit Harder...

Go out and watch your horse in motion, perhaps just grazing in a field with buddies. Write down all of your observations. Make a list of just what is so, no interpretations. Here are some strategies to help you make this distinction:

- Speak your observations out loud, this way you will hear your thinking and then write them down.
- If your words start out by saying, "it seems like" or "I think", then this is not a clean observation, it is based on what it seems like or what you are thinking, in both cases, these things come from the past, not the present. This is important.
- If your observation is, the horse is hungry, check in with yourself, can you see hungry or can you see eating? Haven't you ever eaten when you were not hungry? Look further and see, what is your horse eating? Does he like the dandelions or the plantain, does he avoid the buttercups? Refining your true observation skills to this level will be of great value to you as a horse trainer.
- If you say, the horse is happy or content, look to see what are the true observations? What makes you think the horse is happy or content? Is he chewing rhythmically, slowly, are his eyes blinking, is he moving slow? What are his ears doing? What is exactly happening.

This level of ability to observe will increase your feel and timing when you need to release and reward your horse's slightest try.



Mary Ann Brewer

Changing Lives, One Relationship at a Time

We all have defaults or go to habits of thinking, some examples are:

- a professional handyman thinks everything can be fixed instead of replaced.
- An herbalist's first thought is which plants cure this issue.
- A surgeon's point of view is that the scalpel cures;
- if you are a minister, prayer cures all ills;
- a writer, writes a book to fix a problem;
- a poet wrote a poem to change the world;
- a songwriter, writes a protest song.

Are you a "glass half empty or glass half full" kind of thinker? Look to see what are your go to habits of thinking. Are you always a NO or always a Yes? Do you think you can or do you think you cannot? Are you a Yes, and, kind of person who figures it out or are you a yes, but, kind of person who has so many considerations, that the thing doesn't get done.

How do you embrace new ideas? Are you always fighting for the past or the way it was or are you open to new ideas? Are you open to believing that your horse is not lazy? I have seen, even the slowest horses, galloping around in the field with friends!

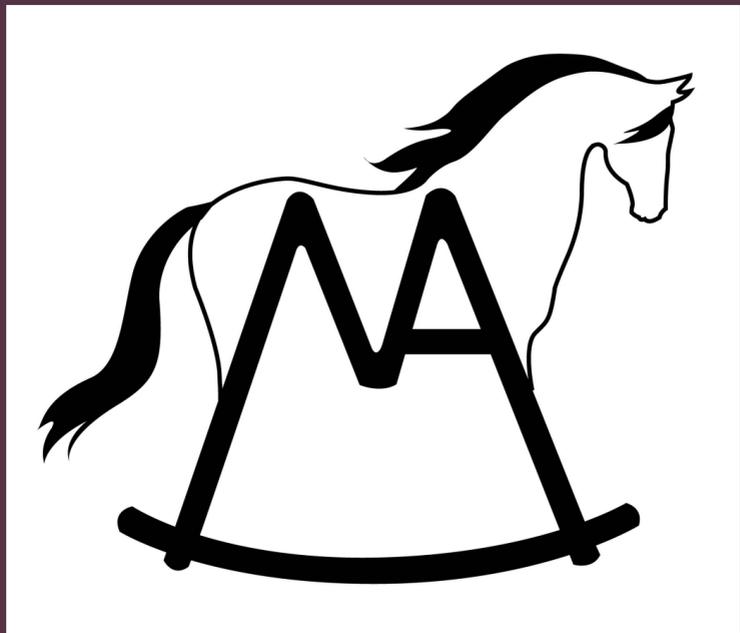
What motivates you to change?

Change is coming and it is the most natural thing.

EVERYTHING CHANGES

How do you deal with change?

Gracefully or kicking and screaming?



Mary Ann Brewer

Changing Lives, One Relationship at a Time

There is truth in all things.

Whether you think you can or you think you can't, you're right! The power of thinking and mindset is becoming more and more understood every day.

The biggest differences today in elite athletes, compared to the past is sports psychology or mindset. Learning about, what your thinking is bringing to your horse, matters and almost more than what you do.

Said another way, it's not what you do, it's who you are being about it.

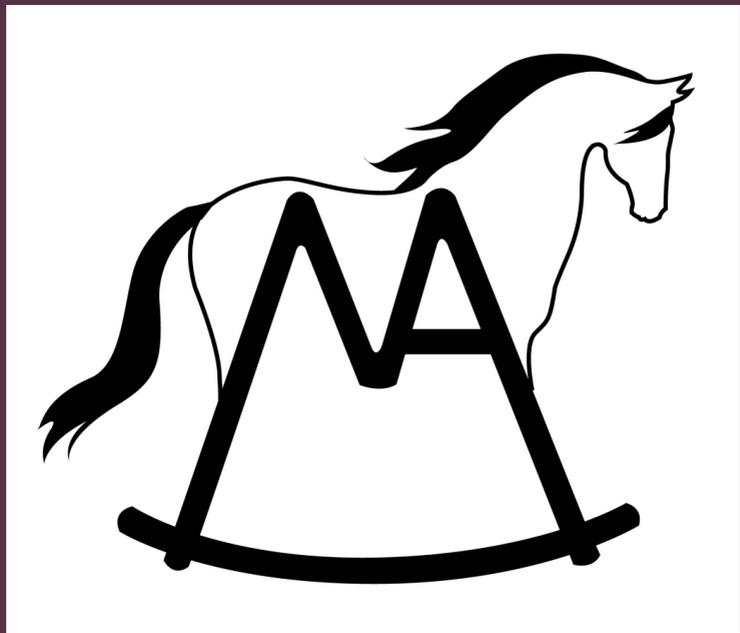
Horses and Humans

Horses at the level of DNA are prey animals. Humans at the DNA level are predators. Prey animals are programmed at birth to read the intention of predators. Their lives depend on it. All prey animals know they are prey and they are keenly aware of the intention of all predators.

National Geographic photos or movies show us prey animals like gazelle or zebra grazing right next to a pride of sleeping lions. The prey animal is reading the intention of these predators. What is their intention? To sleep! It is only when the intention of the lion changes to being hungry and acting predatory that the gazelle and zebra flee. So the prey is not afraid of the predator, it flees from the predatory behavior.

While most of our prey animals, were born in barns belonging to humans, what is in their DNA is the same as the wild zebra or gazelle.

**There is no place to hide from our horses
internal knowing.**



Mary Ann Brewer

Changing Lives, One Relationship at a Time

Consider this scenario...

A guy cannot catch his horse. He goes out into the field with a grain bucket in one hand, a smile on his face and the lead rope hidden behind his back.

The grain in one hand and hiding the lead rope with the other is sneaky and not honest. Likely the smile is disingenuous, because the person is probably not happy but believing this is going to be an unpleasant thing based on past experiences.

Horses are born skeptics.

Since 2006 I have taken my horses to an institution for experiential therapy. My horses have participated with more than 15,000 non-horse people in problem solving activities. I have observed all of them.

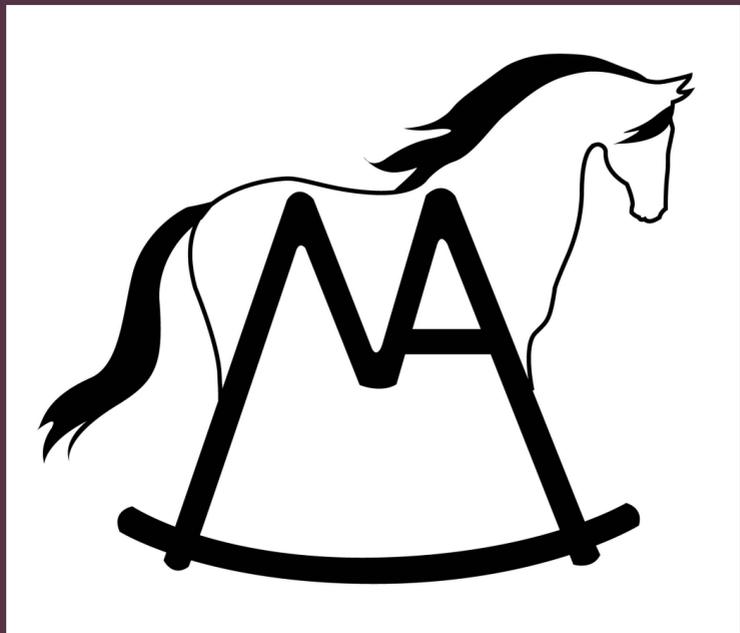
Bribery only works when the one being bribed wants to be bribed.

Trickery does not work. What works is honesty, not desperation but, clarity and an ability to truly work together to create an outcome where everyone gets what is needed. And an ability to learn by Observing, Comparing and Remembering.

Clarifying our inner pictures and being honest and congruent in our emotions will create a horse who trusts you as a person. Horses want to be together! They are herd animals who find safety in their herd.

If we have all day to catch our horse and we are willing to take whatever time it takes to do that by showing him the lead rope and our intention, that is just straight up honest.

Encourage his good will



Mary Ann Brewer

Changing Lives, One Relationship at a Time

Then, when he is caught, take him to the grain bucket so he can eat. Soon enough, he will learn, if he allows you to put his halter and lead rope on, he will get whatever he LOVES to eat or do. In this way it is a reward and rewards are natural in your presence.

Mindset tip:

If you go in with a time frame and agenda, prepare for disappointment.

Clean observation can take the emotion out!

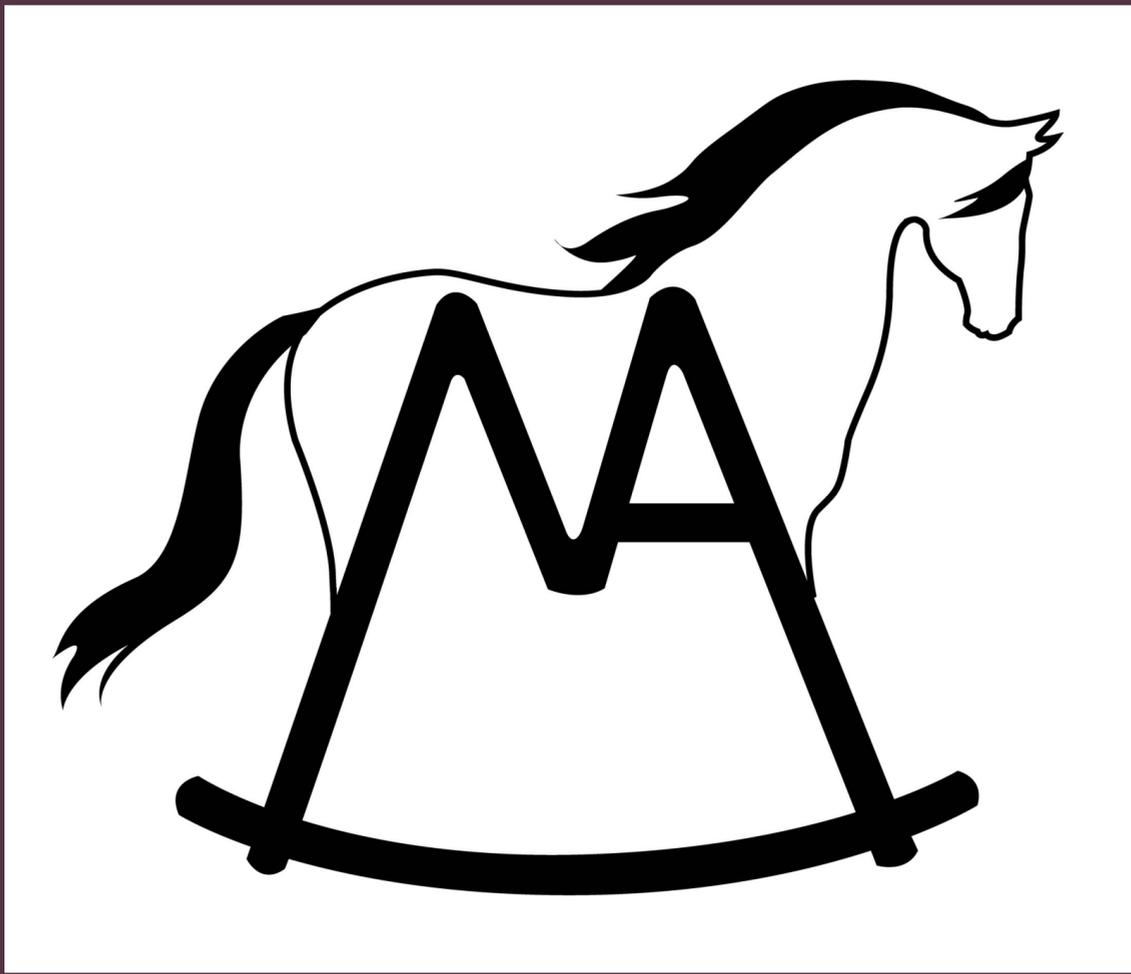
The observation: the horse is walking away, does not mean, the horse does not like me, just like the horse is walking toward, does not mean the horse likes me. It means the horse is walking away or toward.

The horses are always teaching us. It is through clean observation that we can learn what they want us to know so they do not have to shout at us by suddenly running away or bucking us off after we have failed to acknowledge what he was trying to tell us when he wouldn't stand still to be saddled.

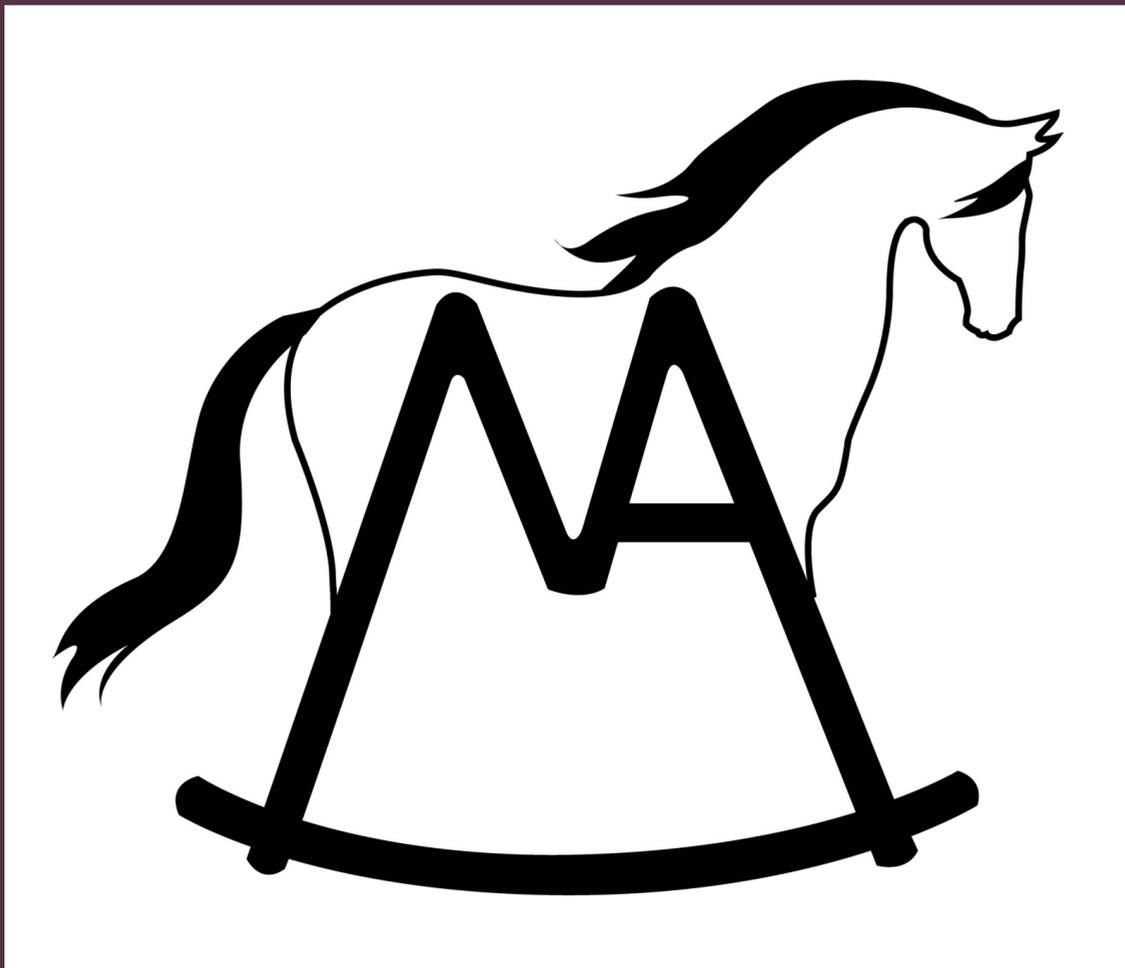
In no case is the horse "just being _____" Fill in the blank, bad, lazy, a jerk, doesn't want to work etc.

The horses are always talking to us and they are speaking in a universal language that even the dog and non-horse people can easily read. They say things like, shall we put them back in their cells? Referring to modern horse stables looking like jail cells. They figure out pretty quickly how individual horses like to be touched and with what brushes or not because they are observing the multitudes of communications the horses are sharing.

Encourage his good will



Mary Ann Brewer
For the Love of Horses



Mary Ann Brewer Changing Lives, One Relationship at a Time



This e-book represents years of work and discovery and is copyrighted material. Do not, under any circumstances, share this information, in any form without expressed written permission from Mary Ann Brewer.

If you know someone who would love this information, please email
support@maryannbrewer.com
I'll send it to them for free.

All rights Reserved 2017 MaryAnnBrewer.com