

# Open Heart, Open Mind

*A PATHWAY TO REDISCOVERING HORSEMANSHIP*

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## Open Heart, Open Mind

This book was written for the horse and the horse lover, with lessons learned from the horses and the humans that have touched my life.

Join me on my journey to better understand the horse. To learn how we can mindfully co-exist and communicate in a way that makes the most sense to him. This book includes lessons in horsemanship and stories of training—the successes and the failures. Read about how my training progressed from a place of dominance to a place of understanding. Learn how lessons from the martial arts enhanced my horsemanship, my teaching and my everyday life.



The stories are told from my point of view, and as best I can, from the horse's point of view. My intent and hope is that this book will give you a new way of looking at your horse, a way that comes from a place of knowledge, mindfulness, compassion and understanding. I believe the road to understanding the horse lies within us all. We simply need to open our heart and mind, silence our mouths and “listen” to what the horse is saying. As horsemen and women we should all share the common goal of learning how to co-exist in the type of world our horses need and desire, one of peace, security, comfort and joy. Follow me as I share some insights that will hopefully help you on your journey to a more safe and enjoyable life with your horses.

