



# Karen Scholl

## Horsemanship for Women™

Newsletter - Summer 2007

### Dear friends,

It's been a while since my last newsletter, and it feels like *way* too much has passed since talking with an old friend, so let's get caught up!

Since the first of this year, almost every weekend has been busy with either clinics or horse fairs. Folks ask if I ever get tired, but it's just the opposite! I become even more enthusiastic as this message of "loving leadership" with horses is discovered by more and more people.

This year I've been from Spokane, Washington to Lake City, Florida, throughout the Midwest, and now am settled down for a little break after a clinic in Santa Fe before heading back home to Arizona for a clinic in the cool pines of Flagstaff.

We're not adding to the event schedule through the end of the year so I can finish writing my book! It's hard to get a newsletter out... can you imagine a whole book?! If Gherkin would just learn to drive... she tries hard, but can't hang on to the steering wheel very well!

Presenting at horse expos has been great fun! The audiences are much larger than they are at clinics, and the challenge for me is that there's only an hour or two for each demo. Generally I give two presentations each day. In some Bergante and I show what an even deeper bond with a horse can look like, in others I use a horse I've never seen before and demonstrate techniques for identifying a problem and solving it. No two presentations are ever the same.

My goal at these demos is to give the average horse owner some basic skills for communication that they can take home and use that same day.

I feel a successful result depends on understanding *why* we would use a certain technique or take a certain approach with a horse. It's especially important for women to understand why a technique will influence the mind of the horse. By knowing *why*, we gain a greater depth of understanding and can more effectively demonstrate the technique long after the clinic is over or video is watched.

Clinics are where people get the hands-on help with their horse. By orchestrating the overall presentation of concepts and techniques, I have the opportunity to address the individual challenges people have when attempting to build a new and better relationship with their horse. It's my greatest reward at the close of each clinic when participants say, "I'm no longer afraid of my horse!" To me, that's a great success because I know there is now an understanding and foundation to build from.

My best wishes to all of you who have been learning from my clinics, courses, and videos. It takes courage to make the commitment to advance your skills with horses, and I love to hear of your continued progress!

Enjoy *your* journey!

Karen & Gherkin



Karen and Berg, starting colts in New Mexico.

# Expo Audiences Discover Horsemanship for Women

It's been a great experience to present the concepts of Horsemanship for Women at the many Horse Fairs and Expos this year. From the Rocky Mountain Horse Expos to the Hoosier Horse Fair, audiences have been terrific and the message of "Horsemanship for Women" has been well received. People have returned to see multiple demos over the weekend!

I have fun asking audiences to "Raise your hand if the person here with you made you come watch this demo." As you can imagine, lots of the men have to uncross their arms to raise their hands! As the demo progresses and I poke far more fun at us women than men, everyone gets into the humor of our natural tendencies and how they apply to horses.



Clyde the mini mule becoming more confident with his ears.

Women tell me how much they appreciate seeing someone without the physical strength of a man deal with difficult horses, laugh at the horse's antics of resistance, and turn things around so that the horse wants to do what they are asking. Because women can't rely on their physical strength the way men do, I show how women can use their "natural power of influence" to become more effective with horses.

If you're not familiar with Horse Ex-

pos, they are one of the greatest educational values in the industry. Some have hundreds of vendors with every kind of product and service you can imagine, and a lineup of quality educators all gathered in one place. Where else can you access horse professionals in areas such as health, nutrition, behavior, feet, trailers, breeds, sports and more? There is a new Horse Fair scheduled in Arizona in November where I'll be presenting, so check the web site for details. It's this Expo's first year in Arizona, and your attendance will ensure its success for years to come!

If there is a Horse Fair coming to your area and I'm not already a scheduled presenter, give them a call and make a request!



Hoozier Horse Fair

## Arizona Horse Festival & Expo

Empty Acres  
Buckeye, Arizona

[arizonahorsefestival.com](http://arizonahorsefestival.com)

**November 9, 10, 11**

*Bring this addressed newsletter to my booth at Arizona Horse Festival & Expo to receive your FREE cap or visor (while supplies last).*



Lexington Mounted Police

## Horse Events in Kentucky

Stopping by to visit with the Lexington Mounted Police on my way to Equine Affaire in Ohio turned into a week long stay-over on my trip back through! I was very impressed with how far the Mounted Police officers had taken their knowledge since my last clinic with them, and we had a great time expanding that knowledge even further.

What these men and women are asking of their horses goes far beyond what most people ever do, and by using an approach based on psychology, these police horses are very happy in their work.

Part of my extended stay was to attend the Rolex 3-Day Eventing competition at the Kentucky Horse Park. In preparation for the Mounted Police's demonstration at Rolex and patrolling the event, I rode with them all over the Horse Park and cross-country course. We were allowed to ride all around the enormous jumps but not over them, much to the relief of Berg and Deb!

Watching this competition on televi-

sion and even standing at these jumps is nothing like sitting horseback facing the sheer size and extent of effort these athletes were going to face, not to mention competing in the dressage and stadium jumping as well.

You may have heard that for the first time in Rolex history, a pony was competing. His name is Theodore O'Connor, ridden and owned by Karen O'Connor. Being *the* hot topic of the competition, all eyes were on this little guy as Karen guided him absolutely effortlessly over the cross-country course. What a wonderful example of communication and partnership for the competitive world to see, especially with Karen's experience using psychology-based training to compete at very high levels with physically and mentally sound horses.

By the way, "Teddy" and Karen O'Connor took third place at Rolex... congratulations!

In addition to Rolex, a visit to Keeneland Race Track was a special treat. I had no idea the extent of tradition,



culture and history I was about to experience, and I can promise you that these folks don't see many cowgirls come walking through!

Another event during that same week was the Royal Lippizaner Stallions. I have seen this performance several times in the past, and for the first time the riders were mostly women! This is quite a change from the very first performance of the troop from Vienna I saw as a young girl when there was not one woman rider.

The athleticism and communication between horse and rider had a great impression on the two Mounted Police Officers also attending. It moved me to think that I was sitting there watching a demonstration of the original "war horse" with the riders of the modern day "war horse." It was quite a flash of insight and I feel very fortunate to have witnessed that moment.

The Lexington Mounted Police are host to their annual competitive Colloquium in October. In addition, there is a "civilian" clinic where people can bring a horse to learn the techniques used by the Officers to expand their confidence and trust with horses. Check the web site for a link to this exciting event.

A special thanks to the Lexington Mounted Police for their wonderful hospitality and enthusiasm to advance their skills with horses. You can see the horses appreciate their efforts as well. Good luck at the Colloquium!



Lippizaner performance

Keeneland race track



## EAGALA Annual Conference

An invitation to be one of the keynote speakers at the annual EAGALA conference turned out to be an honor beyond what I could have imagined! EAGALA is an international organization supporting Equine Assisted Growth and Learning and Equine Assisted Psychotherapy (EAP).

Psychotherapists and counselors use horses to facilitate the mental and emotional healing of humans. Eating disorders, anger management, various addictions, grief therapy, abuse recovery and many other disorders are facilitated with the participation of the one animal that can bring it all out in us!

Many people say that horses are their therapy, and one of the presentations was a scientific study that showed EAP far surpassed traditional talk therapy for advancing recovery with patients.

For those of you who are familiar with my approach to horses, you can imagine how much I enjoyed addressing an audience of over 400 professionals who spend their time observing the interactions of people with horses in order to facilitate change in their life.

I have great respect for the people who are willing to try a progressive approach in order to better support the mental and emotional healing of humans all over the world. There are certification programs for horse handlers in these programs as the counselors and psychotherapists don't usually manage the horses themselves.

Take a moment and look at the EAGALA web site—[www.eagala.org](http://www.eagala.org).

I think you'll be glad you learned more about it.





## There's a New Boy in Town!

**B**ergante and I went to Royal Horse Farms in Lake City, Florida to “interview” candidates for the position of “second grey Andalusian gelding.” I’d been planning this for quite some time, and had been looking at Andalusians all over the country during my travels, mostly in California and Colorado. I saw some very nice horses and met wonderful breeders, but they weren’t quite the right match for Bergante in temperament and movement. After contacting Centurion Farms in Ocala, Florida, where Bergante was imported from Spain, I discovered that their U.S. facility had been closed but that much of their stock had been purchased by highly recommended Royal Horse Farms.

On Royal Horse Farms’ web site I saw a photo of a horse that an untrained eye would insist was Bergante. His name is Debutante and he’s eight—two years younger than Berg. Deb is from the same breeder in Spain and wears the Centurion brand on his left hip.

As with all interviews, you need a

second opinion. After turning Berg out with each horse and observing their interactions, Deb really stood out in character. Berg instantly took a liking to him and followed him all over the paddock wanting to engage in play.

Many people get a new horse without considering how they’ll interact with the horses they already have. It was important to me that Berg also be part of the selection process. By the way, one of the horses disliked Berg to a point of keeping him in the corner of the large paddock with no access to food or water for quite some time before I realized the extent of the conflict. He was gorgeous and liked other horses, but he wasn’t ideal for Berg, and I’m very glad I didn’t select that horse from a web site!

It was important for me to take my time not only to consider many horses over the past two years, but also to find a place like Royal Horse Farms where the horses are out in pastures full-time, are barefoot, aren’t over-bathed, and every single horse is happy interacting in natural surroundings. It’s rare to find a place that has over 100 horses, stallions pasture breeding their mares, babies growing up at their mother’s sides,

all living harmoniously with humans who are demonstrating ‘loving leadership’. It wasn’t a beauty contest by most people’s standards, but a beauty that was in the soft, curious expression of every horse, from the majestic stallions to the elegant young foals.

Among breeders, some believe they are putting high-dollar horses at risk in this type of environment, but what most people don’t understand is that by keeping horses “safe” they are sentencing them to solitary confinement and risking the most important aspect of the individual—their mind.

A special thanks to the folks at Royal Horse Farms for allowing Bergante and me the time we needed to find our perfect partner! It’s a boy...welcome Debutante!





## The “Bubble of Comfort” Concept

It is every educator's challenge to communicate new information to the student effectively. Because everyone learns differently, it is particularly challenging to teach people how to “feel” something. Even more challenging is teaching how to improve the timing of our release with horses using the typical visual, verbal and kinesthetic styles.

With plenty of think time while driving across the country, it occurred to me that hula hoops would be an ideal way to help people ‘see’ what their reins, ropes, legs, bits, etc. were feeling like to their horse while riding! About that time I stayed over outside Salt Lake City at a large facility where they were preparing for a huge weekend English

show. Gherkin and I were watching the horses being “schooled” in advance of the show, when it occurred to me that when any horse was having trouble, the pattern of behavior from the human was to keep the pressure on continuously. The horses bucked and balked, causing the human to hang on, try to push through it, and even bang their legs on the horse in frustration.

The humans were unknowingly contributing to the behavior they were trying to fix, and that’s when the “bubble of comfort” concept “bubbled up” in my brain!

The next day I stopped and bought so many hula hoops that I didn’t even try to explain it to the cashier. I use smaller hoops around the neck to simulate the reins, in the mouth makes a funny-looking bit, against the chest to back up, while larger hoops go up over the back legs (get them used to it first!) and around the girth area to represent our legs.

The instructions are to move the hoop only far enough so that the hoop would bend into an oval but not crimp. Hold it in this position until the horse moves into the center, allowing the hoop to go back to the perfect circle, wait a moment, then start again.

In the first clinic I used this concept, huge light bulbs were going off all over the place! From the very beginners to the very advanced, absolutely every person remarked on the amazing results from such a simple approach.

This exercise teaches visually, verbally and kinesthetically some of the key principles to horsemanship; “set it up and wait,” “it’s the release that teaches,” “reward the slightest try,” “less is more,” and the list goes on!

Within a very short time, people are challenging their horses to move in all sorts of directions, in all kinds of ways, and at varied speeds, with everyone simply amazed at how quickly the horses learn to stay in the middle of their very own ‘bubble of comfort.’

With this experience fresh in their mind, advancing students are asked to ride and hold on to that feeling of the “bubble of comfort” in their reins, legs, and seat. Knowing what something is supposed to feel like puts a beaming smile on most faces. That smile is what keeps me going down the road to help the next group of open-minded folks.

I hope this technique helps you with your horse. Share it with friends, though they might think you’ve really lost it when you show up for a trail ride using a hula hoop instead of a bridle... just kidding!





## Watch RFD-TV for New HorseCity.com Segments

I had no idea that filming four-minute segments with HorseCity.com would have such an impact—especially for women watching another woman simplifying an approach to a challenging situation.

With only four minutes to explain some pretty big concepts, I'm looking forward to filming some longer half-hour segments the end of this year.

Demonstrating my new concept of the "bubble of comfort" has had great feedback, as well as preparing your horse for the farrier.

If you would like to watch these segments but don't get RFD-TV, log on to [karenscholl.com](http://karenscholl.com).



## Book Review

I've read so many books since my last newsletter, but there's one I started reading again as soon as the last page turned—I enjoyed it that much! The author is Eckhart Tolle, and his book is *A New Earth, Awakening to Your Life's Purpose*. This is not just another positive-thinking book because it explains how we process information and make decisions about our life.

I've always know that my life today

is a result of all the decisions I've ever made up to this point, and this book shares insights and strategies to make the decisions that reflect what's really in our heart.

View my "recommended reading" list on [karenscholl.com](http://karenscholl.com) for other books I've enjoyed, and though they may not seem like "horse books" every one relates to the personal growth we see reflected to us from our horses.

## New Products!

When I find something I like, I tell everyone about it! What I can't always tell people is where to get it, so I've decided to expand my product line to include a few of these items. I hope you enjoy them as much as I do!

- **Boot Socks** so wonderful you'll wait at the dryer! People tell me I'm "weird about the socks" until they try them on—then they join the club! New to the market this year, retailers are just starting to hear about them. I

had five different brands of boot socks piled in my drawer, but not one had the quality and feel of Cowboy/Cowgirl Certified. I had no idea how my less-than-great boot socks were effecting me—distracting and irritating me when I had better things to be focusing on! You may do what I did after enjoying the difference... I couldn't make myself put on any other kind! I replaced the menagerie with just one brand of sock, Cowgirl Certified! Go ahead, get weird about your socks!

### Super Sox Special!



\$12.95 for a package of two pair (regularly \$14.95) through October 31st.

- **The Clip** is a fully adjustable, clipable, horse tying system used without knots. Even the calmest horse can struggle with pressure on occasion and when a horse is tied to something solid and pulls back, the pressure on the poll can sometimes induce a state of panic. Rope length and tension can be easily adjusted and a locked setting can be used for such things as hanging hay bags.

I've used and liked similar designs, but this product is escape-proof even by "Houdini" horses.



## Recommended Products

There are several products that I use personally, but aren't practical to carry for sale, so I've created a category where I can still share them with you, but you may have to do a little research to find out the best supplier in your area. Go to the web site to see even more products that I personally use and recommend.

• **Daily 72 Ionic Mineral Supplement** is unlike the old mineral/salt block in many ways, but mostly because of the ionic charge that allows the minerals to be fully utilized during digestion. I've personally used human minerals for quite some time, and of all the horse/human/dog supplements I've tried, these have been the only ones I've used



that have really made a difference in rebuilding the health and vitality of my horses.

[www.daily72.com](http://www.daily72.com)

• **K Bar J Leather** makes some of the finest quality working chaps and chinks I know of. I've used their gear for almost 15 years, and have always been happy with how it feels, wears and fits. You can find K Bar J through their web site.

[www.kbarjleathers.com](http://www.kbarjleathers.com)

• **Corrals2Go!** is a recent addition to my recommended products list because I absolutely love these portable panels! I'd always thought it would be convenient to set up my own stalls on occasion or have a place for my horses in the event of a breakdown. I never *dreamed* they'd become an absolute necessity. I needed them four times within the first

month! It was difficult to find a panel that was both lightweight and sturdy enough for my two big Andalusians, but when I saw this set up, I knew it was different.

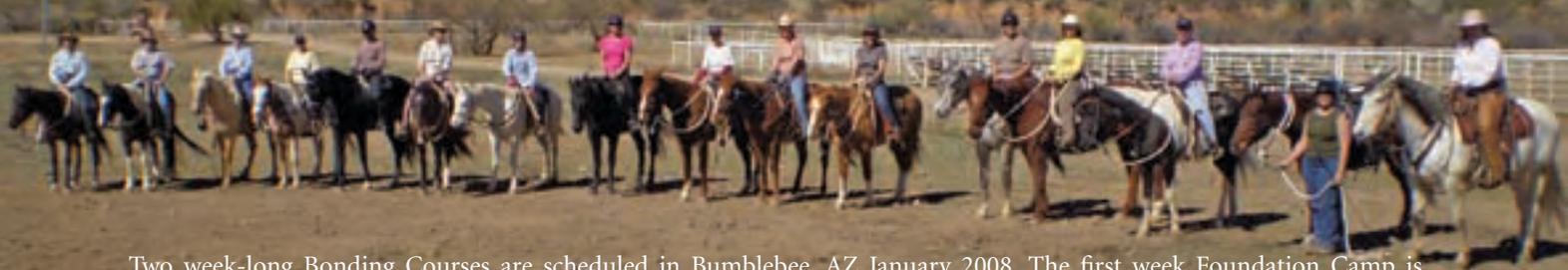
I can set up/tear down two stalls within 40 minutes, including loading or unloading the panels from my truck by myself. I've used electric systems and liked them, but they took just as long to set up/tear down and were difficult to keep organized.

The extra height of these panels also makes a great 30-foot round pen for demonstrations and use at facilities, though I wouldn't recommend this for an inexperienced or unpredictable horse.

With use as both a round pen and portable panels, it's easy to justify the investment, and the durability of Corrals2Go! has sure been tested by my two big boys!

[www.Corrals2Go.com](http://www.Corrals2Go.com)

## Southwest Winter Camps!



Two week-long Bonding Courses are scheduled in Bumblebee, AZ January 2008. The first week Foundation Camp is followed by an Advancing Camp. Because Camps provide an extensive study in both riding from the ground and riding from above, participants are asked to bring a rideable horse. For horses that have not been ridden, a 3-Day Course is a better format to get things started 'riding from the ground.'

Quite a few folks are participating again this year, so get your deposit in early to hold your spot and be sure to take advantage of the early bird special rates!



## The Bond

**T**here is no better feeling than when your horse spots you coming and leaves his friends and/or food to hang out with you!

In that moment, we recognize the tremendous honor this horse is giving us.

What would it be like for our horse to view us as their honored friend all the time? Why, we'd be able to do anything, any time, any where, and have fun doing it!

Bonding with horses is our greatest desire. We see them bond deeply with each other, so why not with us?

Learning how to interact with horses from a position of leadership is the very key to bonding with a horse. We all know horses are attracted to other horses, but it's not just any horse...it's the lead horse.

Because nature designs prey animals to seek out and follow the leader for survival, we can very quickly establish this bond by learning the skills of leadership they would be attracted to naturally in another horse.

The fastest way to learn these skills is to participate in either a weekend or week-long Bonding Course with your horse. By having hands-on help over several days, your skills for communicating from a place of "loving leadership" will absolutely blossom between you and your horse.

So, if your horse is ignoring you, avoiding you, fighting you or just seems confused, it's worth the time, money

and risk of feeling stupid/foolish/silly in order to gain that even deeper bond we all crave with our horse.

We all commit to give our horse the best care possible. Doesn't your horse deserve your very best effort at communication as well?

Being a mature woman myself, I enjoy relating the similarities of horses with life experiences. We can learn a lot about ourselves through horses....and have fun doing it!

If you can't get to a hands-on format soon enough, videos are the next best thing to being there!

Log on to the web site to read testimonials from folks just like you who are discovering how to have an even deeper bond with their horse. While you're on the web site, take a look at the Clinic and Camp schedule and come join us.





Visit the website at [www.karenscholl.com](http://www.karenscholl.com) or call 888-238-3447



# BOND

*with your horse*

LEADERSHIP • CONFIDENCE • TRUST