

TUNNEL VISION



We are all guilty of suffering tunnel vision in our lives; but have you ever considered what it is costing you? Have you ever looked at how, if you stopped seeing the world with tunnel vision, you could open up doors and opportunities that you never imagined?

Don't judge a book by its cover

Everyone has heard the saying, but who actually does it?

Many years ago I was doing a horsemanship clinic in Canberra and a young, aspiring eventer was made to attend as part of a lease agreement for the horse she was riding. When she turned up to the clinic and I was wearing my typical attire of jeans and a cowboy hat, she was horrified. Obviously I did not fit the look of where she thought she fitted into the horse world.

Over the weekend, she came to realise that it really didn't matter what type of hat you wore, good horsemanship was good horsemanship. And she also came to realise that by being narrow minded about how she thought a horse person should look, she nearly missed out on the opportunity to become both a better rider and a better horseman.

A better way

Often when doing clinics, I work in shared areas; I may have one arena hired at a venue, but elsewhere there are other people riding and training.

This is often an interesting situation; sometimes I see the best of horsemanship and sometimes, sadly, the worst.

At a clinic recently I was told the following things by people also riding at the venue; "I am just leading this young horse

around so he doesn't buck me off when I get on", "We got here a few hours early so our horses would be okay to ride in our lesson". I also saw horses shying, taking off, rearing and being lunged for excessive amounts of time with their heads tied down.

Each of those people, had they gone to any good horsemanship clinic, and learnt about horse behaviour and education, would not have had any of those problems.

In the year 2020, with all the amazing resources and fantastic horseman at our disposal, there is no excuse for ignorance.

Can you imagine how much more fun all of these people could have been having with their horses if they had pursued a solid foundation?

Don't let fear stop you

A friend of mine has a saying on her fridge "Imagine what you can do if you have no fear" and this is right!

So what is it that you are afraid of that is making you a better horse person?

Often when we are scared of something, the reality is much less scary than what is in our head. Perhaps you want to try a new event, attend a new club, go to a different clinic but you are worried about it and don't go.

And yet, if you do go, you will enjoy it much more than you ever imagine!

If you want to do something and you are scared about it, analyse what you are scared of and see if you can work around that fear. For example, if you are worried about attending a clinic with someone new, contact them first and let them know. Most professionals are just that, professional, and will be there to help you (and if they aren't, well maybe you need to find a better clinic to go to!)

Fear is that horrible thing that immobilises us and is another factor that stops us reaching our full potential as horse people.

It's always been this way

It doesn't matter whether it is changing horse feeds or brand of saddle, many people resist change.

Now this is not change for changes sake we are talking about, this is making a change that will improve your horsemanship.

You may have done something, or used a product, for a very long time and been happy with it. But that does not mean that there is possibly a better way, product or technique out there.

If you are willing to change and be flexible, you will learn much more as a horseman.

You never stop learning

Anyone who believes that they know it all will soon be left behind by those who pursue learning.

And you don't have to pay big money to learn! You can learn from anyone (my clients sure teach me a lot on occasions!). All you have to do is be ready to listen.

And with so many free resources available in the form of podcasts and videos, you can learn either sitting in the comfort of your lounge or in your arena with nobody around.

If you ever feel your training is in a rut or that you have hit a wall with your horsemanship, perhaps it is time to go out and learn something new or seek the help of someone who may be able to guide you.

The more open to learning you are, the easier it is to learn and the quicker you will make your way through the journey we call horsemanship.

Tunnel vision

As you can see, tunnel vision comes in many shapes and forms (and there are many more than are listed here!). But the important thing to remember is that tunnel vision is not something to be proud of or to aspire too as it will only restrict your view and make the opportunities and chances to grow that come your way harder to see.

ARTICLE: MICHELLE O'NEILL

PHOTO: K & B COUNTRY IMAGES



CLINICS EDUCATION
TRAIL RIDING

*You can come to us
or we'll come to you!*



Virtual Lessons

These can be Pre-Recorded or Real Time Virtual Lessons. You can either send Michelle 10 minutes of you riding and receive feedback and exercises to work on or arrange a time for Michelle to watch you ride and give you a one-on-one Real Time Lesson at your own home.

For just \$66!

For information on services,
products & clinics
Call: 02 6454 3030 or 0413 609 880
Email: info@cherrytreeequine.com.au
Web: cherrytreeequine.com.au
YouTube: Cherry Tree Equine



Cherry Tree Equine

Ad by Show Pony Graphics