



# **Intuitive Horsemanship with Laurent Amann**

**Ignite the spirit in your horses**

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**Holistic horse husbandry and leadership training**

**Laurent AMANN M.Sc., Behavioural Biologist, Horse Whisperer & Energy Healer**

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# Holistic horse husbandry and horsemanship with Laurent Amann

## Ignite the spirit in your horses

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**Let me show you the essence of a horse and what it means to be a horse. I will help you to comprehend how a horse sees the world and deeply understand your horse like never before.**

To the average person, a horse is simply a big and beautiful animal. For animal lovers, it represents freedom and power. An animal behaviourist focuses on the prey animal and how being hunted affects the horse's behaviour. An ecologist is interested in how a horse can adapt to so many different climates. A neurobiologist explains a horse's behaviour based on the structure of its brain.

The goal of a horse trainer is to teach the horse to obey us and work. A therapist uses the horse as a reflection of his client's inner beliefs. A healer goes one step further and helps his client heal deep emotional and spiritual wounds simply by being in the presence of a horse. A religious person, especially a Muslim, will always remember horses as being gifted by God. A spiritual person wants to connect with the soul of the horse and let it take him on a journey into another sphere.

I, as an animal whisperer and healer, combine all of these aspects and would love to take you on a journey into the fascinating and mystical world of horses.

Blessings,

Laurent



## My vision of horses

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### **What we truly seek in horses is to feel aligned with their spirit.**

I have been around horses for as long as I can remember. As a young teenager, I spent countless hours riding, grooming, and simply being in the presence of horses. At age 15, a powerful mare came into my life who had been abused by her owner when she was young. The former horse owner had decided to give this horse to the butcher because it was not tameable. Somehow, I persuaded my parents to save this aggressive horse and hand it into my hands. A life-changing adventure started for me from then on.

### **This is how my journey with horses started. And I got desperate in the beginning...**

All I had learned so far was how to ride a horse, but not how to connect to him. The riding was fine, and the horse was “functioning”, but the heart-to-heart connection was hard to find. My horse didn’t accept me as a leader. I had to work on that, but no traditional training method was giving me the results I hoped for. It simply didn’t work with this particular horse, so I had to find my own intuitive approach to connect to her. Horsemanship was not common at that time. The movie “The Horsewhisperer” came out that very year. I really had no one to look up to but my horse itself. She taught me how to help her heal, and this healed me too.



### **Presence leads to trust.**

One key element that works magic with all the horses I train is being present and mindful. Simply contemplating the horse without expectations, without judgment, without getting lost in his past, without getting lost in my own emotions. Basically, allowing the horse to be as he is right now. Allowing him to express himself, to share his life, worries, and wounds with me, but also his uniqueness, sensitivity, and power. This is how you build trust with a

horse and, at the same time, help him heal wounds from the past. You are in the present moment; you listen, you love, and you allow everything to be. This is where the bonding between horse and human emerges. This is where magic happens!

## The healing spirit of horses

Over the years, I have realized that there is something truly special and spiritual about the bond between humans and horses.

There is something about being with horses that feels deeply meaningful and enriching. There is a reason why, in indigenous cultures and nomadic tribes, horses were seen as sacred animals with special powers. They were believed to be a gift from God, helping us with physical tasks and carrying us through the heavens and other realms. As a result, people used to seek guidance and direction through horses' wisdom, creating a deep bond rooted in mutual appreciation.



Your soul remembers this deep connection with the spirit of horses. It yearns for it. You yearn for it. Your horse yearns for it. It is said that a horse is complete once it has found "his" human. The human who will bring the best out of this horse. And, in return, this very horse will bring the best out of his human. Your horse will help you heal and find your true nature and spirit.

## But all the magic has disappeared...

Unfortunately, all this horse magic has disappeared in our modern culture. I am disheartened by the lack of our understanding of horses. Nowadays, most horses have to function according to some man-made rules that are truly against the essence and nature of a horse. They are kept in small stables, alone. They are given food that slowly kills them. They have to work and perform every day. Or they simply vegetate on a muddy pasture. If the owner comes to visit, and even if he loves his horse very much, the best the horse can expect is a carrot and a little cuddle. What about the horse's spirit? Where did the longing for freedom, nobleness, and power go? How did we lose the spiritual connection to our horse, the very base of our yearning for these majestic animals? Did we forget why they were sent to us?



## What is going wrong? What are the biggest mistakes with horses?

*A horse who is forced to function won't function for long. There are many false assumptions and misconceptions about horses. A horse who stands still or lets his head down after training is NOT a happy horse. He is suffering!*



**Inappropriate husbandry:** Horses could live happily and healthy for over 30 years, but due to improper husbandry, they often die or become sick at a relatively young age. Most horses are kept in stables that are too small, breathe mouldy air, live in herds that lack diversity and only experience boring, flat pastures. Their food doesn't meet their nutritional needs and makes them sick; their locomotor system, digestion, and breathing suffer from poor husbandry.

**Inappropriate communication:** A horse perceives much more than just body language. Especially when trying to understand us humans, horses rely on other cues than what our bodies tell them. A horse feels your emotions, reads your mind, and senses your energy. And that is what he will respond to, not your perfectly trained (but deceiving) body language. If the communication between you and your horse is not clear, problems will quickly arise, simply because your horse doesn't understand you and you don't understand your horse. You will only be able to solve those problems once you have learned to use your energy, mental images, and feelings consciously.



**Inappropriate leadership:** A herd of horses is naturally led by a mare and a stallion. The lead mare shows the way, and the lead stallion defends the herd. Most horse owners are neither in the role of the lead mare nor in the role of the lead stallion. They control their horse with tools such as sharp bits and whips, but they don't lead the horse. They don't respect the social structure of a horse. This brings a lot of stress and despair to the horse. For some time, you will be able to force your horse to obey, but sooner or later, no kick will be strong enough to hold him in place anymore. This will be fatal for you and your horse.

**Inappropriate education:** Fear of punishment should not be the motive for horses to learn and adapt to our "human" world. Fear only weakens their body and minds and breaks their spirit. You will never have a horse that trusts you if you put him under pressure. You will never have a horse that feels safe in our world if you don't base your education on mutual respect and appreciation. If you use common training methods, you will never have an exceptional horse.





**Inappropriate handling:** Most horses today suffer from permanent stress caused by time constraints as well as physical and psychological violence. We demand more and more of our horses, and the results must come faster and faster. This way of handling a horse, using all kinds of constraints, goes against the horse's nature and therefore leads to all sorts of illnesses and behavioural problems. In the wild, horses live in harmony and serenity. Stress only occurs when a predator hunts them. As soon as the hunt is over, calmness is back. Horses cannot handle stress for a longer period of time. It kills them.

**Inappropriate training methods:** Using forceful pressure to train a horse or putting him under physical constraints is outdated. Many horse owners looking for alternatives were fascinated by so-called natural horsemanship. But a horse who stands totally still, with his head hanging down, not reacting to his surroundings at all (the aim of modern horsemanship), is not a happy and fulfilled horse. It is a broken horse. If you look deep into his eyes, you see the sadness of a horse that has given up his power, his pride, his spirit. In neurobiology, we call this state "learned helplessness", which is one of the saddest and most depressive states you can be in. Is that what you want for your horse?



**Inappropriate requirements:** Always higher, further, faster, ... The horse must perform, perform, perform. Even on a simple walk in the forest, the requirements are high. At least he is obliged to remain calm so we can chat and enjoy the view. Due to this pressure to perform, a lot of the horse's magic is lost, namely love, intimacy, and trust between the horse and the rider. This, in the long term, will decrease the horse's performance! What if you changed your vision of what is required by your horse?

**Inappropriate bonding:** Isn't it sad that horses trust their groomers more than their rider or owner? I don't know about you, but I want my horse to love me as much as I love him. And of course, I would be jealous if I saw that my horse prefers the groomer over me. But that shouldn't be a surprise to you: Who is there every day to feed your horse, to take him out to pasture with his friends, and to bring him back inside if the weather gets really bad? Who cleans the stable and takes care of every little wound on your horse? Bonding takes time. Bonding needs care. Bonding needs understanding and trust. Riding your horse for an hour a day will not make your horse love or trust you.



## My Vision of Holistic Horsemanship

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I trust that one day we will run with horses as if we were one again. We will communicate our feelings with each other, and dialogue will be our relationship default. Spending time together and travelling the spiritual dimensions will be enough. Yet we will take great joy in the miracle of physical accomplishments as one, too. Horses will invite us to sit upon them, and we will experience a unified movement that can only happen within the medium of utter willingness. This isn't an illusion. It isn't anything new. It is simply remembering the past when the Creator sent us the horse.

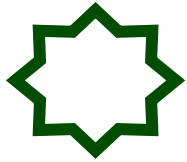
Horse training can be deeply spiritual, requiring a strong connection and understanding of the horse's energy and soul. Horses are highly intuitive; they can sense the emotions and energy of those around them. When we approach horses with an open heart and mind, they can sense our intentions and become the best version of themselves, physically and spiritually. The results will be noticeable not only in competitions and in the success of your breeding but also in your everyday encounters with your horse.

**My holistic approach to horses is different from the modern so-called "natural" horsemanship, which still breaks the spirit of a horse. What I will teach you is to connect to your horse's nature and spirit and empower it! Through training. Through mindfulness. Through healing. It makes the impossible possible; it ignites the power of a horse's soul. Healing will be experienced by both the horse and the human.**



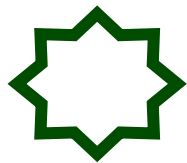
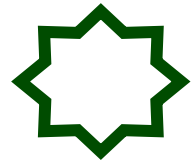
**Here is what it can do for you and your horse, with the benefits both of you will experience:**

*My work is not about training a horse for several months and giving it back to the owner, ready for use. This will not work in the long run. You also need to be able to connect with your horse, understand each other, build a relationship, and have the most beautiful life together. This is what I teach you!*



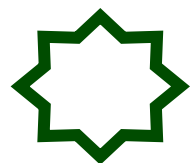
**Intuitive husbandry:** Forget outdated and overly general guidelines on how your horses should be living. Use your intuition to adapt the husbandry conditions to the true needs of your horses. Offer them the most natural food, the healthiest exercise, and a fulfilling social life. Use your intuition to care for your horses so they can live a happy and healthy life. Your horse's well-being is in your hands. Learn what the body and mind of your horses need for them to be healthy and feel happy and fulfilled.

**Intuitive communication:** Learn to communicate telepathically with your horse and to use your feelings and mental images correctly when interacting with him. We intend to not rely merely on your horse's body language (which can be quite complex and misleading) to know how he is feeling and what he needs but to connect on a deeper level. And we also want you to express yourself clearly enough for your horse to understand you. When you are with a horse, you are constantly exchanging ideas, feelings, and energy. Do it wisely; do it consciously. You will be surprised at how well your horse will react to your directions.

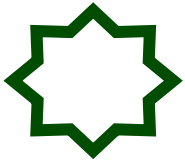


**Intuitive leadership:** A horse needs leadership to feel safe and enjoy life. This leadership needs to be sensitive and intuitive. It gives the horse clarity on how to behave without hurting him emotionally or physically, simply by being a role model. It allows the horse to find his true nature and express it in a safe and beautiful way. You are the guiding mare, someone who gives clarity, security, orientation, love, and confidence. Plus, you also protect your horse from potential threats. Your main job is to help your horse get rid of his natural fear. If you do so, your horse will trust you forever, no matter what situation you bring him into. You are his haven of peace.

**Intuitive education:** Once a horse no longer follows you because of his fear of punishment, but because he trusts you and knows that he can rely on you, you are doing things right. Now help your horse find his place in the world, help him find himself, and help him maintain his inner balance. Teach him how to behave so that it is safe for him and for you. Socialize him with the world around you. Make this world interesting for your horse. Play with his curiosity. Encourage him to conquer his fears, and you will have a well-behaved horse who is easy and safe to handle in every possible situation because he understands what is requested from him.

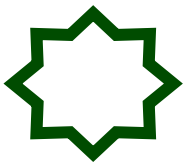
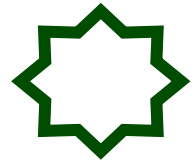






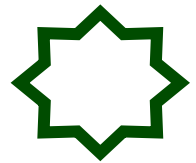
**Intuitive handling:** Stressed owners lead to stressed horses. A stressed person cannot convey calmness, clarity, or safety. Of course, a horse senses this, and he will react with fear, confrontation, or apathy. This can be very dangerous for you and your horse. Therefore, learn to handle your own emotions and mental chaos before handling a horse. Understand yourself and sort yourself out. Learn to manage your emotions and be in the present moment. Only then will you be ready to be around horses. Only then will the horse accept that you are in charge of his well-being.

**Intuitive training methods:** Physical and mental punishment are not the right methods to train a horse. Using food as a reward doesn't make much sense either for an animal that finds food simply by putting its mouth on the ground. So, how do you train a horse? Simply by using his natural curiosity and willingness to learn new things. Encourage your horse to grow, show him the world, let him solve problems and challenges in his own way, and then slowly model that behaviour so that it is convenient and safe for you too. Curiosity, consistency, and time are key elements of horse training. If you need your horse to jump, to carry something, to stand still and show his beauty, to move in a specific way, ... - you will get there! Gently and slowly, at the horse's pace.



**Intuitive growth and learning:** Now it is time to see the uniqueness, true character, and personality of your horse. Identify his potential and learn to leverage your horse's strengths. Encourage your horse to be more charismatic and to let his divine sparkle shine. Help your horse heal his weaknesses, wounds, and traumas and transform them into love, power, and presence. Be a coach and mentor for your horse. Show your horse in a loving and supportive way what potential lies dormant within him. Let him shine and harvest the admiration of people who see your horse move in his divine nature.

**Intuitive bonding:** I also wish for you to connect to the wholeness of your horse. Go beyond his physical appearance, beyond his body language, beyond his personality, and even beyond his lineage. Get in touch with your horse's soul. Look deep into his heart and allow yourself to perceive the feelings, thoughts, and energy that emanate from your horse. Open yourself to the spirit of your horse, because this is what both of you are yearning for. Connect on a spiritual level. This is how it is meant to be. Two souls are coming together and learning from each other.



**Your horse will complete his mission on earth when he experiences an intimate relationship with mankind. Through us, a horse can express his true wild nature.**



## My holistic horse husbandry and leadership training for you

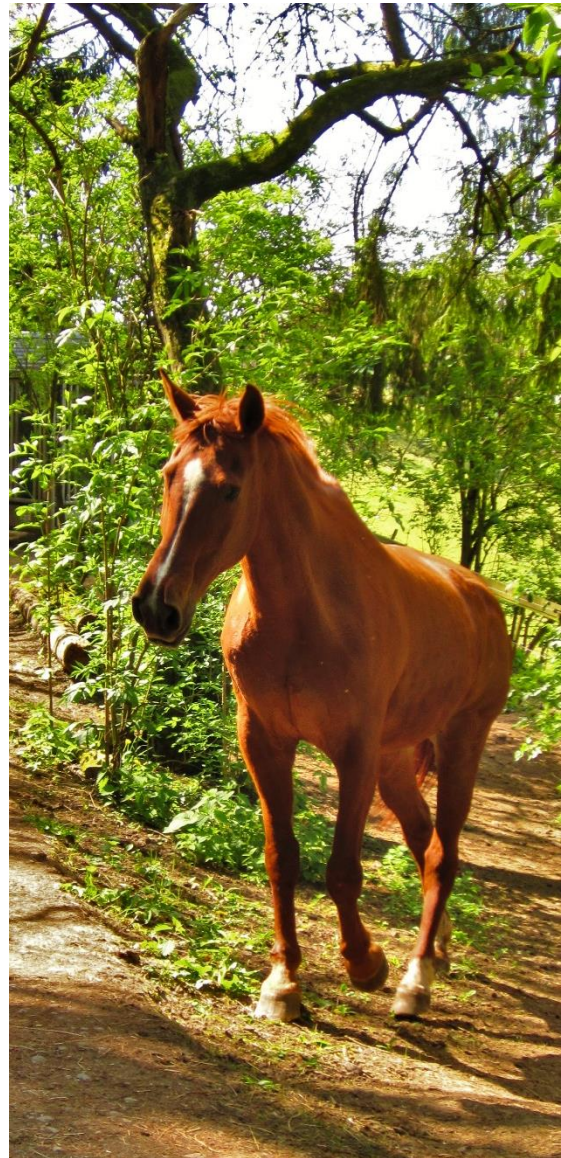
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**Do you want to ignite the spirit of your horses? Would you like to embark on this beautiful and magical journey? Do you want your horses to be happy and healthy, lead a fulfilling life and achieve top performance? If yes, then let's get started.**

**Our journey starts with you!** Horses are highly spiritual beings and, at the same time, alert flight animals. You cannot approach them with "normal" human predatory energy. You have to tap into your soul and rise above the limitations of our human being. Thus, before even starting to work with your horses, you have to learn to control your thoughts, your emotions, and your energy. Learn to be in the present moment. Learn to stay focused. Learn to connect to your soul. If you do so, the horses will be magically attracted to you, and the real work can start.

**Our second step is to get to know your horse.**

Observe him, understand his personality, and find out what he excels at and what you can do to help him live his best life. We want your horse to express his unique spirit through his body and behaviour. This will make him the most powerful and charismatic, thus making him the most prestigious horse ever.



**Finally, we will teach your horse how to behave** in our human world so that it is safe for him, for you, and for everybody around. Everything he needs for an easy and calm everyday life; we will teach him. Once this is done, we go to more specific training such as riding, tournaments, shows, etc... and also the specific problems that you have with your horse, e.g., dangerous nervousness, strong anxiety, refusing to be loaded. But honestly, if we follow all of the earlier steps, most of the issues should already be fixed.

Let's start this beautiful journey together!

## What is the benefit for yourself, as a human being?

When we are around horses, they help us to let go of distractions and fully engage with the present moment. This can be a powerful practice for cultivating mindfulness and presence. Horses can also teach us about the power of nonverbal and telepathic communication. They are experts at reading and responding to nonverbal cues. Horses will show you the pain and wounds you have been carrying for too long. In the presence of a horse, they may show up to heal forever. Your horse is here to heal you, to connect you with your true nature, your wild nature, and your spiritual nature, and to experience it in all realms, even here on earth.

**For breeders:** If you are a breeder, you will intuitively find the right horses to mate instead of relying only on the unpredictability of genetics. You will find the perfect food, the right staff, put the right group of mares together, and give the foals the best start in life. This will allow your breeding business to succeed even more in preserving and perpetuating the breed.

**For sport riders:** Sport riders will be able to feel what their horse needs and wants from them in order to perform in the right way. At the same time, you will be considering his personality, desires, and habits even deeper in a way that will create a deeper bond of trust between you and your horse. Your cooperation will be based on harmony and mutual respect. This is how you will reach the stars – together!

**For show horses:** At breeding presentation shows, you will display the uniqueness and divine spark of your horse. People are tired of seeing horses being chased and presented like cars. They want to see and experience the essence and spirit of the horse. They want to see the inner and outer beauty of your horse. They want to feel his presence. Your horse will attract all eyes through the energy that is emanating from him.



### **For all horse owners and leisure riders:**

You will understand your horse's natural needs, avoiding unnecessary conflict. This leads to fewer injuries and stress and instead to more harmony between you and your horse, which then leads to greater trust and deeper bonding between you. You will fully enjoy your horse's presence and your horse will fully enjoy yours. You will travel the worlds together.

## My offer for you

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**My Intuitive Horsemanship program, with holistic horse husbandry and leadership training, is for individuals, groups, and teams wanting to create perfect living conditions and environments for their horses. You are going to receive all the knowledge and wisdom you need to let your horses shine again, which will make you shine too.**

### **Connecting with the wholeness of horses in my intuitive horsemanship program through**

1. **Equine Biology and Ethology:** Understand what it means to be a horse. What food is right for your horse, which husbandry conditions keep him healthy, and what is his natural social structure? Know what your horse needs and wants from you. Be part of the herd and define your role in the herd. Take on the role of the lead mare and know how to lead to provide clarity, safety, and guidance for your horse. Adapt the food, the pasture, the herd, the daily routine, and the exercise to your horse's true nature.
2. **Telepathic Communication:** Communicate primarily on a mental, emotional, and energetic level with your horse. This is the communication that keeps a herd together, pushes it to thrive, and keeps it safe from danger. Talk like your horse. Understand your horse, and help your horse understand you. How does this intuitive communication work?
3. **Training and Neurobiology:** How does a horse sense the world? How do his brain and memory work? How can he learn new things? Modern neurobiology opens a totally new world for horse training. It explains very clearly which methods work and which don't. It simply lies in the neurobiological structures of your horse. Understand them, and you will know how to train your horse.
4. **Mindfulness Techniques:** Your horse lives in the present moment, in the now moment. If you want to connect to the spirit of your horse, you have to be in the present moment too. You need to be able to let go of the past and future to be fully grounded in the now. How do you get there?
5. **Energetic & Natural Healing:** We will help your horse find his balance on every level. Help your horse heal and thrive naturally. We will assist your horse in releasing its emotional baggage and any stress and trauma that he has experienced. And your wounds will heal at the same time...
6. **Spiritual Soul Connection:** Understand the deeper spiritual connection between you and your horse. Your horse is only complete with you, and you are only complete with your horse. You both came here on a mission to be fulfilled. What does this mean for you and your horse?
7. **Fun, prestige, and wellbeing:** Enjoy being with your horse. Be proud of what you achieved with your horse. And always keep his wellbeing in mind. This is the perfect combination for you and your horse to live a fulfilled life together.

**With my program, your horse will be deeply balanced, healthy, and strong, both mentally and physically. Your horse's energy will completely improve through our work together; the relationship between you and your horse will be harmonized, and even your horse's performance will be increased.**

**Are you interested in embarking on a spiritual journey with your horse?**

My horse from my teenage years transformed into a joyful, tameable, determined, and vivid being. Till the end, at 33 years old, people were fascinated by her presence and celestial beauty. Everywhere I went with my horse, all eyes were on us. It wasn't her physical constitution, nor mine, but the connection we had and our radiance when we were together. So can your horse!

**The intuitive horsemanship training is a minimum 6-month commitment that can be extended to a year or longer in order to achieve the best results for you and your horse.**



## About Laurent Amann

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### Laurent Amann, M.Sc.

Laurent Amann, born in 1984, is a French-Luxembourgish best-selling author, holistic horse trainer, and horse whisperer, as well as an intuitive animal communicator. The behavioral biologist is known as “The Animal Whisperer” in the German-speaking countries, with countless national media coverages. He combines behavioral biology and animal training with energetic healing, bringing new awareness to the feelings and souls of animals. Laurent Amann also advises operators of farms, horse stables, state animal shelters, nature reserves, and zoos on creating healthier living conditions for their animals.

Laurent Amann studied behavioral biology in Luxembourg and France and worked for several years as a scientific researcher in animal cognition at the University of Vienna in Austria. He then immersed himself in animal communication and energy healing and discovered that, already as a child, he communicated telepathically with his own animals. His rescued horse was not responding to any conventional horse training, so Laurent had to find his own holistic method based on intuitive intelligence and empathy to help his horse transform. He now helps horse owners follow the same path of self-recognition, empowerment, and healing, for both the horse and the person.

Laurent lives on the French Riviera and works with his clients online and on-site all over the world.

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Learning Arabic

