

Harmonious Horsemanship

helping horses help humans

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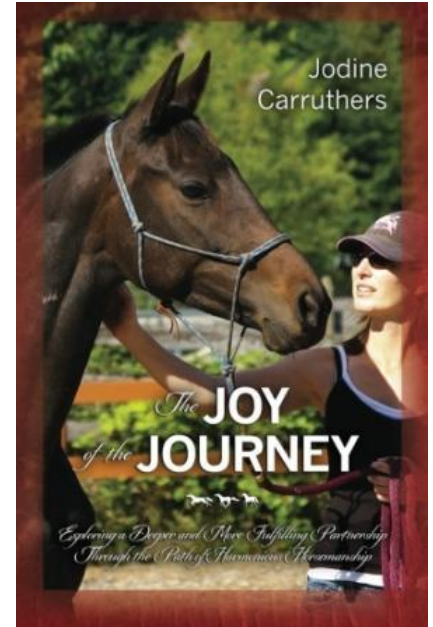
Contact: (250) 618-9322

admin@harmonioushorsemanship.com

The Joy of the Journey

Exploring a Deeper and More Fulfilling
Partnership Through the Path of
Harmonious Horsemanship

By Jodine Carruthers



“Jodine Carruthers has written a truly absorbing and inspirational book about her experiences with horses.” Jane Holderness Roddam, Olympic Gold Medalist (Eventing)

There is a place deep in our souls where horses touch us and awaken our hearts. They accept us for our truest self and love us unconditionally. Yet many of us get distracted by the end result, whether it is a ribbon or the execution of a natural horsemanship game. We forget why the result was so desirable, we forget that what we were striving for was true harmony, true connection with our horses. We forget how amazing just being with our horses is.

The Joy of the Journey immerses the reader into the world of horses and reminds us of the magic that first drew us to horses. This insightful and easy to read book not only encourages a deeper relationship with horses, its simple, straight forward guidance leads us closer to a truly authentic partnership. Whether you are a novice rider or a veteran horse lover, The Joy of the Journey opens the door to a world of horsemanship that will lift your spirit and fill your heart.

About the Author

Jodine Carruthers is an Equine Behaviour Specialist and the founder of Harmonious Horsemanship. A lifelong horsewoman, she has dedicated her career to empowering and improving the lives of horses and humans through education, communication, and the depth of connection found through her teachings.

The Joy of the Journey: Exploring a Deeper and More Fulfilling Partnership Through the Path of Harmonious Horsemanship

By Jodine Carruthers

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(250) 618-9322 jodine@harmonioushorsemanship.com
www.harmonioushorsemanship.com



Book Synopsis:

Jodine Carruthers, Equine Behaviour Specialist and a true lover of horses, delivers an illuminating and important gift to everyone who owns or spends time with horses. In *The Joy of the Journey* Carruthers takes us step by step through the process of knowing our horse...and knowing ourselves through a holistic approach to connecting with horses. Achieving this, we are more likely to connect successfully with our horse, becoming the herd leader while allowing our horse to express who he is. This is not about dominance, but authentic partnership. Every page of this conscientiously created guide leads us closer to that perfect relationship where human and horse are filled with joy. Where do we find such harmony? The answer lies in successful communication, awareness, trusting our intuition, and understanding our bodies and nervous system, as well as the horse's. As we learn all of this, we move that much closer to the joy and unconditional love that horses can bring.

What Jodine has to say about the inspiration behind *The Joy of the Journey*:

Horses have touched my soul in such a profound way and giving back to them is what I am called to do. To me, giving back means educating, inspiring and empowering other horse lovers to create a more harmonious relationship with the horses in their lives.

A common misconception is that I share my work primarily for the horses. Horses are incredibly resilient, forgiving, and loving animals. They possess a wisdom that deserves to be honored and respected. Yet it is the human side of the relationship that drives me to educate.

I know that I am most accepting and at peace with myself when I am around horses. I feel a deep sadness when I see someone struggling, rarely able to find these moments, even with his or her horse. I am saddened when the precious gifts of unconditional love and acceptance that horses offer are overlooked or remain unidentified as we so desperately seek approval, acceptance, recognition, and even status from other horse lovers.

The desire to help people realign with why they were drawn to horses in the first place is my primary reason for sharing my knowledge. I believe if people remember "why horses?" the question will not be if they should learn how to have a deeper, more harmonious relationship with their horse. It will be, "How can I have a deeper, more harmonious relationship with my horse?"

About Harmonious Horsemanship:

Harmonious Horsemanship is a one of a kind company that takes the horse/human relationship to a whole new level. We offer the market place a safe space for horses and humans to explore, experience and master a truly authentic and equal partnership. A partnership based on trust, compassion and the freedom for each party to express the uniqueness of who they truly are.

Jodine Carruthers has a natural talent for seeing both horses and humans for their true selves. With this in mind our Founder, Jodine Carruthers, created the revolutionary programs, products and services offered by Harmonious Horsemanship. By exploring Jodine Carruthers' innovative brand of horsemanship, both horse and human may experience life-changing shifts, share their unique gifts with one another, and explore their untapped potential, leading to limitless expansion, joy, and love in its purest form.



Jodine Carruthers is an Equine Behaviour Specialist and the founder of Harmonious Horsemanship. A lifelong horsewoman, she has dedicated her career to empowering and improving the lives of horses and humans through education, communication, and the depth of connection found through her teachings. Jodine has extensively researched human dynamics and neuroscience, and is an expert in horse psychology, equine body language, inter-species communication, and healing equine trauma. By combining this knowledge with her passion and innate understanding of expansion, personal growth and experiential learning, Jodine has created the one of a kind teachings offered by Harmonious Horsemanship.

As granddaughter of international Course Designer Pamela Carruthers, the bar was set high as to the level of excellence required to continue the Carruthers legacy. Throughout her life Jodine was profoundly influenced by her grandmother's commitment to helping riders attain the highest level of horse mastery, creating a successful experience for horse and rider, challenging the industry to continually better itself all while showing great care and respect for the well being of the horse.

Jodine Carruthers has a diverse background in the equine industry. Her quest to truly understand and honour these majestic animals led her to explore many aspects of horsemanship, with many of the most renowned horse men and women in their field. From grooming for a National Championship producing Arabian horse trainer to teaching private clinics for the staff of an Olympic Gold Medalist, Jodine's devotion to learning is unsurpassed.

Her dedication to discovering, and sharing, a complete and holistic system of horsemanship brought Jodine in connection with traditional, classical and natural horsemanship. She has delved into the use of horses for sport, for pleasure and as teachers. She has seen the best and worst of what humans do to horses. And she has learned from both.

Horses have been Jodine's primary mentors and teachers. Although there have been many wonderful human teachers along the way too. Jodine appreciates that understanding horses is really a process of life long learning. She considers her years in California as her apprenticeship with horses. During this time she was first a student and then an instructor at the Monty Roberts International Learning Center. This was followed by two years as an assistant trainer to Kost, Nick and Jenny Karazissis at "A" circuit hunter/jumper barn Far West Farms.

Throughout the course of her apprenticeship Jodine realized that true horse mastery was just as much about humans as it was about horses. Upon her return to Canada Jodine began to investigate the human component. She immersed herself into an expedition of understanding human dynamics, neuroscience, spirituality, self discovery and present moment focus.

Jodine became a Reiki Master/Teacher. She attended courses with Excellence Seminars International and Peak Potentials as well as numerous equine experiential learning workshops. She completed the course "Reflections of the Horse; Training of Equine Facilitated Wellness". In addition, Jodine spent many hours of tutorial with Advanced Epona Instructor and Clinical Counsellor Deborah Marshall.

These days Jodine can be found sharing her version of horse mastery, Harmonious Horsemanship, with fellow horse lovers.

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Testimonials

"Jodine's practical and common sense teaching makes it easy for her students to understand exactly what it is they are trying to achieve. It is then no big deal to progress rapidly with their new found knowledge and Jodine makes it fun as well as well as informational."

Jane Holderness Roddam, Olympic Gold Medalist, Author of over 20 books, Chairman of Riding for the Disabled Association(UK) and President of British Eventing.

"What is important in Jodine's training methods is her consideration, making the journey safe, reasonable and heart centered, holding the well-being of the horse above the agenda of the human."

Liz Mitten Ryan, Co-Author of One With the Herd, The Truth According to Horses, Life Unbridled and Sabbatical.

"Jodine is deeply connected with horses. She combines this gift with an inquiring mind and the willingness to explore. She has done her research in the horse world, psychology, human dynamics and neuroscience. Horses understand Harmonious Horsemanship and benefit from this approach. Everyone who truly loves horses wants to have a genuine connection with them. It is time for Jodine to share her work and help others reach harmony with their horses."

Deborah Marshall, M.A., R.C.C., Advanced Epona Instructor

"Jodine is a very gifted horse trainer who is able to recognise what each horse requires in order to become a happy and confident equine partner. Her patience, fairness and feel for the horse as well as her ability to set them up for success are unparalleled. In two decades of working with horses myself, I have not come across a trainer who has a more consistant approach to creating trust and respect than Jodine. She has an incredible sense of knowing how far she can push a horse (and handler) so they can make progress while never losing confidence and trust. In my opinion, this is why my horses are so happy in their work."

Jodine has taken my connection and work with horses to a deeper level and I am truly thankful for all she has taught me! One of the greatest gifts in life is the experience to be in harmony with a horse, and Jodine empowers people and horses to achieve this."

Simone Engels, Horse Owner

Sample Show Questions

About the Book

1. What prompted you to choose the title, “The Joy of the Journey”?
2. What makes this book unique from other horsemanship books on the market?
3. What is the difference between Harmonious Horsemanship and natural horsemanship?
4. What is interspecies communication and why is it such an integral part of our relationships?
5. Can you explain the statement, “Until people start to explore the body and the nervous system their relationship with, and understanding of horses will remain limited”.
6. What have horses taught you about fear?
7. What are some of your Essential Lessons for all horses?
8. What is Authentic Leadership and why is it so important, especially now?
9. Your tag line is “helping horses help humans”. What does this mean to you, and why is it so important?
10. If there was one take away you could empower your readers with what would it be?

About Authentic Partnership

1. What is Authentic Partnership?
2. What are the benefits of having a truly authentic partnership?
3. You have stated that “It’s time to take horsemanship to the next level.” What do you mean by this and why do you believe it is so important?
4. Why is understanding the horses perspective such an important part of building an authentic partnership?
5. There is a section in your book called “Mirror, mirror in the stall”. What does this mean and what does it have to do with authentic partnership?
6. What role do the body and the nervous system play in regards to creating a truly authentic partnership?
7. What do authentic partnerships have to do with discovering our true selves?





Other Potential Interview Topics for Jodine Carruthers

Equine Psychological Trauma

1. What is an Equine Psychological Trauma and what is an Equine Trauma Specialist?
2. What made you decide to specialize in Equine Trauma?
3. What is the difference between trauma and behavioural issues?
4. How can someone tell if there horse is suffering from trauma?
5. What is the one secret to what makes your trauma work effective?
6. Do the benefits of your expertise in equine trauma transfer to other areas of your work?
7. Where can people learn more about your Equine Trauma services?

Calm and Confident

1. You say “Don’t just face your fear, embrace your fear”. Why do you encourage others to embrace their fears?
2. Why do you think fear is talked about so little in the equine industry?
3. What types of fear are there and what is the difference?
4. What can horses teach us about fear?
5. Why do our fears often seem to get worse rather than better, even when nothing bad appears to have happened?
6. How does understanding the nervous system help people work through their fears?
7. Do you have any quick tips for people dealing with fear?

Of Women and Horses

1. Why do you think so many women, and girls, are drawn to horses?
2. Why do you feel it is so important to create a sense of community among horse women?
3. How does learning to have a deeper relationship with a horse help women have a deeper relationship with themselves?
4. What do horses have to do with creating a sense of empowerment in women?
5. What is the most important lesson horses have taught you?
6. What inspired the concept of Of Women and Horses?
7. How do horses help us get in touch with our authentic self?

Gal-up

1. What is Gal-up?
2. What role do you play in Gal-up and what prompted you to donate your time to this organization?
3. How can horses help these at risk girls?
4. You have said that horses are the ideal teachers for teenage girls. What do you mean by this?
5. What are some of the life lessons incorporated into the girl’s time with the horses?