

Farm Life... Cranky mother cow

Situation:

I went to the feed lot to feed the cows and check for baby calves, finding one. The mother cow was very devoted to her calf, licking it constantly. However, I suspected that something wasn't quite right.

Every time the calf went to nurse, the cow would bunt her away. After starting my chores, I returned and noticed the same interaction between mother and calf. I began to work myself up emotionally.

Symptoms:

My body tensed up and I had racing thoughts. You know my life and that calf's life would be a whole lot easier if mother cow relaxed a bit. What's with her? I've got a stiffness in my leg that flares up more when I get too rattled. I found myself hurting and favoring that one leg again.

Solution:

When I thought again about mother cow needing to relax I snickered to myself and said; "Paul, it's you who needs to relax as much as that cow does." I knew I had to be realistic and asked myself: "What could I realistically expect the cow to do after she had repeatedly refused to allow the calf to nurse?" She had made up her mind, and I finally made up mine and decided to handle the situation using part acts.

First off, I was self-led, not symptom led. I moved my muscles and finished the rest of my chores. After chores I was realistic, changing my thoughts so I could relax and rest in the house for a short time because I've got some health problems besides that leg of mine.

Next I checked on the mother and calf and made the decision to move my muscles and push the calf into the barn. I had the secure thought that I could save the calf even if the mother refused to feed her. It would take a whole lot more work on my part, but I could save the little guy.

The cow followed the calf and me into the barn, so I secured her in a chute and tied her legs so she couldn't kick any more. This allowed the calf to vigorously nurse through a pass through.

I gave myself a good dose of self-applause because I found a solution, and realized that my symptoms had left. I took the ropes off the cow and the next day everything was fine.



In the past:

Now I know that anger is no good for me (or anybody else for that matter). Before I wouldn't have controlled my anger. I would have pounded on the cow, used foul language and left her tied up longer.

Working with animals can be frustrating and a real challenge. The saying, "You can lead a horse to water, but you can't make them drink" is true. Animals have a mind of their own and some will never follow the rules.

I don't try to change them anymore, but I have changed my attitude towards them. And you know, I'm feeling better about myself.

