



How to Dramatically Improve Your
Relationship With Your Horse
through love, language & leadership

By Linda & Pat Parelli



Any time you have a problem with a horse, we have a saying:

“It’s not about the...”



It’s not about... the trailer, the bucking, the spooking, the jump, the barrels, the other horses, the wind, the saddling, the bit, the kicking, being herd bound, barn sour, etc.
...it’s about the relationship.

The relationship we’re talking about is the one between a leader - *you* and their follower - *your horse*.

When your horse totally trusts you and your decisions he becomes calmer and more willing. He stops bracing against you and resisting your commands. He gets less afraid and more interested in what you want to do. In short, he becomes your perfect partner.



To dramatically improve the relationship with your horse you need to know and do three things:

1. Truly understand the inner horse.

What makes him tick? What is his personality (or Horsenality as we call it)? Is he an extrovert or an introvert, more fearful or more dominant. Once you know his core character you'll suddenly be aware of what you are doing that causes him to brace against you rather than bond to you.

If your horse is an *extrovert* he probably has a lot of energy and a strong tendency to move his feet... can't stand still, impatient, fractious.

If he's an *introvert* he probably doesn't move his feet much. You might think he's lazy or don't understand why he freezes up.

Here's the interesting thing... most people try to hold extroverts back and push introverts forward. Nothing could be worse! It is the opposite of what you need to do.

If your horse is more fearful, we call that *Right Brain*, he is always worried about his safety, gets tense and nervous and is reluctant to try new things or move away from his friends or the barn and doesn't appear to learn well.

If your horse is more dominant, we call that *Left Brain*. Rather than being afraid of you, he's figured out you're not going to harm him and now he argues about who is the boss.

What we've described here is four distinctive Horsenality types:

Right Brain and Left Brain Extroverts; Right Brain and Left Brain Introverts.

And some horses can show elements that are a mixture of two or sometimes more!

Each Horsenality needs to be approached in a different way or you inadvertently create problems, just like someone who rubs you the wrong way at the office or a party, you could be doing that to your horse and not even know it.

When you chart your horse's Horsenality it will give you a whole new perspective about what's going on and then you need to learn what to do. We have taken a very complex subject and made it easy for you. You'll learn to read a horse like Pat Parelli does and dramatically improve your results because you'll know when to slow down, when to speed up, when to be more progressive and when to be more consistent... and why!

"I absolutely love you guys. Thank you so much for teaching what I've been thinking for a very long time. Everyone told me I was crazy. But I knew my horse could think and feel. I hated it when someone would slap my horse if she pulled away etc. It made me sick. Thanks again for making it all so clear and easy." –Lynn Baker

2. Become more emotionally fit.

A fascinating thing about a horse is that he can evoke every negative emotion in you all in the one session! Fear, frustration, anger, feeling like a failure... but every day we go back for more hoping it won't be like that next time. Sometimes it gets so bad, feels like there's no end in sight and it makes you think the unthinkable: *Maybe I should get rid of him. Sell him. Or worse still... have him destroyed.* Maybe you haven't gotten to that point, but plenty of people have... thousands and thousands of them all around the world, and all because of what basically comes down to a huge misunderstanding.

Horses don't speak English (or any other language for that matter), they are prey animals who have survived for millions of years because they know how to outsmart predators on the ground. And we are the most successful and most dangerous predator on earth.

When horses have trouble with us it's usually because they are confused, don't understand what we want, are afraid of our energy, our gaze, the way we approach them. And when they have trouble most of us have not been taught to recognize this as mortal fear, we've been told they are disobedient and they need to be punished. But because horses live in the moment, they don't understand punishment, it doesn't make them better next time, in fact it usually makes them worse.

Horses cannot tell the difference between a scared person or an angry one. The energetic effect feels dangerous to them and that's when they think about resisting and breaking away. And if they can't get away, some will fight.

So the next time you get frustrated, feel yourself getting angry or scared, do something different. STOP, RETREAT and say to yourself HOW INTERESTING! It will help you become more emotionally fit by causing you to

stop and think about the situation instead of react mindlessly to it.

The more emotional you are around a horse, the worse the relationship.

Remember, you are supposed to be his leader and he needs you to be calm, savvy and empathetic so you can help him when he has trouble, not get mad at him.

Here's how we look at it: these emotions are a sign that you've run out of answers.

You need more knowledge. Can you imagine never having a bad horse day again?



“I did the classic buy the wrong 1st horse,45 yrs old(me not the horse) I hadn't ridden in 20 yrs. I woke up one morning realized that I didn't have to ask mom for permission to buy a horse and promptly went out and bought every little girls dream horse, a black Arabian stallion that had never been ridden(or touched for that matter). The week I bought him the owners rode out roped him threw him on the ground and gelded him; he had been a wild herd stallion for 6 years and was now being shipped to Minnesota to be a show horse at a traditional stable. This is where I come in. He was tied with 5 ropes in the aisle of the barn scared to death. As I walked in to see this horse my friend had told me about he turned and looked

at me, all I could see were those pleading eyes, so sweet, so scared. I asked if he was for sale, he wasn't. But, \$2000 later he was mine with the barn trainers assurance that we would learn together. To make a long story short 3 weeks later I had a huge train wreck which left me with broken ribs no skin on my arm and black eyes. Worse yet, my lovely horse was now so scared even a leather jacket freaked him out. We moved him to our rescue farm where he and I walked around the pasture eating carrots and snuggling but not much else. EVERYONE said to sell him before he killed me. I rented every horse tape at the local feed store, read every book, and then found a tape of the Parelli Level 1, old and scratched (Pat was pretty young in it). We started playing the Seven Games. We did great! 5 years later we are Level 2. The other day, my husband said (as we rode down the dirt trail in halters) that he never thought he would see this day, not ever. Thanks forever." —Judy



3. Learn the language of horses

How do you tell a horse to calm down? How do you tell him you're not going to hurt him? How do you ask him to be patient? How do you let him know he did the right thing?

Some 25 years ago Pat Parelli discovered something by observing horses, their body language and how they interacted with each other. It was clear that they knew exactly what one another wanted and as he watch he saw that there were primarily seven things they did... it seemed like more but it boiled down into seven categories:

- Friendliness - hanging out, scratching each other.
- Physical contact - biting, kicking and pushing.
- Threatening without contact - charging, driving, kicking at the air and not making contact.
- Causing another to back up and come forward as they wrestled for who could make the other move first.
- Sending the others circling around.
- Moving one sideways
- Forcing one through a narrow gap

One of the games was about trust and relaxation while the others were all about leadership... and the leaders were constantly challenged.

So Pat started experimenting with the same games and using body language and the results were SPECTACULAR. All of a sudden his horses began to respond differently, better, with less fear. Best of all, he had a language by which to communicate everything he wanted from standing still and relaxing, to not being afraid, to getting in a trailer all the way to high level maneuvers such as collection, flying changes and slide stops.

In order to teach people how to play them and to make them memorable, Pat Parelli gave these Seven Games each a name and a number:

1. *The Friendly Game*
2. *The Porcupine Game*
3. *The Driving Game*
4. *The Yo-Yo Game*
5. *The Circling Game*
6. *The Sideways Game*
7. *The Squeeze Game*

As you learn to play these games with your horse an extraordinary thing starts to happen. Suddenly your horse looks at you and he gets it. This is the beginning of hours and weeks and months and years of great conversations you're going to have with your horse and you can say goodbye to confusion and frustration and the primitive kicking and pulling in an effort to physically maneuver a horse. The Seven Games are the root of every single thing you want to do with your horse and allow you to develop a progressively more sophisticated language.

“I love playing with my horse using the Parelli Seven Games. Because I mostly drive my horse now instead of riding, I have enjoyed learning new ways of interacting with him. My Morgan gelding, Blaze, loves learning new things. He feels so proud of himself when he masters a new skill.” —Anonymous

If you want to learn how to read horses better than 98% of horse owners and trainers, you can begin your study of this with the DVD called *Horsenality* - the key to understanding horses.

If you want to learn the language of horses, you can begin your study with the DVD called *The Secret of Teaching Horses – The Seven Games*

And if you want to never have a bad horse day again, start the Parelli Program. Get the starter kit and become a Savvy Club Member of the Student Body. It includes both the Seven Games and Horsenality, plus a progressive set of exercises called Parelli Patterns that teach you how to install positive patterns in your horse and exercise him mentally, emotionally and physically.



So you have an idea of what the Parelli Program stands for, take a moment and read about the *Eight Principles* that Pat Parelli founded his entire program on. If you love horses, just wait until you start really communicating and really understanding your horse. Can you imagine how good you are going to feel when your horse wants to be with you more than any other horse and because he trusts you so much will willingly do whatever you ask?

You will dramatically improve your relationship and results with your horse when you start using *Parelli*. Guaranteed.

“I am 39 years old and have been involved with horses for almost 30 of those years. As an adult, I found myself in the hunter/jumper world showing successfully for several years as an amateur. During that time I also worked for an upper level 3-day event rider who was making a bid for the 2000 Olympics in Australia. It was a time of my life that completely revolved around horses. When I switched gears and started a family, I suddenly found very little time to be at the barn. I missed it terribly! It was through a chance meeting that I was introduced to your program and now know that I have found my calling. As dramatic as this may sound, I have never in my life felt so determined about anything!! This is it! I have been exposed to many different disciplines at many different levels, and they all have much to offer, but seem to miss the point! I have always known there was something more but couldn't find it. I have had connections and understandings with some horses that went beyond words, but I didn't have the tools or support to properly develop it. I always felt that I needed to be a horse advocate, to somehow give them a voice where they are misunderstood. I now know how little I know, but I also know that my dream can become a reality! So thank you thank you thank you for what you are doing! I can't say that enough as finding your program has ignited something in me that feels more powerful than life itself. I know your message and teachings will forever change the relationship between humans and horses, and I only hope that by learning everything that I can, maybe someday I can help too.’ —Jeane

The Eight Principles

*The Parelli Program has a deep philosophy
based on 8 founding principles
conceived by Pat Parelli in 1982.*

1. Horse-man-ship is a natural phenomenon – it is way more than riding.
Even though prey animals (horses) and predators (humans) are diametrically opposed creatures, their coming together has been a huge part of mankind’s development... in the past this was in work and warfare, but today it is sport and personal growth. Horses have a propensity for bonding and when this occurs through real horsemanship based on love, language and leadership the symbiosis is extraordinary. Without that, it is nothing more than a master-slave relationship.

In the Parelli Program there are four distinct categories in which to develop and expand the relationship: two on the ground - with a line & without, and two when riding - with contact & without. We call them The Four Savvys: OnLine, Liberty, FreeStyle & Finesse.

2. Make no Assumptions
People tend to assume that horses are 'horsees'. They assume that the horse is safe, riding is easy - just don't fall off, that if all was fine yesterday so will it be today, that human logic prevails (when in fact it is prey animal logic, totally opposite), that horses are basically stupid. We need to realize that horses are super-learners and they learn through observing patterns...many horses learn bad habits because most humans have terrible ones.
3. Communication is a horse and human sharing and understanding an idea.
As opposed to just 'talking at them' you look for cognition and response. In the traditional world, "I" do all the talking and the horse has to do all the listening. In the Parelli world, the horse is encouraged to engage and give feedback that is honored. This creates a whole new

level of interaction and possibility with horses that is astonishing to watch, simply because what Parelli students can do with horses is not normal and commonly thought to be impossible!

The foundation of communication is The Seven Games, and the ability to 'read' what a horse is thinking and doing is achieved through the use of the Horsenality model. ("Horsenality" is a horse's personality and it is defined by completing the Parelli Horsenality Profile. The result guides you to recognize and appreciate the horse's individual character, to understand that horses are not all the same - which is why the same techniques do not work on every horse; to comprehend his instinctive needs - fear or dominance; to understand and respect his character - introversion or extroversion, in order to know how best to approach him to gain rapport and a willing response. Most people just kick to go, pull to stop and punish the horse when he doesn't do what they want. They have no idea of the inner horse and therefore don't realize they need to change their approach according to the different Horsenality).

4. *Responsibilities of a Partnership - 4 for the horse, 4 for the human.*

There are mutual responsibilities in a partnership. This is another unique element of Parelli. Rather than micro-managing the horse as if he has no brain, we give him a task and allow him to do it. And then we hold him accountable. This causes the horse to use his brain and play an active part in the activity rather than be merely a puppet. It strengthens the bond between horse and human, and develops self confidence in the horse and teaches him to become a puzzle solver. As in all great partnerships, the two are better together than by themselves.

The Four Responsibilities for the Horse are:

- i. Don't act like a prey animal*
- ii. Maintain gait*
- iii. Maintain direction*
- iv. Look where you are going*

The Four Responsibilities for the Human are:

- i. Don't act like a predator*
- ii. Think like a horse before you think like a human*
- iii. Have an Independent Seat*
- iv. Use the natural power of focus*

5. The Attitude of Justice is effective

Little corrections for little things, bigger corrections for bigger things. Corrections need to be calming and steadying for the horse, not punishment that upsets him and leads to loss of confidence and trust. Always check that the horse understands what you have asked him, that you have prepared him to know the answer to your questions / requests. The horse is never "wrong". The leader takes responsibility for the result.

6. Body Language is Universal

Horses don't speak human languages. Their primary code is through body language and feelings. People are very verbal and communication is often emotionally charged and this doesn't work with horses. We have to learn how to use the same body language that horses do when they interact, and to master ourselves mentally and emotionally so we don't frighten a horse with emotions such as fear, frustration, anger, impatience, etc. Through Parelli you become more mentally, emotionally and physically fit. You become a "horseman"... totally present, totally effective, and a master of relationships and communication with horses.

7. Horse Teach Riders, Riders Teach Horses

Horses have so much to teach us about mastering ourselves, this is a two way street. It also speaks to choosing a horse that can teach you what he knows and what you don't know... such as a mature, experienced, educated and calm horse for a child who is learning to ride... or a horse that knows how to, for example, jump or cut cows if that is something you want to learn to do. On the other side of the scale, it is up to us to teach horses what we know.

8. Principles, Purpose & Time are the Tools of Teaching

Most people set a goal, take a direct-line approach to achieving it, make shortcuts, compromise the horse, compromise horsemanship principles and blow the horse up before the goal can be achieved. And then the horse gets the blame, he is robbed of his dignity and is sold or destroyed because he's no good.

Anything is possible so long as the horse is in charge of the principles and the time line. The principles are the ones stated above, the purpose gives meaning to what you are teaching the horse, and taking the time it takes is essential for success and confident, trusting horse.