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TEENS WITH

Autism:

How animals teach
social thinking

IMPROVE YOUR
PASTURES
WITH ROTATIONAL
grazing



LINDA TELLINGTON-JONES

The journey

By Dutch Henry

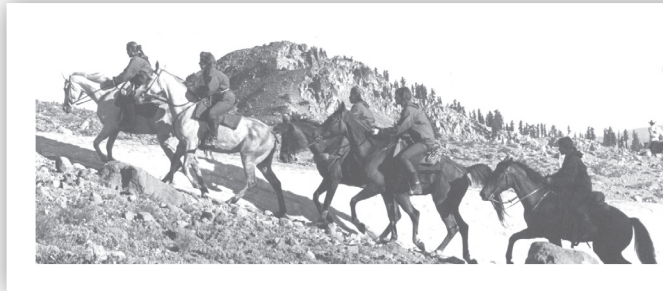
PART 2



This is Part 2 of the two-part story of Linda's journey to become one of the equestrian world's most influential people in horse-human relationships. Part 1 (NHM Jan/Feb/Mar 2013) told how a spirited horse named Trixie set the stage for Linda's quest for knowledge, how an old book first channeled her creativity, and how her husband and grandfather helped her to see beyond any limits. Part 2 follows the rest of Linda's journey to create Tellington TTouch Training. In it, you'll read about others who, in key moments along the way, influenced her thinking and her life. Read about how, at a low moment, Linda declared she was leaving the horse world for good. Aren't we, horses and humans, lucky someone changed her mind? Who was that person?

www.naturalhorse.com

In 1962, Linda and Wentworth started the Pacific Coast Equestrian Research Farm in Los Osos, California. There was, during this time, a growing interest in "backyard" horse keeping but few resources were available to assist horse keepers in their endeavor. Information on how to provide things such as outside paddocks, group living arrangements, feeds, and supplements was limited. It was during this time that Linda and Wentworth developed the first sea kelp supplement and fed it to their endurance horses. They did a wide variety of research on how to maintain the backyard horse's health and contentment, and pioneered the use of special earth worms that could speed the breakdown of manure into compost. For the next 2 years they operated a summer camp for youths to come and be immersed in life with horses. Linda trained and led a group of 4 of the campers, ranging in age from 12 to 15, to finish in fifteenth place in the 1964 Tevis Cup 100-Mile-in-One-Day Endurance Ride. So impressed with this remarkable accomplishment was California Senator Hayakawa, that he wrote a book about the event entitled *The Hundred Milers*.



This is of LTJ (first horse) leading her group of PCERF students on the Tevis Trail, coming over Emigrant Gap. All of them finished that year. This was a benchmark in Tevis history – it was the first group to ever finish the Ride.

With dreams of helping more people understand and enjoy horses, Linda and her husband purchased a farm in the beautiful foothills of the Sierra Mountains and opened Pacific Coast

School of Horsemanship in 1964. They set about creating and running a full immersion 9-month residential program for the training of riding instructors. Over the next 10 years, students from 9 countries and 36 states came to study with Linda. Today, many of these original students are leading horse people around the country.



Linda Tellington demonstrates how to properly take apart bridles, clean them and then reassemble them. The curriculum at the Pacific Coast Equestrian Research Farm was based on cavalry standards; Linda's then-husband, Wentworth Tellington, was a cavalry officer who chronicled and taught from his military background.

Disheartened Linda planned to leave the horse world

Linda toured the country and the world showing horses, teaching, and giving demonstrations over the next years. While touring and meeting people was exciting, Linda just wasn't happy with what she was seeing in the horse world. There was no real relationship with the horse. The horse was simply a vehicle in the vast majority of training. It saddened her. At this time she was also co-teaching an 8-evening adult education course with Dr. Kerry Ridgway at the University of California, Santa Cruz for horse management.

So disheartened was she by what she was seeing in the horse world, Linda considered leaving it, going to college herself for a degree in something like animal behavior. She even approached the Dean for counsel on what she might study, as she was interested in making a difference in the horse-human relationship and, from what she saw, relationships just weren't happening. His counsel to Linda was so profound she remembers his words to this day. "Listen, Linda, universities are for people who don't know what they want to do or how to do it. You know what you want to do. Go out and do it!"

A friend needs her help

It was at this time that her longtime friend, Ursula Bruns, asked Linda to come to Germany for a year to teach the American style of riding at a German school that was about to be opened. Linda agreed, but after that year she planned to leave the horse world. She thought she would turn over the information she had and then find another career unrelated to horses.

Traveling with her at the time was her friend, Roger Russell, who, although not a horse person, wished to contribute to the yearlong program. They had both been briefly exposed to Feldenkrais Awareness Through Movement® a year before and realized it would be useful for riders. Roger believed it would be a great addition to the program. He did some research and found that Moshe Feldenkrais himself would be conducting classes in San Francisco.

Feldenkrais-Learning Through Non-Habitual Movement

The moment Linda read the brochure for the 4-Year Feldenkrais Professional Training at the Humanistic Psychology Institute in San Francisco, she knew she had to enroll. Linda thought she would be able to use the Feldenkrais method to help her riding students. It never entered her mind she might do this for the horses. But in the second day of training Moshe said, "It is possible for a human to learn in one experience using non-habitual movements, without force, because it activates new brain cells so that a person has an increased potential for learning." Linda instantly realized that, through movement, learning could be enhanced. She also knew that if this was true for a human, it had to be true for a horse.



In the mid 1970s, Linda undertook a multi-year Feldenkrais training course for human body work, studying with founder Moshe Feldenkrais. Even though she was planning to leave the horse world all together, the Feldenkrais work was so successful for human pain relief and movement that she began envisioning how this could apply to horses. Here she's shown demonstrating Feldenkrais work on a horse for none other than Moshe Feldenkrais himself (seated in the chair).

Linda went out that very afternoon and explored ways she could move a horse "non-habitually" – that is, in ways a horse could not move herself. She worked with a 16-year-old mare who had been a broodmare in Montana and had very little contact with people. The mare made so much improvement in 45 minutes, spectators thought Linda had hypnotized her. By this time Linda had been a professional trainer for more than a decade, had worked with hundreds of horses, and had used gypsy massage to improve performance; still, it had never crossed her mind that she might use body movements to change a horse's behavior within one or two short sessions. All that summer she continued to explore new ways of moving horses in conjunction with the gypsy massage and other things her grandfather had taught her years ago. The changes she saw in the horses and people were more than she could have imagined. It was Ursula Bruns who convinced Linda to put what she learned together in a system people could understand, and to publish a book. In 1975, Linda published her second book, in partnership with Ursula Bruns, *The Introduction to the Tellington Equine Awareness Method*.

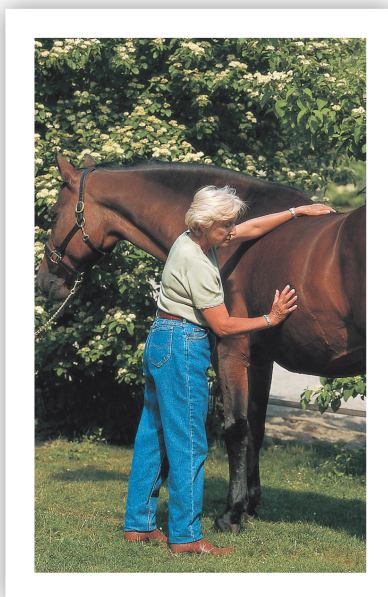
But there is still more to tell of Linda's and the horse world's journey. It wasn't until 8 years later that the next layers of Linda's growth and journey – the Tellington Method – were discovered.

The ah-ha moment with the first circles

While teaching a workshop at the Delaware Equine Veterinary Clinic, Linda was asked to work with a 12-year-old mare belonging to one of the vets. This mare was extremely resistant to grooming, and would pin her ears and kick when saddled. They could not determine the source of the problem. When Linda put her hands on the mare using very gentle Feldenkrais Functional Integration, the mare became quiet and attentive. The vet said, "What are you doing? Are you using energy or what is your

secret?" Without thinking, Linda intuitively responded, "Don't worry what I'm doing. Just put your hand on the horse and move the skin in a circle." Linda was surprised at her own words because those circles were not a part of the Feldenkrais Method, but she had learned to trust her intuition and waited to see what would happen. When the skin was moved in small, light circles the mare got the same soft, dreamy look in her eye for the vet as she had for Linda. The results were amazing. This mare, who had previously pinned her ears, and even kicked when touched, responded with quiet eyes. Linda had an "ah-ha" moment, realizing it took years to teach a person the Feldenkrais Method, but anyone could do those little circles.


After that experience Linda started following the tracks of the circle, (TTouches), by listening to the horse's guidance as to where he wanted the TTouch circles next on his body; she then started incorporating them in her clinics and teaching. She also monitored the results people shared with her. Increasingly, the results for the horse and human showed not only healing and learning, but a stronger bond. Had she finally found a way to cultivate the horse-human connection?



Linda doing TTouch with a grateful horse.


Circles that Heal and Connect Horses and Humans

In 1984, during a presentation in Santa Fe, Anna Wise, the director of the Boulder Institute of Biofeedback, watched Linda work. Anna was certain that Linda was functioning in "an Awakened Mind State" that Anna had researched for 20 years. She wanted to test her using the EEG Mind Mirror software developed by Maxwell Cade to measure states of consciousness. Linda was in this state, so Anna wanted to measure Linda's students. Two further studies in 1984 and 1985 confirmed that, when moving the skin in a circle and a quarter, the "Awakened Mind State" was activated in people doing the circular TTouches, as well as in persons or animals receiving the circular TTouches. Tellington TTouch is healing to both horse and human. This proved to be the very foundation of Linda Tellington-Jones' Tellington TTouch Training.

From a 6-year-old girl riding her horse to school to a woman who has opened new doors and worlds of understanding, Linda's journey has been, and continues to be, devoted to seeking ways to better the life of the horse and strengthen the horse-human relationship. Her efforts have touched and enriched the lives of millions, everywhere. We thank you, Linda. 

About the author:

Dutch Henry is a freelance author who writes about "People & Horses Helping Horses & People" and horse advocate and novelist who resides in Virginia with his wife, Robin, of 36 years, horses, dogs, cats and chickens. You can reach Dutch at dutchhenry@hughes.net. He would love to hear from you. His novel "We'll Have the Summer" is available on Amazon and Dutch's website, www.dutchhenryauthor.com.



They have one last summer to consummate a lifetime of love, to cry, laugh...remember. When a troubled teenage girl and an injured horse turn to them for help, Mary and Sam Holt find enough room in their own large and breaking hearts to show the girl life's glories and restore a champion's will. A magnificent story about life, love, and horses.

Available at
www.amazon.com
www.dutchhenryauthor.com

- Today Tellington TTouch is worldwide with over 10,000 practitioners in 30 countries on six continents assisting individuals and small groups in learning the Tellington TTouch Method.
- The Tellington TTouch Method balances the horse physically, emotionally, and mentally. It is easy to learn and do, and can be done safely by anyone.
- The 3 phases (learning, feeling and doing) that create the magic are: the Tellington TTouch, Learning Exercises from the Ground, and the Joy of Riding.
- Practicing TTouch with your horse enhances your relationship on the ground and in the saddle.
- *The Ultimate Horse Behavior and Training Book*, Linda's 20th book, just out, takes you step by step in learning the Tellington TTouch Method.
- You can learn to follow the magic in the tiny circles and open new worlds for you and your horse. Go to www.ttouch.com to find out how.