



ASK MONTY

August 14, 2013

Greetings!,

Balance is key in the art of horsemanship. Learn how Monty directs his energy in front or behind the horse's point of balance to affect its movement and speed, in Monty's Question and Answer Column below.

“Learning should be looked upon as a way of having fun.” —Monty Roberts



IN THIS ISSUE

[Question and Answer](#)

[Equus Online Uni](#)

[Where Is Monty?](#)

[Night of Inspiration](#)

[Canada TV](#)

[Spread the Word](#)

[Summer Reading](#)

[Monty's Challenge](#)

Monty's Principles

A twenty year old, chestnut, chunk of a horse carried my daughter's 95 pound, cerebral palsied body through a Para equestrian dressage test on June the 4th.

The entire arena was paralyzed for the full, five minute dressage test: the first of its kind to be ridden in Nova Scotia, Canada. There was some reflective glass at the end of the ring, and big Capone, as generous and willing as he is with my daughter, tried to resist moving toward it in the required straight line toward "C".

His tiny rider, Nel, eight years his junior at age twelve, with determined, gentle hands and the most focused energy I have ever seen, somehow, (telepathically?), convinced him to return to the center line.

The juxtaposition of this horse's power and strength, **his willingness to identifiably, slow and steady his gait for her**, and then to trust her enough to walk toward the reflective glass at her urging, was the most heroic, magical thing I have ever seen.

The two were like a centaur, and for that glimpse of time, **they both appeared as invincible** as the myth itself. The local television station ran a story on Nel and Capone the next day, and it went National in Canada the next.

QUESTION AND ANSWER

Question:

How can I establish where **the horse's balance point** is in order to change his direction in the pen?

Monty's Answer:

Internationally this is called the driving line and herein we will use that interchangeably with balance point or balance line. To identify its location anatomically, there is an invisible line that circles the horse, similar to where the girth would go and up on the dorsal processes.

If the wither itself was a mountain then it would be at the foot of the mountain. In front of this driving line are the shoulders, neck and head which control direction. Behind this line is where power comes from, or the 'engine'.

Pushing your 'energy at the engine', or the hind end of the horse, will cause the horse to go faster. If we push our energy on that invisible line, or in front of it, we tend to take away the open space the horse has in front of it and this will slow the horse down. **If we push our energy using our body language in front of the driving line, the horse will most likely change directions or stop.**

Timing and positioning of your own body is very important here. With your own horse, play with

these positions and adjust to get the desired effect from the desired effect for the horse. Being too close can also cause the horse to stop and be unwilling to go forward. Push your belt buckle/belly button at the horse's ribs. Use your energy and your long line to influence the horse to move forward.

You should be near the middle of the pen, with about 6 meters between yourself and the horse. Being too close can also cause the horse to stop and be unwilling to go forward. Push your belt buckle/belly button at the horse's ribs. Use your energy and your long line to influence the horse to move forward.

If the horse stops moving or changes direction adjust your position so your belt buckle/belly button is pointing even further toward the back of the horse. Use your energy and intention and long line if you need it to influence the horse to go forward. **The most common mistakes are being too close to the horse** and pointing your belt buckle/belly button too close to the front of the horse.

When you are comfortable driving your horse forward and the horse is comfortable moving forward, think about changing direction. Take a few steps forward to place your body in front of the horse's shoulder. We think about this like 'cutting the top off of the circle we are walking in the middle of the pen'.

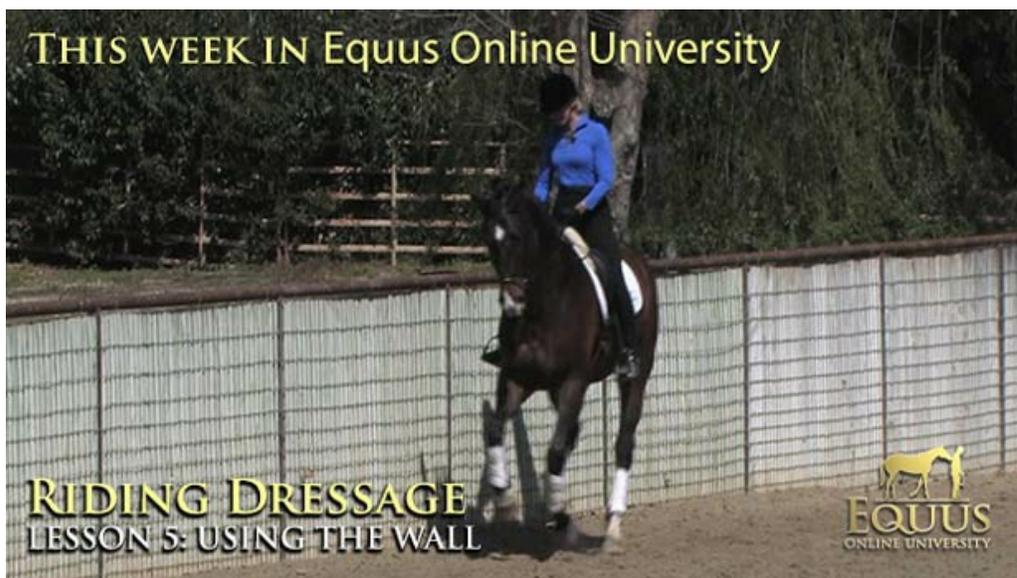
Extend your hand that is now holding the long line coils to well in front of the horse to help you influence the horse to change direction. We like to think about pushing the energy at the horse's eye to change its direction. Again you should be about 6 meters from your horse and out of the Kick Zone.

As you play with your horse, you will find how sensitive he is and how much energy and intention you will need to move him forward and change direction.

*Kick Zone: The area around the back end of the horse that extends out from the rib cage about 1.5 meters (depending on the size of the horse) around his hind end to the other side of the horse at his other side at his rib cage.

 [Forward to a Friend](#)

THIS WEEK IN MONTY'S EQUUS ONLINE UNI



Charlotte Bredahl-Baker teaches us how to use an arena fence or wall to support the horse's training for lead changes in this week's lesson on Monty's Equus Online University.

Current students log in here: www.montyrobertsuniversity.com

Not a student yet? Click on: <http://montyrobertsuniversity.com/sessions/new>

[Join-Up Now!](#)

Or go to www.montyrobertsuniversity.com/about-the-uni

and to the need to return its gift with non-violence and loving care as per Monty's message.

Lorraine Godin-Keating on Monty's Equus Online University Forum
www.MontyRoberts.com/university

SUMMER READING

Some of Monty's most popular titles are now available in electronic format as eBooks. Click on the links below to find out more.

The Man Who Listens to Horses

iBooks:

<http://itunes.apple.com/us/book/id525238562>

Amazon http://www.amazon.com/The-Man-Listens-Horses-ebook/dp/B0081LF5L4/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1338811659&sr=1-1

Amazon.co.uk:

http://www.amazon.co.uk/s/ref=nb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=monty%20roberts%20kindle

Monty's Life Lessons

Life Lessons: A Field Guide to Inspire Your Journey

<http://www.montyroberts.com/shop/books/life-lessons-from-the-man-who-listens-to-horses/>

I'm Shy Boy - Here's My Story

iBooks: <http://itunes.apple.com/us/book/im-shy-boy/id516293563?mt=11>

Amazon.co.uk: http://www.amazon.com/Im-Shy-Boy-ebook/dp/B007RRUJ32/ref=sr_1_4?s=digital-text&ie=UTF8&qid=1338811659&sr=1-4

Amazon:

http://www.amazon.co.uk/s/ref=nb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=monty%20roberts%20kindle

Little American Mustang

iBooks:

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Amazon: [http://www.amazon.com/Little-American-Mustang-](http://www.amazon.com/Little-American-Mustang-ebook/dp/B007R5TGB0/ref=sr_1_11?s=digital-text&ie=UTF8&qid=1338811659&sr=1-11)

[ebook/dp/B007R5TGB0/ref=sr_1_11?s=digital-text&ie=UTF8&qid=1338811659&sr=1-11](http://www.amazon.com/Little-American-Mustang-ebook/dp/B007R5TGB0/ref=sr_1_11?s=digital-text&ie=UTF8&qid=1338811659&sr=1-11)

Amazon.co.uk:

http://www.amazon.co.uk/s/ref=nb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=monty%20roberts%20kindle

From My Hands to Yours

Amazon: [http://www.amazon.com/From-My-Hands-Yours-](http://www.amazon.com/From-My-Hands-Yours-ebook/dp/B00D5UIVHG/ref=sr_1_1?ie=UTF8&qid=1371506500&sr=8-1&keywords=monty+roberts+from+kindle)

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iBooks: <http://itunes.apple.com/us/book/from-my-hands-to-yours/id516293563?mt=11>

WHERE IN THE WORLD IS MONTY?



Monty in Australia this summer!

SYDNEY SEMINAR 17/18 August at the Horseworld Stadium Maraylya and PERTH SEMINAR 24/25 August at the State Equestrian Centre Brigadoon: <http://montyrobertslive.com/seminar-dates-tickets/>

September 21	A Night of Inspiration with Monty at Flag Is Up Farms in Solvang, California. Open to the public with limited space. To register, e-mail: admin@montyroberts.com or call 805-688-6288.	USA
September 28	Hadlow College , Hadlow, Tonbridge, Kent	UK
September 30	Houghton Hall & Alpaca Centre New Manor Farm, Sawtry Way, Houghton, Cambs	UK
October 2	Bishop Burton College , Beverley, Hull	UK
October 4	Gleneagles EC , Gleneagles, Auchterarder, Perthshire	UK
October 6	Richmond EC , Breckenbrough Farm, Brough Park, Catterick, Richmond, North Yorkshire	UK
October 15	Helsinki International Horse Show , Next Generation Tour	Finland
October 17	South Staffordshire Collge , Rodbaston Campus Penkridge, Staffordshire	UK
October 19	Myerscough College , St. Michael's Road, Bilsborrow, Preston, Lancashire	UK
October 25	Hartpury College , Hartpury, Gloucester,	UK
October 30	Crofton Manor EC , Titchfield Road, Stubbington, Fareham, Hampshire	UK
November 1	The Grange EC , Northlew Road, Okehampton, Devon	UK

For information about Monty's worldwide demos and the courses held at Monty's farm in California go to: http://www.montyroberts.com/ab_about_monty_calendar/see-monty/

my-hands-to-yours/Id516287244?mt=11
http://www.amazon.co.uk/s/ref=nb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=monty%20roberts%20kindle

In the UK: http://www.amazon.co.uk/From-My-Hands-Yours-ebook/dp/B00D5UIVHG/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1372797793&sr=1-1&keywords=from+my+hands+to+yours

Monty on HRTV



Watch Monty on HRTV Tuesdays at 6:00 PM ET.

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Please check local TV directories for your time and channel or the HRTV website where times are in Eastern Standard Time:

<http://www.hrtv.com/MontyRobertsShow/>

CORPORATE EVENTS AND WORKSHOPS



Join us for an evening of inspiration with Monty at Flag Is Up Farms. This unforgettable experience will transform your group and allow them to connect to a living legend. - See more at:

<http://www.montyroberts.com/latest-news/a-night-of-inspiration-with-monty-at-flag-is-up-farms/>

Horse & Country, UK



Watch Monty Roberts on Horse & Country TV (Sky channel 280) in the UK and Ireland. See:

<http://www.horseandcountry.tv/monty>

for more info.

Monty's Challenge

I noticed that sometimes you use plastic bags to desensitize a horse to accept the bags and yet sometimes you shake the bags to make the horse move around the pen. Isn't that confusing?

Photo Credits

Christopher Dydyk

CONNECT AMAZE REVITALIZE

Join us for an evening of fun, food, and great conversation at *Flag Is Up Farms*

a NIGHT of INSPIRATION

Your party will be welcomed to beautiful Flag Is Up Farms to watch a Join-Up experience. Witness first-hand the powerful relationship of trust and communication between a horse and a human.

Saturday
September 21
5 to 10 p.m.



Afterwards, enjoy a traditional barbecue dinner with author Monty Roberts and artist Pat Roberts in their hilltop home. At dinner, great conversations will emerge about the importance of trust, overcoming adversity, achieving your vision, and living strong at any age.

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This unforgettable experience will transform your group and allow them to connect to a living legend.



CANADA'S RURAL CHANNEL

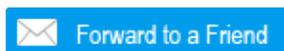


Canada's Rural Channel focuses on agricultural news. Many prominent equine clinicians can be seen weekly, including Monty Roberts. For more information about The Rural Channel go to: www.theruralchannel.com.

KEEP IN TOUCH

Let us know what you are looking for in content from these emails. Send your comments and requests to askmonty@montyroberts.com.

Never miss an e-mail from Monty: To ensure you receive this email in the future, add askmonty@montyroberts.com to your list of approved senders or select the Add/Save to Address Book function in your email browser and follow the appropriate instructions.



Sincerely,
Monty Roberts

