



# ASK MONTY

August 28, 2013

## Greetings!,

Some horses have phobias that make them dangerous to ride. One such horse is Lunatic. What's Monty's way for teaching a phobic horse to be open to new experiences, such as encountering a plastic bag, crossing a stream or walking calmly through water? Find out in Monty's question and answer column below.



## IN THIS ISSUE

[Question and Answer](#)

[Equus Online Uni](#)

[Preparing to Meet Monty](#)

[Where Is Monty?](#)

[A Night of Inspiration](#)

[Canada TV](#)

[Spread the Word](#)

[Summer Reading](#)

[Monty's Challenge](#)

## Monty's Principles

**Thank You Australia!**



*Thank You Australia for your overwhelming acceptance of my concepts. You are a part of my family now to leave the world a better place for horses and for people, too.  
~ Monty*

## QUESTION AND ANSWER

### Question:

Summer trail riding has been great this year except one aspect I hope you can help me with. **My horse doesn't refuse to cross streams or water but he sure can JUMP them.** How can I train him to just walk through the water instead of leaping it? Most places the water is no more than ankle deep. He doesn't seem afraid but sort of dainty about getting his feet wet. Another annoying development is that the other horses in our group are starting to do the same thing after us on the trail.

### Monty's Answer:

Thank you very much for your question. This is a problem that is very universal in the trail riding community. I would like to set your mind on a phrase that I often use when working with remedial problems. It goes like this **"When you are doing your work right, repetition is your greatest friend. When you're doing your work wrong repetition is your greatest enemy."**

The [Dually Halter](#) is definitely your greatest friend when it comes to this problem. I suggest that you create a small water obstacle at home somewhere. First, school your horse to the Dually Halter to the extent that he or she is very sensitive to stopping and backing up as you work the halter. Follow the DVD as closely as possible.

Dear Monty,

I can't thank you enough for what you have done for me. I keep asking myself how do you repay someone who gives you back hope? That is a priceless gift and something I thought I wouldn't find again.

When I agreed to do the Veteran demonstration I didn't expect much more than a short lesson in the round yard that might help me with my own horses.

But in that moment of Join-Up I got so much more. I don't remember much about that entire day - what I do remember has changed my life and will reshape my future. My

Stay safe while approaching the water, but be prepared to stop your horse if there is a tendency to jump. It is a good idea to walk your horse through the water many times before increasing the size of the obstacle. It is also helpful to school your horse to back through the water as well as walking forward. This is a powerful lesson.

Once your horse is walking and backing through the water with confidence it is best to lead your horse from the top of another quiet animal, preferably a gelding, stopping your student horse whenever there is the tendency to jump. Once you have these procedures in place one can saddle and attempt to get a quiet walk through while mounted.

Once accomplished then begin to increase the size of your water obstacle and after that change locations to a more typical trail riding environment. By this time, you will have habituated your horse to stopping, thinking it through and then walking quietly through the water. At this point change locations often.

 [Forward to a Friend](#)

## THIS WEEK IN MONTY'S EQUUS ONLINE UNI



What's in a name? Find out this week on Equus Online as Monty works with a horse called "LUNATIC"

Current students log in here: [www.montyrobertsuniversity.com](http://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](http://www.montyrobertsuniversity.com/about-the-uni)

## FIVE LUCKY ACTHA WINNERS PREPARE TO FLY

Flag Is Up Farms and Monty Roberts' Family Open Doors to ACTHA Winners...again



clearest memory is the feeling of the horse's breath on my shoulder and the absolute feeling of relief, joy and hope that I felt at that moment. It was very hard to digest those feelings and it has only been in the last few days that I have finally made sense of it.

I saw myself in that horse - anxious, scared, uncertain, not in control, with no trust and I just wanted to run from that yard. I was trapped in a situation that set all my emotions, responses to past hurts and my PTSD to high alert. Just like that horse, my usual response to these emotions is to take flight or if trapped fight. In that round yard I had to fight myself, had to put those emotions aside and make a decision to be vulnerable, to trust.

When I finally let go, the reward was magic. That instant that the horse decided to allow me into a partnership, into his life and the connection we formed if only for that moment was so profound and a feeling I will never forget. It had been such a long time since I had allowed myself to be so vulnerable and had allowed someone or something into my life with no brick walls, expectations or fear of what was to happen. It was the first time I had relaxed and was just in that moment. I have realized that just like that horse I try to go through my life staying away from predators and situations that cause my anxiety levels to rise - basically I was pulling away from and fighting with life. Life was my predator.

Just like that horse, I have survived and even though I may have the scares from that fight, from those experiences, I can trust again. I can control my emotions enough to live in that moment and enjoy it. That may not sound like a lot, but for someone who fears just getting up of a morning, who constantly struggles with depression, anxiety, self worth and just being this is a whole new world. This animal accepted me for who I was and I to him.

I learned in that moment tools that will help me heal, help me cope and help me move forward. It has given me a future where I can start to live again and not just exist.

Please, please, please fight to get this out there. It could help so many - I am only one person, but you have changed my life and for that I will be forever in your debt. You are my hero and savior.

You have given me back my life, and have given my daughter her mother back.

Thank-you.

Rachel

## 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**



The winners of ACTHA's Week End with Monty contest are getting ready to take off for the horse lover's week end of a lifetime. They'll be accompanied by ACTHA Founder Carrie Scrima and will be treated with a day at Flag Is Up Farm in Solvang California. They'll be riding Monty's horses, getting tips and personal clinics from Carrie and Monty on ACTHA obstacles. Just being in the company of the legend will fill their memories for times to come.

Monty Roberts, the great horse whisperer is in Sydney Australia to assist with the Queen's prize horse Carlton House. The Queen and her race trainer want to get the absolute best out of him in the Group III Tramway Race. (1400m) at Randwick on September 7th....THE SAME DAY OUR LUCKY WINNERS WILL BE WITH MONTY AND HIS FAMILY AND STAFF....should be exciting to get the news of the race for everyone!

"We first did this several years ago and rewarded some lucky members to this adventure. The results and stories and sheer happiness they all came back with made us want to do it again asap. The Roberts graciously are opening their doors for ACTHA once more....but I'm not going to miss it this time!" states Carrie.



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

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**Little American Mustang**

iBooks: <http://itunes.apple.com/us/book/id520415926>  
 Amazon: [http://www.amazon.com/Little-American-Mustang-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](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-ebook/dp/B00D5UIVHG/ref=sr\\_1\\_1?ie=UTF8&qid=1371506500&sr=8-1&keywords=monty+roberts+from+kindle](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)  
 iBooks: <http://itunes.apple.com/us/book/from-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](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](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.

**Special Offer** for Monty Roberts' Fans! **First month FREE** of HRTV.com when you subscribe now! Just use the **promo code MR13** when you sign up!



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/>

"The Roberts have been staunch supporters of ACTHA since the early days. They were actually very early members without us even knowing it!! It wasn't until I saw Mrs. Roberts name on a ride roster and then Monty's daughter Debbie that I realized how gracious they truly were. Monty played a central role in our TV series America's Favorite Trail Horse providing coaching and colorful stories and interviews. The piece about his contribution appearing in Chicken Soup For The Soul was especially poignant. A teacher basically told him not to dream of having a beautiful ranch and making a good living with horses then instructed him to go home and re-write his essay on something "more realistic" ....The next day made a deal with her. He said you keep your A and I'll keep my dream. It's a story we tell around here a lot when we are told it can't be done. Have you seen his ranch!?"

"The support from the professionals in the horse industry has always amazed our staff. We found big names on our membership rosters that could easily charge us for their endorsements, not that we could pay any! But they knew as Mr. Parelli said "...you are like the playing field, we are the coaches." We had top professionals show up and provide color commentary for our TV show...everyone from Nancy Cahill, Guy McLean, Pat and Linda Parelli, Aaron Ralston, Colleen Kelley just to mention a few. But Monty recognized the need and value of ACTHA's mission from the very start and we will always be grateful" states General Manager Tom Scrima.

Ann Kinsey and Debbie Land of ACTHA go on to say "We had the pleasure of notifying the winners over the phone. The Roberts agreed to join the calls with us and the fact that the members were blindsided with being told they won and then actually talking to their legendary host, caused the most fun out bursts we've ever heard! What a treat."

ACTHA will be paying all hotel expenses and airfares for the winners. They will arrive 9/6/13 and return home 9/8/13 with their stories and pictures.

## 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 work with autistic children (early intervention) so my clients are between 1yr and 9 yrs old. I teach applied behavioural analysis (aba). I also have two beautiful girls (horses) one rising two now and one companion pony. I have found that our "therapies " are very similar ,except for the eye contact part.eg: when the child isn't doing what you've asked , you give no eye contact , ignore etc, when child is trying to do what you've asked , you give eye contact and attention (reward etc) . The reward part is the same although you have to find the right currency as some autistics don't really care about social reward. Anyway re: distraction, I present choices eg : try 'task 1' or try 'task 2' , both scary for the child , but one less so , the child 'has a go at the task that causes less fear , (realised it wasn't so bad , gains confidence ) and will more willingly do the other task . They start to trust that you won't hurt them ever and they gain more confidence. It's a beautiful thing to see a child blossom into a person who will give things a go, with confidence, not fear. Also all this has to be done without a lot of high emotion (adrenalin). I train the parents to 'talk to the fridge ' :-), when they getting to emotional , as an example of how they need to be behaving when child is not behaving how they would like (tantrums). My filly is quite a high adrenalin girl and jumps at pretty much anything (bolts around the paddock when a plane flies over) so I am being extra slow with her and picking days when she is less jumpy to work with her, so as to get more positive experiences. She's put herself through fences running from kangaroos etc. We've done a few

## WHERE IN THE WORLD IS MONTY?

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



For information about Monty's worldwide demos and the courses held at Monty's farm in California go to:

Join-Ups. She seems to need a lot more reassurance with things. But becoming more confident eg: came up when I was mowing the lawn to sniff at the mower (while it was running!) without running away in fear after :- ) Thanks for being who you are :- ) your methods have helped me so much

## A LIFE-CHANGING EVENT WITH MONTY ROBERTS



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.

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.

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



**Saturday  
September 21  
5 to 10 p.m.**

LIMITED SEATS  GROUPS & INDIVIDUALS WELCOME  
RESERVATIONS (805) 688-6288  \$199 PER PERSON

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## 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](http://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](mailto:askmonty@montyroberts.com).

Never miss an e-mail from Monty: To ensure you receive this email in the future, add [askmonty@montyroberts.com](mailto: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.

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Sincerely,  
**Monty Roberts**

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Christopher Dydyk

