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Soaking Time for People Works

You know when you are learning something new with your horse and you have that “Ah Ha” moment where you feel “In the Zone” that feeling of elation? So you try it again and again, but does it start to fall apart no matter how hard you try? It’s so frustrating. Why can’t we “get it” again, why does it just go down hill as we practice and practice – even our horse seems to get worse too? There are many explanations, some neurological and some would say it’s on an emotional level, but no matter the explanation there is a way to accelerate your learning while maintaining harmony with your horse.

I know we all want to ride and continue riding, but consider allowing **yourself** “Soaking Time” just as you do when you train your horse. When I teach my students and they finally have that “Ah Ha” moment, we stop working that specific cue, gait or pattern right at that moment ending on a good cellular memory note. This allows my student’s brain to continue making neuro-pathways while the dendrites are firing and making connections without overloading the mind and body. It doesn’t mean you have to stop riding, on the contrary, simply change to something you and your horse all ready do well having fun while still riding. Give yourself and your horse time to soak on the newly learned cue, gait or pattern and then come back to it the next day or day after when both of you have had time to rest on it. You will be amazed how easy you and your horse will respond when you try “it” again. The secret to training is stop when you and your horse “get it” and give time to **soak on it**.

Missy Wryn is the founder of WHolistic Horsemanship *Training the Whole Horse*[®], IRON FREE Riding, HorseMAREship™, Sisters of the Saddle, plus inventor of the ALL-IN-ONE Training Halter Bitless Bridle. Specializing in problem and dangerous horses Missy has developed a unique approach to training horses and riding Iron Free. *Training the Whole Horse*[®] is the foundation to Missy’s innovative and simpler approach to training horses using effective communication that horses understand, honor and respect while having fun and being safer riding Iron Free (no bits – no spurs). Check Missy’s schedule for appearances and lectures in your area at www.MissyWryn.com.

Missy Wryn is also CEO and founder of *Natures Balance Care, LLC*. *Natures Balance Care* is the manufacturer of organic approved OMRI® listed fly and insect control products along with skin care for dogs, horses, livestock and people. Visit www.NaturesBalanceCare.com