



# Karen Scholl

## Horsemanship for Women™

the E-NEWS

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Dear friends,

As 2006 draws to a close, we again wonder how another entire year seems to have slipped away!

This year was very special to me for many reasons, but I'm especially thankful for the amazing support from family, friends and the untiring staff who help me reach even more people to share "Karen Scholl, Horsemanship for Women."

Helping women understand and accept their leadership role with their horse is very rewarding for me. It's difficult to describe the feeling I get as I watch clinic participants transform their relationship with their horse in just a short time.

This feeling is what motivates me to find even more ways to inspire, teach and support those who wish to have an even deeper bond with their horse.

As 2007 approaches, I'm looking forward to presenting at more horse expos, bringing clinics to new states, expanding the library of educational DVD's and writing a book!

This may all seem a bit overwhelming, but knowing that I'm helping people is the greatest motivation for me.

Remember that every great journey begins with a single step. We'll continue to take it one step at a time!

Happy Holidays and New Year!!

"Enjoy your journey!"

Karen &  
Gherkin



Gherkin on the Oregon coast

## Get Help Now!

I'm very pleased to announce the release of a series of new instructional DVDs!

Because so many folks have expressed the frustration of trying to remember everything covered in a clinic or been disappointed that there's not a clinic scheduled in their area, these DVD's are a terrific learning tool.

We've worked very hard to create a format that can be applied right away with lasting results, and there's been very positive feedback from viewers already!

New titles include:

- Cornerstone for Communication
- Riding from the Ground
- Riding from Above
- Trailer Loading for Women
- Tying the Knot; For Horse Lovers Only
- Inspiration with Horses

Special holiday  
pricing is  
available now!!

These subjects apply to every horse, and are the foundation for the program. You can also look forward to future titles addressing specific problems with different types of horses to further expand your skills in a variety of situations.

Log on to [karenscholl.com](http://karenscholl.com) to preview clips and add these to your horse help library.

Enjoy!



## Understand the Brand

As you view new printed materials and products, you'll notice a subtle message that is my registered brand. The (♡) brand is read, quarter-circle right, heart, quarter-circle left, but I call it simply a heartbeat.

I selected this brand over a year ago because I always wanted to be reminded that life begins in a heartbeat, ends in a heartbeat, and can change from one heartbeat to the next.

Not knowing what the next heartbeat will bring is the acceptance that though we are not always in control of what happens to us, we have every bit of control as to how we choose to respond.

Brands are oftentimes very personal, and I hope you appreciate my perspective, maybe even choosing to share this awareness in your own life.

## Upcoming Events

**February 17-23**  
**Southwest Winter**  
**Advancing Camp**  
 (see page 4 for more info)

Mail:

*Just a note to thank you for the great clinic in Grand Junction last weekend! My husband was not sold on this type of training until you loaded our horse into the trailer. I have been playing with it for a year and he has seen progress with horses he had been unable to deal with. Even after seeing what we were doing at the clinic, he was not completely sold. Now he is! Thank you!!!!*

## Expo Excitement!

Being one of the guest clinicians at the Rocky Mountain Horse Expos in Grand Junction and Durango, CO was very exciting for me, to say the least.

Richard Shrake, Mike Ross and Paul Esh were some of the other speakers, and everyone was very supportive and gracious. In addition to presenting techniques and concepts addressing issues women often have with horses, this was my opportunity to promote the educational formats currently expanding throughout the horse industry.

You see, it wasn't very long ago that horse owners had very few options for learning about horses. I believe this time was a transition from our growing up in rural, more natural surroundings where we had good examples in our parents or grandparents. Because that environment is becoming scarce, where do we learn about horses in today's society?

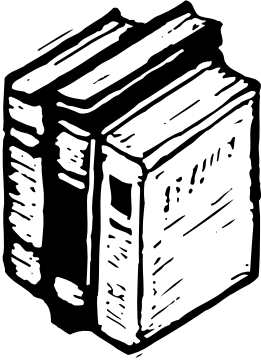
Thank goodness more people are becoming inspired to share their knowledge with others. Believe me, there are easier jobs in this world, so anyone who's out there helping people are really doing it from their heart and deserve our respect, even if we may not agree with all of their techniques.

I'd like to encourage you to explore many educators and their programs. Research their background and seek out their viewpoints and philosophy. Find educators that you can connect with and feel supported by. You can learn easily from everyone you observe if you keep one thing in mind: What does the horse think of what's being done?

*Continued on page 3*

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 from everyone you  
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 thing in mind: What  
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 what's being done?*





## That “Book Problem”

It’s a well-known fact that I have a serious ‘book problem!’ I not only enjoy the books I read, but those around me get familiar with these books before they even get to read them!

Two titles I’m currently enjoying are *Thriving in Mind* and *Being in Balance* by Dr. Wayne D. Dyer. (This sounds like a book on riding instruction!)

*Thriving in Mind* describes how each of us uses our mind with a natural dominance, either left or right, frontal or basal and combinations thereof. The funny thing is that this book was written by a person who has a very different brain dominance than I, and I’m struggling to read it because of such a difference in style! It’s ironic because the author describes how many struggles we have with people can be attributed to our natural differences in brain dominance.

Once we understand this, we have the opportunity not only to adjust as situations arise, but to recognize our individual style and honor what comes naturally for us rather than trying to fit in to what’s expected from us by others.

Dr. Wayne Dyer’s book is an inspiration for me over morning coffee. By having an awareness of what we allow to influence our lives, it becomes easier to deflect the negative, defeating feelings that seem to come at us from every direction.

I encourage you to engage the learning side of your brain by reading something you enjoy, just a little every day.

Many people want their kids to read more in school, and the greatest way I know to influence others is to become a great example.

## Expo Excitement continued

Earning the respect from a horse is important, but is the approach coming from a place of loving leadership or dominance? Is the horse being asked to submit or surrender? Does the horse finish with a change of heart, either by a release of resistance or giving even more effort? By expanding the skills of observation, you’ll be able to get a feel for how a person’s approach is being perceived by the horse.

Another thing to consider is how effective is the educator for the human? It’s not unusual for educators to become frustrated when trying to teach people, and to be perfectly honest, it is true that the horses are the easier ones to teach! I know that personally because my horse ‘got it’ long before I did... I just wouldn’t give up on myself!



Does the educator build your confidence,

explain concepts and techniques thoroughly, patiently observe as you sort through it, or step in and do it for you?! If I can help you learn the skills to more effectively study horses and horse educators, I believe I can help you accelerate your learning, regardless of who you are learning from, and this ultimately helps your horse, doesn’t it?

Horse Expos in 2007 include Indiana, North Dakota, Tennessee, Colorado, Michigan, and others. If you haven’t yet been to a horse fair, you’re in for a treat! Some have hundreds of vendor booths with multiple arenas all going at once. It’s a horse lover’s dream event. Unlike competitive events, you’ll see every breed of horse you can imagine and more products than any tack store or catalogue could possibly represent.

I’m honored to be included in the list of clinicians because I view these fairs as the best opportunity to see a variety of educators to find which person or program fits your needs the best.

I believe that education with horses is essential to our safety and enjoyment, so whether it’s my program or someone else that you enjoy, I encourage you to keep pursuing even more knowledge with horses.

I also have great admiration for the groups of people producing these events. It’s my experience that they make this great effort for their love of horses, and we all can benefit from their hard work.

Watch the events calendar on the web site for more details



### A Loving Tribute

My mother, Anita Carrie Lynch, passed away on October 7th at the age of 68 of congestive heart failure.

Anita loved all four of her children and three grandkids, and leaves behind a legacy of genuine caring and true unconditional love for everyone she met.

It's interesting that when someone close to us passes on that we suddenly see them outside of their 'role' they had in your life.

As Mom's photos blended from one to another on the video screen accompanied by her favorite John Denver songs, the roles she had in her life told a great story; daughter, granddaughter, friend, professional, wife, mother, aunt and grandma, all were played by one amazing person, Anita.

Mom saw my love for horses practically from birth, taking me to ride my first horse on my fifth birthday and to see the Spanish Riding School when I was eight.

She was always my greatest support, going to clinics and camps to help out however she could. I'll sure miss her on the road with me, but I know she's in a different role now, and the moment I think of her, she's there in the other seat enjoying the view with me in the big truck, guiding me as always.

My love for horses was a gift from this wonderful person, and I hope to pass on this gift to others for many years to come.

♡ For you, Mom.

*Don't Miss It!*



## Southwest Winter Advancing Camp February 17-23 Bumble Bee, Arizona

Watch for early bird specials!

Imagine spending an entire five days with your horse in sunny Arizona completely immersed in the study of "Horsemanship for Women!"

In five full days, you will create with your horse the relationship you've always dreamed of! Consider it a week-long getaway with a very special friend... your horse! And with food and lodging included, you don't have to lift a finger in the house! That's every horse woman's dream, isn't it?

Topics covered over five full days are much more extensive than in a weekend clinic, and you're sure to leave with the lasting results you've been dreaming of!

View the "Winter Camp" flier for more details and customer comments, or log on to the web site for more details!

Bring your horse friend to camp... you'll be glad you did!

