

OrthoHorse© Newsletter

Newsletter about Ortho-Bionomy® - bodywork & related topics on natural horse care and horsemanship for equines and humans

Issue 7

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In December I completed an 8-day clinic with Carolyn Resnick in Escondido, California. Her Method is named “the foundation of all equestrian pursuits” and really addresses the needs of the horse by focusing on herd dynamics. Unlike some popular methods of horse training, this method does not employ any dominant training techniques. The Method is based on horse language that Carolyn has decoded in her unique way from spending a lot of her childhood with wild horses. We can see them interact using voice, gesture, eye contact, and movement -- the language of horses. Studying horse language helps to further my knowledge and create a true energetic connection with horses – and helps others do the same.

I think this work intersects on an energetic level with Ortho-Bionomy, as Ortho-Bionomy was designed with people in mind. If we are to practice this on horses, then understanding their language is essential.

As I say in each issue, for those not yet familiar with Ortho-Bionomy®, it is a form of bodywork based on structure derived from osteopathy, that works with and relies on the body’s self-corrective capacity. It is not a replacement for veterinary or medical care, but can complement it.

My videos will give you a glimpse of what demos look like. See videos by searching for OrthoHorse® on YouTube or go to my website – www.orthohorse.info



If you are interested you can subscribe to receive notices when one has been posted.

“Beyond The Waterhole Rituals” Clinic in California

Horses living in a herd understand a language and maintain relationships that make it possible for them to survive in the wild. To study this horse language and relationships and learn how to relate as horses do offers a key to being able to work with

horses successfully.

Carolyn Resnick spent many years of her childhood with wild herds of horses, watching their interactions. According to Carolyn, horses are not really domesticated because they haven't lost any behavior of being free.

From this study she decoded their non-verbal, verbal and body language to be used to learn how to become accepted by the herd. From this very specific study, she developed her liberty training method. The Carolyn Resnick Method is comprised of a series of seven rituals, what she calls, “The Waterhole Rituals” which are rituals horses use in interaction with each other. Students of her Method learn the rituals first and through that process, learn the leadership skills necessary to interact with horses.

The rituals are done on the ground, with no tack and no restraint – at liberty. They are done in a large enough space so the horse can feel the freedom of movement and get away if he doesn't want to engage in a ritual. A round pen is hardly ever used because it is seen as a trap. We work with the horse's inherent curiosity, tendencies, sharing and taking territory. The horse learns to respect the person's space, as the person respects the horse's space.

As all horses are different, some may do well at certain rituals and lag behind with others. Some are naturally good students, and others challenge their handlers more. Carolyn Resnick's training will take a student all the way from the initial Waterhole Rituals through to liberty dancing with the horse - to training and riding the bridleless horse – a supreme act of trust and connection. This type of training is the basis for the acts seen in the beautiful Cavalia equine spectaculars.

Carolyn has found that when horses volunteer performance, you can get more consistency

in the behavior of the horse. She uses food in her training, as most initial training among horses begins with food – when a foal is allowed to nurse and when he is not. Some of the practices will involve food and others will not, depending also on the nature of the horse you are working with.

The Method takes into account the varying personalities of horses, and their inclinations. What works for one horse may not work for another. When working with a horse, I may begin by thinking I'm going to do a certain ritual and find the horse offering me another one. I want to encourage his enthusiasm, so I will often go with what is offered, sometimes circling back to what I had in mind if it seems to fit. The horse becomes a joyful participant in a dance of mutual respect.

Horses that can maintain a strong connection will be safer to ride and be more willing to engage in activities with humans. The practices in the Carolyn Resnick Method provide a foundation for horses embarking on careers in dressage, reining, cutting, endurance and many other pursuits. Many horses are sent to Carolyn Resnick after they have not succeeded with other trainers. With her they receive their foundation and then are able to go on to other work.

I have found that the energetic component of the Carolyn Resnick Method combines very well with Ortho-Bionomy. Liberty training has made it possible for me to come into more authentic leadership with horses, which is helpful with both types of work. Sometimes I will begin to work with a horse doing Ortho-Bionomy and will recognize that certain rituals or exercises will help that horse to attain greater mobility or flexibility in their bodies, as well as attend to the relationship between owner and horse. On the other hand, sometimes I can begin to work at liberty and will find that a horse exhibits restrictions that can be resolved or helped along by Ortho-Bionomy. In this clinic students went beyond the liberty phase to working with halters and preparation for bridleless riding.

When working with a horse at liberty, we can influence a horse from across the arena. When you recognize that sphere of influence you recognize the energetic connection. Horses are much more attuned to that connection – what Carolyn Resnick terms the “magnetic connection” -- than people are, even though our connections with people are really the same. People are not as in touch with them.

Through Ortho-Bionomy we learn about energetic connection, dimensions, holding space, allowing healing to take place by going in the direction of ease. In Liberty Foundation work, we use magnetic connection, go with the tendencies of the horse, and learn to bring our leadership forth.

I am a continuing student of Carolyn Resnick, having just completed a clinic at her Dances with Horses Ranch in California, where we learned to practice “beyond” the Waterhole Rituals which are the basis for the liberty work. Here at home, I noticed that my horses treated me differently right away. I had changed in the way I related to them. It was embodied in me.

I am reminded of the children's story by Paul Goble entitled *The Girl Who Loved Wild Horses*. The girl in the story got lost with her herd of horses and until one year she did not return home to her parents. Legend has it that she had become one of the wild horses at last.

In a way, learning about horses at liberty, we become one of the wild horses in learning their language, we are able to communicate better, knowing what they talk about, how they speak and move.

Although I have been working with the Waterhole Rituals for awhile now and have not actually turned into a horse, I am clearly on a journey of deeper discovery. Each day I work with a horse, they teach me something new.

Those interested can sign up for Carolyn's free blog at carolynresnickblog.com and also join her online Waterhole Rituals courses, which is where I started. If you are interested in finding out more from me, contact me.

Eye/Cranium Balancing

One of the things I often notice when doing a session, is how the eyes line up in the horse's head. If one eye is lower than the other when you look straight on at his/her head, it is displaying an imbalance not only in the eye, but in the bones of the cranium and the poll. Horses may fling their heads up in the air, or try to evade the bit, be spooky on the trail. Some are very stoic and don't exhibit any really obvious symptoms.

This example here of our gelding, Patches, shows him with his eyes unbalanced – the right eye [traditional right side] is significantly lower than the left.



There are other things to notice about the eyes: whether the horse looks worried, relaxed, shut down, etc.

Learning to observe changes in the eyes builds our awareness of how our horse is feeling in his/her body.

After releasing the cervicals, poll, frontal lobe and doing some eye balancing, Patches' eyes sit more evenly in his head. He even looks more alert. He has



demonstrated that his self-corrective mechanism allows this much of a change quickly.

Choose Ortho-Bionomy for Traumatic Injury

When people have traumatic injuries, it is important for them to receive work as soon as possible. Generally, physical therapy or medical massage support is not recommended right away, because the body is in such a state of pain that it can't handle aggressive therapies. In fact, sometimes the body cannot even handle touch therapy.

That's a great place for Ortho-Bionomy to enter the picture, because it is powerful yet gentle, and the body can get in touch with its self-corrective response in its own time. This being said, usually the body responds pretty dramatically during a first treatment because it doesn't want to be in trauma mode but the trauma is keeping it from self-correction. It welcomes information that helps it find self-correction without force.

Here are some testimonials from one client who recently experienced a fall from her horse: "I just realized I've gotten through the whole day w/o painkillers. That's a big step forward. Thank you Susan!" – week two

"I have THE-BEST-NEWS!! I had my 6 week post-wreck orthopedic follow-up and the doc CLEARED ME TO RIDE!! He said it was 'amazing' how much bone growth I had in the past 4 weeks. Personally, I'm giving the majority of the credit to my treatments with Susan Smith. Thank you Susan!! Yeehaw!" – week six – Cindy Roper

Links

[HumantoHorse](#)

[New Video About Our California Paddock Paradise – What We Did, How We Did It & Why?](#)

[Horse Harmony](#)

Gift Certificates

All occasion Gift Certificates for Ortho-Bionomy for humans & equines available Paypal welcome! For all those horseback rider loved ones out there, here's a Gift Certificate design just for you!



Calendar

February

A series of "Wooly" shows will be put on **January -April 2012** in Santa Fe. English classes, Western Classes, adults and kids! The shows will be held in the indoor arena of the Santa Fe Equestrian Center. Open to all breeds. Training show attire and humane training equipment are permitted. Email Rheanna Butler at rheannabutler@gmail.com or Erlene Seybold-Smythe at erlene@roy-elmorgans.com.

12 - Sweethearts at San Acacia Ride – San Acacia, NM ACTHA actha.us Shelley Bachicha, ride manager showdoggal@msn.com

19 -The Right Time and Place to Heal Trauma: Presentation by Lee Cartwright, MA, Santa Fe Center for Spiritual Living, Santa Fe Ortho-Bionomy inschools.org for more information

March

17 - Caja del Rio Fundraiser – 50/35 Endurance Ride, Santa Fe Equestrian Center ridecaja.weebly.com Contact Deirdre Monroe Deirdre@swcp.com 505.455.2624 for more information.

28 – 6:30 p.m. **Northern New Mexico Horseman's Association Meeting Talk & Demo "Care for the Horseback Rider."** Susan Smith, Advanced Ortho-Bionomy Practitioner. Talk about the kinds of challenges horseback riders have physically as a result of the physical lives they lead and working with 1,000 pound+ animals. The bulk of my people practice is comprised of horseback riders or people who work with equines in some capacity, so there are some common themes among us that we can all relate to in terms of pain/injury, etc. (ankles, shoulders, neck, spine, feet, fingers...) Most riders are pretty tough yet we can't keep doing what we're doing without help of some kind. My goal is to have everyone in the saddle who wants to be there -- without great expense and endless sessions. Contact Joyce Davis bjmrkitty@gmail.com for more information.

April

14-15 Fusion for Horse & Rider, Presented by Zarna Carter International EPR & Ortho-Bionomy Instructor, Equine Positional Release Institute, 9 a.m. – 5 p.m. Arrowhead Ranch, 1373 Arrowhead Ranch Road, Santa Fe. Contact Mary Ann Menetrey at 505.660.5815
mamenetrey@windstream.net

21-22 EPR/EO I Presented by Zarna Carter International EPR & Ortho-Bionomy Instructor, Equine Positional Release Institute, 9 a.m. – 5 p.m. Rancho Mariposa, Santa Fe NM

May

19 - Non-Force Horse & Rider Clinic, Presented by Zarna Carter – International EPR & Ortho-Bionomy Instructor with Susan Smith - Advanced Ortho-Bionomy Practitioner , cost \$150 9 a.m.-5 p.m. Location: Arrowhead Ranch, 1373 Arrow Head Ranch Road, (off West Alameda Drive), Santa Fe

For information and to secure a space for you and your horse: Contact: Zarna Carter zarnacarter@hotmail.com, Susan Smith susansmith@orthohorse.info 505.983.2128 Horses will also be available for those who are not bringing them.

June

2-3 EPR/EO II Presented by Zarna Carter International EPR & Ortho-Bionomy Instructor, Equine Positional Release Institute, 9 a.m. – 5 p.m. Santa Fe

For more information on Ortho-Bionomy® and additional work, demos, clinics, private sessions and tutorials, see

www.orthohorse.info

Facebook pages: OrthoHorse, Horses at Liberty

Susan Smith

Advanced Registered Practitioner – Ortho-Bionomy®

Equine Ortho-Bionomy®

Reflex Balancing

Horse & Rider Integration

Horses at Liberty Foundation Training

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