

March Newsletter

Welcome

Margaret- The Well~Oiled Horse and Rider



Have you ever been through a time when you could only do just enough to survive? I bet you have- I will be bold and say that everyone has at one time or another and to varying degrees. Did you successfully transition back into normal life after your stint in survival mode? Or are you still in survival mode?

I realized recently that there is definitely a transition that needs to happen in order to successfully make it back to “normal” life and thriving- and I realized it because I hadn’t completely made a successful transition myself.

Why is it so important that we do make the transition from survival mode to thriving?

When you're living in survival mode, you are literally only focused on what it takes to survive. What do you need to survive?

Oftentimes when we focus on what we need, we're focusing on what we don't have- especially when we're in survival mode. So, when we're focusing on what we don't have and what we need, that is called a lack mentality, as opposed to an abundance mentality.

An abundance mentality or mindset is one where we believe that everything we need is provided for us and that we have everything we need already within us.

When you have a lack mindset/ mentality you may have thoughts like, “Oh, I can't start my own business because I don't have any capital.” or “I can't go to this store to get milk because I don't have any money.” or just plain old, “I can't.” You get the picture.

And it may seem simple and it may seem even daft to think that you can go from a lack mentality to an abundance mentality (and that there's even a difference) but I know from experience that there is because as soon as I started making these mindset shifts, my life started to shift as well.

If you need some help making the transition back to a normal thriving life after survival mode, jump on over into my [Facebook group](#) where we will be covering that and more- because until you are a balanced human, your partnership with your horse will only be a shadow of what it could be.

💖 Margaret

Marta- Empowering Through Holistic Care



Dollar's Transition From Shoes to Barefoot

All I saw when I first met Dollar was the beautiful heart shape that formed his muzzle. He was a buckskin and I've always been partial to them. I also seem to have a soft spot for older geldings. Needless to say Dollar came to live with us, but what we soon learned was that he had foot problems! We were just starting out with horses and it became quite a learning journey.

During the first year of having Dollar he was on and off lame. I had begun asking questions, learning more and decided to find someone to take him out of shoes and teach me about boots. The more I had been learning, the more it became clear that he needed his foot to be on the ground, to work the way it was designed, in order to increase blood flow, growth and stability. Now there were other critical factors that came into play too that we included in his routine. I encourage you to read more about these factors here in my latest blog [Goin' Bare...It's Easier Than You Think For Your Horse To Go Barefoot! | Marta Merrick](#) . And if by chance you're ready to delve into the hands on of trimming, here's my course with special pre-sale pricing, [Trimming Your Own Horses Hooves Made Easy \(martamerrick.com\)](#)

We were able to get Dollar comfortable living barefoot on our track at home. It has rough terrain of limestone rock, hills and lots of cedar trees! This was, however, after about a 2 month period of wearing a pair of Easy Care Epics with frog stimulation pads. During that time the back of his foot opened up, the apex of his frog moved back (meaning his foot was getting back under him where it belongs!) and he was moving better! After that 2 month transition period, Dollar was now able to go barefoot on our track at home. He was finally comfortable and happy.

When my daughter and I went for local trail rides or horse camping, we would use the boots. The same ones Dollar had used for transitioning, but with different pads. They also came in handy during winter. I put studs in them and the horses would wear them when we had icy/footing troubles. It sure did give me peace of mind knowing they could navigate their space without slipping and falling!

The key to Dollar's successful transition was really in putting all of the pieces of the puzzle together to show the big picture. You can't accomplish this task with just one or two pieces. It really needs to be the combination of all of the pieces I have described and outlined in my blog that I referenced above. If you incorporate these key components into your horse's life... you can't help but be successful in transitioning them to barefoot!

If you're looking for a community of holistic care minded people, join our Hearts Of Horses; Empowering Through Holistic Care community [Here](#)

Bare is Boss!

All the best,

Marta

Elise - Rise from Fear to Courage



Spring is coming! For riders that have fear, March is a great time for a tune up.

Ground play is the starting point and my favorite is leading. I love starting with them behind me at the end of the lead rope. Stopping when I stop, following me through the turn (this is fun and challenging), reversing direction back onto them so they cross their hind legs, turning tight to go the other direction. I also love seeing if they will back when I back keeping the lead rope tight all the way at the end. Then, I repeat all of this close up, if they start to pass me, I do the reverse direction immediately. I also do all of this from both sides, the right and the left.

Pre-Ride Checklists - this is mostly for me, am I present, ready, and physically in shape. For the horse, the key for me is do they want to go with me and do they stand quietly at the mounting block or for mounting if I don't have a mounting block. I love to mount and unmount a bunch of times and mounting from everything I can find that is safe to mount from.

First rides - Pick a spot that you are comfortable with and ride to that spot. Pick another spot and ride to that spot. If at any time, it isn't like you want, go back to the very beginning, the mounting block and repeat and make it better. Think of how kids get so good at video games.

I just wrote a blog about speed control and would love to have you check out the next step after the above, which would be "Cruise Control" and then, you are ready for spring! [Cruise Control Blog](#)

Leanne - Back Into Horses After Babies

Some of the things I look forward to the most every spring are the dirt, birds singing, and horses napping in the warm sunshine. Like every lover who lives where the air hurts our face in the wintertime, I also anticipate the time where riding doesn't create numb fingers, frozen snotsicles and fogged-up glasses.



smell of the other horse greatly cheeks,

Spring is significantly tied to the opportunity to begin anew, to create transformation, a fresh start. This year, I've made it a goal to be the best rider I can for my horses. What do I mean by this? I'll share with you my top reasons why I feel this is so important.

First and foremost, my mindset is critical. Is my mind "in shape?" How is that inner voice these days; do I need to remind her she isn't in charge? When my mindset is weak, I fail to show up for my horse at my best.

- I will be over-emotional, taking every reaction of theirs as some kind of personal attack to my lack of ability or theirs.
- I will be quick to anger or get frustrated when things are going well.
- I will focus on everything we cannot seem to figure out.

When my mindset is healthy, everything changes.

- I am calm and curious about my horse's responses, playing detective to figure out why and how best to respond.
- I remember to ask my horses 'yes' questions, setting them up for success.
- I know taking small steps is the key to understanding and enjoying the journey for both the horse and myself.

Next is my body. How is my balance? Am I flexible, strong and relaxed? These past few years of riding after having my kids, I can safely say my body isn't what it used to be. Riding with a weaker core and having stiff shoulders and hips have created issues in my riding.

- Insufficient core strength creates an imbalance in myself and my horse. When a horse feels out of balance, they become stressed and anxious. Feeling balanced for a horse is a fundamental need, and panic when they don't have it.
- When my body is stiff or achy, I do not ride as a fluid rider; my body's tension completely transfers to tension into my horse's body. Not to mention, getting on is no graceful task.

Since I've started working on my strength and flexibility, some pretty amazing things have happened.

- A lot of my horse's anxiety around the canter has vanished. I am no longer putting him out of balance, causing him to feel like he needs to speed up to keep his feet underneath him.

- I have more confidence; I know my horse is happier; thus, my confidence grows. When I have more confidence, my horse is calmer yet! All horses respond to calm confidence in a magnificent way.

How are you showing up? Are you letting your horse take you for a ride, or are you riding your horse? This year, I choose the latter.

So, to launch myself into spring, to be the best for my horse, to show up with a healthy body and mind, I've decided to lead a 90-day transformation challenge where we focus on everything I've discussed and so much more. If you would like more information, you can find that [here](#).

Miranda ~ Horse Health & Human Harmony

Just get in the DANG trailer!!

Trailer loading is one of the most dangerous places you can be with your horse and if you have a horse that doesn't like the trailer it can be a very stressful loading and unloading, for them and you.



I have seen so many people have issues with trailer loading in my travels (including myself) that trailer loading has actually become something that I enjoy teaching a horse.

We all want that fancy angle haul trailer, right?? I know I did! I didn't want "just a stock trailer".

Our angle haul trailer is 7.5' wide, which was plenty wide enough when we had our first horses who were built like your typical short back, stocky, quarter horse. It was even fine for my main mare Pearl, who has thoroughbred in her bloodlines so she has a longer back, but she still fit fine.

Now, my husband's horse Primer who is 5, also a quarter horse. He is built more like Pearl with that thoroughbred body. Last year when he was 4 he fit in the trailer just fine, but this year he doesn't!! His tail rubs against the wall when the divider is closed. This isn't something we noticed the first couple times he was hauled but then he started hesitating loading into the trailer so we had to look into what changed! Well, he grew!!

Like everyone else, we can't just go out and buy a new trailer to fit this one horse, BUT what we can do is remove the dividers to give him more room!! The pro side of this is that he and the other horses have more room, the trailer looks more open, brighter and because he doesn't feel trapped he is loading great again!!

The down side of this is, it is more risky hauling like this especially if you have horses that don't get along, there is more risk of the horses bumping into each other and injuring themselves and it makes it

very difficult to haul anyone else's horses with yours. This is where wrapping your horse's legs to protect them would be very beneficial.

I think most of us get caught up in buying the trailer WE want and we don't look at what our horses need! Then when we have a horse that doesn't want to load, we want to blame it on the horse instead of looking at the trailer to see if there is a reason for them to not want to be in that tin box!!

The other thing we have to be VERY aware of is, how WE feel when we are loading a horse. I always take 1-5 seconds before I load a horse to ensure that my energy is in a calm state and I am prepared to load that horse. I need that horse to feel calm and to trust that I am not taking them somewhere they are going to get hurt!

And trust me, if they have been hurt in a trailer or have been scared in a trailer that is something that will stick with them for a long time and sometimes forever! So, it is up to us as the horse owner to do everything we can to make them feel safe.

If you don't feel safe loading horses find someone to work with to show you the safest way that it can be done! PRACTICE, PRACTICE, PRACTICE!! Like everything with horses the more you repeat it the better it will get! Take it slow and one step at a time!

ALWAYS, Keep yourself SAFE!!!!

Miranda

If you would like to hear more from me follow me on Facebook here: [Flatlander Equine](#)

Q & A

There are so many questions out there that go unanswered! Either you don't know where to go to get the answer, or you get answers that just don't resonate with you. We are here for you! This section is all about getting you answers to your questions!

Want to submit a question? [Click Here](#) to submit yours today!

Meet the Authors!



Marta Merrick -As one who grew up loving horses, but wouldn't experience them until in my 40's, I jumped in with both feet! They have been my passion ever since! It wasn't long after starting with horses, that I began learning to trim their hooves and offered this as a professional service. Along the way, I discovered that holistic care is in my heart, for horses and people. Learning about and teaching others how to care for their horse and themselves holistically is my joy. From herbs and essential oils to Healing Touch for Animals, I am a holistic care warrior!

If you are one too, join my free fb community....

[The Hearts of Horses; Empowering Through Holistic Care](#)

Elise Hittinger - I was a FEARLESS kid and loved all kinds of riding until I found my passion for Jumping! In 2000, I had a wreck that brought fear into my life. Add on to that "Aging" and I was a hot mess with my horses and had to make two decisions. One to get myself healthy and shatter those stories of "Menopause". The second was to Rise From Fear To COURAGE which has become my passion helping others to also Rise from fear to COURAGE!

[My Website](#)

[Fear to Courage Free Support Group](#)

[Rise From Fear to Courage Book - Paperback or Kindle!](#)

Leanne Nelson - It's funny now, looking back at it; that it took a horse for me to start looking at myself, and I mean *really* look. Not just give excuses for my temper or my training methods or my stubbornness. I began to see how wounded I actually was. My past traumas were still haunting me, even though previously, I was sure I had "moved on." But healing from abuse is never that simple; moving through postpartum depression is also a struggle, but dealing with both together was challenging! Going

through all of this after feeling like I had lost who I was after having kids was difficult, I'm not going to lie. Then I started to find methods bringing to light areas in my past that made me see the world and myself through stained lenses. I had to grow, evolve, empower and transform myself for my horse, and in the end, I enlightened my entire life!

Come Join me in [My free Community - Back Into Horses After Babies](#),

Check out [My Website](#)

Or catch some great videos on my [YouTube Channel!](#)

Margaret Parsons-

I've worked with and studied horses for the majority of my life. I have seen my fair share of injuries and lameness. I've had horses that were trained and some that we broke to ride ourselves.

Through this, there were horses that didn't heal as fast or as thoroughly as I'd hoped. There were also horses that had chronic behavioral issues and/ or were difficult to train. At that time, I believed that was the end of the road with those horses- they had reached their highest potential and it wasn't enough for my ambitions.

Now, I know better and I happily share what I have learned in my Free Facebook Group: [Heart-Centered & Intentional Horsewomen](#). Learn more about me and how I can help you and your horses [here](#).

Miranda Wiens -

Horses have been a part of my life since before I can remember. I grew up with the teachings of "just get on", "make him/her do it", "the horse is fine", "it's just a horse" and so on. It wasn't until I was away from horses for a couple years that I realized how much I didn't know about them. I couldn't wait to start learning again. It was so intriguing to me how their minds worked and how you could work with them instead of against them. There was so much for me to learn and this time with an open mind and heart.

I love learning more and more about them everyday and am so excited to see where this journey that the horses are taking me on goes.

Join me as I share information and my learnings over on my Facebook page [Flatlander Equine](#)