



September 25, 2013

**Greetings!,**

In his question and answer column this week, Monty explains the rationale behind training young horses to be accepting of plastic bags.

## QUESTION AND ANSWER

### Question:

I have a yearling that is a sweetie in the box [box stall] however when you go up to him outside in what I would term "the open air", he tends to shy and bolt away from you as if he has been hit. He has never been hit or mistreated in any way. I had read where you used plastic bags on a stick but I feel that if I would approach him with plastic bags on a stick, it only makes him worse. When he decides to become spooky he means it in every serious way. Please help me if you can.

### Monty's Answer:

Thank you very much for your question. You bring clarity to the fact that I need to be as specific as possible in every video or writing that I disseminate. It is not that I go at spooky horses with bags on a stick. It is that I **incrementally work on their spooky tendencies until I can approach them with bags** on a stick and even casting plastic tarpaulins all over them. You are absolutely right. If you took your yearling to the problem area and simply invaded him with the plastic bags on a stick it probably would make him worse.

Please be aware that none of my plastic bag work is attempted until I have done a good Join-Up with my horse and then accomplished the basic elements of accepting the Dually Halter, utilizing each of the facets of cooperation that the Dually halter is designed to accomplish. **Once your yearling has learned to cooperate with the [Dually Halter](#), then blasting away becomes far less likely to occur.** Join-Up, in and of itself, is the process of the horse voluntarily choosing to be with you instead of away from you.

The next step is to begin your work in an area most comfortable for him. Start with just a stick. Pass it all around him and cause him to take it at various speeds, coming in to any part of his body. After that, add a small plastic bag and bind it down with rubber bands so that it is barely larger than the stick. **Repeat the process until your yearling can accept the stick with the small plastic bag** which will tend to make some crinkly sound which will add to the challenge. Then begin to open the bag but very incrementally.

Soon after these procedures are completed you will be able to swing open fluttering plastic bags all over his body while he is still in his comfortable box stall. Subsequent to this achievement one should lead the yearling to a relatively small well fenced area **with good footing under your yearling.** Start the process once more in the less comfortable area until you can receive the same acceptance level that you achieved in his comfort zone (his stall). When he can take the flying bags in the second area, it's time to move on.

If you have a slightly larger area with good footing and lots of daylight, it is preferable. One should attempt at all times to cause the stimulus (bags or stick) to remain as close to the horse as possible

when negative behavior is evident. **Remove the stimulus only when your horse is exhibiting positive behavior.** This will encourage acceptance and relaxation. It is amazing how a knowing horseman can cause the spookiest individual you can imagine to accept these awful shopping bags in a very short period of time.

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## Monty's Principles

### Finding Peace Through Horses

Dear Monty,

What a fantastic thing to do, working with PTSD sufferers through horses. Living in the Falkland Islands, I see many service men return to fight their demons and thankfully the fact that the people here in the Islands open their homes and hearts to them, they often succeed in getting on with their lives thereafter.

As a horse owner/respecter/handler I regret I don't have the skills you do to **help them find peace through the relationship with a horse**, but it has been fulfilling on occasion to just take them out for a ride and let them see the Islands as it should be seen, from the back of a horse surrounded by nature's sights and sounds - not the sights, sounds and smell of war they experienced in 1982.

Thank you for your efforts with these brave people and if you should ever feel the urge to visit the Falkland Islands you can rest assured you would be made very welcome - kind regards and the greatest respect from a fellow horse lover, Sharon

While I am often required to produce a massive change in 30 minutes at my public demonstrations, many of my students can achieve these results in a matter of 2-3 sessions even when professional horsemen may label the horse impossible to deal with. Whether the subject horse was treated abusively or not, we still have this behavior to deal with and I have found that these procedures have been extremely effective with overwhelmingly dangerous horses that have a list of victims to their credit.

In conclusion, I would like to state that my [Equus Online University](#) has many lessons that literally **show these procedures on video**. Many horsemen find it easier to learn from the images rather than the words. In addition to the Online University, [my textbook From My Hands to Yours](#), Second Edition, has a chapter on dealing with a spooky horse. It is probably far more informative than this answer. Good luck and please keep us informed as events progress. We want to help until each problem is thoroughly solved.

 [Forward to a Friend](#)

## THIS WEEK IN MONTY'S EQUUS ONLINE UNI



A young Arabian endurance prospect, bred and raised to be a future champion, meets Monty in the round pen to begin his training as a riding horse...this week on [Equus Online University!](#)

Current students log in here: [www.montyrobersoniversity.com](http://www.montyrobersoniversity.com)

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

**Join-Up Now!**

Or go to [www.montyrobersoniversity.com/about-the-uni](http://www.montyrobersoniversity.com/about-the-uni)

## NIGHT OF INSPIRATION AT FLAG IS UP FARMS



Jaffray (Facebook Friend at [www.Facebook.com/MontyRoberts](http://www.Facebook.com/MontyRoberts))

## Share the Joys of Join-Up



How to Share Monty with friends: What better way to share Monty and his concepts than to take them to meet Monty - online! [Click here](#) to see the NEW LOOK and resource Monty has for horse lovers worldwide:

[www.MontyRobertsUniversity.com](http://www.MontyRobertsUniversity.com)

Send this link to those you have always hoped would understand the goodness you feel in Join-Up. Have a look around yourself and let us know what you think [AskMonty@montyrobersoniversity.com](mailto:AskMonty@montyrobersoniversity.com) Do it...for the love of horses!

## Monty's Challenge

On my way of exploring every part of the horse industry I have been studying the concepts of Carolyn Resnick, a Californian trainer who does liberty training. In her books and her videos she explains how she grew up watching horses in the wild and makes an interesting claim: lead horses always make horses that are lower in the pecking order going in front of them when day travel in the wild. She says a lead horse never walks up in front. In the world of so-called Natural Horsemanship you always ask the horse to go behind you or with its nose next to the human's shoulder, because horses should learn to follow the leader. So, what is right? In which order do wild horses travel? Would be great if you could clarify that for me.

Thank you for everything you do to the world of horses!

Kind regards,  
Florian O.

## Monty on HRTV





HRTV PRESENTS MONTY ROBERTS  
THE MAN WHO LISTENS TO HORSES

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!

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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/>

Monty and Pat Roberts hosted individuals and family groups from all over the US and a few from abroad for their **second Night of Inspiration evening celebrating the Man Who Listens to Horses** at home. Monty continues to tour internationally well into his twenty-third year. Decidedly more intimate and a unique experience for any bucket list, New York Times bestselling author and Pat Roberts, renowned sculptress, open their ranch and their home and spend the evening with you. **The next experience is January 25, 2014.** Write to [admin@montyroberts.com](mailto:admin@montyroberts.com) or call +1 805 688-4382. Space is limited. [Click here to download an informational flyer!](#)

## WHERE IN THE WORLD IS MONTY?

September 28	<b><u>Hadlow College</u></b> , Hadlow, Tonbridge, Kent	UK
September 30	<b><u>Houghton Hall &amp; Alpaca Centre</u></b> New Manor Farm, Sawtry Way, Houghton, Cambs	UK
October 2	<b><u>Bishop Burton College</u></b> , Beverley, Hull	UK
October 4	<b><u>Gleneagles EC</u></b> , Gleneagles, Auchterarder, Perthshire	UK
October 6	<b><u>Richmond EC</u></b> , Breckenbrough Farm, Brough Park, Catterick, Richmond, North Yorkshire	UK
October 15	<b><u>Helsinki International Horse Show</u></b> , Next Generation Tour	Finland
October 17	<b><u>South Staffordshire Colge</u></b> , Rodbaston Campus Penkridge, Staffordshire	UK
October 19	<b><u>Myerscough College</u></b> , St. Michael's Road, Bilsborrow, Preston, Lancashire	UK
October 25	<b><u>Hartpury College</u></b> , Hartpury, Gloucester,	UK
October 30	<b><u>Crofton Manor EC</u></b> , Titchfield Road, Stubbington, Fareham, Hampshire	UK
November 1	<b><u>The Grange EC</u></b> , Northlew Road, Okehampton, Devon	UK
January 25, 2014	<b>A Night of Inspiration with Monty at Flag Is Up Farms</b> in Solvang, California. Call (805) 688-6288 for more info.	USA

## CANADA'S RURAL TV



In Canada, Monty's Backstage Pass show airs Thursday & Saturday-10:30 AM, 4:30 PM, 11 PM (all times are EST) on television on The Rural Channel. More info as to where The Rural Channel is available: <http://theruralchannel.com/get-trc/>

If you have questions or need more info go to [info@theruralchannel.com](mailto:info@theruralchannel.com) or reach out on any of their Social Media platforms: @TheRuralChannel <http://www.facebook.com/theruralchannel>

## 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.

## Photo Credits

Christopher Dydyk



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/](http://www.montyroberts.com/ab_about_monty_calendar/see-monty/)

## CALLING EX-FORCES VETERANS WITH PTSD

Following Monty Roberts' example, we are offering a special offer for veterans with PTSD. For more information, please contact us at [info@montyroberts.com](mailto:info@montyroberts.com).

Following Monty Roberts' on-going success with helping military veterans suffering from Post Traumatic Stress Disorder (PTSD), **we would like to extend his offer of help to all ex-forces personnel in the UK.** Monty is keen to demonstrate the extraordinary healing power of working with horses during his forthcoming Autumn Tour, which runs from September to November 2013, and we are looking for **Veterans with PTSD who may wish to try this deeply therapeutic experience** for themselves.

For many sufferers of this debilitating and difficult syndrome, finding and giving trust can be an immensely significant and life changing moment. We have found that the sufferers of PTSD often feel unable to ask for help, and it is the families, wives and partners are left to find the support they also need. Please feel free to share this post as freely and widely as possible.

 [Forward to a Friend](#)

Some of you may have seen Monty working with Paul, an ex-soldier, during last year's tour, and we were touched to have received this letter from his wife a couple of months ago - *"We have all as a family, just sat and watched Paul with Monty at the demos on Horse & Country TV. It was very emotional as what a difference the past year has been. Paul has lived the past year as a different person, much calmer and happier in life. I can't begin to explain to you how our lives have changed, from living in a house with a very aggressive, troubled man... to the happy carefree person he has become. I really do believe that Monty has helped Paul, and I thank you from the bottom of my heart for this, because no one else would."* ~ Paul's wife

Contact [ele@ihhq.net](mailto:ele@ihhq.net) for more information.

## 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**

