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# ***Who Am I with My Horse? The Personalities of Horsemanship***

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***Are you a KEEPER, a HEALER, a  
HUNTER, a WARRIOR or a SHAMAN?***

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# **Who Am I with My Horse™**

## ***Results of Who Am I with My Horse™ Assessment***

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**Column One: Warrior**

**Column Two: Keeper**

**Column Three: Healer**

**Column Four: Hunter**

**Column Five: Shaman**



## The Keeper Personality Archetype

- **How they see the world.** Requires structure, control, rules and tradition.
- **Emotion/Energy.** Controlled. Keep emotion to self. Emotions are messy. May be seen by others as insensitive.
- **Shadow.** Anger due to feeling out of control or due to others lack of obedience to “rules.”
- **Community:** Loyal to “the tribe,” however “tribe” is defined (family, friends, affiliations such as AQHA, USET, Pony Club, USDF, etc.).
- **How they are toward others.** Directive. Great at managing. Can be judgmental. High expectations of outcome/results. High expectation that things are done correctly.
- **How they see horses.** Behaviorally. Require boundaries, structure and leadership. Somewhat black and white in thinking: A well behaved horse is a good horse. An ill behaved horse is a bad horse.
- **What they want from a horse.** Obedience. Loyalty. Performance.
- **As a riding student.** Need structure. Need to feel in control. Need goals/results. Tendency to be rigid as a rider with a focus on control.
- **As an instructor or trainer.** Excellent at providing program that will yield results. Will not mince words or cater to emotional sensitivity. Expects hard work, performance.
- **As a competitor.** Very competitive. Results/outcome focused. High expectations for winning performances.

- **Riding discipline drawn to.** Dressage, saddleseat, western showmanship, reining for the pattern work, drill team, mounted patrol. Any riding discipline with structure, routine or patterns.
- **Horses drawn to.** Horses that require a strong human leader. Horses that will be obedient to rules of “good” horse behavior. Horses that excel in competition.
- **Horses to avoid.** Highly sensitive horses. Horses that require creative relationship. Horse with no competitive drive. Horses who challenge “the rules.”
- **Horsemanship tools/training/things of choice:** Traditional bridles, saddles, bits, spurs, whip or crop, martingale, lunge line, surcingle, side reins, round pen, arena, patterns such as circles, figure 8’s.
- **Greatest Strength.** Attention to detail, structure, consistency and outcome. Make excellent barn managers, successful competitors. Effective as riding instructors and trainers for humans and horses who need structure, clear boundaries, consistency and results.
- **Greatest liability.** Need to be in control. Difficulty with chaos or change they can’t take charge of. Tendency to keep emotion out of consideration in both horses and humans.
- **Important lesson.** Letting go. Accepting that horses and humans can be literally and metaphorically “given the reins.” Lighten up. Learn to have fun with horse and explore unstructured ways of being with them.
- **Activities for Growth:** Work with horse at liberty and let them lead the dance. Hang out with a herd of horses in a pasture and do nothing. Don’t ride for a month but spend time with horses every day. Learn equine bodywork (TTouch®, massage, energy work). Try barrel racing, cutting, jumping, or endurance riding. Ride bareback with no bridle. Yoga. Centered Riding®, The Epona Approach® to explore embodied emotion.



## The Healer Personality Archetype

- **How they see the world.** People and animals need care and love and healing.
- **Emotion/Energy.** Shows and shares most emotion – except anger. Will pretend to not be angry. Can be overly sensitive – prone to crying. Highly intuitive. Become energetically drained due to worry about horses and humans.
- **Shadow.** Anger due to injustice. Smothering seen as caring. Depression as repressed anger.
- **How they are toward others.** Want to take care of others. Friendly, nice, caring. Want to avoid conflict or negative feelings. Wants everybody to get along – including their horse.
- **How they see horses.** Emotionally. Need to be cared for – listened to – loved on.
- **What they want from a horse.** Love, friendship, cooperation.
- **As a riding student.** Need emotional support. Focus on relationship with horse versus results. Motivated to understand how body influences relationship with horse when riding. Can become beautiful/connected riders.
- **As an instructor or trainer.** Excellent in terms of being empathetic, supportive and caring of student and horse. Will understand student's relationship with horse. Might not "push" student to excel in competition.
- **As a competitor.** Emotional and sensitive to feedback, test scores, judges comments. Focused on process versus outcome. Tendency to assume they will not do well.

**Riding discipline drawn to.** Trail riding, "competitive" endurance riding, ground work, the alternative healing therapies, equine assisted personal development and therapy with horses.

- **Horses they are drawn to.** Horses that need care, rescued/abused horses, sick or injured horses, horses with sweet disposition, social horses, quiet, non confrontational horses.
- **Horses they should to avoid.** Horses that have aggressive tendencies, horses that challenge boundaries, horses that are competitive, horses with aloof tendencies.
- **Horsemanship tools/training/things of choice:** Grooming tools, halter and lead, alternative therapy, treats, items of beauty whether saddle, bridle, coolers, clothing.
- **Greatest Strength.** Unconditional love and care for the horse. Healing capabilities. Ability to connect with a horse on an emotional level and elicit emotional release.
- **Greatest liability.** Lack of boundaries due to desire to be liked by horse. Hurt feelings when horse does not respond to love offerings. Using horse relationship to heal self - forgetting horse in the process.
- **Important lesson.** Having good boundaries with horses. Not smothering a horse with need to take care of and heal. Realizing that as Healers they have healing gifts that can be offered to others.
- **Activities for Growth:** Liberty work with a focus of taking the lead role. Natural horsemanship activities to learn boundary setting. Observe/assist a trainer start a young horse in order to experience the subtleties of asking and giving, rewarding and redirecting. The Epona Approach®, TTouch®, Connected Riding® for deeper connection with horses. Training in any of the alternative bodywork, treatments for horses. Self care through yoga, meditation, body work for self.



## The Hunter Personality Archetype

- **How they see the world.** As an intellectual and philosophical puzzle with unanswered questions.
- **Emotion/Energy.** Avoid emotion or analyze it. Do not express it – emotions are private. Ignore conflict – even with horse. Pretend there are no problems. Can become energetically depleted without quiet, solo time.
- **Shadow.** Frustration due to imperfection of people, horses, events, processes.
- **How they are toward others.** Classic introvert. People exhaust Hunters. Value alone time. Hunters are observers versus doers.
- **How they see horses.** Intellectual puzzle to figure out applying all the theory, training methods, magazine articles, books, DVD's.
- **What they want from a horse.** Perfection. The fantasy of the perfect horse – Black Beauty, Secretariat, The Black Stallion. Never sick, injured, old, defeated, misbehaving.
- **As a riding student.** Need all questions answered. Will be disciplined. Will strive for perfection. Will get caught up in detail (e.g. attempting over and over to ride the perfect 20m circle or get the perfect canter depart and will forget to give their horse a break). Tendency to “live in head,” and therefore can be disconnected from body as riders.
- **As an instructor or trainer.** Excellent teachers because of breadth and depth of knowledge and ability to explain or engage in different approaches to get an outcome. Tendency toward expecting perfection in student and horse. Will struggle with overly emotional or sensitive students.
- **As a competitor.** Competition is extremely draining because of the need for perfection and social interaction. High anxiety created due to tendency for self criticism.

- **Riding discipline drawn to.** Any discipline that challenges the intellect such as dressage, hunters including fox hunting, reining, driving, endurance riding for the analytical aspect of monitoring heart rate, recoveries, feeding, hydration, vet checks, etc.
- **Horses they are drawn to.** Horses that provide an intellectual challenge – not an emotional challenge. Smart horses who are not necessarily easy but who are confident and clear in their behavior.
- **Horses they should to avoid.** Horses with emotional issues such as rescue/abused horses. Horses who are unpredictable. Horses who require creative interaction versus disciplined plan.
- **Horsemanship tools of choice:** Horsemanship or horse training books and DVD's. Clinics, lessons, any learning opportunity with horses.
- **Greatest Strength.** Ability to rationalize and analyze most situations related to the horse. Able to keep head on straight and not become overly emotional.
- **Greatest liability.** Lack of emotional connection to horse. Seeing horse as project versus a living, breathing, emotional being. Drive toward perfection for self and horse. Difficulty having fun due to introvert tendencies.
- **Important lesson.** Loosen up expectations of perfection. Expect that things go wrong and be ok with it. See horse as an emotional creature with feelings, needs, ability to give love and be loved. Have fun and be silly with horse.
- **Activities for Growth:** Hands on body work with horses from an energetic perspective (e.g. reiki) versus technique perspective. Liberty work with music and no agenda – just move to music with horse. Spending time watching a herd in a natural setting and notice the emotional lives of horses. Don't groom horse for a week – allow it to get really dirty/roll in the dirt. Yoga. Centered Riding® to move emotion from the intellect to the body. The Epona Approach® for a metaphysical exploration of the horse/human bond.



## The Warrior Personality Archetype

- **How they see the world.** Full of opportunities for adventure. A place to break all the rules.
- **Emotion/Energy.** Express emotion as it occurs, whether happy, sad or angry. Expect others to share their emotion – so if they are happy everyone is happy – if they are angry everyone should be angry. Need to be connected to others to stay energized.
- **Shadow.** Impatience. Type A behavior. Anger that is acted out behaviorally as sarcasm, rage – verbal, emotional or physical aggression. Defiance toward authority or any confining structure.
- **How they are toward others.** Extreme extrovert. Need to have people around them. Life of the party. Highly engaging. Like to be focus of attention. If they like you will give you the “shirt off their back.”
- **How they see horses.** As an exciting challenge. Opportunity for risk, speed, adrenaline rush. Love to be with them, amongst them, almost one of them. Most horse-like of all archetypes due to tendency to experience emotion and let it go and “go back to grazing.”
- **What they want from a horse.** Excitement, fun, challenge, adventure. Emotional connection that is full of energy that goes from loving to confrontational.
- **As a riding student.** Easily bored. Needs constant emotional stimulation and excitement. Naturally talented as rider. Minimal fear in any riding endeavor.
- **As an instructor or trainer.** Will push students to take on challenges as riders and eliminate fears. Highly engaging and creative teaching methods. Not much patience for timid or reluctant students. Excels with naturally gifted riders. Will have an emotionally charged relationship with students.

- **As a competitor.** Loves to compete for the excitement of it. Not as focused on outcome as performance. Will enjoy competing on a challenging horse and will be ok if horse is not perfect. Gets excited versus nervous at shows.
- **Riding discipline drawn to.** Any discipline that has an adrenaline factor: show jumping, cutting, roping, endurance riding, eventing, racing.
- **Horses they are drawn to.** Horses that provide a challenge. Horses that are easily bored so need creative ways of being engaged. Horses that love to compete, love to go fast, love to emotionally engage rider. Horses that have no quit inside of them.
- **Horses they should to avoid.** Horses who are quiet or emotionally sensitive. Horses who are not very competitive. Horses that need a lot of care such as sick, injured, or elderly horses.
- **Horsemanship tools of choice:** Less focused then other archetypes on tools, equipment, and technique. Any saddle, bridle will do. Books and DVD's are too "sit still". Training programs too rigid.
- **Greatest Strength.** Innate ability to connect with horses. Lack of fear related to activities with horses. Natural athletic ability despite body type. Determination to push the limits and "go for it."
- **Greatest liability.** Emotional volatility. Lack of regard for detail, discipline or structure. Need for constant stimulation. May focus on own needs versus needs of others – including horse.
- **Important lesson.** Learn to recognize, physical, emotional and cognitive needs of horse. Learn to manage intense emotion – keep a lid on it until it "cools." Learn moderation.
- **Activities for Growth:** Any kind of slowing down activity with horse that will increase awareness of horse's needs: long grooming session, bodywork such as TTouch®, quiet, walking trail ride. Any activity that solicits a stress release response to dissipate overdrive tendencies: yoga, meditation, long distance running.



## The Shaman Personality Archetype

- **How they see the world.** As connected and as One. That everything happens for a reason and there are no absolutes, no either/or.
- **Emotion/Energy.** Understand emotion as a message. Able to acknowledge emotion without acting on it out. Understand the electromagnetic charge of emotion in relationship to horses.
- **Shadow.** Understand and accept their dark side and have “tempered” it over the years so that the emotional charge of it doesn’t harm humans or horses.
- **How they are toward others.** Balanced. Enjoy the company of others but also appreciate solitude. Seen by others as calm, wise, pleasant to be with. Enjoy being “in service” to others.
- **How they see horses.** As partners. As different but equal in terms of deserving a voice, a choice. Advocate for horse. Horses drawn to steady, calming ways. “Horse Whisperer.”
- **What they want from a horse.** Whatever the horse is able to give given who they are their situation and their history. Will ask of a horse and then wait to see the response. Expectations are minimal – take what is offered by the horse and work forward from that point.
- **As a riding student.** Have a special connection with whatever horse they ride. No matter riding ability have a calm, open, curious presence when learning. Will be less inclined to choose mechanical aids for riding (crops, whips, spurs, some bits, biting devices). Uncanny ability to calm horses in any environment with no obvious effort or technique – just their presence.
- **As an instructor or trainer.** Calm demeanor with the wisdom to understand what each rider and horse need to gain connection. Focus of lessons and training on horse/human relationship such that horse then performs from a place of trust and respect.

- **As a competitor.** Less drawn to competition than other archetypes. If compete has the ability to stay calm and focused. Enjoys the challenge of competition in partnership with horse. Results not so important.
- **Riding discipline drawn to.** Shamans have such a deep connection to horses they can step into almost any discipline and create a profound relationship with the horse.
- **Horses they are drawn to.** Horses of all kinds are drawn to the Shaman and most Shamans appreciate all kinds of horses.
- **Horses they should to avoid.** None. A shaman is a gift for any horse to have in their life.
- **Horsemanship tools and/or training of choice:** The Shaman brings a magic to any tool or training technique they become involved with. Whatever they use or however they apply it – the horse will always be considered and a goal of partnership will be the outcome.
- **Greatest Strength.** Way of knowing intuitively and through wisdom how to connect and form a true partnership with horses where the horses have choice.
- **Greatest liability.** Not being understood or accepted by others who still see horses through a dominance/submission paradigm.
- **Important lesson.** Be willing to teach others how to manifest their Shaman energy with horses. Don't keep wisdom to self or downplay its' importance for the evolution of the horse/human relationship.
- **Activities for Growth:** Mentor young people in the ways of partnership with horses.