

Eight Sundays
to
Horse-Sage-Ism's "Horse-Sage Communities"
For Happiness
and Other "Empowering" Program Offerings

Horse-Sage-Ism
The Ultimate Elite Culture

By
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Sunday #1 - Father's Day June 21, 2026

Well, here we all are, sitting around the kitchen table after a fun day of celebrating Father's Day with the same cast of characters that were present when we ended Sunday #26 of storytelling way back in April 2023. There's daughter Kelli, (Binks), her husband Mark and their two girls. Tenley is now 11 years old and entering the sixth grade, while Everley, who is 8 years old, will be entering third grade. Then there is our son Max, and his daughter Oaklee who is also eight and entering third grade. And of course, rounding out the audience is Daphne, the infamous Warrior Queen and matriarch of the family.

"Well Dad, Happy Father's Day, and congratulations on finally announcing, the release this fall, of your autobiography called "26 Sundays to Horse-Sage-Ism," said Max. "Hard to believe it's been almost three years since you finished telling "a book that we can all refer to, that will remind us of the wisdom and humor that you shared with us during those sometimes-grueling Sunday night sessions. Just kidding about the grueling comment," said Max chuckling.

"It's kind of ironic that you would bring up Dad's book Max, because I was thinking about something that Dad talked about on Sunday #14, just the other day," said Binks. "Pray tell, how the heck do you remember what he talked about on Sunday #14, which was over three years ago. You can't even remember what we did three weeks ago, let alone three years ago," said Mark. Well, I must admit that I kind of cheated by finally sitting down and reading Dad's most recent book titled, "Horse-Sage-Ism: The Podcast," replied Binks. Dad thought it was such an important Sunday story that he didn't want to wait until his autobiography was finished, so he wrote a separate book just about Sunday #14. I am assuming that nobody else has read it yet, but I am sure that everybody will remember that it was a story of dad's journey from being a City Slicker starting with his first horse at age 13 and eventually ending up as a trusted equine communicator," said Binks.

"I remember now," said Warrior Queen. "It was a very interesting story with an unusual twist whereby Dad pretended he was doing a podcast with a made-up lady named Lainey Barnes. Anyway, it was actually a very creative and typical

Dave- way of telling a story of his life-long journey with horses. And, I must admit, I must have been somewhat entertained since I still remember parts of it from three years ago. I promise I will read your Horse-Sage-Ism book to refresh my memory some night when I need something to help me fall asleep,” continued Warrior Queen, drawing forced laughs from the peanut gallery.

So, Binks, I was just wondering. You’re one of the busiest people I know. You and Mark are raising two young girls, you run a preschool out of your house, and Mark has just started his new job. What prompted you to take the time to read my new book? Your kids are your life. Your great parents and you guys do everything possible to try and raise the girls right. What am I missing here?

“Well, here’s the deal dad. I don’t have time to listen to the news much, or read a whole lot, but just in my orbit of people that I come in contact with, and what I see going on in the girls’ school, I am honestly very scared of where our society is at today, and the direction it seems to be going. In fact, Mark and I made the decision that I am going to home school Tenley this fall because the discipline problems at her school are so troublesome. Underpaid teachers seem to spend most of the day discipling kids, leaving me wondering how much time they really spend doing any meaningful teaching,” said Binks

“And I am not speaking for Mom but look how her job has changed over the last few years as head of the math department at Mesa Community College. All she talks about is how bad it has gotten with kids cheating, parents making excuses for their kids who take no responsibility, and the list goes on and on,” said Binks. “Take a deep breath Kelli. That’s the main reason I am retiring next year after 35 years at Mesa. It is kind of sad,” replied Warrior Queen.

Ok Binks, you started this rant with here’s the deal Dad. So, what’s the rest of the deal? “The rest of the deal is that we want to learn more about your new Equine Guided Leadership programs, and specifically the Horse-Sage Communities that you mention at the end of the Sunday #14 podcast. From what you described in your book, our family and every other family in our society could really benefit from the wisdom you and your horses are offering. With that said, we are all ears,” said Binks.

You got it guys; we will start the process with a new Sunday #2 session next Sunday to get the ball rolling. And just as an FYI Binks, I changed the name of Dunbar Communities to Horse-Sage Communities, which I thought was a better description of our communities which I will discuss later. Now us fathers need to get our beauty rest. Goodnight, all, and thanks again for my snazzy new Kane shoes!!!!!!

Sunday #2 - Revisiting the Stoic Philosophers (6/28)

Welcome to Sunday night #2 everybody. Tonight I am going to start the process of explaining how everyone can change their life story by focusing on living a culture that will lead to a more rewarding, successful, and happier life, no matter how challenging things seem to be in the world we live in. But before I lay out the process for you, I am going to first shift gears and revisit Stoic Philosophy, which as you hopefully remember, I mentioned in several of our prior Sunday night autobiography sessions. So, gather around the transistor everyone because here we go!

At the risk of getting eye rolls from everyone, I am going to talk to you tonight about philosophy. With that said, you're probably thinking that that's the last thing I want to hear about, let alone how on earth it could remotely apply to our current problems. But just hang with me and let me explain.

Before I went off to college, I was introduced to Stoic philosophy by my tutor named Sammy. I was initially skeptical, just like you guys, until I soon learned from Sammy that it is something men and women of action use, and have done so throughout history to solve problems and achieve great success. It was written down and practiced by soldiers, slaves, politicians, emperors, as well as ordinary people to help with their own problems and those of their friends, family, and followers. Their wisdom is timeless and still applies to us today.

When I was working on my autobiography, I came across some notes I had taken when working with Sammy way back in 1971. Before I read them to you, let me refresh your memory. Sammy was paralyzed from the neck down, spending most of his time tutoring kids while lying in his bed. In my case, he tutored me for several months to retake the SAT test as a last-ditch effort to get into college at Colorado State University. (By the way, I nailed the test and got into CSU). In return for his services, I would get books for him at the library, and read passages from Meditations, which was a book written about the journal of Marcus Aurelius, a Stoic Philosopher. Anyway, let me read you my rough notes on Sammy's explanation of Stoic Philosophy (He was a fast talker, and I was a slow writer)

- Stoicism founded in Athens by Zeno of Citium-third century
- Popular Stoics - Epictetus, Cato, Seneca, Marcus Aurelius
- Virtue is happiness
- Don't control, can't rely on external events/only ourselves and our responses
- Epictetus: In our life our first job is this, to divide and distinguish things into two categories: external control, but the choices I make with regards to them, I do control. Where will I find good and bad? In me, in my choices
- It is from the example and actions of the Stoics where we find real philosophy to apply to our everyday life.
- Throughout the centuries Stoicism has been a common thread through some of history's great leaders. Kings, artists, writers, presidents and entrepreneurs.
- Stoicism is a way of life for both historical and modern men

These notes were kind of brief, but I just wanted to use them to emphasize that I was introduced to Stoicism many years ago, but it was only in the last several years that I finally recognized how applicable Stoicism philosophy is to our everyday life, and how well it complements the guiding principles of my Equine Guided Program called Horse-Sage-Ism.

Before we call it a night, let me give you the AI definition of Stoicism so you have a better understanding before next Sunday when I drop some of their major wisdom on you that will really help you with understanding a new and better path with your life that most people never figure out.

(AI Generated)

Stoic philosophy is an ancient Greek and Roman School of thought teaching that we cannot control external events, only our reaction to them. Its primary goal is to achieve emotional resilience, inner peace, and moral excellence by focusing solely on virtue and practicing rational judgment.

Developed in Athens by Zeno of Citium around 300 BCE, the movement gained widespread prominence through later thinkers like the Roman emperor Marcus Aurelius, the former slave Epictetus, and the statesman Seneca.

The Core Principles

Stoicism is built on a few foundational ideas designed to be applied to everyday life.

- **The Dichotomy of Control:** The guiding rule of Stoicism is separating what is within your control (your thoughts, actions, and perceptions) from what is not (weather, traffic, other people's opinions, or unexpected adversity). By directing your energy only toward the former, you eliminate unnecessary suffering.
- **Perception Drives Emotion:** Stoics famously argue that it is not external events that upset us, but rather our own judgements and interpretations of those events.

The Four Cardinal Virtues

Stoicism is an action-oriented philosophy: character is built by actively applying four core virtues in every situation;

- **Wisdom:** The ability to navigate complex situations in a logical, informed, and calm manner.
- **Courage:** Facing daily challenges, fears and adversity with steadfastness.
- **Justice:** Treating others fairly, working for the common good, and acting with honesty.
- **Temperance:** Practicing self-discipline, moderation, and restraint in all areas of life.

Ok guys, that's it for tonight. Your big take away that I want you to bring back with you next Sunday is the emphasis and importance that the Stoics put on Character and Virtue for true happiness. Goodnight and God bless!!!

Sunday #3 - The Root Cause of Human Dysfunction and a Stoic Solution (7/5)

Welcome back everybody to Sunday #3 night of storytelling. Any questions or comments from anybody before I get started? “Well, yesterday was a fun day with fourth of July fireworks, although it’s always a challenge with our neighbors shooting off illegal fireworks and freaking out our horses and dogs. Not to sound like a Debbie Downer, but just another example of people breaking the law without any consequences. Stopping illegal fireworks is akin to speeding. There are so many people doing it, the cops only have the capacity to go after a small fraction of the offenders,” said Warrior Queen.

“Well, on a brighter note, I am very excited for our weeklong, annual family vacation in Oceanside California that starts this Saturday. And this year, I will finally be donning a new wetsuit for body surfing. I have been talking about buying a wetsuit for the last five years, only to show up every year wetsuit less, and freezing my you know what off,” announced Mark.

Ok, with that heartwarming story from Mark, to get us all feeling relaxed, let’s get started. We ended last week with my request that you all bring back the thought that the Stoics emphasized the importance of Character and Virtue for true happiness. Just keep holding on to that thought and I will get to it again.

Let me start tonight by referring to an early chapter in my autobiography where I talked about how throughout history, humans have never figured out how to get along with each other. My strictly layman assessment was that humans have been killing each other off since early man lived in tribes. I can certainly understand why, if it was necessary for basic survival, like food, water etc. But where it gets interesting is when you get past the basic survival stuff, humans then began killing each other for not so logical reasons. Some not so logical reasons that come to mind include control, additional resources, skin color, political beliefs, religious beliefs, and greed. It would seem that humans are the only species on this planet that kill their own for no apparent reason other than character flaws.

I am no historian, but I would imagine if you read all the history books starting with the first recordings by man, wars, and killing each other would dominate the headlines. Just in my lifetime of 73 years and counting it certainly dominated the headlines. I was born shortly after World War 2 while the Korean War was going on. Then, I was almost drafted to go fight in the Vietnam War, prior to going to college. And, after Vietnam, we entered the Iraq and Afghanistan Wars. And as we sit here tonight, Ukraine and Russia are still at war, with our on and off again support of Ukraine. And to top it off, we are supposedly in the midst of ending a war with Iran, that our president has told us is not actually a war, after having blown up the country, and literally killing thousands of Iranians, including innocent women and children since February of this year.

Then when you talk about humans not getting along a little closer to home, things don't look any rosier on the homefront. Here in the U.S., it was just yesterday that we celebrated the 250th anniversary of our independence from the British during the Revolutionary War. Then we hit a rough spot over blacks and slavery in a Civil War that took place from 1861 and ended in 1865 with the Confederate army surrendering to the Union army in the North, essentially abolishing slavery. Wow, that was a close call and near deal breaker for a 250-year run of a successful democracy.

Anyway, I think you guys get the point, so I will end this narrative with one final observation. And that is the fragile state of the U.S. today. We have probably never been so divided as a country since the Civil War. It seems like a perfect storm with our society dealing with a lot of moving parts including AI, income inequality, healthcare, inflation and affordability, social media, and quite frankly, a wholesale deterioration in the moral fabric of our society. Who knows where we are going to end up, but it's time for serious changes, and one place to start is with the wisdom and actions that I am about to share with you.

Over the past couple of years, I have pondered the question as to why humans have such a hard time getting along with each other. I surmised that a lot of it has to do with where you were born, and the cultural influences you

encountered growing up. And there I concluded, lies the problem. Many of these so-called cultural influences are vastly diverse, and morally flawed. So, in my mind I kind of look at it very simply as people are a product of an environment that is consistently flawed in many cases due to a poor moral and character compass. I have been sticking with this non-scientific theory until I recently decided to look up what the Stoics have to say on the matter. As it turns out, I was not completely off base. Let's see what they have to say:

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The Stoics explain human conflict as a byproduct of **ignorance, misplaced attachments, and unchecked emotional passions**. Rather than viewing conflict as an inherent evil in the world, they argue that disputes arise when individuals overemphasize things like wealth, status, or other's opinions for true good.

- **Ignorance of What is “Good”:**

Stoicism teaches that all human beings desire the good, but conflicts happen because people are mistaken about how to achieve it. They act wrongfully out of ignorance, failing to realize that true well-being comes only from within-specifically, from wisdom, justice, and virtue.

- **Attachments to Externals:**

Disagreements and wars are ultimately caused by an excessive attachment to things outside of one's control (wealth, power, territory). When people believe these external possessions are necessary for happiness, they will inevitably clash with others competing for the same resources.

- **The Brief Insanity of Anger:**

Stoic philosopher Seneca famously categorized anger as the most destructive emotion and the root of human conflict. Anger occurs when a person mistakenly judges that they have been deeply harmed by an external event and seeks retaliation. Stoics argue this ruins one's own character and escalates violence.

- **Fragmented Rationality:**

Because Stoics believe in cosmopolitanism (the idea that all humans share a fragment of divine reason and are part of a global community). They argue that acting against one another is unnatural. Conflict arises when people narrow their focus to their own selfish ego, failing to recognize that what harms their neighbor ultimately harms the broader human community.

The Stoic Solution to Human Conflict

Stoics do not suggest surrendering to injustice, but they advocate for resolving conflict rationally rather than reacting emotionally. They recommend:

- **The Dichotomy of Control:**

Focus solely on your own judgements and actions and accept that you cannot control the feelings or actions of your adversary.

- **Empathy:**

As Epictetus noted, treat the wrongdoer with pity rather than rage, understanding that their bad behavior stems from ignorance of the truth.

- **The Four Virtues:**

Approach disagreements grounded in Wisdom (analyzing facts). Temperance (maintaining self-control over your ego). Justice (fair dealing), and Courage (standing up for what is right while seeking resolution).

Ok guys, there is a lot to process here, but what stands out to me is:

- Humans make the big mistake of thinking good is wealth, status, and others' opinions, when in fact true good and well-being comes from virtue, character, wisdom, and justice. (There's the character and wisdom thing again).
- Wealth, power, territory. When we believe these external possessions are necessary for happiness, then we will be disappointed and inevitably clash with others competing for the same resources.

- Cosmopolitanism, the idea that all humans share a fragment of divine reason and are part of a global community. Acting against one another is unnatural. Conflict arises when people narrow their focus to their own selfish ego, failing to recognize that what harms their neighbor ultimately harms the broader human community. This reinforces the benefits of being part of a like-minded community, the members of which support and look out for each other. (more on community later).

So, Binks, I hope you are still all ears after listening to this philosophy stuff over the past couple of Sundays. My intent is to build a case as to why society is so messed up, then present you with what my Equine Guided Leadership program can do to help all of us navigate these challenging times in our current society. Specifically, next Sunday I will revisit Horse-Sage-ism, and how horses are so effective when it comes to teaching humans sound character, virtues and values, which according to the Stoics, is so important for happiness and well-being. After that, we will discuss the underpinnings of true happiness and finally put everything together with a discussion of The Horse-Sage Communities, as well as our other programs. Does that sound good everybody?

Everybody nodded their heads yes, as Binks said, “Yes Dad, I’m still all ears.”

Sunday #4 - Character and Revisiting the Wisdom of Horses (7/12)

Welcome everyone to Sunday night story telling here in beautiful Sunny Beach California. What a great story telling venue as we all sit here looking out the window at waves crashing under the Oceanside Pier while we all enjoy the great ocean breeze as it makes its way through the open windows. I hope everybody has enough energy for story telling since it was a long day at the beach, body surfing, building sandcastles, and doing some good old-fashioned people watching. Oh, and lest we forget the biggest energy drain of a typical beach day, lugging all the beach essentials from the hotel, down to the beach and back. There are coolers, beach umbrellas, chairs, sand toys, boogie boards, towels, endless bags of snacks, clothes, and wetsuits, including Mark's new wetsuit.

The biggest challenge is the return trip with weary legs and having to decide between climbing the long flight of 50 plus stairs or walking the endless incline ramp along the pier to get back to the hotel. The experience really makes you appreciate how underappreciated pack mules in the Grand Canyon must feel.

At least when we all finally reach the street level to start washing the sand off everyone and everything, spirits begin to pick up again in anticipation of eating some mouthwatering take-out, which usually ends up being Mark's favorite - Sancho's Mexican Joint. In fact, Mark is so hooked on this Oceanside mainstay, that he challenges himself every year to see how many days he can do a hat trick of eating Sancho's food. That is scoring all three meals in a day from Sancho's.

Ok, since all of you are about finished with your Sancho's takeout, let's get started. Any questions from last Sunday? "Tenley has a question," said Binks. Ok, Ten, shoot! "Well, Grand Dave, last week you mentioned character, value and virtue, and I think the word principles. I am really confused about the meaning of these terms and how they differ. We haven't really learned about this stuff in school yet. Is it ok if you discuss them before we start on the Horse-Sage-Ism stuff," asked Tenley. Sure, not a problem young lady, that is an excellent question. Hopefully, I can give you an excellent explanation. Here goes!

In general, these four terms or concepts serve as your inner compass so to speak. Values are what you care about, or what you value. Principles are the rules or the guidelines you set for your behavior. Virtues are the habituated actions you take. And Character is the overall person you become by putting all of these together.

That's maybe a little confusing so let me describe each one further and give you some examples:

Values are what you as an individual choose to care about: They are deeply held beliefs or ideals that dictate what you consider important, worthwhile, or desirable. They kind of serve as your personal motivators and can change over time as your life circumstances change. Examples of values include success, family, adventure, wealth, creativity, security. Just ask yourself, the question: "What is important to me?"

Principles are essentially the rules you choose to follow: They are the fundamental rules, standards, or maxims that guide your choices and behavior. Unlike values that are more subjective, principles tend to be consistent and objective. In other words, they define the rules or lines you will not cross. Examples of principles would be "Always tell the truth," "Treat others as you want to be treated," and "Never compromise on quality". Just ask the question: "What are the rules I will live by?"

Virtues are who you are in Practice: They are the positive moral qualities and habituated behaviors that align with ethical standards. While values are what you hold dear, virtues are the character traits you actually embody through consistent practice. Examples of virtues would be, "Honesty, courage, patience, compassion, and resilience". Just ask yourself, "How do I act righteously and develop my potential".

Character is basically the sum of who you are: It is the collection of all your positive and negative traits, shaped by the virtues you practice over time. It is your moral identity and what others rely on you to be when you are tested.

Examples of character include having integrity, being trustworthy, or showing strong moral fiber. Just ask yourself, “Who am I becoming through my actions?”

And here is how they all work together: So, these concepts build on one another to form your ethical foundation. For instance, you may value harmony. You establish a principle that you will not gossip or betray someone’s confidence. And you exercise the virtue of loyalty and discretion. The long-term result is that you develop the character of a dependable and trustworthy friend.

“Wow Grand Dave that was a great explanation, however it still seems kind of confusing since it seems to me that they technically overlap each other a lot. Anyway, you mentioned ethical standards, integrity, and moral identity. I hate to ask, but are those more terms for the same stuff that technically overlaps?”

Since you love the word “technically,” I will respond by answering “technically no,” but “technically kind of”. Here’s the definitions Ten!

Ethical Standards are principles and expectations that guide behavior, ensuring judgements and actions align with moral concepts of right and wrong. They translate broad values such as honesty, fairness, and respect into actionable norms for individuals, professions, and organizations.

Morals are the personal internal principles and values that guide an individual’s judgement of right and wrong. They dictate how a person behaves, treats others, and makes decisions. Unlike laws, which are written and enforced by governments, morals are shaped by an individual’s background, including

Upbringing and Culture: Beliefs instilled by family and community.

Religion and Philosophy: Guiding frameworks that dictate virtues and taboos.

Life Experiences: Lessons learned through personal triumphs and mistakes.

While Morals and Ethics are often used interchangeably in casual conversation, philosophers distinguish between the two as follows:

Morals are your personal and internal beliefs about right and wrong, while Ethics are rules and standards of conduct provided by an external source like medical ethics for example.

And finally, the definition of **Integrity** is the quality of being honest and having strong moral principles. It means “practicing what you preach,” and consistently doing the right thing, even when no one is watching.

I am sure that everyone’s head is spinning by now, after that somewhat confusing explanation of Character, Values, Virtue, Principles, Ethics, Morals, and Integrity. But not to worry, don’t sweat the details because for our purposes, from here on out, we will use the term “**Good character**” as the sum of good virtues, values, principles, ethics, morals, and integrity. Likewise, we will use the term “**Poor Character**” as the sum of poor virtues, values, principles, ethics, morals and integrity.

Is everyone good with that? “If it works for you, then it works for us” was the unanimous reply.

Ok, now that we are all talking the same language, let me begin by referring back to the Stoics, and the importance they put on Character and Virtue that we will now refer to as “Good Character,” from here on out. We also discussed how the Stoics identified “Poor Character” as a hindrance to our well-being, and as one of the several root causes as to why humans struggle to get along with each other.

With that said, I hope we are all in agreement that having “Good Character” is important to so many things in life, including our well-being and happiness. Unfortunately, most humans on the character scale tend to land in the “Poor Character” to “Flawed Character” range, rather than the “Somewhat Flawed Character” to “Good Character” range. Reaching and maintaining the “Good Character” level is elusive to most but simply working at it, as a daily practice, will improve your life immensely.

Ok, moving right along, I am hoping that all of you are asking yourself the same question by now, and that question is: “How do I begin and navigate a journey

towards achieving “Good Character,” which will make me a better and happier person”?

The answer to that question is very simple. It is by learning from the wisdom of the horse through living and practicing Horse-Sage-Ism, aka The Ultimate Elite Culture (UEC). I don’t want to spend a lot of time tonight explaining the UEC, since you can get the full story by reading my book called “Horse-Sage-Ism, The Podcast”.

So, in a nutshell, the foundation of the UEC is a set of Guiding Principles centered in **A Reality Mindset, Superior Practices, and Harmonizing Values and Virtues**. I was taught these guiding principles by horses over a two-year period during COVID, and since then, I have continued living them every day since, with the guidance of horses. The concept and methodology are both simple and quite astounding.

Specifically, the concept is the reality that horses have survived for millions of years by prioritizing their safety, and because of that, in order for a human to gain their full and complete trust, you must be free of character flaws and practice “Good Character,” the definition of which we have already discussed.

And in practice, horses are so sensitive and perceptive they are a mirror to the innerworkings’s of every human they come in contact with, giving you immediate feedback on all aspects of your character. Simply put, they are the best nature has to offer when it comes to teaching you and continuously reminding you of “Good Character”

Ok so, with a foundation of Guiding Principles for building “Good Character” in place, our program then provides additional wisdom via Guiding Principles for Equine Leadership, Interpersonal Leadership, Stoicism, Happiness, and Living in the Parasympathetic. These Guiding Principles along with our unique methodology of teaching them by using horses, and employing a consistent, baby step approach, will ensure your success with our Equine Guided Program. I can attest firsthand that the program is sustainable for anyone, and that it works simply because it worked for me and continues to deliver after almost

four years. The results are life changing, and will improve your happiness and well-being,

Ok everybody, I will just end things there until next week when we will dive into the Underpinnings of True Happiness. Thanks for listening, and the last one down to the pool and hot tub has to bring the towels!!! Oh, I forgot to mention, please read the “Horse-Sage-Ism Podcast” book at your earliest convenience. “Sure Dad, that’s right at the top of our list while we are here on vacation having a great time,” said Max as everyone rushed to change into their swimsuits.

Sunday #5 - The Underpinnings of True Happiness (7/19)

Good evening, everyone and welcome back to reality after our weeklong vacation in Fantasy Land California. It goes without saying that we are very fortunate to have a family that enjoys sharing time and fun memories together like we just did in Oceanside. In fact, I will be talking about that very thing in tonight's discussion on the underpinnings of happiness.

So, Binks, in my quest to demonstrate how my program can potentially help you, your family, and virtually anyone else out there willing to listen, I have thus far built the case for you that building good character is a critical component for happiness and well-being. I then explained to you guys why our equine guided program is so unique when it comes to teaching you "Good Character". More specifically, our program incorporates a methodology of teaching that utilizes horses, who I described as nature's most qualified teachers of "Good Character". I also mentioned to everyone why our program is so successful, primarily because it is taught in sustainable, and consistent, baby steps.

With that said, are we all good so far before we continue with what I call the underpinnings of true happiness, as well as what really matters in life?

Everyone gave a nod yes, as Binks said; "I am really liking where you are going with all this dad. I just can't wait to see how Horse-Sage Communities fit into your program, but I will be patient and wait until you get to that".

I appreciate your patience Binks, just sit tight and the big Horse-Sage reveal will take place over the next couple of Sundays. In the meantime, let's tackle what I term the underpinnings of true happiness.

I have spent quite a bit of time researching what truly makes people happy, and what I am going to lay out for you tonight is my best take on the subject. After wading through the jungle of unlimited research and opinions by many psychologists on happiness, I combined some of their findings with those of the Stoics. My final happiness list is a set of Guiding Principles for Happiness that are an integral part of our Horse-Sage-Ism program. So, sit back and relax while I explain.

According to psychologists, happiness is not a fleeting emotion, but an intentional balance of three key components: enjoyment which is pleasure paired with mindfulness. Satisfaction which is the reward of hard work. And meaning, which is a sense of purpose. They contend that these three components are sustained by four core pillars, which are: faith/philosophy, family, friendship, and work that serves others.

The fundamental underpinnings or foundation of this well-being break down into The Three Macronutrients of Happiness, and The Four Pillars of Daily Well Being.

The Three Macronutrients of Happiness are described as: Enjoyment, which is more than just pleasure. It is about being present in the moment and sharing those elevated experiences with others. Satisfaction, which is the fleeting joy and pride derived from setting a goal, working hard, and achieving it. And meaning, which is the anchor of happiness. It requires understanding your “why,” and is often found by embracing challenges and even experiencing pain in pursuit of something larger than yourself

The Four Pillars of Daily Well-Being are daily investments that cultivate a truly happy life. Faith/Philosophy which is developing a worldview that provides perspective and peace, often through spirituality, meditation, or nature. Family, which is cultivating deep, unbreakable bonds that provide a fundamental sense of belonging. Friendship, which is fostering genuine mutual friendships that bring love and camaraderie into your routine. And work/altruism which is engaging in work or acts of service that add value to the world and make you feel successful.

Much like we discussed with the Stoics, psychologists suggest that true happiness hinges on “becoming rather than accumulating”. People who develop internal qualities like compassion, meaningful relationships, and purpose are universally happier than those who chase extrinsic goals like wealth, job titles, power, status etc.

Ok, guys, there is a lot to unpack here based on what many psychologists have to say about True Happiness. Luckily for you guys I have done all the unpacking necessary and combined it with what I have unpacked from Stoics. The result is a simplified set of Guiding Principles for Happiness that is part of our Horse-Sage-Islm aka UEC, program, as I previously mentioned. Before I go through the principles, I have one more thing I want to run by you guys. It won't take long, and I promise I will have everybody out of here at a reasonable hour.

I just want to touch on the Stoics again regarding their contention that a strong community is essential to human flourishing. As individuals, we are naturally social beings-much like bees in a hive-meaning our individual well-being is entirely intertwined with the common good. We grow stronger, act more virtuously, and find greater purpose by actively supporting each other.

The core benefits of Community include the "Hive Principle," which Marcus Aurelius famously noted, when he said; "What brings no benefit to the hive brings none to the bee". Stoics believe that individual prosperity is impossible without a prosperous society. A healthy community provides the necessary foundation for every member to thrive.

Shared Interconnectedness is also a core benefit. Stoicism emphasizes *symptheia*, (mutual interdependence). We are part of a global community, (cosmopolis), and serving our immediate neighbors directly fulfills our duty to humanity.

A Catalyst for Virtue, which we now term "Good Character" is another core benefit. "Good Character," justice, wisdom, and courage cannot be fully realized in isolation. Strong community bonds provide the daily practice to ground and remain patient, just and helpful.

And the final core benefit they discuss is Collective Resilience. As members of community, we share in each other's burdens. When individuals contribute practically to the well-being of others, they create a safety net of support and foster deep joy.

Stoics recommend engaging by starting to view everyone as an extension of yourself, and that serving the community doesn't require grand gestures. You can strengthen your community through small, daily acts of service, being helpful with practical tasks, and striving for constructive empathetic interactions. More on this to come when we discuss our Daily Horse Sage E-Mail, and Horse-Sage Communities.

Ok, as promised, let me finish by reading you Horse-Sage-Ism's Guiding Principles for True Happiness

Horse-Sage-Ism's Guiding Principles for True Happiness

- 1. Constantly Pursue and Practice "Good Character":** "Good Character" is Happiness.
- 2. Seek Wisdom:** Navigate complex situations in a logical calm manner. Always strive to find the truth, and practice critical thinking.
- 3. Live in the Present:** Learn to savor everyday moments instead of constantly reaching for the next milestone. This helps ground your awareness and reduces the stress of comparing yourself to others.
- 4. Practice Awareness:** The goal is to progress from a state of contracted awareness to expanded awareness, and for those fortunate enough to reach it, a state of pure awareness. As your life unfolds, awareness can expand without limits, to a level where life's challenges become what they are meant to be, a step closer to your true self.
- 5. Self- Discovery:** Internal peace and acceptance. Accepting yourself and feeling a deep sense of contentment with simply just being alive.
- 6. Purpose and Meaning:** Living a meaningful life by contributing to something larger than yourself, such as through family, friends, causes and community.

- 7. Quality Relationships:** Building strong, healthy bonds with friends and loved ones is one of the most consistent predictors of well-being over the long term.
- 8. Seek Meaning over Pleasure:** Lasting activities and fulfillment come from purpose and pursuing activities that align with your core values, rather than temporary bursts of pleasure.
- 9. Practice Gratitude:** Shift your focus from what you lack to what you already have. Regularly acknowledging the good things helps boost emotional well-being and rewires your brain to naturally notice positive experiences.
- 10. Celebrate Your Life:** Regularly celebrate the positive aspects of your life while you are still alive. Don't wait until it's too late when your friends and family do it after you're gone. Live a life you would want to write a book about, because one day you may just write one.
- 11. Give Back:** Altruism and helping others not only provides a deep sense of purpose but also fosters feelings of love, happiness, and connection.
- 12. Work/Altruism:** Engage in work or acts of service and kindness that add value to the world and make you feel more successful.
- 13. Becoming Rather than Accumulating:** People who develop internal qualities like compassion, meaningful relationships and purpose are immensely happier than those that chase extrinsic goals like wealth, job titles, power and status.
- 14. Subjective Well-Being:** The balance of experiencing more positive emotions than negative ones over time. Living in the heart mode.
- 15. Live and Practice the Guiding Principles of Horse-Sage-IsM:** Living and practicing the Ultra-Elite-Culture will enhance your happiness and well-being. The wisdom of this culture is based on a foundational set of guiding principles to build "Good Character," complemented by guiding principles that provide the wisdom on how to lead a happier, healthier, and more rewarding life.

- 16. Community:** We grow stronger and act with better “Good Character” and find greater purpose by supporting each other in a community.
- 17. Community-Hive Principle:** A healthy community provides the necessary foundation for every member to thrive. Just like bees in a hive, human beings flourish best when they contribute positively to the broader community.
- 18. Community-Shared Interconnectedness:** Engaging with a community allows you to practice empathy and act justly towards others.
- 19. Community-A Catalyst for “Good Character”:** “Good Character” cannot be realized in isolation. Strong community ties provide the daily practice to ground and to remain patient, just and helpful.
- 20. Community-Shared Resilience:** Humans are rational beings who grow through each other’s company. In times of hardship, relying on community support, and offering yours in return, is essential for navigating life’s challenges.
- 21. Don’t Take Life Too Seriously:** Finding humor in daily challenges gives you a buffer, helping you reframe stressful situations, so they feel less overwhelming. It is physically impossible to feel anxious or angry when laughing. Shared laughter deepens connections, and is the social glue that binds relationships, signals trust, and boosts empathy, so schedule and share regular laughing sessions with family and friends. And most of all, take time to laugh at yourself by practicing gentle, self-effacing humor which is a great way to remind yourself not to take life too seriously, and it projects trust, modesty and relatability to others.

Ok guys, that should about do it for tonight, since I want to follow through with my promise to get you out of here at a reasonable hour. Let me leave you with one final thought and observation. And that is, did you notice how important community is when it comes to finding true happiness. That’s why next Sunday we are doing the Horse-Sage Reveal, which will be a can’t miss, storytelling

session. So. with that said, see you all next week. And in in the meantime,
“Vaya con Dios” pardners!

Sunday #6 - The Power of Dunbar's Number (8/2)

Good evening, everyone and welcome to another night of storytelling. It feels like forever since our last session because we cancelled last Sunday due to Mom and Max being in Leadville Colorado for his mountain bike race. How was it you guys? "It was awesome. It was the first time I had done the stage race where you do the course over three days. Now we leave on the 12th to head back to Leadville so I can do the 100-mile one-day race, which I have done the last two years. I think doing the three-day race will help me better my one-day race time this year. We will see," said Max

Well, at least Warrior Queen is not leaving until the 12th, and will be here to celebrate our very special day which takes place on the 4th. "Pray tell, what is so special about August 4th," said Mom, pretending to be oblivious to the date of our 42nd wedding anniversary. Well, let me give you a clue. It signifies the starting date for reaching gold in eight years. Pulling from an old western song she replied, "Oh, will that be the day when you divorce me and I get the gold mine and you get the shaft"; she replied laughing. Then she said; "That's the day you give me a new ring with a huge honking diamond to celebrate our golden anniversary". Well, I guess I have eight more years to save for it. In the meantime, let's move on to more pressing issues.

Ok guys, tonight I am going to reveal to you how I came up with the name and concept of Horse-Sage Communities. Binks already knows where it came from, since she read my "Horse-Sage-Ism Podcast" book where I discuss what it is. What she and the rest of you probably are wondering is how Horse-Sage Communities fits into my Horse-Sage-Ism program that I have been hinting at the past few Sundays. Is that a fair statement Binks? "Yes, your right on the money Dad. I would just repeat for all of us what the Dunbar Number is, then fill us in on how it fits into your program. Then, as you promised, tell us how it will specifically benefit all of us. Does that sound good," said Binks. I am on it guys!

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 thrive best in groups around this number, 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 the tribe/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, according to Dunbar. The human brain is simply not set up to deal with groups larger than 150 members according to experts.

But according to Dunbar, number 150 doesn’t tell the whole story. Other numbers are nested within his hypothesis. His theory states that the tightest circle has just five people made up of loved ones. That is followed by successive layers of 15 good friends, 50 friends, 150 meaningful contacts, and then 500 acquaintances. People migrate in and out of these layers, but the idea is that space has to be carved out for any new entrants. Dunbar further explains that what determines these layers in real life, in our face-to-face world, is the frequency at which you see people, and the fact that you have to make a decision every day about how you invest what time you have available for social interaction, and that is very limited for most people.

Many organizations, according to Dunbar, have taken these ideas to heart. As an example, the Swedish Tax Authority has restructured their offices to stay within the 150-person threshold. Another example is Bill Gore of Gore-Tex who also uses Dunbar’s number in business. He builds his factories with no more than 150 employees. If he needs to expand the business, he builds a new factory instead of expanding the already open ones. That way, each factory is

like a tribe where people know each other and can build trust and camaraderie. The bigger the group, the less chance of building strong relationships.

With that said, the evidence seems compelling that Dunbar's number works in face-to-face interactions between humans, but how does it hold up when it is applied to the internet, and social media interactions which are more prevalent in today's society?

Since modern society interacts primarily by internet rather than face to face, Dunbar and his colleagues performed research on Facebook, using factors like the number of groups in common and private messages sent to map the number of ties against the strength of those ties. They found that when people have more than 150 friends on Facebook or 150 followers on Twitter, that those beyond 150 represent the outer layers of contacts, and what he terms the low stake connections. They fall within the 500 acquaintances layer that I mentioned earlier. Therefore, he postulates, it makes sense that there are a finite number of friends most individuals can have online, and in general, that number appears to be around 150.

So that sports fans, is how I came up with the idea of Horse-Sage Communities. But before we end things tonight, I just want to touch on a couple more things for you to ponder. First off, I want to briefly discuss some interesting research that I came across that further validates this concept of a community or tribe not exceeding 150 members.

The title of the article I read was "Scientists Say Modern Life is Pushing the Human Mind Beyond Its Limits". It makes the case that our rapid progress as a species has left our individual bodies and minds unable to keep up, and that humans evolved to fit small groups of familiar people. What we live with now are vast communities, and constant connection via the internet. The result is a multitude of overlapping pressures that create a heightened sense of competition. This evolutionary mismatch has led to significant problems in physical and mental health, including obesity, depression and anxiety. They go on to explain that it was much easier to understand our standing in a group before the age of the internet. Now we are continually comparing ourselves

against long lists of friends, relatives, celebrities and strangers. Competition is not new, but modern life can make it feel constant, and when you combine that with issues like climate change, global pandemics, economic instability, and technological disruptions such as the advance of AI, current society is dealing with what researchers describe as a “polycrises”.

The fact is humans in our current society are dealing with a polycrises that disrupts health, success, and happiness. Our Horse-Sage Communities may not be the “be- all end -all” in dealing with this polycrisis, but it’s certainly a good start. (Just thought I would get a quick plug in for Horse-Sage Communities)!

And before I get off my soapbox, let me go back to the current advances of AI, that I just mentioned. It seems as though our society is up in arms with the advent of new Data Centers popping up, in and around our communities. Even near our neighborhood large swaths of Data Centers have been built or are in different phases of construction. With only enough knowledge to be dangerous, I decided to delve deeper into the whole AI rage, and the demand for all these so-called data centers.

After doing some research, this is what I came up with. Basically, most Americans, myself now included by the way, despise these Data Centers, and so should all of you sitting at this table. And here’s why:

On the surface, a Data Center isn’t much to get worked up about. It’s essentially a warehouse for data storage. They are merely server farms, the same as the ones that have supported our internet for the bulk of this century, like AWS, Cloud fare, and Google Cloud. These companies as well as others, house the vast majority of online data that Americans use as part of their daily lives. It would appear that until a couple of years ago, this country’s server farms were sufficient enough to handle all of that data. So, the question for a novice like me is why, all of a sudden, are tech companies falling all over themselves to build so many more of them, and doing so as quickly as they can? Let me take a crack at answering that trillion-dollar question.

According to the International Business Times: “Major technology firms are increasingly leaning on complex financial engineering to fund their \$3 trillion AI infrastructure build-out”. And later on in the article they go on to say: “Analysts point to similar arrangements involving not only data center construction but chip and energy purchases where combined commitments across tech firms has now eclipsed over \$1.8 trillion”.

Then when I started digging a little deeper, I discovered that all these data centers aren’t being built to connect you and I, the normal person, to what benefits us the most. Nope, that’s not the case at all. They are intended to connect you to big tech’s ecosystem which itself was designed to cut you off from what matters most, namely other people and the collective intellectual, emotional and spiritual value that humans have provided each other throughout humankind’s existence.

The way I see it, AI at its core is an evil product that’s been engineered to wean human beings off needing and thriving with each other. Its implementation is the ultimate consolidation effort by a tech class to hoard everything we have including every dollar we have saved, every minute of our time, and every idea inside our heads for itself. Basically, it goes against everything I have been preaching to you about human happiness and well-being over the past several Sundays. And that my friends should scare you. With that said, my little soapbox rant is a perfect segway to quickly review the key points we have been discussing for human happiness, to finish up the evening.

Ok, the last thing I want to leave you with is a quick summary of the key points that we have discussed over the past six Sunday’s including tonight. That way you will be totally prepared for next week when I unveil our Horse-Sage Communities, as well as our other “Empowering” programs that we will be offering to teach you Horse-Sage-IsM, aka The Ultimate Elite Culture.

Here are the key points you need to bring with you on Sunday.

- People’s ignorance of what is Good. All human beings desire good, but conflicts arise because people are mistaken about how to achieve it.

They act wrongfully out of ignorance, failing to realize that true well-being comes only from within, specifically from wisdom and “Good Character”.

- Humans make the big mistake of thinking good is wealth, status, and other people’s opinions, when in fact, true good and well-being comes from “Good Character,” and wisdom.
- When we believe that the external possessions of wealth, power, and territory are necessary for happiness, we will be disappointed and eventually clash with others competing for the same resources.
- The idea of Cosmopolitanism reinforces the benefits of being part of a like-minded community, the members of which support and look out for each other.
- “Good Character” for our purposes is the sum of good virtues, values, principles, ethics, and integrity.
- “Good Character” and wisdom are critical components for happiness and well-being.
- Nature’s best teacher for learning and living “Good Character” is the horse via Horse-Sage-IsM, aka The Ultimate Elite Culture.
- The Guiding Principles of Horse-Sage-IsM also provide life wisdom, and a roadmap for good behavior and habits.
- Our teaching methodology utilizes horses and a baby step approach whereby you learn the UEC by living it day in and day out with the support of a like-minded community.
- We previously discussed our 21 Guiding Principles for Happiness. I won’t repeat them again, however the two that continue to stand out are “Good Character,” and the importance of community for building and maintaining that “Good Character”.
- Tonight we discussed the power of Dunbar’s 150 community members, and the challenges facing us in today’s modern society, albeit: A “Polycrisis,” and the advent of AI/Data Centers.

So, with that, I wish everyone a wonderful week. Good night and God bless!!!!

Sunday #7 - Horse-Sage-Ism's Horse-Sage Communities and Other Empowering Programs for True Happiness (8/9)

We finished last week's session with a quick review of the takeaways so far including the importance of a supporting community of family and friends not exceeding 150 members, for optimum happiness and success. As you have probably guessed by now, our Horse-Sage Communities are built around Dunbar's number of 150. But before I go into the details of our Horse-Sage Communities and our other program offerings, I want to first give you an overview of how our program works. Basically, as I have mentioned before, the Ultimate Elite Culture is easy to learn because you learn it and live it, in very manageable, baby steps, each and every day.

Ok, with that said, let's look at how this works from a 40,000 foot vantage point. This quote by Urban Meyer pretty much sums it up:

"Leaders Create Culture-Culture Drives Behavior-Behavior Produces Results"

Urban Meyer

Urban's quote sums up our Horse-Sage-Ism program perfectly-Albeit:

You become your own life leader by learning and living the Ultimate Elite Culture.

Your new culture allows you to gradually eliminate your poor behaviors and poor habits and replace them with more optimal behaviors and habits.

Living and practicing more optimal behaviors, and habits produces results. And those results are defined as an improvement in all aspects of your life including true happiness, and success.

Ok, sounds simple enough, now let me explain how we, including my equine partners, pull this off. Let's first revisit what the new culture you are learning consists of. Specifically, the underpinnings of the "Ultimate Elite Culture" are

guiding principles that build “Good Character,” and Wisdom for optimizing behaviors and habits over time. The six categories of the guiding principles are:

1. Self-Leadership (The Foundational Principles)
2. Equine Leadership
3. Interpersonal Leadership
4. Stoic Philosophy
5. Happiness
6. Living in the Parasympathetic and Heart Mode

It may seem kind of complicated, but it’s really not. By spending just a few minutes a day manifesting guiding principles and gradually incorporating them into your daily life, you begin to build “Good Character” and wisdom, which translates into improved behaviors and habits, resulting in a happier and more successful life. It’s not that complicated, and at the end of the day, it just comes down to learning how to always do the right thing in life. Knowing what the right thing is, and being disciplined to do the right thing, just takes time and effort to learn and actually execute. That’s what our program teaches you in a nutshell. Here’s how we do it.

All right Binks, I am finally going to reveal the specifics of our Horse-Sage Communities and our other “Empowering “programs to learn and live the Ultimate Elite Culture.

Our Horsesensible.com website is currently under a major renovation to incorporate the roll out of our new Horse-Sage-lsm programs. Our aim is to provide a premier, go to website that will house our program offerings. Our intent is to also offer a wide array of avenues to learn Horse-Sage-lsm that is affordable to the masses, potentially improving the lives of as many people as possible. And with that said, here they are everybody:

The Daily Horse-Sage Email

Horse-Sage Communities for Happiness

Horse-Sage-Isms Life Coaching, Leadership, and Wellness Academy:

- *Leader in Training Program*
- *Women's Self Discovery Retreats*
- *Corporate Leadership Clinics*
- *Family Leadership Clinics*
- *Equine Leadership Clinics*
- *Private Life Coaching Program*
- *Behaviors and Habits for Happiness Module and Community*
- *Behaviors and Habits for Fitness & Wellness Module and Community*
- *Behaviors and Habits for Parenting Module and Community*
- *Behaviors and Habits for Relationships Module and Community*
- *The Wisdom Community Forum-Seeking the Truth through Critical Thinking and Common Sense*

Now let me go through each one of these with you and explain what they are, and how each one of them contributes to teaching our program. Here goes:

***The Daily Horse-Sage Email:** Sent daily to recipients, this e-mail reviews a new guiding principle each day and encourages a specific actionable behavior to be performed that day. A sample week is as follows:*

***Monday:** Brief discussion of a principle for self-leadership, followed by the behavior of reaching out to a friend or relative.*

***Tuesday:** Brief discussion of a principle for equine leadership, followed by the behavior of an act of kindness and or service.*

Wednesday: Brief discussion of a principle for Interpersonal leadership, followed by a behavior or habit that will improve your health span. (Ex. Nutrition or Exercise).

Thursday: Brief discussion of a principle for Stoic Philosophy, followed by a behavior of spending a few minutes in the present moment contemplating your unique purpose, meaning, passions, and goals in life.

Friday: Brief discussion of a principle for happiness, followed by a behavior/habit of writing in your gratitude journal that includes celebrating things that make your life unique, and worth writing about.

Saturday: Brief discussion of a principle for living in the heart mode (Parasympathetic Mode), followed by a behavior/ habit of journaling the recap of the week, celebrating the wisdom you gained, and specifically identifying the things that contributed to your happiness. (Don't forget to gauge how your quest for "Good Character" through learning and practicing the UEC principles is contributing to your happiness.

Sunday: A behavior/habit of a regularly scheduled meeting such as a family dinner or zoom call with family members, and or friends, to share life stories and have a laugh session telling jokes and funny stories.

Just like I have been talking about, the Daily Horse Sage contributes to teaching the guiding principles of the UEC in baby steps and lays out a roadmap to gradually improve behaviors and habits to enhance happiness and wellbeing. Reading the Daily Sage only takes around five minutes of your

time, so no matter how busy your life is, I would hope that this could easily become a new behavior/habit/ritual for anyone wanting to improve their life. It is basically the best way to get started learning and living the UEC.

Ok guys, the Daily Horse-Sage email is free, and serves to begin teaching you the UEC in baby steps. It's easy to understand, and very manageable from a time standpoint for even the busiest person out there. As people begin to recognize the benefits of the program, they will also be attracted to our other program offerings.

Ok Binks, we have finally reached the finish line where I am going to explain Horse-Sage Communities.

***Horse-Sage Communities:** complement the Daily Horse-Sage by adding the components of shared community support, as well as weekly videos of Dave teaching you the guiding principles using horses, as well as reality videos to teach you the behaviors and habits that work for him. This teaching format is unique because you learn "Good Character" directly from horses, and you gradually improve your behaviors and habits with Dave's input as well as the input and support of your fellow community members.*

Adhering to Dunbar's number, Horse-Sage Communities consist of a community leader and are limited to 150 members. Each community has its own closed Facebook page maintained by Dave, and available only to its respective members. Dave's input includes videos and other content which is posted several times per week. Facebook pages can be accessed via the Horse-Sage Community members portal on our website.

There are two avenues available to become a Horse-Sage Community member. First and foremost is to start your own community as a community leader and grow your community by inviting your family members and friends. As a community leader of a new community, you and any new member must agree to certain restrictions to preserve the integrity of the program.

The second avenue to becoming a member of a community is to be invited by a friend or family member who already has a community. If you don't know anyone, it's simple to just start your own community and invite your own members. In the event that you don't feel comfortable starting your own community, you are welcome to join Dave's special "Get Acquainted Horse-Sage Community" to see how it works, before deciding on starting your own community.

The cost of starting and maintaining your Horse-Sage Community is a minimal annual maintenance fee. The fee covers the cost of horses, video productions, closed Facebook content and maintenance. Since the fee is minimal, we envision that most community leaders will elect to absorb the fee as a gesture to help and improve the lives of their friends and family members. By the way, where have you heard that before? Does Guiding Principles for Happiness number seven and eight ring a bell?

- 7. Give Back;** Altruism and helping others not only provides a deep sense of purpose but also fosters feelings of love, happiness, and connection.
- 8. Work/Altruism;** Engage in work or acts of service and kindness that add value to the world and make you feel more successful

Our bylaws restrict community leaders from charging their members a fee, however asking your members for contributions to help cover the annual fee is allowed as long as contributions don't exceed the annual fee.

Our intention for growing as many Horse-Sage Communities as we possibly can is not to get rich, but to increase our happiness by knowing that we are providing the tools for so many others to potentially enhance their lives as well. There's Guiding Principle seven and eight again!!!!

Ok Binks, that's the Horse-Sage Communities. How does that sound to you? "It sounds awesome Dad. I am jotting down some notes and will wait to run through them after you finish discussing the rest of your programs. I will say however, that so far, I am truly impressed by how unique this program really is, and the potential impact that it could have on improving the lives of so many people. So, carry on Pop's". Alright guys, I will finish up tonight by quickly going through our remaining programs that are offered via our:

Horse-Sage-Isms Life Coaching, Leadership, and Wellness Academy:

Leader in Training Program; This is our premier hands-on program for students to learn the UEC directly from horses. After the successful completion of sixty training modules, graduates are awarded the well-deserved "Horse-Sage-Ism Life Leader" certificate.

Women's Self Discovery Retreats; These women only weekend retreats provide the participants the opportunity to work with horses. Historically these retreats have been popular as a unique forum to work with horses, get introduced to their teaching powers, and experience a fun filled weekend with

friends. We anticipate that these will become even more popular with future Horse-Sage members seeking the opportunity to experience working with horses firsthand.

Corporate Leadership Clinics; These clinics also provide participants with the opportunity to work with horses. Historically they have been popular as a unique opportunity for business owners, management, and key employees to get introduced to the guiding principles taught by the horse, that translate to trusted interpersonal leadership in business. We anticipate that these clinics will become ever more popular as we roll out “Corporate Horse-Sage Communities” that will mirror our previously discussed Horse-Sage Communities, with more emphasis on the interpersonal guiding principles, as well as incorporating guiding principles reflecting the company’s cultural preferences. We anticipate that these clinics will create a strong demand for companies recognizing the value of sending top management through our “Leader in Training” program.

Family Leadership Clinics; These hands-on weekend clinics are tailored for families to get introduced to the UEC by working with horses alongside parents and siblings. These clinics will provide a unique opportunity for family members to bond and hopefully leave on Sunday with everyone buying into the program and agreeing to learn and live the UEC via their Horse-Sage Community.

Equine Leadership Clinics; These clinics are unique in that they transcend traditional horsemanship norms, by incorporating

the guiding principles of the UEC, leading to a more rewarding relationship between you and your horse.

Private Life Coaching Program; This program is tailored to meet the individual needs and goals of the individual. The venue is flexible in that Dave can work with you hands on using his horses, remotely, or a combination of both.

Behaviors and Habits for Happiness Module and Community;

Behaviors and Habits for Fitness & Wellness Module and Community;

Behaviors and Habits for Parenting Module and Community;

Behaviors and Habits for Relationships Module and Community;

These modules address some of the more challenging behaviors and habits to improve. They are set up as 60-day challenges via online classes, to jump start the process of improving these behaviors and habits. They also include a group chat with fellow class members which facilitates community encouragement, support, and feedback.

The Wisdom Community Forum-Seeking the Truth through Critical Thinking and Common Sense; This community forum facilitates seeking the truth through the practice of critical thinking to discover true wisdom. With our current society constantly bombarded with information overload, it is easy to fall victim to something you assume is wisdom, however in reality it's not true. As a community forum we as a community work together to seek the truth in all aspects of our life

including finance, health, fitness, the economy, and anything else that may affect your life. This forum however, does not allow discussion regarding politics, religion, racism, discrimination and anything else that might violate the integrity of the UEC guiding principles.

So, there ya have it guys. That's our Horse-Sage-Ism aka Ultimate Elite Culture program offerings. It's taken seven Sundays to get here, so thanks to everybody for hanging in there with me as we plowed through it together as a family. Now the million-dollar question is what do you think Binks? Is it the answer to all the concerns that you voiced way back on Father's Day?

"Dad, I am not blowing smoke up your posterior apex when I say that this program is exactly what we need as a family to navigate the current challenges we face in raising two fine girls in this tough society. I am totally impressed with what you have put together here. First off, your guiding principles for happiness include things that I never thought made you happy. Current society, including most of our friends, are fixated on accumulating stuff, fancy houses, making a lot of money, and more concerned about what other people think of them, as opposed to what you have shown us here.

I have in my notes that what you are offering is the opportunity to learn and live a culture that makes you happier. And the scary part is that most people learned or are learning the wrong culture which leads to unhappiness, anxiety, depression, and whatever else. As a teacher, I have seen a lot of parents out there raising their kids in a flawed culture, mainly because they don't know anything different since that's the culture they were raised in. I see a huge demand for your program by parents raising kids. And in fact, I bet that there is an even bigger demand for your Horse-Sage Communities by grandparents wanting to help their kids successfully raise their grandchildren.

Anyway, I know it's late and everyone is tired so I will end it by saying that this is just what the doctor ordered for our family and friends. I will discuss it more with Mark, but for starters we will all sign up for the Daily-Horse-Sage email, set

up the Motroni Family Horse-Sage Community, and book a spot this winter to attend one of your Family Leadership Clinics. And my final comment is that this thing is so unique it has the potential to really take off like wildfire because it's simple and it is life changing".

"P.S, sorry dad, I just want to also quickly mention that there is huge potential for your program to be offered by the home-schooling agency that provides outside programs for home schooled kids. They would eat this up because kids could learn your program as part of their curriculum. I guarantee you Dad, I think all schools should be offering this kind of thing". Public schools, however, would never go with it because of all the red tape. On the other hand, home schoolers would have the flexibility to include it as an elective, which would be awesome".

Thanks Binks, and everyone else. I appreciate your continued support. See ya next time, when we will end things with a can't miss, metaphoric country song. Goodnight ya all!!!!

Sunday #8 - If the World Had a Front Porch and Horse-Sage Communities (8/23)

Alright guys, tonight concludes our eight Sundays of Horse-Sage Communities, and an overview of our Equine Guided Leadership program. Tonight, will be short and sweet with a reference to a country western song. Here goes.

Tracy Lawrence's 1995 country hit called "If the World Had a Front Porch" is a 'nostalgic ode to simpler times. The lyrics suggest that if modern society took the time to slow down, talk, and treat people like "next of kin," we could solve our differences and be better friends and neighbors.

The song paints a vivid picture of small town and rural life. Tracy reminisces about his mother crocheting on the porch swing, his grandfather in a rocking chair teaching him life lessons, making homemade ice cream, and catching fireflies in the evening. These memories serve as a symbol of innocence and a slower pace of living that has been lost to modernization.

Connection and Community. The porch is framed as a literal and metaphorical space for gathering. The chorus asserts that if the world sat on a front porch like folks did back then, "We'd still have our problems, but we'd still be friends". It highlights a time when people knew their neighbors, communicated face to face, and resolved conflicts instead of letting them blow away in the wind.

The metaphorical message of the song is that the world needs more open, honest, and personal communication. Sitting on a front porch requires patience, observation, and direct human interaction. The song argues that if people, communities, and even leaders applied this "porch sitting" mindset, society would be far more harmonious and empathetic.

Learning and living our Horse-Sage-Ism culture as a member of a Horse-Sage Community, can serve as your "Front Porch of modern-day society," to improve your life, and overall happiness. With that said, take the first step by stepping up on our porch today and visiting us at Horsesensible.com to get started.

“Ok Dad, we are all on the front porch, so sign us up,” was the collective response. Sounds good guys. I will see everybody next Sunday when we will start a new series of stories, talking about how I learned the Guiding Principles of the UEC from horses over the course of a two-year period during COVID. I think everybody is going to really enjoy them, because it will detail just how amazing horses really are. when it comes to teaching “Good Character”. Any other comments before we call it a night?

“You need to fix your rocking chair on the front porch Grand Dave, because it squeaks,” shouted Oaklee, as everybody laughed in response to the wit of the resident class clown, who is all of eight years old.

“La Fin”

(The End)