



A New Year

By Tim Hayes

HAYES IS FOR HORSES®

Happy New Year! It's the time when for a moment everything seems possible. It's the time when the human spirit tells us no matter how well or how poorly we did things in the past we can wipe the slate clean, begin again, do it better. This year we'll be more successful, thinner, eat healthier, be less judgmental, be happier or more grateful.

If we're fortunate enough to have horses in our life what will we wish for in 2008? To win more shows, improve to the next level in our sport, ride with more confidence, help our horse become less spooky, have more fun and feel safer on trail rides. What if we could discover what our horse would tell us if he could talk?

In this new year all of these wishes are possible but on one condition: we must do some things differently than last year. The reason so many of us have difficulty being successful with diets has nothing to do with the diet. It's our lack of effort and commitment to the diet. The same is true when it comes to our riding and horsemanship. If I keep doing what I've been doing in the same way I did last year I'll keep getting what I've been getting in the same way this year.

We live in a time when we are less aware, conscious and present to our very existence in what used to be considered reality; the natural world. Many of us spend much of our time going from cell phones to emails to voicemails to text messages to laptops to desktops to Ipods to Xboxes or Flat Screen TV's. Our horse only lives in the moment. His reality is survival, eating, playing and being comfortable. If we are lucky enough to have a horse in our life, how are we showing up for him?

When we finally get to be with our horse are we truly and completely connected to him? Are we able to take the time it takes to have a mutually rewarding relationship? If it needs improvement do we put in the effort to do what's necessary even if it could require learning a new or different method?

Natural Horsemanship offers a fun, easy to learn yet profound way of communicating with your horse. It begins on the ground, which is natural for the horse and transfers to the horses back, which is natural for the human whether it's Dressage or Trail Riding. Communicating with Traditional Horsemanship often relies on force. If results are not achieved the only solution becomes more force. At some point more force turns into pain.

The growth of Natural Horsemanship in the last five years has been explosive. One of my teachers Dr. Robert M. Miller has written two books: "The Revolution In Horsemanship" and his just released "Natural Horsemanship Explained". In my opinion they are finest and most comprehensive books available on this subject today.

Not only does Dr. Miller clearly explain how and why the practice of Natural Horsemanship is so effective, he reviews all today's top Clinicians and describes their different approaches to teaching. Either book is a wonderful introduction for anyone interested in learning and understanding what I am convinced is the way of the future for humans and horses.

I believe that one day maybe fifty years from now, hopefully less, people will no longer speak of or use the term "Natural Horsemanship". They will simply say "Horsemanship". If you're looking to 2008 to be the year of fulfilling more of your wishes with your horse, learning how to ride and relate to your horse naturally might be a wonderful place to start. I guarantee your horse would tell you and wish for the same thing. © Tim Hayes 2008

For Clinics, Group Classes, Private Sessions or Help With Any Situation Contact Tim at: 631-329-5840 or go to: www.hayesisforhorses.com



*Happy New Year and welcome to 2008!"
Photo courtesy of Tim Hayes*