



Be, Do, Have

By Tim Hayes

In 1996 I participated in a three-day self-awareness workshop. It was enormously helpful and quite enlightening. One of many concepts I learned made a huge impact in my life. It was called "BE-DO-HAVE." It is thousands of years old. It is a formula for achieving success in anything one desires. Simply explained it means that to achieve success in anything, first I must "BE" a person who embodies everything that is a manifestation of my desire.

To "BE" means I become a student, a lover, a helper, a participant, a listener, an absorber and a magnet for whatever is my desire (doctor, singer, tennis player or horseperson) When I allow myself to "BE" this, then I will know what to "DO" that is necessary, required and right. I study, practice, give time to, ask for help, take risks, pay my dues, push my comfort zone, consider others (including horses), let go of my ego, be willing to succeed and be willing to fail. I am happy "DOING" it all. I love the process. It is from "BEING" followed by "DOING" that I will obtain my most successful results. Then I "HAVE" my desire (I am a doctor, singer, tennis player or horseperson) effortlessly and with joy.

Years ago, before I worked with horses, like many people I practiced a different formula called "DO-HAVE-BE." My concept of success was HAVING: an impressive sounding title (Vice President), a large amount of money and possessions, winning awards and being well known (read: famous). The problem with this method is the heavy focus it puts on results. What I "HAVE" becomes more important than what and who I am. With this formula to "BE" successful (as a doctor, singer, tennis player or horseperson) means "HAVING" to achieve either certain amounts of money, recognition or awards. This causes me to "DO" everything I think will help me "HAVE" these things. The problem is some things are necessary, required and right. Some things are not. My goals become more important than my principles.

Natural Horsemanship teaches me to put my relationship with my horse before any goal or purpose I have for him. It teaches me to never sacrifice my principles in order to achieve my goals. I have studied over the years with some of the master horseman of our time. They have all taught me that to be successful with horses in any discipline; dressage, trail riding, jumping, reining or eventing, I had to first know horses. How they think, how they feel, what's important to them and what they are trying to tell me from their behavior.

If I can learn to think, feel and communicate like a horse, I can "BE" like a horse. Then no matter what I "DO" with my

horse it will be with mutual understanding and communication not force. He doesn't "DO" what I want because I make him do it, he does it because he wants to do it. Then we're "BEING" and "DOING" together. It is then if we have the ability and talent to achieve our goals, we will "HAVE" them all effortlessly and with joy.

When I'm chasing my goals, busy doing everything I think I must do to achieve them; I can sometimes become more of a "Human Doing" as opposed to a "Human Being". Being in a relationship with a "Human Doing" is not fun. When someone cares more about their goals and using me to achieve them, it doesn't feel good. Horses' are just like humans. If they think they're in my life only to ride them, jump them, dressage them or race them, it doesn't feel good and it's no fun for them either.

Sometimes we get so focused on what we want our horses to "DO" we forget some of the reasons why we originally fell in love with them. "BE" with them first. Understanding, learning their way of communicating and having a relationship with compassion creates a foundation that will truly enable you to achieve your dreams. "BE" with your horse; "DO" everything together as partners. Then whether or not you achieve your goals, you and your horse will "HAVE" fun and "BE" the partner you both always wished for.

All Tim's event's are listed in either the event section of this magazine or on the net at www.LIequine.com.

To host a Clinic or for help with your horse contact Tim at 631-329-5840 or at mews22@aol.com. Also visit: www.hayesisforhorses.com. ©2006 TimHayes



Photos: above, Tim "Being" in 1951; at right, Tim "Doing" in 1994.