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# Kelly's Story

## Recalibrating Your Muscle Memory

Camden, SC

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## EXPERIENCE NATURE'S VIEW

While at an Equine event in Maryland I had the opportunity to hear a man speak about horses and training during a question and answer session. There was something in the way he answered questions that made me want to know more about his philosophy with regard to horses and training. This led me (at the encouragement of his partner) to go up and talk to him. We had a conversation and I knew I had to learn more. Within a few very short weeks, I went from moving through my life in a semi-dream state to waking up to living a more deeply connected life to myself and the world around me, including my horses and family. I had no idea what I was signing up for, what I was asking for but I do know it changed everything. The man's name is Bruce Anderson and his philosophy is called "Nature's View".



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While at the retreat, which lasted 3 days, I began learning many things both about horses and training but what I learned most was about myself and how I show up for myself and subsequently in the world. I began learning these things in the realm of the round pen and with the mirror of a horse named Trini and a horse named Marley - with Bruce as the guide, teacher, or facilitator.

During those days I began learning many things and unlearning just as many. The first thing was the challenge of learning a new language, a language I am only just beginning to understand. It's a language of words and also of feeling and the ability to monitor my own inner barometer and begin to understand how that inner barometer actually impacts my decisions and actions based upon both conscious and unconscious beliefs. From that place, I began learning how to recalibrate my 'muscle memory' in order to make different choices – choices not based on fear, anxiety, or anger but based on a balanced state of being. But first came the necessity of connecting to my own self and then learning how Trini was showing me how I was showing up.

My first experience in the round pen did not involve working with a horse. It was simply to find the center of the round pen. This exercise taught me there are many different ways to see a situation and infinite answers to most questions. It was a bigger struggle than I anticipated. In the struggle I began learning about the pressure I put on myself to complete something I am asked or set out to do. I began understanding in a clearer way how the pressure

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I put on a horse to do a task needs to be in balance with the horse's ability to understand what I am asking for. And, how this idea spills over into the rest of my life.

The next significant lesson came from the teaching of a lariat. I have never used a lariat with horses or anything else. Again, the lesson began with tuning into my own inner state of feeling, & paying attention to my internal barometer.



As the lesson progressed I came to understand that the lariat had its own 'way of being' that would not bend to force but had to be 'felt' into in order to coil it up and/or throw it. I began to realize how many times I have sabotaged myself by not paying attention to the details or rushing through something. I had the opportunity to understand how my own 'addiction to perfection' has caused

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me both pain and suffering and how that was ‘locked’ in my muscle memory and then had the opportunity to create new muscle memory that made it possible to make new choices. I began to understand & feel the difference between being impeccable and perfect. This is a tremendous teaching, impeccability allows for growth and possibility as opposed to an empty ending. I was grateful that it was the lariat that began teaching or revealing this to me as opposed to a horse. I am also grateful to Trini and Marley for helping to take this into deeper understanding.

When something is ‘experiential’, I have often found the more I try and describe it, the further away I get from the truth. The deeper and more impactful the experience the more difficult it becomes to try and explain it.

I came to this workshop thinking I was coming to learn about how to be more humane or more conscious when working or training my horse(s) – I came away realizing I was beginning to wake up to old wisdom that was buried deep within me... wisdom whose roots touch every part of my life. I came to realize or understand what was explained early in the workshop... that the round pen is my life and what happens in that round pen is reflected back to me by my choices, conditioning and deeply imbedded family and cultural patterns. I garnered a deeper understanding that it isn’t a thought that creates pain or suffering – it’s the pressure behind the thought - and was re-introduced to old ‘tools’ brought back to life that gave me the opportunity to be a more aware and

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compassionate human, particularly to myself. This gift has already blessed me with ability to pass on its wisdom to the youth I teach.

Sidenote: In the past 30 years I have studied with different indigenous healers and teachers from all over the world. I can say without a doubt that Bruce Anderson ranks highly with these medicine carriers. His presence, his ability to hold a safe container for those doing the work is what makes doing the work possible. A container that is clear and clean and without judgment, and cuts to the chase very quickly. The impact of his work has far reaching results.

