**Path to Peace, Balance and Success**

I have found there are three steps to achieving maximum peace, balance and success with our horses. It’s an easy to follow path or equation to develop, yet so many people are unaware that they are missing at least one of the two key ingredients. I will show you where each piece fits, and how to use this chart, to find where your horse needs help, and what exercises to do to fill in his gaps.

1. **+.**   **2.**  **=. 3**

Mind/Mental. Body/Physical. Spirit/Emotional

Connection. Relaxation. Confidence

Relationship. Willingness(obedience) Partnership/Performance

Love. Leadership. Balance

Draw. Drive. Balance

Oxytocin(bonding) Endorphins(well-being) Dopamine (reward + motivation)

(max athletic potential)

*Biggest Need -*

Safety/Closeness Leadership/Boundaries Max Learning, Trust, Athleticism

(w/o safety, nothing). (leader calls speed/direction)

*Tends to Focus/Process -*

Outside Body. Inside Mind Ability to focus and process both in mind and outside body

*Holds Tension and Emotions in –*

Hindquarters/Back Feet. Shoulders/Front Feet Both ends move smoothly, softly and easily

*Tends to Use –*

Right Brain. Left Brain. Brain Integration

(big picture, patterns, (details, piece by piece, (Ideal using both sides of the brain)

Energy, emotions, analytical, think before

React first then think) respond)

*Strengths* –

Good Gaits, Rhythm, Good Transitions, Details Good Gaits and Transitions, Learns

Even speed, Patterns. Patterns, Grasps Details- All the things

*Weakness* –

Transitions, Details Quality Gaits, Rhythm, Speed (None)

*Holds Memories and Emotions-*

Lower Muscle Chain (ends in tongue) Lower Muscle Chain (ends in poll) Balance

*Needs-*

Move, then Stop and Focus on Human. Move, then Stop, Sleep/Process. Balance

Eye contact, invites closeness, bonding. Leader looks for danger, followers

watch leaders (no eye contact)

*Common Stretch –*

Flamingo, Downward Dog. Paw, Trojan Horse. Cycle, Move->Stillness