

The Approach to a Holistic Being with Horses

According to

**Klaus
Ferdinand
Hempfling**



All

A real life view by
Petra Webstein

my life I have been fascinated in particular with one animal - the horse. Whenever I had a chance to watch and be in proximity of a horse I would just forget time and place and feel happy and content in their company. The horse had something, something beautiful about it which can only be felt.

There was something so gentle and spirited about them but also something powerful, real and present.

I was 36 years old when we migrated from Switzerland to Australia (following my heart to the country I had lost 7 years before when I traveled with my six year old daughter around the world). She learned to ride in Switzerland, and so much wanted to be with horses, I certainly understood her longing. Deep down I was afraid of horses even though I still held them dearly in my heart.

After a short settlement period in Australia she wanted to have her own horse which I promised she could have, provided she did look after it and bear the consequences of it also. She knew she could not rely on me doing anything for her or that horse in a practical sense.

We went to look at many horses and eventually we encountered what we considered the one. This horse had something the others did not. He had an air of spirit around him. Even though he was a ex-racehorse and was ridden by the owner under a great deal of control I could feel a lot of pain in him,

I felt his compassion for the human being but also a strength which eventually would show in resistance. His joy though seemed to lie in movement, a beautiful movement nevertheless. I felt he was a dancing horse.

My daughter looked after this horse on a daily basis. She fed him, she cleaned him, she spent time with him every day without one single complaint. He lived in our backyard which was then a 2.5 acre property. And of course she had ambitions, training for dressage shows. She wanted to compete. I watched everything from a distance (a safe distance) and helped when it came to healing or a different approach or an understanding of the two fighting against each other. Nevertheless, the horse was a gentleman towards her and only on some occasions she would feel that she had overstepped a boundary towards him.

She knew he liked the movement, beautiful movements and thought that he would do well in dressage. But when it came to performing at shows, things started to go terribly wrong and it was never really a pleasure but very hard work and anxiety for both rider and horse. What he did in the backyard so graciously and even joyously was now displayed by refusal.

As time went by I felt rider and horse were becoming lonely and they both needed more interaction with the same kind. So the horse was moved to a nearby agistment centre where my daughter visited him on a daily basis.

I had a connection of my own kind to this horse. He talked to me in spirit. That enabled me to help him in my own way. I sometimes went and visited the agistment centre. I still liked to be around horses and watch them. My daughter grew up and wanted to go back to Europe, so she decided to sell the horse. I was not ready to let the horse go as I secretly always wanted to come together with him. So I bought him.

My Horse - oops what do I do now?

He was mine now. I wanted to fulfill his needs and I found a big pasture one hour from where I lived here he could roam with other horses in a herd. He loved it and all seemed to be off to a good start. I never really had my mind set on riding him. For me he still was the dancing horse I first saw. Whenever I visited him, he gave me the pleasure of seeing him roaming & galloping on the pasture. But I knew that this was somehow not enough. I needed to get closer to him and that meant that I had to conquer my fears somehow.

At the time there was a big new star on the Austral-

ian sky called Pat Parelli. It seemed to me that this could be the method I was looking for to get results on my quest to create closeness with my horse. So I took lessons but to my surprise it did not really help much, as I felt even though the horse learned quickly according to this method, he did not seem happier or more trusting in me. He trusted the whip which was still used to hurt if the horse did not comply to the human wish. My horse had a sad feel about him and it almost felt like he would say to me, you should know better. Life changes led me to decide to sell everything and travel around Australia.



animal showing his closeness and friendliness to a human who behaved most times stupidly towards him. While traveling I had a lot of time to think about my life. I wanted to come closer to the mystery of the horse. My trip took longer than expected. While away I had the joy and honour to spend one month in Klaus's seminars learning more about horses and myself.

I felt I met a man who was not only the best horseman but more so a strong and humble human being. He in his very very own way (and

this makes him beautiful) able to guide a group of 40 to 70 people out of the pumping & screaming world into a world of magic and miracles. Klaus had at this point structured the seminars differently. Than he had in previous times. To build a very strong foundation he introduced us to the often missed component of the spirit which forms the basis of all life and ties everything together. He calls it "Spirit & Energy". The ground work for everything to come there after, and as we were able to see in later seminars when new people joined made the difference between heaven and earth to the actual work with the horses.

Before I left Perth I stayed in my Landcruiser already lovingly called Mr. Diesel for a month on the property where my horse was and spent time around horses, feeding them, watching them and trying to train my horse (well, train myself not to shit myself when I was in the same paddock with him and other horses to be quite honest). In my humble opinion I did not succeed, I did not feel any closer, I only knew I had learned some tricks of the trade which would boil down to nothing if the horse would decide he had enough. More and more I felt that all I ever needed was within me and that only time and dedication would solve the puzzle not a system to follow.

The next component is equally important. "Body Awareness & Energy" bridges the world of the material (body) to the world of spirit / energy. Seemingly simple exercises developed by Klaus opened even the most stiff amongst the group, a way of no pain to joyful exercises which enhance the body's flexibility and helps return the joy of being in the now. It opens up the horizon of feeling & perception and intro-

The day before I left to go on my trip I stood at the fence of the paddock. Feeling that somehow I should have listened more to myself this made me feel very sad and regretful. While pondering these thoughts and feelings my horse slowly came up to me and gently pushed his forehead against my chest and froze in this position for what seemed a long time. He was with me, it felt as if we were one. He gave me the biggest and most honest thank you. Time stopped. Here was this

duced us to the world of the horse or better said how the world is perceived by the horse thus creating a better understanding. Preparations for correct body posture and energy boundaries are discussed and practised. With all these



preparations in place only now the individual will see that the "First Encounter with the Horse" or "Borderline" can take place. This "First Encounter" is about mutual respect, proper boundaries

and finding out who the horse is. It is about developing trust, real trust and healing of wounds so that the new relationship between human & horse can take place on clean and clear foundations.

The next component is called "The Art of Lounging". Together with what we have learned previously we were in store for wonderful surprises. It quickly became very clear that people who just arrived to attend this seminar were very much behind us and struggled with the now introduced art of lounging. Collection, body awareness and emptiness in mind were coming into play and defined the outcome of the meeting with the horse and lunging. Being in the here and now, letting go of anything else started to become a whole different meaning. Wow, I don't ride, so I awaited the next block seminar "The Art of Riding" in a very relaxed attitude. What I was able to witness exceeded by far my expectations. Each and everyone who was called to sit on a horse and ride under Klaus's instructions transformed into a radiating blossoming human being. It felt like the energy would rise up through the horse and through the person melting these two beings into one and like a rising fountain through the core middle the energy pushed far above and over the unity. The human and the horse moved in unison. This was pure magic and believe me I am not somebody who easily dishes out compliments to this extend!

So if you really desire a change in the way you want to be together with your horse, Klaus's seminars are a MUST but expect to walk away with much more than you have bargained for!!! For some it might feel that they really had lived for the first time in their lives!!!

I never was part of the horse world as it is known but I always stood close to it, observing and feeling, seeing how much time people invest to ultimately find an entrance to the horse which allows them to fully trust and understand. What was remarkable to me throughout all these seminars was that even though people who own horses and are even in business with them never seemed to be completely free of fear when dealing with them. For the first time I came to understand that my fear was actually not really a fear as such but respect for the creature and its boundaries. I came to understand that I no longer needed to keep my feelings locked

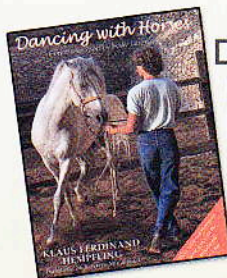
away. Watching Klaus live and being there has given me the reassurance that my dream which I dreamt as a little girl was real and is doable, not only that but is the ultimate. I still have a long way to go of course but my first encounter with my horse after the seminars was very promising. For the first time in my life I stood in a paddock with horses all around me and I felt no fear!

Was it worth the long journey, the monetary expenditure and the time? YES, YES & YES again!

My wish now would be that the work of Klaus Ferdinand Hempfling to become known here in Australia. Reading the books and watching the DVD's (which are really hard to get hold of in this country too) gives you an initial feel to his work but it never replaces the being there and watching with your own eyes. Only then you can really start to comprehend the difference between his work and the work of others like Pat Parelli or Monty Roberts.

KLAUS FERDINAND HEMPFLING

Books and DVD's
available from horsebooks.com.au



Dancing with Horses

Book- \$49.95

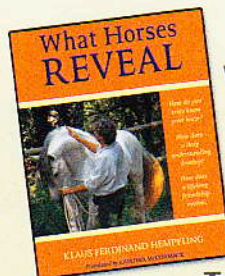
DVD- \$45.00

"How to use body language to communicate with the horse,"

Coming Together

DVD- \$43.95

"How you can learn to 'speak' a language familiar to your horse with your hands, hips and posture."



What Horses Reveal- \$49.95

"How well do you truly know your horse? How does a deep understanding between horse and human develop?"

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