

Dear ,

Last week, I was riding Shadow and he was saying no a lot. Maybe because spring was definitely in the air, very likely because he remembered last months deer.

And I could feel myself starting to get frustrated again. So I stopped. Like, literally—we just stood still for a while. Shadow doesn't love that either, but tough luck. We both needed some grounding.

So I gave myself a moment to reset. And after that, every time he refused, I just said calmly, *"I'm asking you nicely."*

Don't get me wrong, I wasn't backing off—I was still asking for the same thing. But the vibe had shifted. I wasn't trying to win the conversation. I just kept asking, calmly and clearly. And something changed. I could feel that he felt it too. Because he started doing what I asked more readily. Still nervous, mind you, but no longer "I'm scared shitless and not listening to you anymore"-nervous.

I'm pretty sure it worked because I wasn't only talking to him—I was mostly talking to myself. Although I didn't realize it at the time :-)

Why it matters we show up

A couple of days later, I listened to a podcast by Dr. Nadine Lindblom where she explains the difference between the horse and human brain.

And I found myself nodding the whole time.

Humans are wired for logic and planning. Horses feel their way through the world. They don't respond to arguments or reasoning. They respond to energy. Presence. The vibe.

That moment with Shadow wasn't about some fancy technique—it was about following my intuition and not letting my frustration shape the conversation. And in doing that, I gave him space to try again.



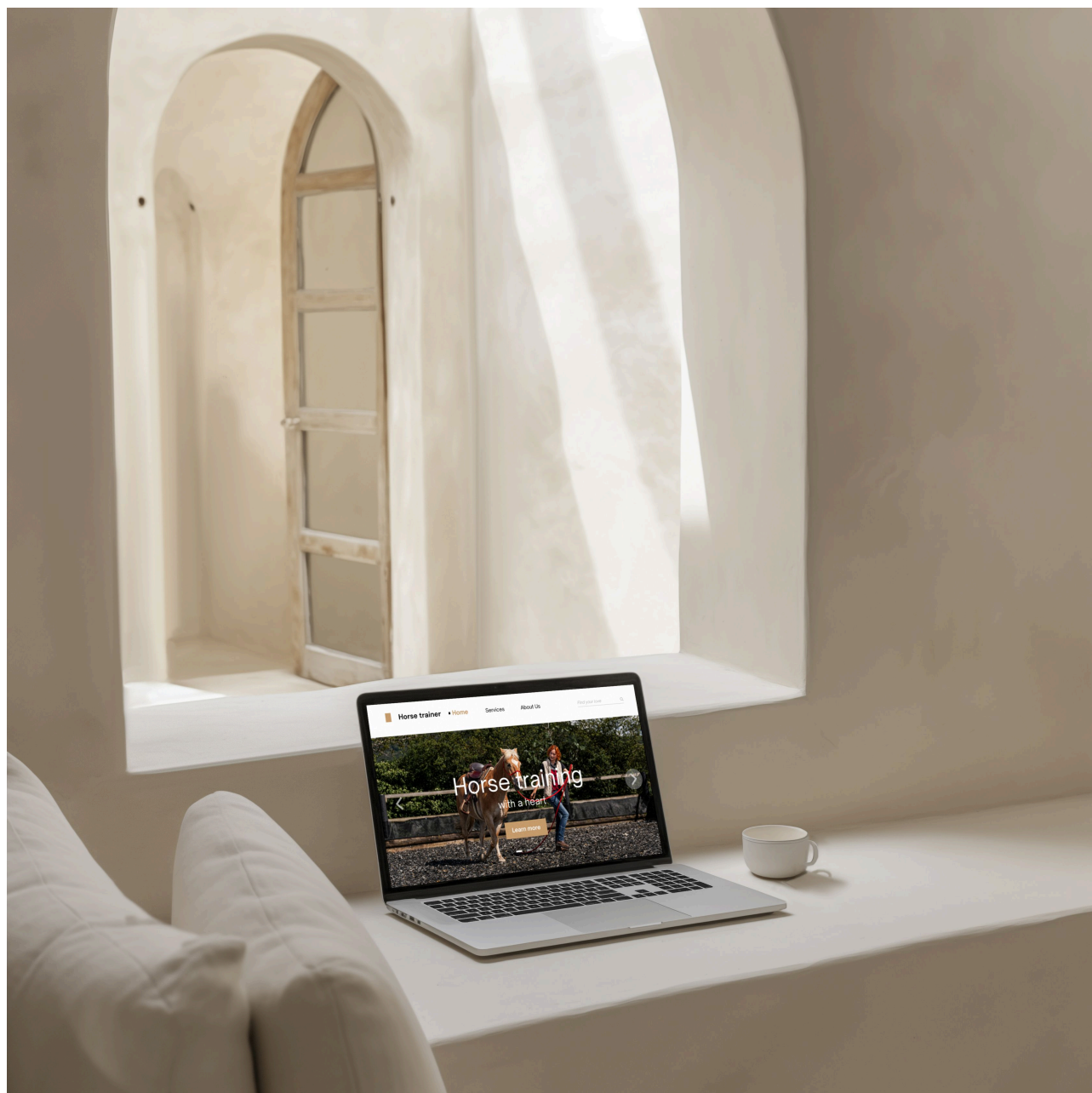
This is why I photograph horses differently

Of course the technical stuff matters. Light, angles, timing, equipment—it all plays a part.

But the most powerful images come when everything falls into place: not just the camera settings, or the perfect backdrop, but the way your horse relaxes near you, or how you both exhale at the same time without noticing. Those are the things you can't fake. [The moments your heartbeats start aligning :-\)](#)




That's what I look for during my [equine photo sessions](#). There will be the traditional poses and the polished moments, but I mostly focus on what's truly real.

Still working on the brand photography offer



If you run an equine business, you might've seen my note last month about a new offer I'm building: brand photography that doesn't feel fake. The kind of photos that reflect what you actually do with horses, not just what people think it looks like.

I'm still tweaking the offer, but if you want in early and at a reduced price, reply to this email. You can be part of shaping something that actually works for equine professionals.

-  Switzerland & Northern Italy
-  Flexible scheduling
-  Real-life images, not stock photo vibes

Just send me a message if you're curious.

The story stays with me

That short moment with Shadow reminded me how much impact it can have when I'm aware of the energy I bring into a situation. Not in a fluffy, woo-woo kind of way—just in the very real sense that my

body language and tone set the tone for everything else.

It's not about turning off your thinking brain, but about not letting it run the whole show. Shadow doesn't care about my internal monologue—he cares how I show up in the moment.

And honestly? That feels like a pretty good way to move through the world.

What **caught my eye** on social media this month.

I really liked this post, which is closely related. A solid reminder that horses aren't being difficult—they're responding exactly as they're meant to. The more we understand that, the better we can support them.



My month in 3 images



As always, thank you for being a part of my journey.

Hold onto those small, everyday moments with your horse—they're the ones that matter most.



Caroline



Caroline Nijs Photography

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