



Idea of the Month:

**"Repeat anything often enough and it will start to become you."
Tom Hopkins**

What We Can Learn from Equine Intuition
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When I was in college, I was introduced to the GIGO way of thinking. GIGO can mean either "Garbage In, Garbage Out," or "Good In, Good Out." Basically, it means if you surround yourself with negative thoughts, unhappy people, junk food, etc. that's what your life will become. On the other hand, if you think positively, keep company with those who are leading happy and productive lives, eat nutritious food, and exercise, you will get more out of life.



This month's challenge is to think good thoughts, especially about yourself. Your own negative self-talk can prevent you from living life fully, from embracing who you are, and from loving yourself just for being you. This is also a great time to remind yourself of all your good qualities, and to remind others of their special gifts.--From [SuccessWithin: How to Create the Greatest Moments of Your Life](#)

The minute you step into your barn, your horse knows if you've had a good day or a bad day, and whether you are mad, glad, or sad. They know this because horses study humans much more than humans study horses, or than humans study other humans. Your horse (and a few more astute humans) base their reaction to you on their interpretation of the vibe you give off at any given time. So if you are thinking kind and friendly thoughts, your horse will react in a kind and friendly manner. If, however, you are upset with your spouse, your horse will become edgy. This is because we (horses included) are all a little nervous around people who are tense, as we are not 100 percent sure they will act in an normal and reasonable manner. How can you ensure great interactions with the horses and people in your life? Here are some ideas:

1. Before you visit your horse, or before interacting with difficult people, clear your thoughts and your mind. Take a deep breath and let it out slowly. Consciously relax your body.
2. Think positive thoughts about your coming interaction. These thoughts will put you in the right frame of mind to accomplish your goal. It will also indicate to your horse or human partner that you are willing to be fair, and will act in a way that will keep those around you safe.
3. Then go in with a kind, friendly, but businesslike manner. If you keep in mind that a horse stakes his or her life on instinct and gut intuition, it will help you present a positive front to everyone you meet.--

From [MyHorse My Partner: Teamwork on theGround](#)

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"Until I watched the *My Horse, MyPartner* DVD, it never occurred to me thatwhen I was joking around in the barn about my horse's droopy lips and laughing about hisfloppy ears, that he understood, maybe notthe words, but that I was making fun of him.I did it in a loving way, but when I stopped,the improvement in our time together wasamazing. I could tell he was trying muchharder to please me. I now try to match myfacial expressions and tone of voice with theresponse I want from my horse, and forthefirst time I can truly say we are now ateam!" Terry Bigelow, St. Louis, MO

If you have a success story you'd like toshare, email it, along with your name andaddress, to: lisainfo@comcast.net Ifyour story is used, you will receive a signedcopy of Lisa's book, *The Power ofHorses*.

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Recently, my son and I returned home from a long trip by car. Instead of unloading thevehicle, he just stood in the driveway without moving. Finally, he said, "My back isso sore from sitting all day that I canhardly move." Soreness can be a huge deterrent to productivity for both horses andhumans. Fortunately, we humans can voice ourdiscomfort. When a horse becomes sore, he,too, voices his discomfort, but all toooften, we humans ignore the message.

A recent study at the Royal Veterinary Collegein London found that tendons in horsesbetween the ages of eleven and thirty were 40percent weaker than the tendons found inyounger horses. So the first thing I look forwhen a horse is unwilling to do what I ask, is soreness.

Some signs are more obvious behaviors such as balking, biting, tail swishing, and earpinning. But soreness may not be discovereduntil you run your hands over your horse. Most horses (and people) will flinch or edgeaway when a sore spot is found. The good newsis that some light massage, liniment and a few days rest will usually take care of the problem. If not, be sure to seek the adviceof an equine medical professional.--From [MyHorse, My Partner: Teamwork on theGround](#)

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In addition to the featured eventlisted below, be sure to check out the full [itinerary](#). Lisa has some book fairs and festivals comingup, and she is debuting a fun new corporatewriting workshop this fall. If you'd like tobring Lisa to your barn or office, please let us know.

September 12-14, Jamestown, TN
THE POWER OF A WHISPER CHALLENGE

Equine clinicians Lisa Wysocky and SamPowell have teamed up to present this uniqueevent! Clinic participants will divide into teams and spend more than two days beingmotivated and taught by Sam and Lisa. Learn leadership principles that will revitalizeall of your relationships, and how to become one with your horse. On the final day, participants will use their new knowledge to complete a very unique trail course. Many prizes, personal challenges, and much fun! This is an event that you do not want to miss! Interested in learning more? To learn more, go to [TimberRidge Horse Campgrounds](#), or send an email to mmeade@tracylawrence.com with POWER OF A WHISPER in the subject line, or point your browser to [PowerofaWhisper.com](#).

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BE SURE TO STOP BY THE HOMEPAGE AT LISAWYOCKY.COM. There, you can view the 60 second *MyHorse, My Partner* video clip, view new photos, read updated news from Lisa, and more.

If you have a copy of any of Lisa's books or DVD's her publishers will greatly appreciate you writing a short review on Amazon.com. Many thanks to those who have already done so!

WE APPRECIATE YOU FORWARDING THIS NEWSLETTER TO YOUR FRIENDS! It's easy, just click on the *Forward Email* link at the bottom left of this page.

Until next month . . .

Sincerely,

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