



ASK MONTY

January 29, 2014

Greetings!,

MONTY'S QUESTION AND ANSWER

Question:

Dear Monty and Pat, I'm writing because, at age 54, I've been given opportunity to get involved with horses. My husband adopted a 15 y/o paint gelding (El Nino) and a 17 y/o quarter horse mare (Sugar) from a friend with cancer, who could no longer keep her horses. The horse are healthy and of reasonable disposition.

We have a farm, with two large fenced pastures and a barn with two stalls, where the horses will eventually be moved to later this Spring. In the interim, they are boarded where my husband's friend has had them boarded the past several years and where they receive good care.

My question to you is this: I'm 54. I've had little experience with horses except for the occasional nose-to-tail trail ride, maybe 6 of these rides in my life time. To me, horses are beautiful, but large and frightening. I enjoy them from a distance but am quite fearful up close.

Will I really, ever be able to get over my fear of horses?... to perhaps ride competently and comfortably one day?... or at the very least (but really most important), to be able to at least care for them on the ground competently and comfortably?

I read your book "[The Man Who Listens to Horses](#)" and have signed up for the [Equus Online University](#). I have completed 32 of your lessons in 8 days. Yet, I'm still fearful. And on Saturday at the barn during a lesson, Sugar spooked at some very loud outdoor noises while an experienced rider was on her. Sugar started running sideways full steam until the experienced rider calmed and settled her. If I'd have been on her, I'd likely have fallen and been injured. Now I'm even more fearful. This was out-of-character for Sugar, but the noises from outdoors were very loud and unusual.

As I said above, really the most important thing is for me to be comfortable and competent with them on the ground, for their daily care and well-being. I'd be thrilled if I could at least do this. My husband will be the main caregiver, but I'd like to be able to help and support him. My husband is not fearful, just has the healthy respect for horses.

We live in Wisconsin, but I'm mulling over trying to attend [your H101 course](#). It sounds like just the thing, but time and distance are a factor.

I trust your advice. You are a man and woman who care deeply about horses and people.
Thank you kindly.
Eileen B

Monty's Answer:

Dear Eileen,
Thank you very much for your question. Please understand that I believe every word of it was well founded and deserves congratulations to you as your comments were exactly as I would want them to be if you were my daughter or my best friend. There is absolutely no disgrace in being respectful of the size and the potential danger connected with the power of horses and their athleticism.

This is a healthy position for anyone to express and what would concern me is the amateur who expresses no fear or concern for potential dangers. Congratulations on your ability to express a healthy concern for your safety and well being while in the process of learning what and who horses are and the potential for danger if significant errors are made. Please do not for one minute hold the thought that I am discouraging you from dealing with horses. That is simply not the case.

As you probably know, horses have dominated my existence for almost 8 decades now. I am relatively free of any injuries significantly enough to list as major. In considering your question I suddenly realize

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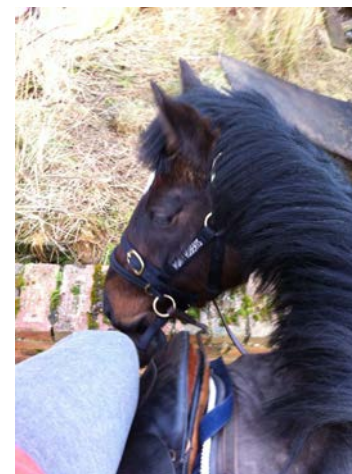
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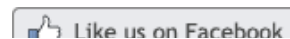
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Monty's Principles



I would just like to say a huge thank you to you Monty! With out your methods I would never have been the horsewoman I am today and I certainly wouldn't have had the confidence to back my own 4yr old. This is a picture of the first time I ever sat on her on Wednesday 22nd January 2014. I'm so proud of her and me and it is all thanks to you and your methods. Thank you so much.



that I have never been hospitalized for an injury caused by a horse. When you consider that I have dealt with about 70,000 horses, I believe that you will agree that this is a relatively amazing statistic.

Please consider that my activities have been as a "Stunt Kid" from the age of 4 and right through to my 60s. Also consider that I competed professionally in rodeos, cuttings and working cow horse competitions well into my 50s. One might tend to say "Well that was you and this is me." Obviously I agree with that statement but the point is however that I have devoted the balance of my life to helping people understand the need for caution and education.

Thank you for mentioning that you have viewed a large number of lessons on my Online University. That is a good a start as I could recommend. Thank you also for considering the course Horsemanship 101 because that would, in a very significant way, increase your educational needs. At this point in my answer it is appropriate to remind you that selecting the right horse to be around is a critical issue. Is it full-proof or can there be unique exceptions where horses are concerned.

Your communication addresses that very issue with the horse that was otherwise quiet and trustworthy but on a given moment decided to cause trouble for the other rider... [\[Click here to read on\]](#)

FROM OUR READERS, ON BEING AFRAID OF HORSES

I had to respond to the 54 year old who is acquiring horses and just beginning getting into horses. That was me 13 years ago but I was 47. Through all of the mistakes I made, there are some things I learned...

- It doesn't matter about the age when you start.
- Know what you want and be true to it.
- Fear of big animals that could unintentionally or intentionally do harm is not a bad thing.
- What you can overcome by knowledge and experience and trustworthy help from a professional trainer is amazing.
- Once you've learned what you need to learn, be mindful when you enter the stall but not afraid.

As for the riding part, what matters more than age is knowing your own temperament. I've learned how to ride and I'm skilled at 60 but I'm afraid to canter, even though I'm good at it. That's ok.

It's ok to hand walk them around the neighborhood if that's all you feel like doing on any particular day. (And the person who snidely yells out her window as she drives by, "It's even more fun when you ride them!" doesn't know what she's talking about.)

John Wayne's statement, "Courage is being scared to death and saddling up anyway" is worth learning first hand.

My wish for the 54 year old beginner is that her road with horses be smooth but worth the bumps. My road was filled with bumps and I could have done with fewer but the learning and adventure I've had made them worth it.

Linda Willis

THIS WEEK IN MONTY'S EQUUS ONLINE UNI



Brian Russell's Scribe



Brian Russell lives near us in the Santa Ynez Valley and my wife Pat and I have known Brian and his wife Cheryl for many years. A while back Brian handed me a manuscript as I was leaving for England. The story was so compelling, I read the whole book on the flight over the pole. I can't wait for you to read it too on Amazon/Kindle:

<http://scribewriter.com/author>

Download a free excerpt:

<http://scribewriter.com/scribe/BrianRussell.pdf>

"Captivating from beginning to end, this novel has everything; powerfully drawn characters and a love that endures through the centuries. Save me a seat at the movie premier. Five stars!" Monty Roberts

Now Playing: Western Dressage, Equine Nutrition and Dr. Robert Miller DVM



Feel Good About the Direction Horsemanship Is Going!

The Horsemanship Radio Show is an online radio show (podcast) dedicated to the exploration of good

horsemanship throughout the world. Hosted by Debbie Loucks (Monty Roberts' daughter), the show includes segments, tips and interviews exploring good horsemanship.

Listen in... <http://www.horsemanshipradio.com/>

[Click here to bookmark](#) the Horsemanship Radio episodes on **iTunes**.

[Click here to bookmark](#) the Horsemanship Radio episodes on **Android**.

Our guests are Julie Malick, Western Dressage and Mark Herthel, equine nutritionist, with a Master Training Tip from Dr. Robert Miller, DVM and father of Foal Imprinting. Brought to you by Index Fund Advisors, www.IFA.com

Part of the Horse Radio Network.

<http://www.horsemanshipradio.com/>

MONTY'S CHALLENGE

I would like to ask a question for Monty: this long ride I did with my friends, we took reserve horse. What would be the safest way to pull it while traveling and how to tie in the saddle safely.

Would be using the Dually halter? How to tie the saddle would not have to stay with holding

the saddle would not have to stay with holding our hand during the long journey?

There is an imaginary bubble around each horse. By earning the trust of the horse you will be allowed into the horse's bubble, willingly. Learn how to achieve this critical step in this week's video lesson on [Equus Online University!](http://EquusOnlineUniversity.com)



Not a student yet? Click on: www.montyrobertsuniversity.com

Current students log in here: www.montyrobertsuniversity.com/sessions/new

WHERE IN THE WORLD IS MONTY?

March 4-8, 2014	Monty's Special Training in English and Portuguese coming to Flag Is Up Farms! 5 dias de curso intensivo com o 'Encantador de Cavalos' em sua fazenda Flag Is Up Farms. Contact admin@montyroberts.com for more information in English or Portuguese.	USA
March 9, 2014	NEW DATE! Joining Up: What Horses Can Teach Us About Leadership Call (805) 688-6288 or email admin@montyroberts.com for more info.	USA
March 15, 2014	The Hand Equestrian Centre Davis Lane, Clevedon, N. Somerset BS21 6TG	UK
March 21, 2014	Norton Heath Equestrian Centre Limited, Fingrith Hall Lane, Blackmore, Essex, CM4 0JP	UK
March 29, 2014	CHANGE OF VENUE: Plumpton College, Ditchling Road, Near Lewes, Plumpton, East Sussex BN7 3AE	UK
April 4, 2014	Pferdezentrum Schloss Wickrath , Mönchengladbach	DE
April 6, 2014	Landgestüt Zweibrücken	DE
April 8, 2014	Reitsportzentrum Hohenzollern , Bisingen	DE
April 11, 2014	Reitverein Bayer Leverkusen	DE
April 13, 2014	Gestüt Tannenhof , Heidenrod-Watzelhain (bei Wiesbaden)	DE



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/

INSTRUCTORS' MEET UP!

The evening of May 14 (Monty's Birthday!) will kick off the Instructors Meet-Up at Flag Is Up Farms with an additional Special Clinic for Instructors on May 19-20. Monty will be demonstrating and sharing the latest developments, introducing his Ritualistic Habituation discoveries. Dr. William Miller from the University of New Mexico, father of Motivational Interviewing, will be Monty's guest educator with colleague Dr. Teresa Moyers. Also Kris Robins, Canada, will be there to present how she shared MI concepts and their parallels to Monty's concepts of a Horse Sense and Soldiers training. This event is for certified Instructors from the world over. Watch for updates on MontyRoberts.com and on Facebook.com/MontyRoberts

LIFE LESSONS FROM MONTY EXCERPT

CANADA'S RURAL TV

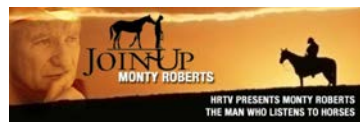


In Canada, Monty's Backstage Pass show airs Thursday & Saturday-10:30 AM, 4:30 PM, 11 PM (all times are EST) on television on The Rural Channel.

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 or reach out on any of their Social Media platforms: @TheRuralChannel <http://www.facebook.com/theruralchannel>

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/>

Please note that Dish TV has moved the HRTV channel position to 398.

Horse & Country, UK



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

<http://www.horseandcountry.tv/monty> for more info.

Photo Credits

Christopher Dydyk

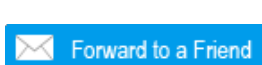
Enjoy a Free Excerpt Each Month of Life Lessons from The Man Who Listens to Horses

[CLICK HERE](#) to read this month's excerpt!

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

