



FINDING REE

—
Peace of Mind
Through an
American Mustang

Tailor your own training program
to build a solid mental foundation

Welcome to Natural Humanship™

Hey there, “Horse Friends,”

Are you looking for a “better” way to work with your horse?

Ready for a new mindset when it comes to making a connection?

Are you looking for a way of blending your horse life with your home life?

Ready to change the way that you deal with your relationships...both with horses AND people?

Hey there, “Non-Horse Friends,”

Would you like to learn an approach to life that is firmly grounded in the present?

Would you like to feel more balanced, learning to deal with obstacles in a way that brings you through an intense situation without over- or under-reacting?

Hey there, Equestrian Coaches and Trainers,

How would you like to connect with your clients, both young riders and adult amateurs, taking them to new levels of engagement with their mounts?

How would you like to include a better way of communicating with both horses and people in your "training toolkit"?

The key is **defining** and **refining** the way that you handle PRESSURE.

Whether pressure comes from work or personal, barn or home, eternal or internal sources, the key is learning to respond to even the most intense pressure by **being in the moment** instead of **responding to something from the past**.

Your work in the round pen using the Nature's View system of Natural Humanship™ will allow your mind to learn the difference between Alpha and Tyrant, between avoiding and embracing pressure, and between ignoring and developing your mental tools. As you work with the horse in the round pen, your mental tools will become an engrained part of every aspect of your life.



Building a Solid Mental Foundation

There are four aspects or “pieces” to the training. All of these “pieces” are “natural” and contribute to our mental well-being. Through working with Marley, Ree, or one of the other horses in the program, we are consciously able to address:

1. Being impeccable with your “picture” or goal, but even more importantly, letting the situation tell you what, when and how to accomplish whatever that picture may include.
2. Building the mental tools needed to accomplish any task. These tools include patience, timing, feel, problem-solving, listening, work ethic, etc.
3. Understanding and learning to listen to your positive and negative poles, the inner gauges that help you balance your feelings and let you know if a situation is safe.
4. Once you have all of the first three aspects in working order, building your muscle memory so that the appropriate picture, tools and poles become habitual.

These four things may seem quite simple, but in fact, they are missing from so many of our daily lives. In fact, we call them the “missing pieces.”

Why?

First, in this digital world, we’ve become so accustomed to instant gratification that patience is the last thing that we develop.

Second, it is far too easy to create perfection through an online persona. From gaming to social media, we only release the best photos, altered stories and Photo-shopped reality. In the real world, perfection is truly unattainable.

Finally, in the field of education, each new year brings a new program, complete with standardized tests, goals, career tracks, etc. Parents and students are stressed as early as Pre-K in structured classroom settings with target behaviors. Gone are the days of outdoor play and learning from nature with no hidden agenda.

More so than ever before, we try to “be perfect” without any chance of success.



THE SEEN

THE UNSEEN

Movement

Ask the horse to move. The second he moves any part of his body to your action, release the picture.

Direction

Ask the horse to move in a particular direction around you, either to the right or the left.

Rhythm

Ask the horse to move around you at a certain speed: walk, trot or canter.

Track

Ask the horse to move around you in a particular direction, at a certain speed, on the rail of the round pen.

Listening and Hearing

Do you REALLY **hear** the picture given in this scenario? Do you REALLY release after a minuscule movement?

Timing

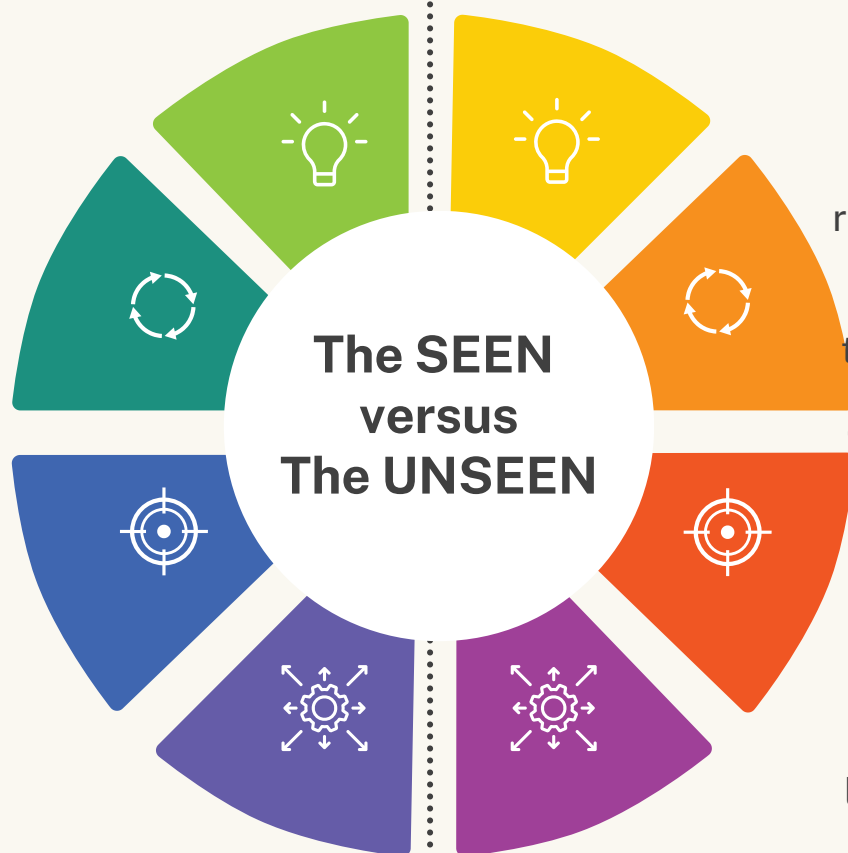
Allowing yourself to really give up control to the horse and move a certain way to attain a particular direction takes **timing** on your part.

Feel

The way that you ask for a particular speed takes **feel** so that you don't get **too much** or **too little**, but **just right**.

Problem-Solving

You'll have to **figure out** how to keep the horse on the rail so that he doesn't come in toward you or stop and turn around to go the other way.





NH Activity



Movement

Assignment:

Ask the horse to move. The second the horse moves any part of his body to your actions, release by turning your back to the horse.

Missing Piece:

Building the mental tools needed to accomplish any task. These tools include patience, timing, feel, problem-solving, listening, work ethic, etc.

The rest of the story:

Most people have a preconceived idea of what "round pen" work with a horse looks like. Scenes from the movie "Buck" or YouTube videos show horses trotting around in circles with cowboys swinging lariats overhead. In reality, a typical reaction from a horse to your "ask" could be as small as an ear twitch. The question is, are you listening and actually HEARING the directions? ***Most importantly, are you listening to the horse???***

ALPHA MINDSET

Once you experience the Alpha Mindset through building your mental tools and creating new habits through your muscle memory, you will WANT to work with pressure!



MENTAL TOOLS

Patience
Timing
Feel
Problem-Solving
Listening
Hearing
Anger Management
Work Ethic



PRESSURE

ENTER THE HORSE!

Working with the horse using this system can help you to build your mental tools.



TRAUMA~~X~~

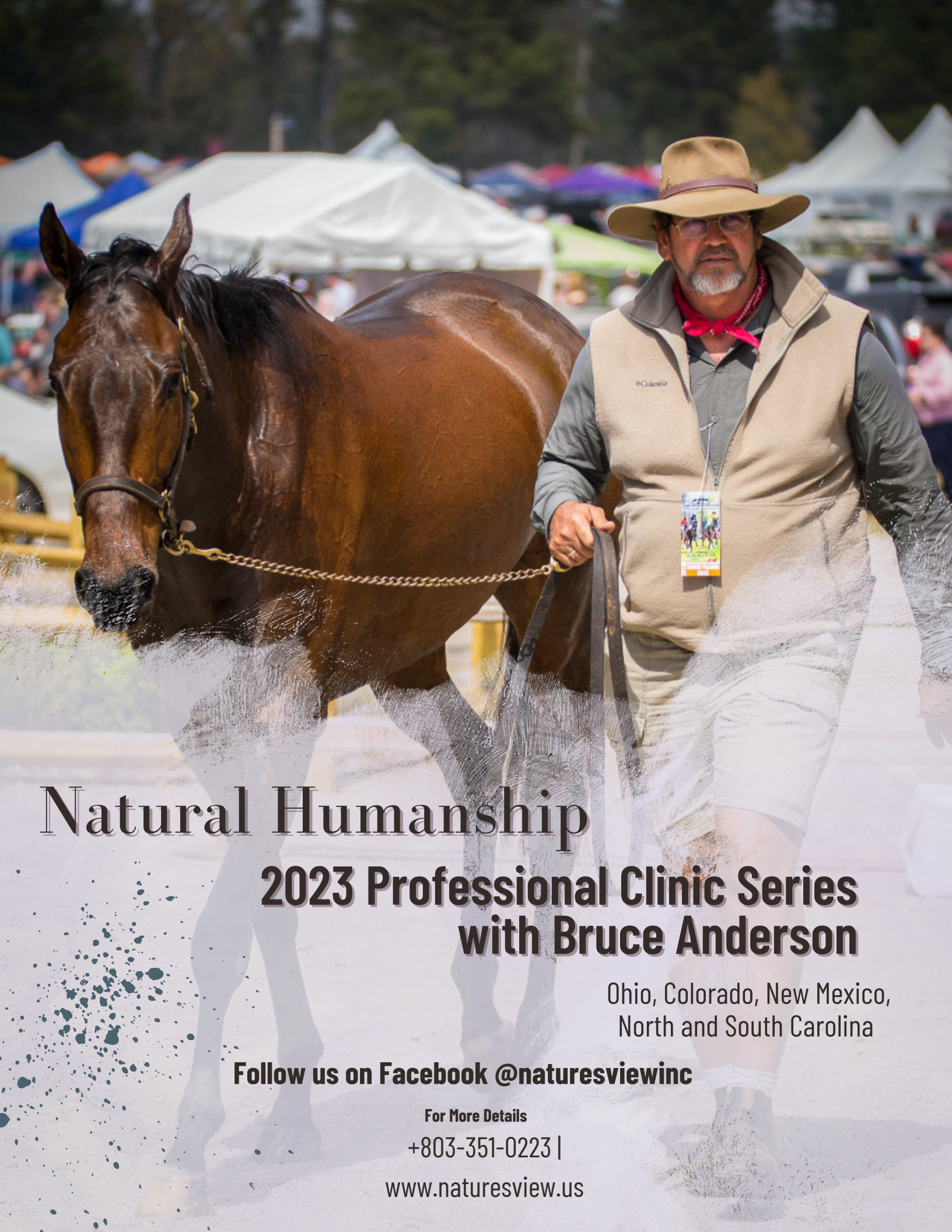
Trauma from an early age can create pressure in your life.



The effects of trauma can be debilitating, lowering the amount of pressure you can handle and making you feel overwhelmed.

TYRANT MINDSET

[This low pressure threshold can cause you to over-react or under-react to a situation when you perceive a threat (or pressure.)]



Natural Humanship

2023 Professional Clinic Series with Bruce Anderson

Ohio, Colorado, New Mexico,
North and South Carolina

Follow us on Facebook @naturesviewinc

For More Details

+803-351-0223 |

www.naturesview.us

Thoughts from "A Rider's Clinic" with Bruce Anderson

"Horses don't have problems. Horses have people problems. I came to realize that I'm the problem."

At our best, we realize that our reaction to our horse is what really matters. At our worst, we call our horse names and attribute all kinds of negative intent to his/her every action. We beat ourselves up, compare ourselves to others and anxiously wish for a better way to do this. What we often forget is that it's actually the conditioning from our past that drives our actions. It's our fear of mistakes. It's our desire to be perfect. It's our need for control. What we come to learn in this work is that humans don't have problems. Humans have other people's problems.

"Let the horse tell you what to do, when to do, how to do. Be the conduit."

We can retrain ourselves – and rewire our brains – if we recondition ourselves to be in the moment, present to what's happening right here and now.

"I'm here to help the horse to help himself survive in the world we have created."

Anyone who has ever spent any significant time with horses understands the rollercoaster of emotions horses evoke, from pure joy to unmitigated frustration. While we are trying to achieve our goals, the horse is simply trying to survive.

"Be careful what you ask for."

Bruce Anderson's Natural Humanship™ method works with us, the human, helping us learn what we can and cannot control. His approach builds mental tools, while under pressure and working with your horse. He intentionally sets the conditions for you to "make a mistake" so that have the opportunity to do something different right now, in the present moment. He shows you how to access your mental tools, like listening, hearing, patience, timing, feel, problem solving, and much more. This process isn't always comfortable; in fact, Bruce may portray moments from your past that are holding you back. But if you are willing to work through, you'll come out on the other side with a new set of tools in your kit that will bring out your authenticity.

Natural Humanship™ Glossary

PRACTICAL GUIDE

AlphaA	<p>A mindset that allows you to be “in the moment” and let the situation tell you what, when and how to do something in order to complete your Picture.</p> <p>When you are experiencing AlphaA Mindset, your mental tools are equal to or greater than each Frame of the Picture.</p>
TyranT	<p>A mindset that ties you to doing what you want, when you want and prevents you from reacting “in the moment.” When you are experiencing TyranT Mindset, your Mental tools are less than you need to complete a Picture, therefore you won’t find harmony or balance in each Frame.</p>
The Picture	<p>During a session, the Picture is the task given in the Round Pen or other setting during the work. In the “Real World,” the Picture is any given action that you would like to complete. A number of Frames make up a Picture.</p> <p>The Picture is the reason for the journey.</p>
Pressure Threshold	<p>The amount of pressure that you are able to handle before “switching” to TyranT Mindset or completely shutting down.</p>
Positive/ Negative Poles	<p>The inner feeling that keeps you balanced, showing whether your current situation will help or hurt you, thereby allowing you to be a conduit for AlphaA Mindset.</p> <p>Your Negative Pole isn’t a “bad” thing; it simply tells you that a situation may not be beneficial for your well-being.</p> <p>The two poles working together create a flow of energy related to each Frame in a Picture.</p>

**ATTEND A CLINIC, WORKSHOP OR
DEMO LIVE IN 2023!**



EXPERIENCE NATURAL HUMANSHIP™

ON LOCATION

TRINIDAD/TOBAGO SEPTEMBER 1-8

**CAMDEN SC SEPTEMBER 14-24
OCTOBER 4-25 NOVEMBER 1-14**

DEMONSTRATIONS

WESTCLIFFE, COLORADO SEPTEMBER 28-OCTOBER 1

NATURAL HUMANSHIP INTRO COURSE BEGINS OCTOBER 15

ALBUQUERQUE, NEW MEXICO NOVEMBER 16-19

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