

Horse-Sage-Ism
The Podcast

*The Story of a City Slickers Pursuit in Becoming a
Trusted Horse Whisperer/Communicator*

By:

Dave Rossiter

Table of Contents

Preface

Chapter 1: Sunday #14 Family Story Telling: The Introduction

Chapter 2: The Lainey Barnes Podcast

Chapter 3: Sunday #14 Family Story Telling: The Wrap Up

Preface:

My new book titled “26 Sundays to Horse-Sage-Ism” is set for release sometime this summer. This autobiography has been over two years in the making, and I must say, that I have thoroughly enjoyed working on it. It’s been a labor of love since I enjoy writing stories about my great life, hoping that anyone reading it will walk away with some valuable wisdom since it is a culmination of stories and anecdotes from several fronts of my life. It encompasses everything from my diversified career, athletic endeavors, rodeo career, a great family, and finally the life wisdom I learned from a life with horses.

It is the wisdom that I gained from horses that gave rise to what I term “Horse-Sage-Ism aka the Ultimate Elite Culture. It is a leadership culture taught by horses that has improved my life and can do the same for you. I felt like this wisdom is so important that I should share it with you in a separate book. With that said, the following Podcast is taken from Chapter-Sunday #14 in my “26 Sundays to Horse-Sage-Ism” book.

I hope you enjoy it

Chapter 1: Sunday #14 Family Story Telling: The Introduction

In last week's story I walked you through what I learned from horses during the two-year period of Covid when I was manifesting and practicing the principles and sub-principles of the Ultimate Elite Culture. This morning, when I was on my run, I was pondering whether I should walk you through some of the principles of equine leadership, that I discuss in my book titled "Horse-Sage-Ism-Transcending Horsemanship Norms", just like I did with the principles of the UEC that I talked about last week. But that's when it hit me, just as I was dodging a hen leading her three ducklings along the canal path. The real story is how truly amazing it is that my relationship with horses was solely responsible for my journey in discovering my new life story. I don't want to go weird on you guys, but it almost feels like my life with horses was planned from the very beginning as a little kid obsessed with horses to where I am today, enjoying my new story.

As I was talking, I noticed that Max, Mom, Binks, and Mark kept exchanging weird looks with each other. Finally, I looked up and said: "Ok what's up everybody. I know you probably not real interested in hearing about principles of Equine leadership, so if that's the case, just speak up". Everybody turned to Max the spokesman who said: "It's not that so much dad, but we have been talking amongst each other, and we all agree that a lot of your wisdom has come from your horsemanship journey. And with that said, you have thrown a lot at us over the past three- plus months with lengthy and detailed stories of your journey with horses. With that said, we all came to the same conclusion that we need you to summarize your horse journey to give us a review and get us back up to speed so we are not missing anything. Is that a possibility?" asked Max. Guys, it's not only a possibility, but it's also a done deal!

It just so happens that I have read your minds, and I have prepared something very special for everyone tonight. I am going to pretend that I have made a movie of my life with horses that led me to where I am today. I am then going to discuss cuts from scenes in the movie that illustrate how this amazing journey played out due to unlikely forces, key individuals, and horses along the way. And to make it even more exciting, I am going to pretend that I am discussing this movie on the Lainey Barnes Podcast. I

think this podcast will get you all back up to speed. So, everybody, make yourselves comfortable and enjoy the podcast!

Chapter 2: The Lainey Barnes Podcast

Lainey

Hey, it's your friend Lainey, and welcome to the Lainey Barnes Podcast, where we share science backed advice and personal stories to help our listeners create a happier and better life. So, without further ado, let's get started:

Oh my God, I just finished recording the episode you're about to listen to. I must tell you, I have interviewed some really interesting folks over the years, and today's interview with Dave Rossiter does not disappoint. We are going to be talking about his new movie called: "Horse-Sage-ism: The Story of a City Slicker's Pursuit to Become a Trusted Horse Whisperer". I thoroughly enjoyed the movie and the unique message it sends about what Dave learned from a lifetime with horses, and how it positively changed his life story. You're about to meet Dave Rossiter.

He just walked out of our Dallas Studio literally a minute ago. Let me tell you a little bit about him before I play the episode for you. After watching the movie, I would sum Dave up as a Cowboy turned Horse Communicator with a unique life history, including a very diversified career path, and life experiences which contributed to what I perceive as an abundance of valuable wisdom.

I kid you not, what you're about to experience will change the way you think about your life today. I have chosen clips from the movie that portray the unique experiences with horses and special people on Dave's amazing Journey that he will share with you to tell his story. Don't worry, no horse experience is necessary to enjoy this podcast and to gain a new perspective on how your life could change for the better, as taught by the wisdom of horses.

It's a pleasure and joy to be with you. I am so thrilled that you are here, and I cannot wait for this conversation. And so, where I want to start is, can you speak directly to the person that's listening to us, and tell them how their life might be different if they take to heart absolutely everything that you are about to teach and share with us today?

Dave

Sure, thing Lainey, but first, let me thank you for having me on your show, and allowing me to discuss my new movie, and hopefully provide valuable life wisdom to you and your listening audience. My life journey with horses improved my life/story, and it is possible for anyone willing to listen and learn from horses to do the same.

Before we start discussing the movie, let me give you an overview of why I made the movie. I have been working on a book entitled "26 Sundays to Horse-Sage-IsM", that is basically an autobiography covering not only my life with horses, but also my diversified career, and my many unique life experiences mainly revolving around my beautiful family, rodeo career, and lifelong obsession of doing endurance sports. When writing the stories about my journey with horses, I realized how impactful and life changing it has been, which compelled me to make this movie before finishing and releasing my book sometime this summer. Before we start going through key scenes in the movie, let me give your listeners a brief overview of what this movie is about.

Lainey

That's a unique approach Dave. Making the movie before the book comes out!

Dave

Yeah Lainey, kind of a novel idea, huh!

Anyway, as you know Lainey, this movie is about my life journey in my quest to first become a real cowboy, followed by becoming an accomplished horseman, and finally, the most challenging of all, becoming a trusted horse whisperer/communicator. The many horses and handful of very special people that kept me on track, and showed me the way, were and still are a unique gift, for which I will always be grateful.

Lainey

Well said Dave, now let's get started on the scenes of the movie that struck me as being instrumental in telling your story. But before I do that, let me read everyone the opening scene of the movie and we can discuss that one first.

Ok, Scene 1 flashes up the title of the movie called Horse-Sage-IsM, The Story of a City Slicker's Pursuit in Becoming a Trusted Horse Whisperer/Communicator.

It next flashes up a special thanks and recognition to Ray Hunt, Tom Dorrance, and the Horse, followed by the following quotes: "What we do in Life echoes in eternity", by Maximus the Gladiator. And "The wisdom and teachings of Ray, Tom, and Horses on how to live a lifetime, will forever echo in eternity", by those of us who have chosen to listen and change our story.

I really like the title and the catchy quotes. I know that you don't want to spill the beans on what a Trusted Horse Whisperer and Communicator are quite yet, but am I right in describing a City Slicker as someone who knows absolutely zilch about horses? And just to clarify, Ray Hunt and Tom Dorrance were two guys who were real Trusted Horse Whisperers/Communicators, right?

Dave

You are right on both accounts Lainey.

Lainey:

This next scene opens with you trying to hold onto the lead rope of a horse as he is running full speed dragging you across a big pasture one night. That sure is an attention getter. Any comments on that one?

Dave

Ya, I was 13 years old and that was my first horse. Her name was Starfire, and she showed me how much of a City Slicker I really was. As you know, I go back to that incident a little bit later in the movie.

Lainey

This next scene is titled "The First Encounter". It shows you sneaking into a barn at your grandmother's friend's house when you were 6 years old. You were on a bale of hay brushing a huge stallion that had his head hanging out of the stall door. That was just after the lady's husband had led him out of the stall earlier, whipping and jerking the chain strap as he told everybody to stand back because he was so dangerous. All of a sudden the lady walked in and said "What are you doing, stupid kid. Get down from there before you are killed" Then she pulled you down from the fence in a fit of anger,

and drug you out to the car where everybody was waiting. Also, in that scene you refer to the husband as using fat guy horsemanship. What was that all about?

Dave

Well, that guy was fat and wearing a wife beater t shirt and acted like a real tough guy beating up on a horse that was perfectly fine around me. So, from that point on, I coined his actions as fat *guy* horsemanship. I told myself that I would never treat a horse like the fat guy did. That was my first real encounter with a horse, and I considered it a big step towards becoming a real cowboy and horseman.

Lainey

Moving right along, the next scene is titled "Ginger and Another Step Closer". It opens with you thanking Millie for teaching you how to care for and ride Ginger. You were twelve years old and had spent the entire summer learning basic horsemanship from Millie. Ginger was a very pretty mare that was owned by a lady on your paper route who took a liking to you and paid Millie to teach you and get her horse exercised at the same time. I really got a kick out of her parting words to you when she said: "Good luck finding and buying your first horse. Just make sure it's a gentle, older, been there done that horse, and not a young green horse. Like they say, if you put a green horse, with a green rider, it usually turns into black and blue" Millie was an older and quite weathered lady who seemed like she knew a lot about horses.

Dave

She sure did, and I learned a lot from her, and probably more from Ginger because she really kept me out of trouble due to her experience and great disposition. Unfortunately, I didn't heed Millie's advice and ended up buying a young, unbroke horse from a lady that worked with my dad. The \$150 I had saved from my paper route was burning a hole in my pocket and I pulled the trigger shortly before my 13th birthday in December of that year.

Lainey

I thought this next scene was hilarious. It's titled "A Dream Come True Turns into Black and Blue". It takes place in an old ranch house on the Hiwan Ranch located in

Southwest Denver along the Bear Creek River. There is a pot belly stove in the middle of the room, with a roaring fire inside. Dave and several weekend cowboys are standing around the stove warming their hands, while the wind is howling with snow falling outside. No offense Dave, but this scene really had me laughing. You're the only kid in the room watching these older guys pass around a bottle of Jack Daniels. Just as you discretely pulled up your jacket sleeve to check out your black and blue arm, Russ the ranch manager said. "I want to introduce our new boarder, Dave Rossiter, and his new and first horse Starfire". Russ went on to say "We all were pretty entertained this afternoon watching the lady try to get her to back out of that fancy two horse trailer. But I think I speak for all of us in stating that Starfire is one motley looking animal with some major behavioral issues". "And what really topped it off was when she bit Dave on the arm while he led her to the stall." Everybody started laughing and passed the bottle around again. Then Russ said: "Don't take it personal kid. If you're going to hang around this place you have to be man enough to accept our joking around, and in your case, the reality of your horse situation. In all seriousness, welcome to the ranch and we are all here to lend you a hand, not if, but when you need help with that fine steed." This was a pretty rough way to finish up your first day with your new horse Dave. Tell us your thoughts on this one!

Dave

Well Lainey, this was not what I had expected on the first day of finally owning my own horse. I did learn two valuable lessons though. First, I learned that there were a lot of different thoughts and methods for interacting with horses. There was Millie, who seemed very calm and gentle with horses. She did, however, enforce boundaries, when necessary, but she was never abusive. On the other hand, the weekend cowboy types I had just met, suggested that I either shoot her, send her to the killers, or use a two by four between her ears. These guys obviously fell into the category of Fat Guy Horsemanship. I also realized that I was in way over my head with this horse, but too embarrassed to ask Millie for help.

Lainey

This scene is titled "The Big Break, Meeting a Real Cowboy". The first part of the scene is a repeat of the opening scene showing you getting dragged in a field by Starfire. The rest of the scene shows a cowboy named Pres running down full speed on his horse, grabbing the lead rope, dallying it to his saddle horn and bringing her back to you while you are still lying on the ground all cut up. It was cool to see a real cowboy in action Dave. This was sure a stroke of luck meeting Pres, given your situation with Starfire. The scene ends with you riding behind Pres on his horse, in the pitch-black over to his house.

Dave

Ya Lainey, this was really a big break that put me on course to really learn about horses and eventually become a true cowboy and real hand. On the ride to his house, I just knew he had to be a real cowboy given how he handled Starfire. And at the time, I didn't realize how big of a break this would eventually turn out to be.

Lainey

Ok Dave, this scene is titled "A Cowboy and Real Hand". It opens with you riding a bull at the Cody Nights Rodeo in Cody Wyoming with Pres and his wife Loretta rooting for you in the stands. Then it flashes into another scene of you riding a big buckskin horse in a sale ring while the auctioneer is whaling away and Pres is also in the ring taking bids from a huge crowd of people sitting in the stands. You spin the horse around in circles, slide off it's back, unsaddle him, walk underneath him, pick up his feet, jump back on him bareback, slide off the bridle and then you ride him around the ring with just the reins around his neck. These two quick scenes had me thinking that this kid is no longer a City Slicker.

Then it flashes again into another scene where Pres sits down with you, his wife, and your Mom at his kitchen table. He took a big swig of his drink, then said: "We just wanted to have you guys over before Dave heads off to college. Loretta and I want to thank you and Charlie for sharing Dave with us over the last eight years or so. He filled a real void for us when Mike left home. Admittedly, the adage that "He wouldn't make a wart on a good Cowboy's ass" pretty much described Dave when he started working

here, shortly after the night I caught his horse in the field behind us. I know you guys are city folks that really don't understand the "Cowboy Culture", but nevertheless, I really applaud you and Charlie for supporting Dave in his pursuit to become a real cowboy.

"Let me explain Dorothy. The term Cowboy and horse person can mean a lot of different things to different people, so I shy away from using them to describe reaching the pinnacle in our way of life in the horse business, and life in general. I much prefer the term "Making a hand", which is an expression that is short on words but big on meaning. It's much more appropriate for describing the way of life we adhere to and represent. There is a lifetime of components built into it that are very important to us. It's hard to put into words, but let me just say that Dave, you have made a real hand in the eyes of me and Loretta, and you should be very proud of that. And Dorothy, you and Charlie should be very proud of that as well. Enough said."

That was a pretty powerful scene Dave, and I must admit that I came close to needing a tissue after that one. Can you unpack this one for us

Dave

Pres and Loretta were very special people that took me under their wing to teach me everything they knew about their horse-trading business, as well as hauling me to rodeos hoping that someday they would watch me ride at the NFR in Oklahoma City. When Pres said that I had made a real hand, it was probably the greatest complement I had ever gotten. My dream of becoming a real cowboy had finally come true in my mind, because a real cowboy had said so. I then went off to college with the mindset that I was a real hand with horses, and pretty much had this horsemanship deal figured out. At the time, it was pretty much mainstream that you interacted with horses using methods of coercion, force, and intimidation. Basically, you dominated the horse and trained him to do what you wanted. That's what I learned during my eight years with Pres, and I never questioned whether there was a better way of getting things done with a horse. With that said, however, I rarely crossed the line into Fat Guy Horsemanship, which in my mind, bordered on, or crossed over to animal abuse.

Lainey

Ok Dave, we are now getting to the scenes in the movie that really describe the key events that led to how you changed your life story, and how all of this can be life changing for our listeners as well. With that said, I am going to shorten my description of the scenes to give you more time to describe the wisdom you gained.

The next scene is titled “Mel and the Trip to Wheatland. It takes place in the summer of 1976. You are standing in the middle of a cattle sale barn alley with a cowboy named Mel who is sitting on his horse. Mel then yells out to you, “Let’s sort this last bunch of steers into two sizes, then I will treat you to dinner to go, before the ladies close down the cafe for the night”, said Mel. “I have something I want to run by you while we are waiting on some fine sale barn cuisine”. I must say that Mel and his horse looked like they were dance partners sorting off those steers in perfect unison. I have no idea what I am talking about Dave, but dance partners seemed like a good analogy. Anyway, what Mel wanted to run by you was that he was taking you and one of your colts to a colt-start clinic in Wheatland Wyoming that coming weekend. The clinic was being taught by the true horse whisperer, Ray Hunt. Take us through what you learned from Ray and Mel, Dave.

Dave

Well, the first thing I learned was that Ray on a horse was like nothing I had ever seen. His horse responded without hesitation to whatever Ray communicated to him. It was like horse and rider were always on the same page and operating in complete harmony with each other. How he did it was beyond me. To further add to my confusion, as we progressed through the weekend Ray kept throwing out his cowboy logic with one liners like: **“Believe in your horse, so your horse can believe in you”** or **“The human has an opinion, the horse is a fact”** or **“The horse will teach you if you will listen”** or **“Make the wrong thing difficult, and the right thing easy”** or **feel, timing and balance, and the classic one was, “Why does it take a lifetime to learn to live a lifetime”**. I started thinking to myself that I had never heard any of this horse logic before, and I am going to need Mel to explain a lot of this stuff to me.

What an unbelievable weekend to say the least! I looked at myself in the rearview mirror on the drive home, and whispered, Ray is simply magical with horses, but it is so foreign to everything I have learned about horses, beginning with my time with Pres. After witnessing that clinic, I think it's worth my time to start changing my story to better fit with what Ray Hunt does. From this day forward, my goal is going to be figuring out Ray's magic and applying his magic with horses at some point in the future.

After the clinic I spent many hours with Mel until I had to quit working at the sale barn to enter graduate school. Mel showed me how the methods and principles of the vaquero way of making a California Style Bridle horse were very similar to the concepts that Ray Hunt and Tom Dorrance were teaching. I took copious notes thinking that someday I would make good on pursuing my goal of changing my story with horses. As life with horses quickly faded away with graduate school and a move to Phoenix Arizona to start a banking career, I still occasionally thought of Mel, and how his influence along with Ray was pivotal in potentially changing my story with horses. I could only hope that horses would enter my life again at some point in the future, so my goal to change my story with horses could become a reality. Only time would tell.

Lainey

Well Dave, it looks like the plot is about to thicken, and change is in the air to rethink your story with horses, once you figure out Ray's magic. Let's go to the next scene titled "Old Paint and Gus."

I have to say that this scene scared the wits out of me. Probably because I am afraid of the dark. You're riding a big paint horse in the mountains looking for cattle when you realize that you somehow got turned around and that now it's getting dark and you're lost in the middle of nowhere. No cell phones in those days, by the way. You stopped, got off your horse, then sat down pondering what to do next. Just then an old Chris LeDoux song started ringing in your head. "This ole horse knows his way home". So, you got back on ole paint, laid the reins down, and then woke up to find that he had found your way home. And there waiting for you was an old cowboy named Gus, along with his dog. Can you share with us what you learned from Gus?

Dave

Sure, after leaving college and my time with Mel, several years passed after a couple of career changes and a stint as a Triathlete. Horses at that point were in the distant past and rarely crossed my mind. Then from out of nowhere, an opportunity to run a ranch and work with an old Horse whisperer named Gus put me back in the game to work towards what seemed like the elusive goal of changing my story with horses.

Gus was a very giving and compassionate person. He also had a vaquero background, and a special way around horses that was very similar to what I had witnessed watching Ray Hunt. One night he gave me some very valuable wisdom about how he eventually became a trusted leader of horses and humans. Here's what he told me:

"Well, Dave once I figured out how vastly different stories of the horse vs. the human are I began to appreciate how sensitive horses are to their environment because they are prey animals with an unbelievable instinct for their safety. Unlike humans, they have an almost eerie ability to read with exquisite sensitivity, the inner landscape of another living being. They can sense thoughts, emotions, energy, as well as a human's level of consciousness in the moment. The most amazing gift they give to humans is that they reflect for us what they see inside of us. They do this without judgement of any kind. A horse's body language will simply be a mirror of the human's landscape and since there is no arguing with a being that does not lie, or judge, you simply can't argue with a horse".

He continued by saying: "The long and short of this Dave, is that when I abandoned the domination/slave approach of interacting with horses replacing it with awareness, presence, and connection, I started to learn the good and not so good parts of my story. I began to feel the positive energy that came from operating more in the horse's story than mine in real time. The horse showed me how to improve the undesirable parts of my story and eliminate the useless shell layers altogether. That long journey Dave is what changed my life forever and taught me how to become a trusted leader of horses and people. It's not complicated but it's a challenging transformation that isn't easy, but it works. Ask yourself why a horse can be completely comfortable with the presence

of a young kid who has not yet built up much of a story, then becomes completely nervous and anxious when an adult with a long-life story enters the picture”.

I must admit Lainey, I would have never imagined that years after leaving the Ray Hunt clinic and making it my goal to change my story I would meet a guy like Gus, who had very similar talents to those of Ray. Even though he didn't know Ray personally, he virtually laid out the secrets for me on how to learn from the horse which would lead to a change in my story. The question was, how would I move forward with this valuable wisdom.

Lainey

Boy, there's a lot to digest on this one Dave. Let me see if I have this straight. Gus essentially told you that horses are so sensitive to their environment for their safety and survival, that they have the ability to read the inner landscape of another living being. And the most amazing gift they give to humans is that they reflect for us what they see inside of us via their body language. And if you abandon dominating your horse and start listening to the horse by being more present, aware, and connected with the horse, you learn to basically become a better person, by eliminating the flaws in your shell layers. It sounds to me like a lot of the magic used by Ray and Gus revolves around getting the horse to fully trust you and always feeling safe. And to achieve that, you must change your story for the better, or it doesn't work. Are we on the same page Dave?

Dave

You just nailed it Lainey !!!!!!!

Lainey

Dave, I am so enjoying your unique journey. Now we move to the “Horsesensible Horsemanship Reunion”. This scene takes place some 30 years after your time spent with Mel and you're having attended the Ray Hunt clinic. After the clinic you told yourself that your goal was to change your story with horses at some point in the future. Now, in this scene you're standing in front of a crowd of 75 people in your backyard who have just finished dinner as the sun is setting with a horse arena and barn as a

backdrop. Here is what you said Dave. "Thanks everyone for attending our ten-year reunion to celebrate the many successes of Horsesensible, and especially the successes of every one of you with horses. All of you are here tonight because you became part of our horse community through our various programs including horsemanship lessons, horse training lessons, clinics, colt starting services, and Equine guided leadership and self-discovery retreats. Oh, and we can't forget those of you who purchased Haflinger or Just Right Quarter horses from us. Anyway, I just want to thank everyone for being part our community and for having allowed me to make a positive impact on your lives, and your relationship with horses. Or at least I hope I did. Thanks again and enjoy the rest of the evening everyone".

I think every one of our listeners is on the edge of their seat waiting to hear if you had finally changed your story with horses, by becoming a real horse whisperer/communicator. I know the answer since I saw the movie, so have at it Dave.

Dave

As you know Lainey, the short answer is unfortunately no. However, the long answer is fortunately a no with a caveat that I had now progressed from being a real cowboy/hand to what I considered to be an accomplished horseman. I literally spent years learning training methods from other clinicians through reading, watching videos, and attending their clinics. Most of these clinicians and their programs became popular under the guise of Natural Horsemanship, which basically was and still is a hybrid between coercion, force, and intimidation methods and the concepts originally taught by Ray and Tom Dorrance. I, like many others, fell into this category having developed and implemented my own signature Natural Horsemanship program that had more horse-friendly step-by-step training methods compared to my old cowboy/hand methods.

Lainey

Well Dave, if my math is right, it had been over 20 years since Gus pretty much explained to you the path you would need to take to fully change your story. These were his exact words: "The horse showed me how to improve the undesirable parts of my story and eliminate the useless shell layers altogether. That long journey Dave is what changed my life forever and taught me how to become a trusted leader to horses

and people. It's not complicated but it's a challenging transformation that isn't easy, but it works". I guess he did say that it's a long journey, a challenging transformation, and isn't easy. So do you think having reached the status of an accomplished horseman was a benchmark in that long journey.

Dave

Most definitely Lainey. I had improved my relationship with horses, using much less force and intimidation. I had begun to realize that it's a long road and a real process whereby experience doing the correct thing with many horses, and especially with timelines is a real challenge. I knew listening to the horse and letting it train me, instead of me training the horse was a concept I should be following, but since people were paying me for results, I would consistently abandon this concept because of time constraints. I will say, however, that I was starting to understand with more clarity the concepts that Ray and Tom kept talking about. Anyway, at that point I was feeling good about myself. My business was thriving, and I felt that my services were really helping both humans and horses.

Lainey

It sounds to me Dave, like you were at a point in your life where you were perfectly content with being more of an accomplished horseman, helping both humans and horses in your Horsesensible Community. It also sounds like your situation with horses as far as timelines would have to drastically change, to get you back on track, however even if that happened you would still find it challenging as far as how exactly to move forward by listening to the horse. Is that safe to say Dave?

Dave

Very safe and very perceptive Lainey!

Lainey-A Navy Seal and Stoicism Revisited-The Birth of a New Culture

Well Dave, every time I think the possibility of your ever becoming a horse whisperer is never going to materialize you seem to surprise us with developments that keep bringing you closer to what has been an elusive goal, for what seems like forever. Anyway, let me describe this scene for everybody so you can describe its significance.

The scene is called: "A Navy Seal and Stoicism Revisited-The Birth of a New Culture". Dave, you are seated at a table in a restaurant with Jack and his wife Julie. They are from out of town and have come to Phoenix to pick up a new horse for Julie in hopes that it will help with patching up their marriage which has struggled for the past ten years because of Jack's absence as a Navy Seal. Jack had recently retired and they were looking to get a fresh new start with their marriage. Ok, let's listen in everybody.

"Well Jack, that was powerful stuff yesterday. It's crazy that you have a buddy with a dad that went on a journey that ended up where I have been trying to get to for a long time. It is so awesome how he was able to become a trusted leader of horses by listening to horses and becoming a good person and self-leader. Things happen in strange ways sometimes, but I am truly grateful for meeting you guys and getting so much sage advice on leadership", I said.

Well, it's been a fun week for both of us Dave. I hope I have helped you because you have certainly helped Julie. Just a couple thoughts to leave you with Dave. Keep it simple. Pauly's dad laid out the journey you need to take to become a trusted and effective leader of horses, aka, a horse whisperer. I would start by building your own elite culture for self-leadership, as taught to you by your new approach to interacting with horses, along with the influence of Stoic, and Seal cultures. It has been elusive to you because it is not easy, which is why we call it an Elite Culture.

Best of Luck to you Dave, we will pick Sally up sometime in the morning, kind of depends on when we feel like getting up", said Jack laughing, as he leaned over to give an astonished looking Julie a kiss. "We will pick her up at 6:00 am sharp," said Julie.

Ok Dave, take us through this one!

Dave

First off Lainey, I spent a week working every morning with Julie and her new horse named Sally. We would then meet for lunch afterwards, which turned out to be very timely and pivotal in reigniting my quest to become a true horse whisperer /communicator. Jack the Navy Seal spent a week mentoring me on how to develop an ultimate elite culture for self-leadership, equine leadership, and interpersonal

leadership. The guiding principles for his elite culture were influenced by the wisdom he gained from ancient stoic philosophers, Navy Seals, and the father of his best friend and fellow Seal named Pauly. The chances of learning this from a Navy Seal of all people still baffles me to this day. Let me read you an email Jack shared with me that was written to Jack by Pauly about his cowboy father. It was quite a letter to say the least.

This is what Jack said to me before he read the email. “Dave, I mentioned to you yesterday that today I would be telling you about what Pauly learned from his father who was an Equine Leader. I think you’re really going to like what I tell you today because it homes in on that which has thus far eluded you, albeit, becoming a trusted leader with horses. Last night I was able to find an old email on my laptop that he wrote to me while we were both on leave just after we had graduated from the Seal Qualification program early in our Seal career. “Let me read you the email”, said Jack.

Greetings Jack,

It’s 3:00 am and I am wide awake sitting here in our Nebraska farmhouse which is a far cry from the sound of breaking waves in Coronado. I had a long conversation about leadership with Dad during dinner tonight and I just couldn’t wait to share it with you. I told him that you and I had been talking about everything that goes into becoming an effective leader, via building an elite culture and the framework of our so-called situational leadership concept. I told him how it was based on following guiding principles, and so on.

Anyway, he reminded me that growing up he had instilled upon me the importance of living a culture that prioritizes good character, strong values, and practices, and very simply just being a good person, and always doing the right thing in life. He reminded me that the primary guiding principles he taught me focused mainly on the components of a Reality Mindset, which I have talked to you about Jack. Then just out of nowhere Jack, Dad went off on a tangent on life leadership that I had never heard before. It took me by surprise, and it was really an eye opener.

This is what the old cowboy told me about leadership. Son, I am 67 years old, and it’s taken the better part of my life to become a trusted leader with horses. It’s also taken

that same amount of time to realize that the term leadership is very broad, and many times measured by very different criteria. As an example, a leader of people can get results by force, intimidation, and coercion, and be considered an effective leader. And likewise, a horseman can also use these same methods and get great results with horses and be considered a great trainer and effective leader of horses. I'm no leader of people but I think a lot of people leaders in life are considered effective, but more times than not, they are not trustworthy. If you have an untrustworthy leader, they can lead by force, deception, and dishonesty, and be successful, simply because the people they lead believe them, or maybe they are in circumstances whereby they can't change anything, they simply don't care, or in many cases, they share similar interworking flaws as those of the leader.

Horse leaders who are trustworthy and able to get full trust of the horse are in my mind the true horse whisperers. Unlike people, horses are so sensitive, they can't be fooled, and unlike humans, they have no interworking flaws. Within seconds of being around a human, a horse can determine the interworking flaws of a person that include poor character, fears, emotions, poor intentions, ego, and a whole long list of other flaws that are unfortunately characteristic of many people on this planet. Since safety and survival is the number one instinctual priority of horses, they will never fully trust a human until those flaws are corrected.

With that said, my life journey to become a trusted leader with horses allowed me to live the best lifetime I could have ever dreamed possible. I can confidently say that I am an effective leader with horses because I am a trusted leader with horses. That status is very special to me, and I hope it equates to being considered a true horse whisperer. However, when we use the concept of trusted leadership with humans, that's where things get complicated, and quite honestly way above my pay grade. My sense is that in most human leadership situations, being a trusted leader would be very beneficial, but that's for you and Jack to figure out.

Anyway, let me just tell you why learning how to become a trusted leader with horses resulted in me becoming the best version of myself, as well as my best life leader. Maybe you and Jack can apply it to your quest for exceptional leadership. This is where

it gets interesting Jack. He then went on to say: Years ago, I stumbled upon the following quote, "Horses can offer you a window to your soul if you are willing to listen to them". I then walked out of the house, opened the corral gate, and the horse in the corral, that I had been training, made eye contact with me and walked to the other end of the corral, wanting nothing to do with me. It was at that moment that I came to the realization that I was really going to have to change my ways if I ever wanted to have a horse tell me about my soul. For that to happen, he would first have to fix all my many flaws to clear a path to my soul. I surmised that if I just started listening to the horse, he would teach me how to do that.

I knew this transformation would only work if I quit training the horse and started letting the horse train me. I had to take ownership and listen to the horse tell me how to make him feel safe without compromising boundaries. The better I could get at the horse feeling safe around me, the more he would trust me, and become a willing partner.

Over time, horses taught me self-leadership, by improving my character, integrity, values, awareness, and communication. I came to realize that I was becoming a better person and horseman as time went on. I focused every day on always doing the right thing, be it with myself, horses, or other people. I became a better version of myself, which made me, my horses, and people around me happier. My mantra with horses soon became feeling for the horse, and feeling of the horse, rather than dominating, and forcing the horse to do what I wanted.

Now at 67 years old, my relationship with horses is almost magical, because there is now a clear path to my soul. Our relationships are now one of a trusting partner as the horse sees my soul clearly as I interact with him in a state of ultra-awareness and operating in the present moment. Horses are always operating in this state, so once I found it, and entered it, the magical connection came naturally, since we were both in the same state of existence. It is this connection with horses that continues to show me and remind me of the true essence of my soul. So, that's my leadership story son, hope it helps you and Jack.

Then he said goodnight and was off to bed. So, Jack, I just wanted to share this with you, because I never imagined this coming from my tough cowboy father. Before I

close for the night, I had to look up what essence of your soul means because I wasn't sure what he was talking about. The essence of your soul is your core being, or your most unique, complex, and vulnerable form. It's made up of your unique talents, gifts, personality, and interests. In philosophy, your essence is the set of attributes that make you who you are, and is built on your values, belief system, and higher calling. In Latin, "essence" roughly translates to what it is.

Is the essence of your soul, your true light? Talk soon Jack!

Pauly

Lainey

Dave, what an awesome letter from a Navy Seal about his cowboy father. I'm sure everyone out there will agree with me when I say it was very moving and heartwarming. I am also completely dumbfounded that he laid out a plan for you to follow. The million-dollar question is, what did you do next, because now that you had a clear-cut path, it seems to me that timelines with Horsesensible were still a major obstacle preventing you from moving forward. Please tell us, however, that you at least went right home and started penciling out guiding principles for self-leadership.

Dave

No, I didn't Mel, but fortunately or maybe not so fortunately a Black Swan event that started several months after my time with Jack eliminated timelines with horses and sent me on my new journey with horses. So, let's jump to the next scene if that's good with you.

Lainey

Ok Dave, we are jumping to the next scene called :“Wiping Off the Fog From an Anti-Fog Mirror”. This scene begins by showing you walking into your house from an early run on a cold morning in February 2020, which was several months after meeting with Jack and Julie. You turn on the shower, and while the water is warming up you look into the bathroom mirror and start talking to yourself. “Experts claim that a person’s greatest thinking is done in the shower. I don’t know if science supports that theory, but all I know is that it sure works for me. Anyway, here I am waiting for the hot water to take

over so I can step into the shower to not only warm up, but to also scrub every inch of my body to avoid being infected by the Covid virus. Can you believe it Dave, it's early February 2020, it's cold outside, and the Covid Black Swan has just begun. Yesterday I googled Black Swan. It's an unpredictable event that is beyond what is normally expected of a situation and has potentially severe consequences. Well, it's kind of looking like Covid might just fit that description."

Then you stepped into the shower, wiped off the fog on your anti-fog-shaving mirror and started talking again while looking in the mirror, and continuing to wipe off the fog. "Ok Dave, you have been kicking the can down the road for years. You have finally run out of cans, so it's time to start your journey. No more excuses. No more timelines with horses because Horsesensible is shut down. You have eight horses standing in your stalls with absolutely nothing to do but teach you principles of self-leadership, equine leadership, and interpersonal leadership. Just like Jack told you, start out by figuring out the principles for self-leadership first, then let your horses teach them to you, and then you will also learn principles of equine and interpersonal leadership along the way. Ok, starting tomorrow I will begin the process of identifying guiding principles of the self-leadership portion of my new Ultra Elite Culture.

Oh my god Dave, it's finally going to happen. Can you believe it everybody. It's too bad that it took Covid to set this in motion by eliminating your timelines with horses and forcing you to shut your business down. However, as it turned out, it fortunately gave you a lot of free time with your horses to become their star pupil.

Dave

That's an understatement Lainey. Deep down though, I was so fortunate that circumstances changed, allowing me to pursue what I had learned from Ray, Tom, Mel, Gus, and Jack. It also gave me an opportunity to reengage with the Stoic philosophers, whom I had studied many years prior with my mentor and teacher named Sammy before entering college. I was honestly very excited to begin this new journey to hopefully change my life story.

Lainey

These next series of scenes called: “Allowing Horses to Teach Me the UEC” were very interesting to me because I got to see you actually working with horses. The first one shows you sitting on your arena fence watching a big buckskin horse run around, and finally out of curiosity walk up to you and sniff your hand. You then get off the fence and he follows you as you walk around the arena. The next scene shows you with a fancy black and white horse. He won’t let you near his back feet, so you begin to gently rub him all over his body without going near his back feet. Then the next scene shows you leading a sorrel horse around the arena and getting him to follow you over several logs. By the end of each of these scenes, all of the horses look pretty relaxed to me, but again, I don’t know much about horses. So have at it Dave, we are all ears.

Dave

Those scenes took place about sixty days after I told myself in the shower that starting tomorrow, I would begin the process of identifying guiding principles of the self-leadership portion of my new Ultra Elite Culture. Just as Jack had instructed me to do, I had spent almost two months identifying the guiding principles for self-leadership for my new and unique UEC. They consist of 60 principles and sub principles centered in a “Reality Mindset, Superior Practices, and Harmonious Values and Virtues”. And each of the principles carries its own quote from mainly Stoic philosophers, emphasizing their importance in life, and a way for me to remember them.

So Lainey, what I am doing in those scenes isn’t that important. It’s the fact that I had my self-leadership principles identified, and I was now interacting with horses hoping they could teach them to me with no goals or timelines to get in the way. After about a week, it became very apparent to me that this new way of communication was a two-way street. Since the horse’s body language was their way of communicating to me, I realized I had to be more present and, in the moment, just like the horse. Also, I must practice ultra-awareness, to learn and understand what and how the horse is communicating back to me. And likewise, how I communicated back to the horse also required extreme self-awareness and communicating with more of a feel, than mechanical communication. I have to tell you Mel, this was a challenge because I was

basically relearning a whole new way of interacting with horses. After about a month or so, I was making progress as far as the horses beginning to trust me more, but I was beginning to think that I was missing something. Honestly, I was feeling a little stuck not seeing the forest for the trees. Then, out of the blue, during my morning workout I listened to an audio tape that proved to be life changing, giving me a whole new perspective and putting me back on track.

Lainey

Shall we go to the next scene titled “A Game Changing Audio Tape and Book” where you discuss the audio tape? The first part of this scene begins with you in your garage/makeshift gym working out. Instead of playing high powered, motivating music on your DVD player there is a voice telling a story in the background. The cover of the audio tape sitting next to the player said: “Lessons from the Magic Shop-A Heart Centered Program to Manifest a Life of Compassion, Purpose and Transformation, By: James R. Doty M.D. This is sure a twist in your journey with horses. Just how did it change your perspective and get you back on track Dave?

Dave

Sure, thing Lainey, but first let me tell you and your listeners that this audio tape is a must listen to, for everyone, and it gives valuable insight on how to live a happier life. It helped me immensely with my life journey with horses. The three things Doty talked about that struck a chord with me was one: the concept of fear mode vs. heart mode, second was our true-life purpose, and third was the practice of manifestation. I am really summarizing here, so I encourage everyone to listen to the audio book to get the full impact of everything he talks about. Anyway, here goes.

Fear Mode vs. Heart Mode. Doty said there are two modes to our nervous system. Parasympathetic, which is rest calm and love, and Sympathetic, which is fight or flight. Most of us live in the sympathetic fight or flight nervous system where we are shut off to possibility, connection, potential, and love. The heart mode, on the other hand, is the parasympathetic nervous system which is where the connection and manifestation and fulfillment and potential of your life purpose exists.

Doty also said we are not meant to live chronically in our sympathetic nervous system. We are meant as species to live in our parasympathetic nervous system where we have openness, generosity, caring, and love. The problem is the nature of how capitalistic society has been developed for many people activates their sympathetic nervous system chronically and they get distracted from their purpose. Our purpose is to love and be of service to one another. Living that purpose creates true happiness.

Manifesting and Visualizing. Doty then said, the starting line is acceptance of self, compassion and gratitude and love towards self and getting yourself at this almost like daily reset present moment. And from there, I can decide what I want to believe. I can decide when I will align with the wiring of my body and my soul. I can decide what's important to me and practice these tools, both of dropping into heart mode, of being present with self, of tapping into this wiring for service and compassion and love. When you start there, and now you are repeating the things that you want, and why you want these things from your heart, anything is possible.

Now, let me shift gears on you for a minute. After digesting some of Doty's concepts I came across a book titled Evidence Based Horsemanship written by Dr. Stephen Peters, and Martin Black. As with Doty's work, I picked up some very valuable information from Peters and Black. The one concept that really hit home was their discussion focusing on the parasympathetic vs. sympathetic nervous system of the horse. After wading through the technical jargon, it basically comes down to this one statement: "Much like humans, when horses are in the parasympathetic state they learn and abandon instinctual behaviors (sympathetic state) and they are not under chronic stress". The fog had lifted, and I can see clearly now!!!! First, I was now realizing that a better word for Horse Whisperer is Horse Communicator. Secondly the path to becoming an effective Horse Communicator should also incorporate the advice of Doty and Peters by focusing on my mindset, and the mindset of the horse. Then it hit me that this transformation/journey would have no end, would be life changing, and had the potential to positively impact both horses and humans. That will for sure check the purpose box for Doty.

Ok Lainey, now armed with this new knowledge from Doty and Peters, I then spent the next two years working with four of my horses, incorporating what I had learned previously from Ray, Tom, Mel, Gus, Jack the Seal and Pauly's dad. To keep it as simple as possible for our listeners, let me summarize a typical day during my two-year journey.

My goal .

-To become a trusted Self, Equine, and Interpersonal communicator/leader

A typical day during covid:

-On My Run

-A daily reset of getting in the present moment by thinking of self-acceptance, compassion, gratitude and love towards myself, horses, and other people.

-Then I would manifest and visualize: one of the 60 UEC principles, my desire to become a trusted leader of horses and others, and my desire to be of service to horses and others to make a positive impact in their lives and enhance my happiness.

-On my run cool down I would read "The Daily Stoic" email on my phone

My Time Working and Learning from the Horses

-Working on being in the present moment, along with the horse who is already in that state of mind,

-Working on being fully aware of myself as well as the horse.

-Working on myself to stay in the heart mode with controlled breathing and treating the horse as a friend and partner with clear boundaries.

-Watching the feedback of the horse to identify and correct my character flaws and validate the success of practicing my UEC principles.

-Working on keeping the horse in the parasympathetic mode vs. fear mode by controlled breathing and practicing ultra-awareness to avoid pushing the horse to cross into the sympathetic mode.

-By practicing awareness and gaining a better understanding of the horse's feedback, the horse is gradually teaching me the methods/principles to successfully interact with them as a willing and trusting partner. I am discovering that my ideas are becoming the horse's ideas. It really is incredible.

-Coincidentally, the methods and principles that I am learning from the horse, are also leading to more successful interactions with other humans as well. I think a lot of it is because I am becoming a better person, and many of my character flaws are gradually being eliminated.

-Before leaving the barn, I then journal what I learned from horses that day, and what I am grateful for. That usually includes gratitude for learning from horses and knowing that I am being of service to make their lives better, and eventually the lives of other human beings at some point in the future when I can share with them what I am learning from the horse. I am also grateful that my true purpose really is being of service, and in turn, does in fact create true happiness.

All I can say to you and your audience Lainey, is that by the end of those two years of not working on training my horses but rather listening and allowing my horses to train me, the results were astounding. I saw drastic changes in my horses, because I had become a better person, prioritizing doing the right thing. I felt that I was well on the road to becoming more of a trusted communicator with myself, horses, and other people. My success in beginning my lifelong journey of changing my story was off to a terrific start primarily because I was now listening and learning from the horse.

Lainey

Dave, those last few scenes were really powerful in getting your transformation launched, and off on what looked to be a direct trajectory to change your story. During the course of a couple of years, you met Jack the Navy Seal, Covid hit, then out of the blue you gained valuable insight and direction from Doty and Peters. There is a lot of truth to the saying that timing is everything. Let's go to the next scene for a glimpse into what you did next in this new trajectory. But before we do that, I just want to make one comment on something that really struck a cord with me. I find it fascinating that simply working to gain the trust of a horse not only taught you to be a better leader of yourself, but also a trusted leader of other people. Are there any limits to what the horse can teach us humans?

This scene is titled: "Post Covid and Horsesensible Horsemanship" This is about an announcement via a you tube video that you sent out to all of your friends, family, acquaintances, and past Horsesensible customers. When you click on the video you

are seen standing in your arena holding the lead rope of a big, beautiful buckskin horse who is standing right next to you. Your message was short and sweet. You said: "Hello everyone. I hope all of you made it through Covid safe and sound. We are all good here at Horsesensible and want to inform you that we are changing directions here at the ranch and will now be offering books and programs that focus less on horsemanship and more on self, equine, and interpersonal leadership as taught by the horse. This is a major shift in our program offerings that we believe will be very beneficial and life changing to you and potentially all of your friends and family. These new offerings will become available via our new Dunbar Communities. I will provide more details in the upcoming weeks. So, for now, goodbye, God bless, and Happy Trails my friends". Again, I won't spoil it for our listeners as to what you meant by Dunbar Communities. I must say that this was a bold move to basically abandon your horse training programs and replace them with programs that teach your new way of interacting with horses. I guess that this move really puts the stamp on your commitment to teaching and living your new story.

Dave

Your listeners are just about ready to find out just how big that stamp really was Lainey"

Lainey

Ok Dave, we have made it to the final scenes of your movie, "Dreaming of an Oscar and Going Autotelic". I must say that your dreams exhibit quite an imagination and are very entertaining. Please take that as a complement. Anyway, this scene opens up with you unsaddling a horse in your barn, brushing him down, then turning him out to roll in the soft sand of your arena. You notice the beginnings of another beautiful Arizona sunset as you sit down to relax and take it all in. Finally, getting a little too relaxed, you pull your hat down over your eyes, and doze off to dream land. Let me describe your incredible dream for everyone.

The scene begins with a woman named Ethyl Hansen at the podium of the "Academy of Motion Picture Arts and Sciences Governors Awards". She begins by saying "Our next award is the Jean Hersholdt Humanitarian Award. This award recognizes individuals

whose humanitarian efforts have brought credit to the film industry by promoting human welfare and addressing social inequities. Dave Rossiter is this year's winner, but before I bring him up here to award him the coveted Academy Award Oscar Statuette, let me take you through the positive impact Dave has made on literally thousands of people's lives across the country through his ever-popular Dunbar Communities.

First off, Dave has incorporated the Dunbar Number to create communities across the country to learn and live what he calls the Ultimate Elite Culture (UEC). The UEC teaches it's members self, Equine, and Interpersonal leadership by adhering to a culture that follows guiding principles centered in Mindset, Superior Practices, and Harmonizing Values and Virtues. Dave tells us that the UEC is aka Horsesageism. That's because he discovered and learned the UEC from you guessed it, Horses.

Dave credits the success of his program with its two unique features. First one is his teaching format whereby members learn directly from horses via videos, emails, online courses, his books, and community involvement via closed face book pages unique to each Dunbar Community. And second and just as important is the power of a Dunbar Community in building a strong cohesive group of friends and family that thrive on helping each other out. And the power of the Dunbar Number has proven itself since pretty much the beginning of mankind. Let me explain.

In his book titled The Comfort Crisis, Michael Easter points to the average number of people living in various groups over history: 148.4 in hunter-gatherer tribes, 150 in Stone Age groups, 150-200 in villages of ancient Mesopotamia, and 125 in Roman military legions. And even today: 112.8 in Amish parishes in Pennsylvania, 180 in WWII army companies, 153.5 being the personal network of the average American, and 169 being the average number of "real friends" as reported by independent research.

It all revolves around Dunbar's number of 150 that was originally suggested by British anthropologist Robin Dunbar. It means that humans best thrive in groups of around this number because that is the optimum number in which humans thrive best in, since survival depends on caring for each other. The bigger the group gets, the more difficult

it is to know everyone and manage the group's resources and activities. The bigger society, the more structure, processes, rules, and laws need to be introduced. It gets complicated at that point, which is why humans in larger societies have never figured out how to get along since the beginning of the human race. The human brain is simply not set up to deal with groups larger than 150 members according to experts.

There was a reason why our ancestors lived in smaller groups of up to 150 people. And its exactly why Dave's Dunbar Communities are so successful. Each community is limited to 150 members.

So, without further ado, let me introduce Dave Rossiter and Horsesageism.

Just as you got out of your chair to accept your award, the next scene shows you falling out of your chair at the barn and waking up from your dream. You stood up, walked over to the corral gate and looked at your horse and said: "One person, One Dunbar Community at a time. We can do this"

Then the closing and final scene of the movie shows you riding a fancy California Style Bridle Horse in a huge green pasture to the sound of Andrea Bocelli singing in the background. You and the horse really do look like you are enjoying your dance together, moving with harmony and enjoying each other's company. With Andrea singing and you and your horse dancing, you then say the following to end the movie:

It has been a long journey my friend. Thanks for teaching me how to live a lifetime in my lifetime by changing my story. Now it's time to share and teach our knowledge to anyone willing to listen. And in the meantime, our relationship will just continue to flourish as we now enjoy an autotelic friendship.

The End

That was great Dave. The Dunbar concept is awesome, and I hope your dream to help others one person, one community at a time goes even further than your imagination. I know I am ready to learn, and I am sure that many of my listeners share my enthusiasm after we heard your story today. Before we close Dave, what did you mean when you said that you now enjoy an autotelic relationship with horses.

Dave

Years ago, I spent time with a girl named Katie who was raised with horses and taught me a lot about California Style Bridle Horses. One day she explained to me that her dad, who was a big Giants fan, would refer to watching baseball as a true autotelic experience. He would say that it is not so much the outcome of the game, but more so the enjoyment of engaging in, and watching the game. She quoted Alan Wilson Watts, as saying “The autotelic personality is an individual who generally does things for their own sake, in the here and now, rather than for some later goal.” She further explained that her relationship with horses is now an autotelic experience. She no longer trains horses for an end goal but now gets great results by letting things just happen because there is no timeline, and she and her horses just create a flow. She now works with horses to become one, enjoying the experience rather than training towards a certain goal. It is this creative state of interacting with a horse that she said was the most enjoyable for her. She and the horse get unbelievable results. She said that this is the relationship she has finally discovered and achieved with horses. It is so enjoyable for me and my horses, I will never change this way of interacting with horses. Oh, and she said that experiencing the flow with her horses carried over to her personal life by making her a better person, creating more happiness, and helped her get along better with other people. So that is kind of my long-winded explanation of Autotelic Lainey.

Lainey

Well Dave, that certainly is an affirmation that you have abandoned the concept of timelines with horses. Congratulations!

Dave, I think this has been one of the most interesting and potentially life- changing podcasts I have ever made. I feel a special bond with people like yourself who value helping other people, putting a premium on sound character, and especially, always trying to do the right thing in life. It's been my pleasure having you here today, and I wish you and your four-legged friends the best. And before I sign off, please promise me that you will return to our show to discuss your upcoming book when it is released. I understand from my staff who found you, that you are quite the storyteller. Not only

about horses, but also about your diversified career path, your adventures rodeoing, your athletic endeavors, and of course, your wonderful family.

Dave

I promise Lainey, thanks so much for having me!!!! I do however have one important parting message for you and your audience before we sign off. And that is Horse-Sage-ism. It's taken a good portion of my life to figure it out, but it's now available to you via our Equine Life Coaches to also change your life forever. Join us at Horsesensible.com. to become a member of our unique/elite culture and community. Thanks again Lainey

Chapter 3: Sunday #14 Family Story Telling: The Wrap Up

Ok everybody, did the podcast bring you back up to speed on my journey with horses that taught me how to change my story? It was a little bit long, but I think it hit on all the takeaways I have been trying to convey to you guys. "It was just what the doctor ordered for me dad. It's a great story and makes perfect sense to me now", said Kelli. "I agree, and I have to admit that when you summarize the sequence of events it really seems like your journey was well planned out by the powers that be, whomever that power might be", said Max while everybody chuckled. "Any other comments before we wrap things up and call it a night", I said. "I think I can speak for all of us by saying that we will be the first to sign up for your initial Dunbar Community when you launch it. And hopefully it is so successful that it leads to many more Dunbar Communities, as well as the coveted Academy Award Oscar", said Max as he stood up clapping with the rest of the clan joining in. See ya next Sunday guys!

Ahhhhh That's All Folks!!!!!!!