

The Introductory Guide to WholeHearted Communication



The 4 Must-Know Stumbling Blocks

that Keep you from Progressing and Connecting to Your Horse

The 17 Hands-On Solutions

that will Make all the Difference - for YOU and YOUR HORSE

Are you still looking for those missing pieces to finally create the GENUINE CONNECTION with your horse that you've always been dreaming of?

Many horsemanship programs aim to solve problems with control and dominance - and even use gadgets that restrict the horses' movement and freedom. Natural Horsemanship, too, uses the strategies of the dominant horse by focusing on movement and claiming space.

Horses, however, react twice as fast as a human athlete (and most of us heart centered horse lovers don't participate in the Olympics so our response time is even slower the older we get). So some situations simply CANNOT be resolved with control... and for somebody who is looking for a true heart connection, *it just DOESN'T feel GOOD to use CONTROL, right?*

When we use control, the horse will ALWAYS respond with patterns of self preservation whenever she can. So how can we avoid that our horse even feels the need to go into self preservation and self protection mode?

I Vote for CONNECTION through WholeHearted Communication

When our horse knows, without an ounce of doubt, that s/he can always depend on us, that we will take care of her safety, security and confidence, as well as her emotional, mental and physical wellness, the SKY is NOT the limit. Unimagined possibilities will open up!

Sometimes, that will mean that we create additional (smaller) steps to achieve our goal, sometimes, we have to set our goal a side for a while... When we take the time it takes to create REAL, TRUE, GENUINE CONNECTIONS, EVERYTHING else will come easy and

... it will be well worth the investment of time!

Learning WholeHearted Communication Strategies - focused on LEADmare Principles will

- * Deepen your relationship
- * Refine your communication
- * Increase your and our horse's safety and security
- * Create more trust and more confidence in horse and human
- * Release residual tension and brace in your horse
- * Help your horse to develop and maintain healthy posture
- * Turn previously difficult maneuvers into easy play
- * Make progress FUN again
- * and so much more...

WholeHearted Communication is the 3rd Step in my 4 Step GENUINE CONNECTIONS HorseManShip Program. (Learn more about GC HorseManShip at the end of this Guide). For now, you will discover the 4 Stumbling Blocks that keep you from progressing and creating a Genuine Connection with your horse AND you will also find 17 Hands-On Solutions that will propel you forward!

I am here to support YOU - and your Horse!

WHOLEHEARTED COMMUNICATION

Would you like to know the story behind WholeHearted Communication and why I am SO EXCITED about it? Discovered how I became aware of these 4 Stumbling Blocks and how I created the 17 Hands-On Solutions:

Guess What: I Myself felt STUCK!

My background roots in Non-Traditional and Natural HorseManShip as well as People Personality Assessments and Positive Communication Strategies. (Insight Inventory Coach certified by Dr. Patrick Handley)

For the last 40 plus years, I have been fascinated what makes humans and horses tick. For the last 30 plus years, I have been teaching people how to find connection with horses, themselves and others.

My life's story has taught me to take INVENTORY on a regular basis. Whenever I discover a road block... I ask myself: What is working and what is not working (yet)?

A few years ago, I was craving to reach yet another level of connection with my horses. I had lots of strategies and knowledge already. I put my heart and soul into finding that elusive next level. Yet, my horses weren't having it. They clearly told me that something was still missing, and that I had to go out and find it.

I am passionate about solving puzzles and finding solutions, so I decided to take inventory. By analyzing my own journey and my students' struggles, I found 4 Stumbling Blocks and 17 Simple Solutions.

Note: *When you take inventory, be kind and gentle with your Self - and your horse. Take it as an opportunity to learn from the past so you can grow and prosper in the now and future.*

Remember: *There are no mistakes when we commit to learning: When we commit to learning, step-by-step we get better while we strive towards our optimal potential!*

Important: *These stumbling blocks assume a basic knowledge of Natural Horsemanship Principles of Groundwork. If you have at any times any questions or are not sure you understand, please feel free to check in with me.*

Stumbling Block #1:

The Horse Only **TOLERATES** Friendly, Non-Directional Energy (Rhythmic Motion) and has **Brace** in Body, Mind & Spirit

I noticed that when using friendly, non-directional energy (rhythmic motion) to **habituate horses to motion, noise and touch** (whether it's done with our body such as touching, waving our arm, skipping/hopping or with our tools, lunge whip, stick/string, stick/flag/plastic bag, rope etc) my students struggled with creating **TRUE ACCEPTANCE** in their horses. While the idea aimed at creating more confidence within the horse, many horses learned to brace in their body, mind and emotions.

Some braced in their whole body, some would raise only their head and display tension particularly in their poll and neck area. Some horses stopped blinking their eyes. Some showed tightness in their mouth/nose area and pushed their tongue against the roof of their mouth or displayed emotional breathing. Some horses developed habits like popping their lips, flipping their heads or swishing their tails. A lot of times it was super subtle, barely noticeable and easily overlooked.

The horses were coping - versus truly relaxing with confidence and trust in the human. The tension was rooted in self-preservation and protection - and **GENUINE CONNECTION** became all but impossible.

Stumbling Block #2:

The Horse is **CONFUSED** About the Difference Between Friendly/Non-Directional Energy & Directional Energy

I also noticed that my students had difficulties to help their horses fully understand the difference between friendly, non-directional (rhythmic motion - no meaning, keep doing what you are doing), rhythmic motion and directional energy (with meaning, asking our horse to go in a certain direction, at a certain gait etc). No matter what, energy meant 'move faster' to the horse. Horses responded with decreased relaxation and increased speed, resulting in choppy gaits and loss of confidence. Often students started to do less aka 'to walk on eggshells' - and the problem wasn't fixed but only avoided.

Stumbling Block #3:

The Horse has or Develops Poor Posture Causing Lack of Progress

By nature, horses are not built to carry us humans on their back. In order to carry weight AND stay sound in body, mind and spirit the horse HAS TO LEARN healthy bio-mechanics: She has to round her back, lift her belly and use her hindend to push herself forward - instead of dragging herself forward with the frontend which creates a hollow back and automatically puts the horse in a body position of flight response.

We humans are task-orientated beings. When we emphasize the task rather than the quality of execution, we miss out on RRC, Rhythm, Relaxation and Connection, the basis for mental, emotional and physical balance and therefore healthy Bio-Mechanics.

Having poor posture causes tension, frustration, pain and even long term health complications in our horses. Having good posture FEELS good!



Above you can see my horse JB what he looks like now and below you can see JB when he first joined my herd. Huge difference, isn't it?!

Back then..

- His head was high
- His mouth/nose area tight
- His eyes were hard
- His lower neck, chest and shoulder muscles were over-development
- He pulled himself forward with his frontend
- He carried great tension in neck and poll area
- His middle was also tense... Can you see how tight his belly is?
- His back and hindend were under-developed, under-used
- His stride was choppy
- Also, notice the kink in his tail!

Now go back to the previous page... I used the 17 Solutions (including the Natural Horse Habitat™ System, the 1st Step of my 4Step GENUINE CONNECTIONS HorseManShip Program) to help him balance his body, mind and emotions. Can you see what is indeed possible?!



When we spend time with our horses - at liberty, on line and while riding, it is important to consistently help our horse develop and maintain a HEALTHY POSTURE and proper BIO-MECHANICS (the basis for mental and emotional balance).

It is important to educate ourselves what healthy posture and proper bio-mechanics really look like. Unhealthy posture will cause wear and tear and often end our horse's riding career - and possibly even our dreams!

Stumbling Block #4:

The Horse and Human are Patterned as Beginners

Learning gross motor skills CAN BE effective for the beginner student when getting started. However, we quickly create a loop of beginner patterns for humans and horse that will hinder our progress in the long run.

Gross Motor Skills mean

- We yell at our horse with exaggerated body language and use of tools
- Starting out 'big', refining our communication will be cumbersome
- We teach our horse to overlook subtle cues such as thought and energy
- We emphasize our tools such as stick, string/flag and rope, and our horse will stop responding when we do not carry our tools with us
- We release on completion of task versus quality of task (Quality of Task means RRC: rhythm, relaxation & connection = mental, emotional, physical balance = foundation for healthy posture)

However, even a beginner can learn to read her horse's body language and recognize rhythm, relaxation, connection and good posture/quality movement. Even a beginner can learn subtle communication such as thought, energy and body language.

That's what my program GENUINE CONNECTIONS HorseManShip is all about: It is simply unnecessary to learn gross motor skills!

My Questions to YOU:

Can you relate to these stumbling blocks?
Which one rings most true for you?
What will you do differently from now on?

Plan for Action:

Spend some time and journal about your Insights. Writing down your Aha Moments will solidify your newly found knowledge. It only takes a few minutes and is well worth the effort!

17 Real Life Solutions to the 4 Stumbling Blocks

Now that you know the 4 Stumbling Blocks, I would like to share 17 *Hands-on Solutions* that you can immediately put into action. Below, I am sharing an entry of my personal journal. In this entry, I played with the concepts of building Genuine Connection.

Have a look:



What comes to mind for you? What will you be doing differently in your relationship with your horse from now on? Having a *clear picture in your mind (and heart)* where you want to go... will make *all the difference!*

Now onto the 17 Solutions for the 4 Stumbling Blocks:

Stumbling Block #1: The Horse Only TOLERATES Non-Directional Energy aka Rhythmic Motion and has Brace in Body, Mind and Spirit

Take Inventory: Does your horse display any tension in her body, mind and spirit? Where do YOU hold tension and brace? Sit with that question and allow yourself to ponder. We will address mental, emotional and physical balance for the human in Fearless Insight, the 4th Building Block of my program GENUINE CONNECTIONS HorseManShip and specifically in Module 4 of my Masterclass Relationship (RE)START: Confidence for Horse & Human.

I created this chart to compare the before/after for my Morgan Gelding JB. Use this chart as a starting point to evaluate your own horse:

UNHAPPY HORSE Unbalanced Physically, Emotionally, Mentally	HAPPY HORSE Balanced & Connected
tense face, starry eyes and tight chin	his eyes and ears are soft, overall facial expression is soft, connected and engaged
poll is locked and chin is pushed forward	his poll is soft and flexible
neck flexors are overdeveloped (bottom of the neck) extensors are underdeveloped (top of the neck)	his neck is properly developed and rounded
overdeveloped muscles around the shoulder, choppy stride	his shoulders allow his front legs to actively stretch forward
tight abdominal muscles	his abdominal muscles are engaged so the back can lift and engage
tight back (some of his back muscles had already developed here, his spine is not "sticking out" as much as when I got him)	his back muscles now create a nicely rounded back that is able to engage and lift up
underdeveloped hind end, tense and tight	hind end is in proper proportions to the front end The tightness in the hamstrings is gone
tail has kink and is tight	loose, flowing tail

Plan for Action:

1. Share your findings with your favorite Body Work Practitioner and develop a plan to help your horse (and your Self) through physical education. The 2nd Step of my 4 Step GENUINE CONNECTIONS HorseManShip Program “Healthy Physiology” will address the importance of balancing mind, emotions and body for the horse as well as for the human and we will address this subject through out the Relationship (RE)START Masterclass.
2. Until your horse has UN-learned her pattern of tension and brace, avoid using friendly, non-directional energy (rhythmic motion) at a stand still. Develop confidence in your horse by using this type of energy only in motion. Look for Rhythm, Relaxation and Contact - in this case Contact means *connection with you!* Notice, these three steps are also 3 Building Blocks of the Training Scale to Collection. With RRC, you are actively teaching your horse the first 3 steps to Collection!
3. Encourage your horse to relax by timing your release with a focus on Rhythm, Relaxation and Contact (Connection with you). Make it easy for your horse by focusing on one quality at a time and combine them as time goes by and you and your horse progress together.
4. From now on, give your horse the opportunity to live and move with healthy posture and in relaxation. For example, if your horse has a tendency to “freeze” while standing still, address this issue immediately and help your horse find relaxation. This can be done with massage, retreat and re-approach and more. Also, address the Principles of the Natural Horse Habitat™ (the 1st Step of my 4 Step GENUINE CONNECTIONS HorseManShip Program): Fulfill your horse’s daily foundational needs of living in a herd, moving freely, and having access to roughage 24/7, water and horse-friendly shelter. If we do not fulfill our horse’s daily foundational needs, we will continue to struggle to achieve a healthy posture and mental, emotional and physical balance in our horse.

Here are 6 Hands-on “Training” Tips aka Relationship (RE)START:

Feel free experiment what works for you and your horse! We will address these issues in detail in Module 2 of the Relationship (RE)START Masterclass. Here are a few things to consider:

- *Many horses have been taught to put their head down by pulling straight down on the halter/lead rope. ‘Head down’ becomes a conditioned response. It doesn’t mean that your horse is actually standing quietly in relaxation. Again, she might just be tolerating and hiding. Instead, move your horse’s neck gently left and right, encouraging her to release tension. Her head will lower naturally.*
- *Gently massage any areas that holds tension. If you can do Reiki and Energy Work now is a great time to put your gift in practice!*
- *When you see your horse holding tension, pick up a foot (or two) with great awareness and gently place it back on the ground. Repeat if necessary. Often, horses start licking and chewing, yawning or exhaling deeply right afterwards*
- *Softly ask for forward motion and see whether you can help your horse to find relaxation in motion, then ask for a halt again and see whether your horse can stay present and relaxed. Repeat as necessary.*
- *Remember: Horses mirror us! “Show” your horse how to relax in your own body. Relaxation FEELS GOOD!*
- *Be aware of your own breathing and ground your Self. Many times we bring “stuff” to the barn that is just unnecessary “noise” for our horses. As prey animals they are super receptive and will notice any change in you. Especially when you had a stressful day: Fix your Self first prior to approaching your horse!*
- *Horses live in the present. When our thoughts wander to the past or future, we are NOT present for them. Therefore connection and thus relaxation will be difficult to find. Stay present for your horse at all times!*

Stumbling Block #2:

The Horse is CONFUSED About the Difference Between Non-Directional and Directional Energy

Take Inventory: Does your horse truly understand the difference between non-directional energy (rhythmic motion) and directional energy? We will address these issues in detail in Module 3 of the Relationship (RE)START Masterclass. For now...

Here is Your Plan of Action:

1. Make sure you are using the above mentioned strategies for Stumbling Block #1 to help your horse find ways to release tension and brace.
2. Assess your quality of communication. Do you use your intent, energy and body language prior to engaging your tools? Refine, refine, refine!
3. Alternate between non-directional energy (rhythmic motion) and directional energy to explain your horse the difference, release on rhythm, relaxation and contact with you (see above). Here are a couple patterns you can play with. Use your imagination to go from there:
 - Send your horse on a circle at a walk. Establish rhythm, relaxation and contact. Then start playing with rhythmic motion in the different zones and both directions. Start with very little (like moving your stick/string up and down a few inches while you are turning with your horse). Find your horse's thresholds: When does your horse totally accept motion and noise? When does your horse lose RRC? Use advance and retreat and if you notice too late, re-treat and re-approach. Once you have discovered your horse's thresholds, gradually expand your horse's comfort and confidence zone.
 - Walk with our horse. Can your horse maintain RRC while you are swinging your stick back and forth, swinging your rope, waving your arm or while you are skipping and hopping? Establish this pattern in all zones and both sides. Again, start with very little and work your way up to more energy.

- Walk backwards invite your horse to follow you:
- Can you play with rhythmic motion like above and your horse can maintain RRC while walking towards you as you continue to walk backwards using rhythmic motion?
- Is your horse honoring your space or pushing on you?
- Is your horse keeping the slack in the lead rope, or is she hanging back, worried?

Again, use advance & retreat around any thresholds.

Stumbling Block #3:

The Horse Maintains or Develops Poor Posture which Causes Lack of Progress

Take Inventory: You will notice - as you address Stumbling Block 1 & 2 - you will also address your horse's "flight" or "freeze" posture. Many times what we think is confirmation is actually POSTURE:

Tense muscles pulling bones out of natural balance!

Assess your horse's current body posture - in the pasture, while playing on the ground and while riding.

Does the horse's body posture change?

Does your horse have overdevelopment muscles (often in the neck, shoulders)?

Does your horse have areas that are under-developed?

If you have not done the 10 Minute Healthy Posture Chart, email me at magic@petrachristensen.com for the Healthy Physiology Presentation or check Module 2 of the Relationship (RE)START Masterclass.

Let's have another look at JB's before and after pictures:



Use the pictures above for reference and the chart below as a starting point to evaluate your horse. Yes, I have shared the chart previously. Have another look and see what else comes up for you now:

UNHAPPY HORSE Unbalanced Physically, Emotionally, Mentally	HAPPY HORSE Balanced & Connected
tense face, starry eyes and tight chin	his eyes and ears are soft, overall facial expression is soft, connected and engaged
poll is locked and chin is pushed forward	his poll is soft and flexible
neck flexors are overdeveloped (bottom of the neck) extensors are underdeveloped (top of the neck)	his neck is properly developed and rounded
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tight back (some of his back muscles had already developed here, his spine is not "sticking out" as much as when I got him)	his back muscles now create a nicely rounded back that is able to engage and lift up
underdeveloped hind end, tense and tight	hind end is in proper proportions to the front end The tightness in the hamstrings is gone
tail has kink and is tight	loose, flowing tail

Here is your Plan of Action:

1. It is important to address any physical issues first. So again, share your findings with your favorite Body Work Practitioner and develop a plan to help your horse overcome current unbalances in his body.
2. Address proper saddle and tack fit. The majority of problems are often related to ill-fitting tack. Saddle fit and saddling is addressed in detail the in the Relationship (RE)START Masterclass in Module 1 and 3.
3. Support your horse by addressing posture issues on line as well as at liberty prior to moving into riding. The above mentioned exercises and tips in Stumbling Block #1 and 2 are a great way to get started!
4. Is my horse rideable? Prior to riding, ask your horse - preferably on a 22' line - to move at a walk, trot, canter, to change direction and to jump over something. Assess rhythm and relaxation (especially in upward and downward transitions) and connection with you. Then saddle and go through the motions again. There should be NO change. If your horse cannot maintain RRC in all gaits, your horse is not ready to ride yet. If things change with the saddle, you either have a tack fitting problem or your horse never really accepted the saddle.
5. Encourage your horse to carry himself with Healthy Posture while riding at all times - just like on the ground. Not sure how to do it? Stay tuned for the *WholeHearted Communication Riding Guide*. You can get started now and have plenty to work on by using all the strategies mentioned in this WHC Introductory Guide.

Stumbling Block #4:

The Horse and Human are Patterned as Beginners

Take Inventory: Are you still using big motor skills to share your ideas with your horse? Does your horse overreact at times? Has your horse become dull and you HAVE to have your tools with you in order for your horse to listen to you? Are you yearning for more subtle communication?

Here is Your Plan of Action:

1. Assess your style of communication with your horse.

While this is a BIG subject, here are a few things to ponder for you:

- Horses communicate with each other all the time. They understand their own language easily!
- In the wild, horses are family members and always move, stop, rest, eat etc TOGETHER - as a herd. They are not individuals which many horsemanship training programs want them to be I teach what comes natural for the horse: Be, work and play as the Herd of Two!
- There are three types of horses in the herd: The dominant horse, the non-assertive horse and the LEADmare. All horses follow the LEADmare, no horse follows the dominant stallion - nor the non-assertive horse. (Quick Tip: in EverydayLife and your HorseManShip: do you tend to be dominant or non/less assertive?)
- The LEAD mare does not drive the other horses forward or rounds them up. All horses believe in the LEAD and follow her because of her wisdom, experience, and her desire to make benevolent decisions for the herd at all times. No horse doubts, no horse is 'lazy', no horse challenges the LEADmare...
- Most horsemanship programs including Natural Horsemanship, are based on the language of the dominant horse... and while the horse understand this kind of language, no horse follows the dominant horse, like I said previously, all horses follow the LEAD mare - that's why dominant communication has limitations!
- I personally teach LEAD inspired communication. The dominant horse is interested in claiming space and moving other horses around. Round pen training anyone?! The LEADmare wants the other horses to connected with her and pay attention to her, not because she forces them to but because they BELIEVE in her as their LEAD. She KNOWS when she walks off, the herd will follow. She does not look back and she clearly does not round up the herd either!

2. Assess your own body awareness. When you play with your horse, regularly scan your body from head to toe, look for tension and brace in your Self. Breathe into that body part and exhale with the intention "RELEASE". Do the same in Everyday Life, especially when you are in situations that are stressful for you. Practice on a regular basis to create relaxation in your body - for your Self as well as for your Horse! If you are a member of my program, remember to download the Body Awareness/Relaxation Audio to speed up your learning process in the Relationship (RE)START Masterclass!
3. Communicating with Intent and Energy (think/feel) is not something we learn in school. Give yourself the freedom to experiment and know that it is possible to learn and do.
4. Release on quality (Rhythm, Relaxation, Connection with you), not task or quantity.
5. I prefer to have a conversation in stages and adjust as necessary to help my horse stay grounded, relaxed, trusting and confident. Eventually this will come in a flow which is right for you and your horse. In the beginning use the Archetype of the ENGINEER to internalize the idea. Then become the ARTIST and experiment and play... and allow FLOW!

***Here are the 5 Stages you Want to Practice, Step-by-Step:
(Be the Engineer, Become the Artist!)***

STAGE I, INTENT: Picture in your mind what the result should look like, clearly hold that picture/thought in your mind i.e. imagine that beautiful, powerful walk. Use your focus to provide clarity!

STAGE II, FEEL: Adjust your body's energy accordingly i.e. walk energy in your body. This is a FLOW of energy, there is no energy that drives or pushes the horses forward. You create a FLOW that your horse wants to willingly and out of free choice join

STAGE III, DO: Use your body language! Do in your body what you want your horse to do! For example, shift your weight by moving your sternum forward and loading your weight on the ball of your foot, ready to walk off...

STAGE IV, FOLLOW UP: Help your horse to understand by following up with Contact/Touch i.e. with the lead rope/halter or stick/string i.e. add some light hearted energy to the FLOW with your stick in zone 5 (At this stage, I simply want to clarify my idea. At no point will I make or cause my horse to follow through. I am looking for relaxation, willingness and understanding which will equal to confidence and trust in you).

STAGE V, ASSESS: Remove stage 4,3 and 2. Assess your horse's feedback while holding the picture/image/thought/idea.

REPEAT or ADJUST: If I see that my horse has difficulty understanding, I repeat as necessary. If I see a loss of relaxation/trust/confidence etc, I adjust my action by creating mini or even micro step so my horse can find relaxation again and therefore is an empowered learner (versus a damaged learner which the majority of horses sadly are).

THE ULTIMATE GOAL:

Your horse can work and play with you as a member of your Herd of 2 - with relaxation, willingness and understanding - which means both you AND your horse can feel safe, secure and confident in each other's presence.

Would you like me to be your *Connection & Confidence Coach*

with Lifetime Access to the Course Material for the price of a weekend clinic?

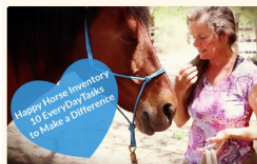
**With my help, you will discover
how all horse problems...**

Yes, I am not kidding:
ALL Horse Problems
can simply melt away

**when you learn how
to help your horse
and yourself to**

**FEEL SAFE, SECURE, CONFIDENT
in each other's presence!**

Create the Foundation - Online, Liberty & Pre-Ride Safety Sequence



**Module 1 -
Happy Horse Inventory**

The moment you approach your horse, your horse forms an opinion of you: Are you dominant, non-assertive, or her true LEADER? When you don't don't what to look for, it's normal to miss points of connection, trust, willingness and respect. Your foundation for riding can be incomplete. The Happy Horse Inventory will fill those holes.



**Module 2 -
Relaxation, Relaxation, Relaxation**

Rhythm creates Relaxation, the foundation for Inter-Connection and a safe, inter-connected relationship. Learn the step-by-step approach to help your horse release self preservation & self protection so your horse can respect and see you as her LEADER. A relaxed horse is a horse that feels safe, therefore you are safe!



**Module 3 -
Is my Horse Really Rideable?**

Scary experiences and even accidents are often the norm with horses. My step-by-step, simple and proven system, the Get-Ready-to-Ride-Safety-Sequence will help your horse find rhythm, relaxation and inter-connection under saddle. No matter what outside circumstances, habituation (NOT desensitization) will help your horse become calm, responsive and brave.

Then Easily Transfer Mental, Emotional & Physical Balance to Riding



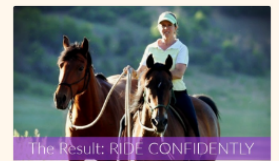
**Module 4 -
Before You Get in the Saddle**

Discover the 4 Elements of Self Knowledge, how to create a positive mindset and apply effective strategies to create a deeper relationship and successful ride before you ever put your foot in the stirrup. You will discover how to easily increase your safety, comfort and confidence - with no overwhelm.



**Module 5 -
Foundational Riding Skills Revisited**

I will show you how to elevate the quality of foundational riding maneuvers so your horse can become a willing, responsive, fun & safe riding partner. Discover how to refine your communication to thought, energy & body language to establish inter-connection with your horse - versus applying control.



**Module 6 -
Final Evaluation & Roadmap**

Now that you have established Rhythm, Relaxation, Inter-Connection and Refined Communication - with EveryDayTasks, at Liberty, Online and under Saddle - your individual journey can continue. Knowing where you are and where you want to be, a clear roadmap will get you there.

LIMITED SPECIAL OFFER

Your and Your Horse's Path to Success:

Start your Journey without delay, don't let 'life' come in between you and your dreams:

LIFETIME ACCESS MASTERCLASS FOR THE PRICE OF A WEEKEND CLINIC

LIMITED TIME OFFER: \$200 OFF!

Get the scoop at <https://bit.ly/Relationship-Restart-Special-Limited-Offer>

I am here to help and support you AND your horse!

Yours, Petra 

WholeHearted Communication, the 3rd Building Block of my program GENUINE CONNECTIONS HorseManShip:

Natural Horse Habitat™, Healthy Physiology,
WholeHearted Communication & Fearless Insight:



Please feel to share this workbook with your friends. I am on a mission to bring illumination to the horse industry: Drop control (and the illusion that control keeps us safe) and replace dominance based horse training with real, true, genuine, inter-connection-focused relationship creation!

***With Lots of LOVE,
Because LOVE makes everything better,
Including our HorseManShip!***

***Petra Christensen
Providing Positive Solutions
for Humans & Horses***

The Introductory Guide to WholeHearted Communication

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Petra Christensen
SoulFire Farm
237 S Miller Lane
Saint David, AZ 85630
Email: magic@petrachristensen.com
Facebook: <https://www.facebook.com/redhorsecoaching/>

Visit the author's website at www.PetraChristensen.com

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