

CLAWS MAGAZINE

Jan & Feb
2024
Volume 4
Issue 1

Critters Lives Are Worth Saving

www.claws-magazine.com
See Focus Statement on pg 3



LOCAL ANIMAL
& PET LOVERS DIRECTORY

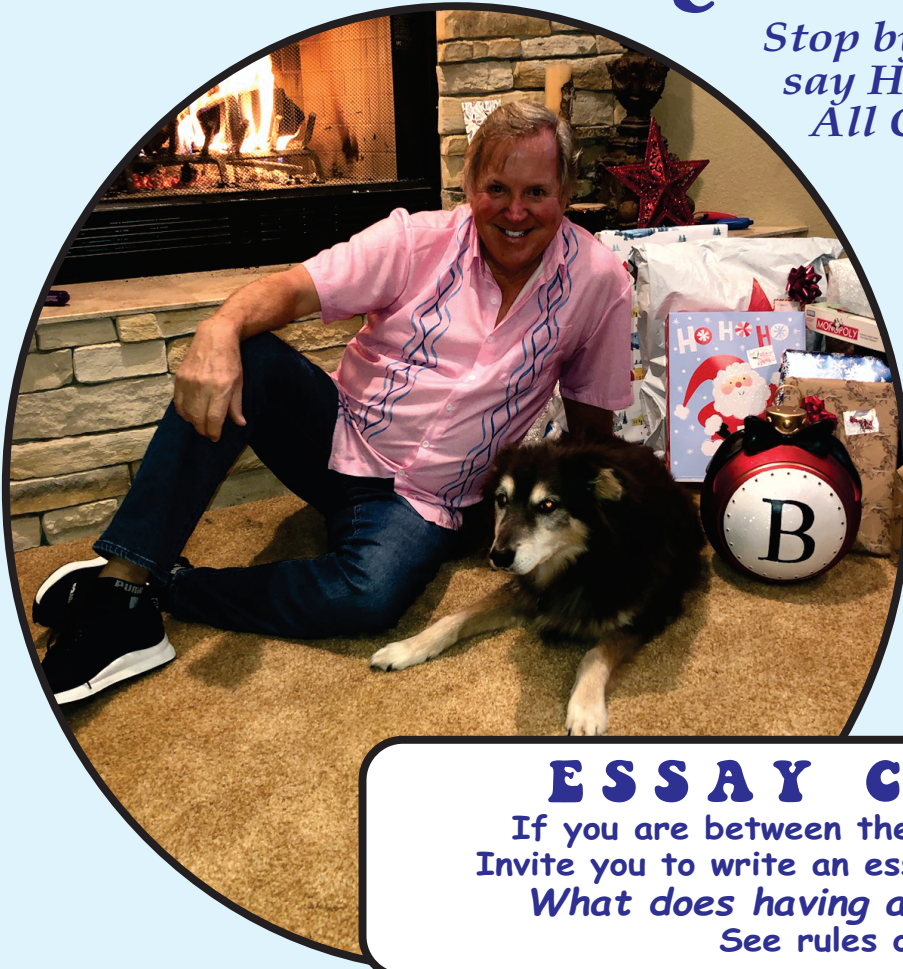
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All Creatures Network Inc of the Antelope Valley

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say Hi to Barry White
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ESSAY CONTEST

If you are between the ages of 13 & 19 we
Invite you to write an essay telling our readers,
What does having a pet mean to me?
See rules on page 6

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AND FROM PEARBLOSSOM TO LEONA VALLEY

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See article for
SC Wellness Center on page 11



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See article for
Smith Veterinary Clinic on page 17

We are located at 44623 10TH Street West between Lancaster Blvd. and Newgrove
Call or Message us at 661-948-5065 or visit us at www.smithveterinaryhospital.net
to see a list of Services we Offer and Request an Appointment



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Claws Magazine & Animal and Pet Lovers Directory & Resource Guide for the Antelope Valley Focus Statement

The staff is dedicated to the care of animals. Whether pets or livestock, we surround ourselves with people who demonstrate a passion for pets and compassion for their care providers. We will provide a venue where animal lovers can share their experiences as they focus on the unconditional positive treatment of their charges.

We are a 501(c)3 Public Service Non Profit Corporation
Make all donations to:
All Creatures Network Inc.
43625 Sierra Highway, Ste P
Lancaster, CA 93534

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PET LOVERS JOURNAL AND RESOURCE GUIDE

CLAWS

CRITTERS LIVES ARE WORTH SAVING
www.claws-magazine.com

LET'S HONOR THE BEST!

We are looking for dedicated people who demonstrate a passion for pets and compassion for their care providers. We will provide a venue where animal lovers can share their experiences as they focus on the unconditional positive treatment of their charges. We hereby establish an award system based on true care principles and dedication to our goals as principled care providers called:



Email your nominee's business name, address, owners name and reason for your choice to:

PUBLISHER & EDITOR

John Henderson

Cell: 661-341-4252

Email: On subject line

"AWARD" to:

clawsmag@roadrunner.com

Nine Tips for Pet Owners Carpet Care

Pets are a wonderful addition to the family but they also introduce new cleaning challenges. From accidents to fur-covered carpets, you can keep your home clean if you know the tips that make the difference for pet owners. These tips will ensure you and your pet enjoy many happy years together – on clean carpets.

1. Paper Towels Are Your Friend (So Treat Them Gently)

Use them to soak up everything from vomit to urine. Blot with them but don't step on them or grind them into the carpet. The harder you press, the more you'll push the liquids into the carpet and even to the subflooring. The best course is to hire a professional.

2. Store-Bought Bio-Enzymatic Cleaners Are Not Enough

It's tempting to use a store-bought bio-enzymatic cleaner, but do not be fooled into thinking that a spray bottle of enzymes will be enough to combat urine. You need to contact a professional such as S&G Carpet Cleaning to clean the carpets. Your technician will use the proper enzymes in the appropriate amount and has the equipment to extract it efficiently.

3. Never Steam Clean - Instead Use Hot Water Extraction

This is a big no-no because the heat will bond the odor and the

stain to the carpet fibers, giving you a permanent change you don't want. It's important to note that hot water extraction is NOT the same as steam cleaning and is the preferred method of cleaning carpet.

4. Use A Putty Knife

If you have a putty knife it can be used to pull solids out of your carpet. It works best with a small putty knife using the edge-side (not the flat side). Slide a putty knife edge under the solid and into the carpet to scrape and lift it out of the fibers.

5. Just Say No to Home Remedies

It's tempting to reach for quick fixes you heard worked for someone once but resist the temptation. While solutions like baking soda and vinegar seem to work temporarily, they only mask odors and leave you with the original problem. You need a trained professional to come and clean out any urine or feces. Any home remedy is a temporary solution to be used until a professional can arrive with the proper equipment.

6. Get Creative to Clean Pet Fur

You can buy a lint roller...or wrap duct or masking tape around a paint roller to make your own – connect a broom handle to create a floor cleaner and use it before you vacuum to avoid clogging your vacuum cleaner. Rubber-bristled carpet rakes are also helpful for cleaning pet hair. Remember to vacuum several times a week.

7. Plan Ahead For Carpeting

If you're thinking ahead, invest in pet-friendly carpeting made from nylon fibers. They're durable and stain resistant – and affordable – making it easier to avoid messes and to clean them if they happen.

Continued on page 12

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ESSAY CONTEST

If you are between the ages of 14-15 or 16-18 we Invite you to write an essay telling our readers,

“What does my dog/cat mean to me?”

Prizes will be gift certificates to our advertisers and will be announced in next issue

1. Is this a scholarship?

No. This is an contest with a set of rules and cash prizes.

2. When will the 2024 contest dates be announced?

The dates are usually announced in the current issue of Claws Magazine for the following issue.

3. What are the contest rules and requirements for my entry?

The rules and requirements for each contest may vary from year to year and the theme will be announced. The theme for the March/April issue is “What does my dog/cat mean to me?” Each entry must be no longer than 400 words and must have your name, birth date, phone number and address on the top of every page.

4. When can I send in my entry?

Entries are accepted only between the

contest opening and closing dates. Your entries must be postmarked by 5pm on the 20th of February 2024.

5. Where do I send my entry?

Your typed entry must be on white paper double spaced, 12pt Times Roman or Book Antiqua font submitted to:

**All Creatures Media ESSAY
43759 15th St W #250
Lancaster, CA 93534**

Entries sent to us in any other way will simply be discarded.

6. If you have a question about the contest, email it to us . . .

Questions about the theme “What does my dog/cat mean to me?” must be emailed to: **clawsmag@roadrunner.com** with “ESSAY QUESTION” in the subject line and your name, address and birth date in the body of the email before your question.

Questions You Can Answer In Your Essay . . .

- a) How old were when you got your first pet?
- b) What was your first pet?
- c) Was your pet a rescue or from a pet store?
- d) Who named your first pet and what was their favorite toy?
- e) What’s the difference between a rescue and a pet store pet?
- f) Did your pet ever have babies, if so, tell about the experience.
- g) Did you have a pet that died, share the experience.

Column Specs & Rate Card		
Mar & Apr 2024 deadline for Reserving ads is Feb 1st. Ads & text due 3pm on Feb 10th		
(Ad sizes are subject to change to fit properly)		
7.5 ” x 10 ”	Cover	\$ 480
7.5 ” x 10 ”	Full Page	\$ 350
7.5 ” x 5 ”	1/2 Page	\$ 190
2.5 ” x 10 ”	1/3rd Page	\$ 125
4.5 ” x 4.5 ”	1/3rd Page	\$ 125
3.5 ” x 5 ”	1/4th Page	\$ 90
2.5 ” x 7.5 ”	1/4th Page	\$ 90
2.0 ” x 3.5 ”	BC -1/6th	\$ 60

BARBER FAMILY FARM

About our founder: Herbert Barber III

Hi, I'm Herbert, the founder of Barber Family Farm. After years of working in Aerospace, the Military, and a few years of playing around in Real Estate and marketing I found myself in a life-changing medical situation. I discovered I had a brain tumor and it turned my world upside down. I became depressed over the fact that I could never return to the work I loved.....then one day while slumped on the couch in dark despair I decided to venture out to a local auction not knowing what I was getting into. I just wanted to get off the couch. Well, man did my life change. I adopted a little Nubian goat named Dumbo and he changed my life. I discovered the healing power of animals and it is my mission in life now to touch the lives of as many people as I can with my animals.

If you would like to visit the Farm we are open to the public.

Winter hours are Sat and Sun 11am - 4pm

We conduct therapy and field trips Mon thru Fri

9am to 2pm **BY APPOINTMENT ONLY**



Petting Zoo

Our standard petting zoo is a 10' x 10' decorated and shaded enclosure. We bring a variety of animals who are on their best behavior that day. Animal are a combination of goats, lambs, chickens, rabbits, ducks, alpacas and piglets.



Hand Led Pony Rides

We only use the most calm and gentle ponies. Their other job is as therapy animals for PTSD and Autism.

Our handlers are full time care takers of the ponies so they know how each one acts and reacts for your guests and our ponies safety.

354 E Ave G-6, Lancaster, CA 93536,

Phone: 661-609-5781

**We are a farm animal rescue,
therapy farm and party and event venue**

BFF ZOO consists of two separate companies, Barber Family Farm (rescue and therapy) and Backyard Family Farm (parties and events).

These are two completely separate companies with two separate operators and business structures, that work together too provide a safe haven for rescued farm animals, while providing therapy for our community members and at the same time providing furry, fun and educational

petting zoo's and pony rides for community events and parties. Barber Family Farm operates independently and is currently seeking its 501C status as a non profit rescue.

While Backyard Family Farm conducts community events with the animals to provide the animals opportunity to interact with their two legged friends and become imprinted and gentled so as to be able to conduct therapy in a safe and beneficial matter.

Dr. Debra Olson, Certified Animal Chiropractor Works with Local Vet

Dr. Olson is a certified animal chiropractor and received her training at the esteemed Parker College of Chiropractic in Dallas, Texas.

She is one of the very few qualified doctors in the entire Antelope Valley who can use chiropractic on smaller animals. Dr. Olson-Warford adjusts her animal patients in Palmdale & Lancaster, CA. Using highly specialized adjusting techniques,

Her methods are safe and effective for treating all kinds of conditions for animals.

What is most impressive is that she has successfully treated many dogs that have disc problems and even disc surgery.

Some of these dogs were completely paralyzed in their hind legs, and after receiving treatment from Dr. Olson they are now walking again.

Chiropractic adjustments in addition to using cold laser technology have helped many pets become "chiropractic miracles". If you are interested in scheduling an appointment for Dr. Olson to

examine your pet, please call 661-726-2000.

In January of 2011, Molly had pain in her hind legs. When August came around, the pain was so severe that she lost function of her rear legs. She was paralyzed, in terrible pain and completely down in spirit. She couldn't walk, she couldn't play, and she couldn't even go to the bathroom on her own.

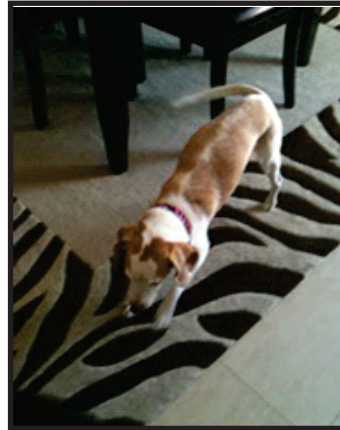
When we took her to the vet, we were told that there was a possibility of putting her down. She was on pain medication twice a day, and on steroids that could possibly ruin her kidneys and liver. When she was on steroids she would do better but as soon as she was off of them she would be in severe pain again.

My aunt mentioned that there was chiropractic for dogs. I had never heard of that before. Dr. Sandy the emergency veterinarian had recommended I

take Molly to Dr. Olson.

I had never been to a chiropractor before, and was always very skeptical about the whole thing.

Dr. Olson is very sweet and compassionate about animals and people. She was very eager to help Molly. She was very confident that she could help her.



At first, Molly got a little worse. She was off the steroids, and her hind legs were completely paralyzed, so I had to purchase a dog wheel chair for her. She was getting her adjustments twice a

week in her wheel chair. After about 1-2 months she was out of her wheel chair and gaining some feeling back in her legs. She slowly started to walk more then.

Slowly, she was able to scratch herself, sit, and even go out to the bathroom on her own. Within two months of being out of the wheel chair she is now super happy

Continued on page 16

Certified Animal Chiropractor



Dr. Olson works with local veterinarians! If you have any questions about animal chiropractic and laser treatment, please feel free to call us. 661.726.2000 Cell: 661.802.9693

ANTELOPE VALLEY ANIMAL HOSPITAL



1326 W. Avenue N. Palmdale, CA 93551

WELCOMES



Dr. D. S. Olson Certified Animal Chiropractor



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Benefits of Grooming and why . . .

Early detection and prevention of health issues

Regular grooming helps to inspect the skin abnormalities like a bump, lesion, and inflammation. The professional groomer can detect these diseases that a pet owner might miss. This early detection helps to cure the problem without any complexity quickly.

Regular bathing and brushing prevent the development of skin problems. It also aids in the removal of dead skin from the body. Proper brushing improves the blood circulation on the coat, so it remains healthy. Clean and trimmed air improves the airflow inside the coat that is very useful in summer to control the aggressive behavior of pooches. Keep away fleas and ticks.

Ticks act as vectors in the spread of several microbial diseases. Coats or furs of animals (both pet and wild animals) are

the home of fleas and ticks. They get their nutrients from the host body and, as a result, make them sick.

You can keep these fleas and tick away from the body of your dog through regular grooming. The groomer can also identify the flea's egg and remove it. Few products are also available in the market aids in getting rid of these blood-sucking parasites.

Prevention of dental disease

Regular teeth brushing prevent the formation of dental plaque, and their mouth does not smell bad. Brushing inhibits the growth of bacteria on the teeth, and thus the teeth remain healthy for long.

A dirty mouth may lead to loss of teeth. Along with this, it also affects the internal organs of your pets. Due to the development of dental issues, your dog feels problems in eating.

Low chances of getting joint issues

Large nails are the most under-noticed issue of dogs because most of us do not know the possible outcome of long nails. Larger nails may lead to arthritis or even bone deformities in pooches. Due to long nails, dogs fold their legs in unusual ways to avoid pain.

This unusual folding creates joint abnormalities. Dog grooming (trimming of nails) reduces the risk of these bone and joint problems.

Reduce the risk of ear infection

Regular ear cleaning reduces the risk of ear infections that is the leading cause of deafness. The dust and gunk accumulated in the ear also carry infectious agents. If these disease-causing agents are not removed for long, it creates severe ear problems that you can not treat easily.

Removal of ear hair is also necessary for healthy hearing. The

Cont'd on page 12



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**www.ABetterWayPetCare.com
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Santa Clarita Animal Urgent Care & Wellness Center

Santa Clarita Animal Urgent Care is an Emergency/Critical Care and Specialty Veterinary Hospital, dedicated to providing compassionate medical care to the dogs and cats entrusted to our care. We understand that your Pet is part of your Family and we strive to treat them with the utmost empathy and respect.

There has long been a need for additional Emergency and Specialty Care for the pets of Santa Clarita and its surrounding areas. In 2020, we opened the Santa Clarita Animal Urgent Care to help meet these needs as an AFTER HOURS Veterinary Emergency and Specialty Hospital. Our facility is OPEN 365 NIGHTS a year from 4PM to 11PM when your Veterinary Hospital is Closed for the Day, and

provide a valuable Urgent Care Service to area Pets while utilizing the very best in modern veterinary care.

Our Hospital is equipped with state-of-the-art technology. We use a full spectrum of In-House Labs, Full body and Dental Digital Imaging, Ultrasound, Endoscopy, Internal and Surgical Medicine all with Exceptional Patient Care and Expertise.

Our staff at the Santa Clarita Animal Urgent Care Hospital is committed to providing the highest quality veterinary treatment and care for your Pets in Sand Canyon, Santa Clarita, Antelope Valley and when necessary, their surrounding areas as well. You can be confident knowing your Pet is in exceptional care due to our

advanced training, expertise, and cutting-edge technology.

Providing an Urgent/Emergency and Orthopedic Surgery and Rehabilitation Center is our Primary Care focus. Our hospital provides advanced veterinary medicine and high-quality, compassionate care that improves the lives of pets and their owners.

Our Orthopedic Rehabilitation Center provides after care Physical Therapy utilizing Water Treadmill and Cold Laser treatments systems. Our veterinary team is committed to maintaining regular and open lines of communication with the Pet Owners and their Primary Family Veterinarian. We are proud to provide our clients with timely access to the most advanced veterinary specialists

Cont'd on page 12

ANTELOPE VALLEY ANIMAL HOSPITAL

1326 W. Avenue N. Palmdale, CA 93551



WELCOMES

Dr. D. S. Olson



Certified Animal Chiropractor * www.quantumhealthchiro.com

661.726.2000 Cell: 661.802.9693

10% Off First Chiropractic Visit ONLY!

Dr. Debra Olson, Works with Local Vet

Continued from page 7

again.

She has no pain, and she is Slowly, she was able to scratch herself, sit, and even go out to the bathroom on her own. Within two months of being out of the wheel chair she is now super happy again. She has no pain, and she is off her medication. She is able to run and play with her toys again.

I highly recommend chiropractic now. I am even a patient now, and I was always scared of chiropractors before. I have told all of my friends and family about chiropractic.

I believe in chiropractic now. Nicole and Molly P

Do not try to find the perfect pet! Instead, seek to be the perfect pet parent!

Nine Tips for Pet Owners Carpet Care

cont'd from page 5

8. Dry Those Paws

Dry your pet's paws when you enter the house. A quick cleaning with a towel kept at your entrance will help to keep mud and other debris from getting tracked across your carpets.

9. Act Quickly

Whatever the mess, move as quickly as possible to clean the carpet. The longer it waits, the harder it could be to remove it and avoid stains. With a little time and effort, it's easy to keep your carpets in good condition while taking care of your pets.

Benefits of Grooming

Cont'd from page 9

unwanted hair growth in the ear hinders the airflow and creates a moist environment inside the ear. The moist ear is most likely to catch yeast infections which is very painful for pets.

Prevent matted hair

If your dog has slightly long hair, they are more likely to develop matts. Matts are the tangling of fur around itself, and it becomes knotted, so the air does not reach the skin. As a result of loss of airflow, the skin becomes moist and may develop sores.

Due to matted formation, the dogs remain irritated and uncomfortable. The only way to avoid matt formation is proper and regular brushing and trimming.

Santa Clarita Animal Urgent Care

Cont'd from page 11

and emergency services available today.

Our Staff:

As a collective, our Veterinarian team has over 75 years of experience in all areas of Veterinary Primary and Emergency Care, Endoscopy, Surgery and additionally Orthopedic Surgery with Rehabilitation Therapy. Having a collective of Veterinarians offers our Patients the very best in care with a collaborative knowledge that extends far and beyond the basic necessities of Veterinary Health Care.

We see ourselves as an extension of the family veterinarian and strive to keep your veterinarian informed through timely updates. Once your pet is under our care, we will confer with as needed until your pet is recovered and can be transferred back to your care.

Together, our Team as pet owners ourselves, treat patients as though they were our very own pets and work to ensure that patients receive the best care and follow-up treatment possible while maintaining communication with their Primary Veterinarian. The well-being and comfort of our patients and their families is the focal point of our efforts.

Always feel free to Call or Message us if you have any questions about how we can help care for your pet at:

Santa Clarita ANIMAL URGENT CARE and Wellness Center

18597 Soledad Canyon Road, Santa Clarita, CA 91351 (661) 888-8VET

Please let the advertisers know you saw their ads in this issue of the Claws Magazine

ANIMAL LOVERS NEED YOU... Pg 13

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KYLE YOUNG

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Welcome to All Creatures Network, Inc. Community Section



ANIMAL LOVERS NEED YOU...

We have been publishing Claws Magazine since August 2021. I've been in marketing and publishing for the better part of 45 years. As much as I love this business, I love animals more!

I have fostered and/or rescued 50 dogs in my 74 years and I don't know what I would be without a precious dog as a companion.

Lucky for me, my precious wife of 42 years feels the same.

All Creatures is a labor of LOVE and I will continue proclaiming my love for dogs until they plant me! If you have a passion for fur babies, please make a donation to help continue this endeavor. We are looking for **500 animal lovers to donate \$100** each so we can fulfill our promise to you. **PLEASE HELP!**



All Creatures Network Inc,
A CALIFORNIA PUBLIC BENEFIT CORPORATION

This corporation is a nonprofit public benefit corporation. It is organized under the Nonprofit Public Benefit Corporation Law for charitable purposes.

The name and contact in the State of California of this corporation's CEO & President is: John Henderson, Ph. 661-341-4252, Email: clawsmag @ roadrunner.com

This corporation is organized and operated exclusively for purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code.

1. To publish a pet lovers journal and resource guide;

2. Establish a Military, Civil Service Animal Memorial;
3. To provide financial assistance in the form of grants to families and individuals unable to pay for veterinary services for their pets, and
4. To Establish Antelope Valley Animal Care Coalition.



TO VISIT WEB

Our focus for 2024 is to raise funds to help low income families with pet care which can include medical, food, shelter as well as transportation to local clinics. Sometime pet parents need to get away or need care while recovering from illness or accidents so we may even be able to find boarding in the short term for those cases.

cont'd on page 14



Mission Statement

The mission of All Creatures Network is to eliminate pet overpopulation, ensure good care and protect pet companions, and provide referral and financial support for economically-challenged pet guardians.

Welcome to All Creatures Network, Inc. (contd from page 10)

from page 13 - Directed PetCare Services ~~~~~

All circumstances are different and each occurrence will be handled on an individual basis. Applications will be available and credit checks preformed to determine the amount of help needed.

Rarely will we be able to provide 100% care so a portion will come from the pet parents or other source.

There are several resources that provide the same services and each will have their own priorities and may or may not be able to help.

We are looking for volunteers to help facilitate this part of All Creatures Network. Please call if you are called to participate.

ANIMAL LOVERS NEED YOU... Pg 13 * Tell advertisers you saw them on CLAWS



To establish a national memorial honoring service horses, dogs and birds that have contributed to the military, law enforcement and civil service sectors of service to humankind.

Are you a retired military service person? Have you been a K9 Handler? Please volunteer to help build this memorial!

Local Shelters and Rescue Groups

The following list of local shelters and rescues has been provided as a public resource only, and covers the cities of the Antelope Valley. To reach their website, type the URL without spaces, then hit enter on your browser...

A Passion for Paws Akita Rescue, Inc. apassionforpaws.org/

Aussie Rescue of Southern Calif Inc. aussierescuesocal.com/

Basset Hound Rescue of S. Calif bassethoundrescue.org

California Miniature Schnauzer Rescue (CMSR) schnauzers.us

CA Animal Rescue & Education Sanctuary (C.A.R.E.S) www.facebook.com/groups/1517407391890058/

Community Effort Animal Rescue (C.E.A.R.) (Former: AV Dog & Cat Rescue) www.communityeffortanimalrescue.com

Dachshund Rescue & Placement www.doxykeeper.net/

Doggy Smiles Rescue www.calcitypd.org/Animal-Control.html

Forgotten Angels Cat Rescue, Inc www.forgottenangelsrescue.org/

French Bulldog Village Rescue www.frenchbulldogvillage.org/

GreySave Greyhound Adoptions www.greysave.org/

Halfway to Home www.halfwaytohome.net/

High Desert Angels for Animals www.highdesertangelsforanimals.com

The Homestretch Greyhound Rescue Adoption houndsavers.org/

Lange Foundation www.langefoundation.org

L.A. County Animal Care & Control: www.Lancasteranimalcare.lacounty.gov/

Ruff Patches www.ruffpatches.org/

SecondHand Animals www.facebook.com/groups/LPSecondHandAnimals/

Southern California Labrador Retriever Rescue www.sclrr.org/

Westside German Shepherd Rescue of LA www.sheprescue.org/

Woof Project www.woofproject.org/

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Peanut Butter Dog Treats Recipe With Silicone Pan

Non-Sticking Silicone Pan

Peanut Butter Dog Treats

2 eggs, beaten

2 Tablespoons oil (*I used canola*)

1/2 cup peanut butter powder (*I used "PBfit" brand. Its ingredients are peanuts, coconut palm sugar, and salt.*) **DO NOT USE ANY PRODUCT WITH THE SWEETENER XYLITOL. IT IS TOXIC TO DOGS.**

1/2 cup

white

flour

1/2 cup

tapioca

flour

1/2 cup

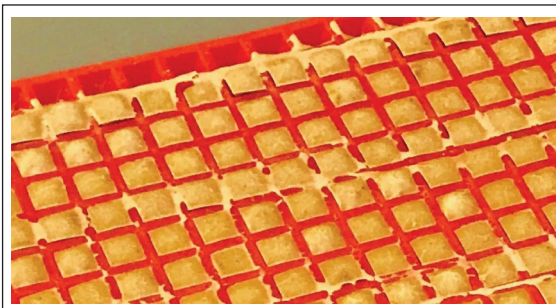
water

Mix

well.

You

want it smooth. Put about half the batter in the middle of the pan and spread it outwards. It takes less batter than you think. I don't bother to fill every single hole in the pan anymore, i.e., not the outer rows, because of the time it takes.



My apologies to the compulsive types! I do like the look of a *neatly filled pan*, but the time isn't worth it to me. But feel free!

Bake at 350 degrees F for 12 minutes, or until the individual treats are still soft but starting to draw away from the sides of the pan.

Let cool a little and stretch the pan in both directions to loosen the treats. I show the stretching in the video. Dump them out. Peanut butter dog treats!

And like the treats made with the chicken recipe I posted previously, these work perfectly in the Manners Minder/Treat and Train using the insert with the 3/4" holes.



Zen With Your Horse by Virginia Pressly

I've seen many books regarding on how to get your horse to do every conceivable thing...back up, side pass. The list goes on. These are all wonderful books; I have a large collection of my own.

What I would like to see more of, is how to just be with your horse. What does that mean? It's having no agenda. It's having no thoughts of what you must accomplish with your horse.

That means not even grooming your horse. That is an agenda too, grooming to clean the horse. Horses have the gift of standing quietly, sniffing the air, enjoying the moment. We can do it too. The beauty of it is when you have a horse, you can do it alongside them. That is when the magic happens.



I can explain best of how to just be your horse with my experience:

On a beautiful warm sunny day, I joined my two horses in a large turnout. The horses were relaxing, soaking all of nature had to offer. I decided to join them. I grabbed a chair and sat under a tree that provided me shade from the bright sun.

I sat there trying to relax like my 2 big mentors who were napping on the other end of the turnout. Once I sat down, my mind raced about all the things that I needed to do: Dishes in the sink at home, mucking out the horses' stalls. My thoughts would not stop.

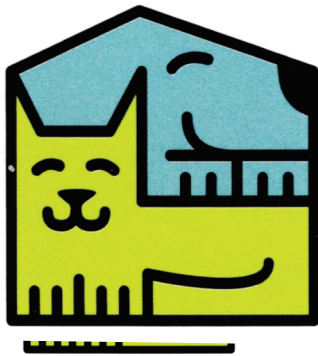
I felt envious of my 2 napping horses. Eventually the warmth of the sun was cradling me with its warmth and my mind settled down. I started to notice the leaves of the big tree I was sitting under. My awareness of my surroundings was calm with no thoughts, just awareness.

I barely noticed that they were approaching me. My horses made a circle around me. They stopped and bowed their heads and I



felt I was part of their herd. My littlest mare, who happens to have a zesty personality, quietly settled her nose on my shoulder and sniffed. I felt like I had died and went to heaven.

The magic continued; she fell asleep with her nose resting on my shoulder! I didn't dare move. I paced my breathing with hers and I also closed my eyes. Now, I know people have said there is a warming, quiet ambience when you are with a horse. Well, this is it and much more!



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Zen With Your Horse by Virginia Pressly

Continued from page 15

I wanted the experience to last forever, but my mares suddenly lifted their heads up and ran across the other end of the turnout to check out something that caught their eye. I felt blessed that I was allowed in their bubble.

Perhaps they sensed my mind was quiet and wanted to join me because I was relating to how they exist, of just being. I got out of my chair and walked over to them to see what they were observing.

I couldn't see what the big deal was about and turned around to walk back to my chair. I didn't expect them to follow me, but they did. I decided to walk around the turnout, they continued to follow. I felt connected to them like an invisible string was attached to my back and was gently pulling my 1,000-pound horses behind me.

I had no agenda that day and I was so glad I didn't listen to my crazy mind that was telling me all the things I needed to do. That day was Zen with my horses. I have often wondered since that day of how most of us are always asking something of our horses.

Even in the kindest way, we are still asking. They are so obliging with us humans. We ask them to be in our world. We ride them. We want them to perform at horse shows. That is only a few things that we ask of them. We need to enter their world too.

There is so much Zen in their world that we humans need to have. I am closer to my horses and they have a stronger bond with me since I have more Zen days with them.

I have learned so much from them. They are true mentors of how to be. If I was to tell someone on how to bond with their horse or on how to get to know your horse. It's on the

ground with them, not on their backs. Be present, with a loving heart. Trust and bonding will occur with each other and when it comes to training, it will be much easier.



This Zen experience I will never forget. I'm sure there are many who had similar experiences. They say a horse can hear your heart beat from four feet away.

If our heart is calm and we have our best intentions with a little of Zen sprinkled in, these great creatures may give us the privilege to be part of their herd and also become a trusting companion in our human world. Zen can bring our worlds together!

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