



Be A Better Human, Be A Better Horse

By Tim Hayes

When I began teaching Natural Horsemanship I looked around at some of the great teachers of our time and saw that most of them had some kind of quote, saying or trademark expression that defined them and their philosophy of training or teaching horses.

Achieve True Unity – Tom Dorrance; *Think Harmony With Horses* – Ray Hunt; *Horses Never Lie* – Mark Rashid; *Reward The Slightest Try* – All of the above, and my favorite; *Horses Don't Care How Much You Know Until They Know How Much You Care* – Pat Parelli.

I have been privileged to study directly with many master horsemen including the four mentioned above. I have been fortunate to work with hundreds of different horses. I have learned that every saying or trademark expression from my teachers was indeed profoundly true.

Years ago when I started, I thought; I too would like to have a signature quote. My next thought was; “Who am I to think I can say something true and original that has not already been said years earlier by any number of great horsemen.”

One of the many valuable lessons horses have taught me is to just do the next right thing and allow the results to happen in their own time (I call this horses time). If I don't try to force or control the outcome, I not only get what I want, I often get more and better.

The reason I couldn't come up with some original trademark expression was because I hadn't done the work and put in the time to learn what I needed to learn from the horse. If I allowed the horse to teach me in his own time, then at some point, (because every human and horse is a one-of-kind unique individual), I too could be capable of an original thought.

Years later I was working with my horse Austin. It was one of those moments with your horse when you say “wow, we are truly in harmony together”. I stopped and thought about how far we had come both individually and together. I remembered the feeling of discouragement I had felt a year before when we had tried to do the same stuff and it didn't work. I remembered practicing so hard, drilling myself, drilling Austin and trying to see at least some immediate results.

Now here it was almost a year later and it was beautiful, easy and fun. The big lesson I learned was no matter how much Austin and I trusted each other, no matter how much we practiced, Austin's true nature was that of an overly sensitive/reactive horse. It was my responsibility to communicate with him in a way that was slower, calmer and more reassuring. It wasn't about me trying to change him by repetition and drilling, it was about me accepting his true nature, being patient, changing my behavior and allowing him to be who he was. As I changed, he changed and we got better.

I thought to myself; I was finally getting what I wanted but not the way I thought I would. I had let go of my old ideas, took a deep breath and said; “this is who Austin is, accept him and work from there. Since my wanting faster results didn't mean anything to my horse, I realized the more patient I was, the easier it was for me to see and appreciate our progress. Working together became less stressful. It was more fun. “Work” became “Play.”

We had on days and off days, but we were getting better together. No matter what happened, I wasn't getting frustrated. It was happening because I had begun to be accepting, tolerant, patient and understanding. My next thought, when I think back, was an epiphany.

These were attitudes I had been taught to have when dealing with people. They were also qualities I had struggled with my whole life. I realized what worked best for improving my relationship with my horse and getting positive results, were the same 12 qualities that worked best with people: acceptance, kindness, understanding, patience, generosity, consistency, honest communication, justice, respect, compassion and forgiveness. Another way to say it is “Love”.



Tim and his friend Kyle, at the Black Family Cattle Ranch, in Breaneau Idaho, c.1993

When I was a child, these were the qualities my parents and teachers had said would make me a better person. They said if I practiced them I would feel better about myself and that feeling would make me happier. Most of my life I had been afraid to use them (be them) for fear of not getting what I wanted or losing what I already had. But now I thought: “I got it! If I want my horse to improve, I have to improve first”.

The qualities getting me positive results in my horse training were the same that could help me have better relationships with other people. Not only did these 12 qualities help me become a better human being, they improved my horse. Sitting alone I heard myself say out loud: “Be a better human.... Be a better horse”.

I can look back and remember painful times in my relationships with family, friends and co-workers. If I knew then what I have learned now, I think the horse would have helped me most as a parent with my son. Domestic horses and children share two major similarities. First, they are both very vulnerable. They are totally dependent on adults for survival including food, protection, physical, emotional, mental development and most importantly; love. Second, both horses and children, up to a certain age, are unable to communicate a great deal of crucial information to their caretakers: what they're feeling, why certain things are frightening or when they don't understand us.

I now believe the most profound source of knowledge necessary to become a successful loving parent, especially in today's times, is found in the principals of Natural Horsemanship. I say

Track Talk continued from page 10

former NYRA Vice President Lenny Hale, who wound up ponying Azamour to the post for the Turf. New York trainer Nick Zito, was honored with the Mr. Fitz Award at the National Turf Writers' dinner during Breeders' Cup week. The award salutes the spirit of racing, and Zito considered it very special.

NEW YORK SHOWCASE

The Jerkens family had much to celebrate on New York Showcase Day. Spite the Devil, trained by Hall of Famer H. Allen Jerkens, came from behind to win the \$250,000 Empire Classic, which highlighted a card of races for New York-bred horses. "I thought it looked like an impossible job," said Jerkens. "He's never been much of a mud horse." Oct. 22 brought lots of rain and mud. But jockey Javier Castellano had worked the horse in the mud the week before the race and said he handled it well. "He's a great horse to win this race twice," said Castellano. For the second year in a row Spite the Devil beat West Virginia to the wire in the 1-1/8 mile Empire. Organizer was second, Carminooch third and Yankee Mon fourth. West Virginia, who was second last year by a neck, ran fifth. Spite the Devil, a gelding by Devil His Due, was bred by owner Elisabeth Jerkens' Hardwicke Stable (Elisabeth is Mrs. H. Allen). Allen Jerkens is known as the "Giant Killer" because his horses have upset the likes of Secretariat, Kelso and Buckpasser.

Son Jimmy Jerkens was also in the winner's circle when Win With Beck, also ridden by Castellano, won the Mohawk at a mile and an eighth. The race was changed from the turf to the main track because of the weather. "It doesn't get much better than that," said Jimmy. "I thought he was a little too far back, but he made a big run." Win With Beck is a 4-year-old son of Personal Flag.

Friendly Island, owned by Anstu Stable and trained by Todd Pletcher, won the six-furlong Hudson. Jockey John Velazquez said, "He was in cruise control most of the time." Pletcher and Velazquez also teamed up to win the one-mile Maid of the Mist with Cinderella's Dream. She was getting tired, Velazquez said, but "kept digging in."

Jerry Bailey rode Gallagher Stud's Rahy's Appeal to win the Ticonderoga, originally scheduled for the inner turf, at a mile and an eighth. Trainer Tom Bush said the filly likes a wet track. Seek the Ante, ridden by Mike Luzzi and trained by John Kimmel, won the Iroquois at seven furlongs. Luzzi replaced regular jockey Richard Migliore, who broke his leg earlier in the week in a paddock mishap. The one-mile Sleepy Hollow was won by Sharp Humor, who stumbled a little but, as rider Edgar Prado said, gathered himself and made a game effort.

The races were dedicated to the New York Breeding and Racing Program and run before a rather small crowd of 7,333. There were several weather-related scratches from the races that were taken off the turf. Meanwhile, McDynamo won the Breeders' Cup steeplechase at Far Hills.

ODDS AND ENDS

Two-year-olds had a romp in the mud Oct. 8. Adieu was the best of nine fillies in the Frizette, and First Samurai was unbeatable in the Champagne Stakes. All but three horses scratched in the Jamaica Handicap for 3-year-olds, which was taken off the turf because of the weather. The winner was Watchmon, and rider Javier Castellanos said it was an "easy race for him."

As the Belmont fall meeting came to an end, 2-year-olds had a chance to show their stuff in the Pilgrim and the Miss Grillo. Wait a While, ridden by Jerry Bailey, won the latter, while Fagan's Legacy won the Pilgrim, which was moved from the inner turf to the main track. Taming the Tiger won the Lawrence Realization, a race for 3-year-olds that was postponed from Oct. 16.

Aqueduct opened Nov. 2 for the winter. Look for the new VLTs (Video Lottery Terminals) and special races that include the Cigar Mile, Demoiselle and Remsen Nov. 26. Afleet Alex, who missed the Breeders' Cup because of an injury, might be back for the Cigar Mile.

For racing information call 718-641-4700.

Tim Hayes continued from page 26

this because the 12 above mentioned qualities that create healthy loving relationships already exist naturally in horses. Horses have been on the planet for millions of years; far longer than humans. The dynamics of their society have enabled them to survive, get along with each other, care for each other and be a noble contributor to the earth.

Watching a herd of horses that live together, when you understand their language and method of communication, is watching "Love" in its finest form.

Horses are born natural followers looking for a natural leader. The leader possess the same 12 qualities the others do, but at a higher level. A horse doesn't become the leader using force or intimidation. He earns his leadership because of the superior way he demonstrates these 12 natural qualities.

It's possible sometime, somewhere; someone else said; "Be a better human, be a better horse. Even if they did, I like that it popped into my head before I heard it. I also like that it's one of those phrases that makes sense forwards and backwards. In any case the same principle has been said in many different ways for thousands of years. It's "The Golden Rule" and it applies to every creature on our planet no matter if they are two legged or four legged.

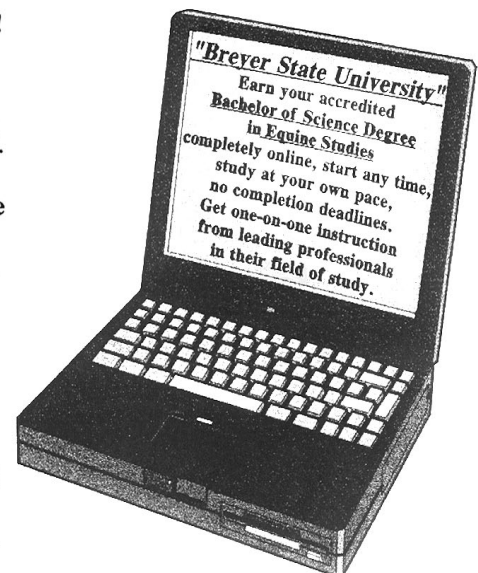
*All my events are listed in the event section of this magazine and on the net at www.LEquine.com. To set up a weekly or monthly Natural Horsemanship Class in Nassau or Suffolk County, host a clinic, or problem solving workshop, contact Tim at 631-329-5840 or mews22@aol.com
For more information visit: www.hayesisforhorses.com
©2005TimHayes*

**EARN YOUR BACHELOR OF SCIENCE
DEGREE IN EQUINE STUDIES ONLINE!**

Start now!
Work at
your own
pace when
convenient.

Affordable
Take one
course at a
time, or
several.

Faculty
Second to
none; all
recognized
experts in
their fields.



16 Equine Study courses—career change or just personal enrichment...the focus is on your success. This is "new school" designed to help you make a difference in your life.

WWW.HORSECOURSESONLINE.COM

Success Is Easy 7119 E. Shea Blvd. Ste. 109-271
Scottsdale, Arizona 85254 Call: (602) 689-6171