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RALF HELMUT STAMMSEN

BE HORSE

To improve your relationships
To enhance your performances
To save up

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INTRODUCTION

I can already hear people say : “Yet another book on this subject ??” Indeed, there are already lots of books that have been written about horses, many ideas already written on paper, many training methods already mentioned... That this question may well arise. I don't want to bring you new ideas here, let alone new training techniques. Besides, what do you want to train a horse for ? He already knows how to do everything from birth : walking, trotting, galloping, backing up, braking, sitting, lying down, rearing up... Yes, I know, there are lots of different methods but none of them are useful to learn anything about the horse. All these different methods are only used to tell him what we want him to do, at a specific time. All these different pieces of training are just different ways of communicating with him. Admittedly, there are various equitation styles and disciplines but the horse already knows from birth, in this case as well, all the disciplines of the world. Now your next question will be : what will this book be about ? It will deal with communication, amongst other topics. A communication that has become over the years, over the decades, difficult. If today, we no longer know how to communicate with the horse, it is above all because we no longer know who

he is. There was a time when equestrians lived with their horses and knew them by heart. Nowadays, in our modern world, we cannot afford to spend twelve hours a day with him and we don't live with him under the tents like the Tuareg people. When we own a horse, we visit it regularly in the meadow, of course, but not enough to know who he is. For instance : what is his life, how does he function and what are his ways of thinking ? Many questions are not easily answered on your own. I will try to help you find answers to some of these questions.

But where will I get my answers from ? I will explain it to you in the first chapter entitled “Who am I ?”, an essential chapter. In this book, I will give you lots of information that may confuse you, new information that is not written anywhere else. So, I think it's essential to tell you where this information comes from, this important knowledge to communicate properly with the horse and help you find other ways of letting him know what you want to tell him. For a very long time now, we have been using tools to compel the horse to do what we want. Since we cannot talk to him, we find tools to replace words. For example, instead of saying “Stop walking”, we pull on the reins. It is a mechanical action forcing it to stop. But, how often do we see the horses advance while their riders pull like crazy on the reins ? How many times do we see that the more the rider pulls, the more the horse advances ? There is a serious communication problem between the rider and the horse. The reason ? First of all, because of a lack of knowledge about horses and inadequate human behavior. So, my main goal in this book will be to explain to you who is the horse. It is essential, fundamental, mandatory, to know how it works

to understand it and start communicating with it. Thousands of people have already attended my conferences and their lives with horses have changed. As Buddhist monks say : “Change your thoughts and you will change your world.” Understanding who the horse is thanks to the knowledge of wild horses, his way of thinking, of being, of acting, in order to communicate better and develop our relationship with him, improve our equestrian performances and even save money. This is the main leitmotiv of this book.