



Frank Bell Horse Whisperer

Fear of Riding After Injury

Dear Mr. Bell,

Somewhere on your site I saw the words "Rome, Ga." and was curious to see if you are, by some chance, holding a clinic there. After more than 25 years, I am back in the saddle, and my husband has just started riding. We want to do things right. We have 2 great (quarter horse and quarter horse mix) horses that we would like to attend with. As a matter of fact, I tried a couple of things that I read on our site and wanted to dance with joy when I saw that they really work. I just scratched her face and rubbed her nose, even in her nostrils, and when she relaxed she started licking her lips and lowered her head. I was even able to breath with her into her nostrils! I am so excited about this!

Just to let you know, I was recently injured badly (head injury 6 weeks ago) by my horse. I was a freak accident and it was, pretty much, my own fault. I was riding her for the very first time. One of the young girls at the stable (she cared for the horses) told me that she knew Blaze very well and volunteered to get my bridle. I was using my own saddle, but I thought I'd better use the bridle that Blaze was used to, so I told her ok. She brought me a curb bit and we found out later that she has a very tender mouth and does just fine with a snaffle. On top of her mouth being tender, in addition to a soft mouth anyway, her teeth needed to be floated and it was even more tender. She started the head tossing and just as I leaned forward in the saddle we bumped heads. It knocked me out, I fell off, and to make a long story short, I sustained bleeding in my brain and am now recovering. I am just now going into the pasture with the horses and touching them again. I am now able to get around with a cane and can get close to them. I can't get into a smaller space with them yet because I can't get out of the way quick enough if I had to.

Having been raised with horses, I grew to love them. As a young woman, I had a fairly good seat and hands, but it has been years since I last rode. I might as well be starting completely over. I just don't want to make mistakes that ruin good horses or start bad habits for either of us. My husband and I have talked about it and he is excited about attending one of your clinics, too. We want this relationship with our horses to be a good one and one that lasts a very long time.



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We live in Loganville, Ga., and that's why I noticed that something or someone is in Rome, Ga. I just can't find it again. We can and will travel anywhere that we can get to in a couple of hours. I am not supposed to ride for about 6 months, but will, to attend your clinic. Any info you can send to me about anything fairly close by would really be appreciated. We can't wait to really understand and bond with our girls.

Take care,
Teresa Cook

Dear Teresa:

I can certainly appreciate your apprehension about getting on. I feel exactly the same and because of my own desire for attaining the highest level of safety I have created my 7-Step Safety System. The first 6 steps are on the ground and you only mount by invitation. In other words, when you've read the horse to be in a good place and worked through the "boogers on the ground," then and only then is it time to get on.

Read the [Western Horseman articles](#) on my site and then order one of my [horse training video packages](#) that includes my foundation video, "[Discover the Horse You Never Knew](#)." I suggest "[The Getting Started Package](#)" which will give you the information and tools to be successful. You'll just have a big old time with your horse in the next 6 months and be ready to go when you are confident and receive that invite from your horse. Be safe, patient, and feel what your horse feels which is called empathy.

In Spirit,