



February 12, 2014

**Greetings!,**

Can you imagine?! How does Monty achieve this level of partnership in the distracting environment of a public demonstration? Monty's breathing plays a big role in his training methods. Why? Horses instinctively match our arousal states. Slow, deep breaths lower adrenaline and result in a calm horse that is open to learning. Read more in Monty's Question and Answer column below.

**IN THIS ISSUE**

- [Monty's Question and Answer](#)
- [Equus Online Uni](#)
- [Where Is Monty?](#)
- [Life Lessons from Monty](#)
- [Spread the Word](#)
- [Monty's Principles](#)
- [What is Corigem?](#)
- [Monty on the Radio](#)
- [Monty's Challenge](#)
- [Monty on TV](#)

**Monty's Principles**



**From Monty:** I feel like a proud father to receive this wonderful news about the work Eduardo Moreira is doing to shape a better future for Brazil. He inspires me by using my concepts and creating new paths for Join-Up.

Chosen as one of the top 40 persons under the age of 40 in Brazil, this magazine is the equivalent of our best business magazines in the US. They chose wisely!

**From Eduardo:** "Very happy to have been chosen by Época Negócios magazine as

**How does Monty get FERGUS from this:**





## To this...in two training sessions?



Click here to watch the video on:  
[www.Facebook.com/MontyRoberts](http://www.Facebook.com/MontyRoberts)

### MONTY'S QUESTION AND ANSWER

**Question:**  
Your methods are, of course, among those I have studied and I admire them very much. Your work is truly inspiring. All of this has helped me a great deal, yet I still often experience fear especially around large horses and though I agree that a certain amount of respect is required when handling such large and strong animals I must also acknowledge that my fear and insecurity rubs off on the horse I'm working with because subsequently my fear signals to the horse that danger is ahead. How would you recommend that I address this problem? How can I become a confident friend and leader to my horse if I cannot hide that I am afraid which seems to me an impossible endeavor due to the horses' sensibility?

**Monty's Answer:**  
My recommendation to you is to seek assistance in learning breathing techniques that are consistent with those utilized by practitioners of yoga, acting singing and public speaking. The science of breathing is critically important to successfully maintaining low adrenalin levels. When we learn to breathe properly, many physiological factors occur that increase our chances to stay calm, be patient, and assess any given situation with a cool analytical approach. Seek out an acting coach or a yoga teacher, have them read your question and my response and you will probably get the desired instruction. Advise them that you wish to learn diaphragmatic breathing. If they are not familiar with that art form seek out someone who is. When one accomplishes these recommendations, remaining calm and controlling your fear will be far easier. This will help your horse.

For you, I recommend you think about your relationship first with your horse before anything else. My friend Joe Camp recently blogged this (<http://thesoulofahorse.com/blog/>):

"Thanks to a chance reading of an article by Monty Roberts we were going to begin at the beginning with getting the relationship right first.

Before riding.  
Before training.  
Before anything.  
And ultimately we discovered that it was the single most important thing we could do

shared by [Linda Roberts](#) magazine as one of the 40 young directors more than Brazil. A list that includes founders and Presidents of some of the largest companies in Brazil and that, according to the magazine, should draw the future of our country. I felt a great pride to be a part of this group. The magazine reached the newsstands today."

### Honey Power!

The Healing Power of Corigem®



"Corigem® is committed to improving and enhancing animal care by providing safe, natural and effective products to help speed up the healing process. I became interested in becoming a spokesman after I experienced amazing results on my own animals by doing extensive trials. I have even tried it on my own dry skin and was amazed all over again by what this wonderful product has to offer."

~Monty  
[www.corigemanimals.com](http://www.corigemanimals.com)

### Now Playing: Young People and Young Horses Across the World



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**.

Traveling around the world we meet horsepersons from New Zealand to Sweden who share their love of Horsemanship. Leigh Wills, Ann Lindberg plus, Ada Gates shares a master horsemanship tip.

Brought to you by Index Fund Advisors,  
[www.IFA.com](http://www.IFA.com)

Part of the Horse Radio Network

And ultimately we discovered that it was the single most important thing we could've done.

Part of the Horse Radio Network.  
<http://www.horsemanshipradio.com/>

Many trainers and clinicians begin with step number two. Leadership, which translates: groundwork. Obviously a very important step. But it's step number two. Because when you get the relationship right first, everything changes. Absolutely everything. Your horse now cares about his time with you. He is more giving, more willing. And he tries harder."

Joe is referring to Join-Up®, what I call the moment when a horse chooses to be with you rather than away. As I wrote to Eileen in my January 29 Ask Monty e.Newsletter, "in the final analysis, learning to be at one with your horse, confident in your ability to be in the right place at the right time is absolutely essential to the ultimate success of overcoming these natural fears that are healthy for us to have until we are satisfied that we are in control of virtually all of the potential pit falls that can challenge us on any given day. I think the same thing could be said for learning to ride a motorcycle or even a bicycle."

## MONTY'S CHALLENGE

What do you think are the biggest misunderstandings about horses?

## 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/>

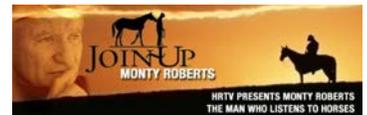
If you have questions or need more info go to [info@theruralchannel.com](mailto:info@theruralchannel.com) or reach out on any of their Social Media platforms: @TheRuralChannel  
<http://www.facebook.com/theruralchannel>

## THIS WEEK IN MONTY'S EQUUS ONLINE UNI



A young horse called Liger becomes a confident riding horse with the help of a more experienced buddy horse in this week's video lesson on [Equus Online University](http://Equus Online University). Watch how a well-trained equine friend can help a youngster relax.

## 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.

Join-Up Now!

Not a student yet? Click on: [www.montyrobertsuniversity.com](http://www.montyrobertsuniversity.com)

Current students log in here: [www.montyrobertsuniversity.com/sessions/new](http://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 <a href="mailto:admin@montyroberts.com">admin@montyroberts.com</a> 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 <a href="mailto:admin@montyroberts.com">admin@montyroberts.com</a> for more info.	USA
March 15, 2014	<a href="http://www.thehandequestriancentre.co.uk">The Hand Equestrian Centre, Davis Lane, Clevedon, N. Somerset, BS21 6TG</a>	UK
March 21, 2014	<a href="http://www.nortonheath.co.uk">Norton Heath Equestrian Centre Limited, Fingrith Hall Lane</a>	UK

## 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 Dvdk

March 21, 2014	<a href="#">Norton Heath Equestrian Centre Limited, Pinfold Hall Lane, Blackmore, Essex, CM4 0JP</a>	UK
March 29, 2014	<a href="#">CHANGE OF VENUE: Plumpton College, Ditchling Road, Near Lewes, Plumpton, East Sussex BN7 3AE</a>	UK
April 4, 2014	<a href="#">Pferdezentrum Schloss Wickrath</a> , Mönchengladbach	DE
April 6, 2014	<a href="#">Landgestüt Zweibrücken</a>	DE
April 8, 2014	<a href="#">Reitsportzentrum Hohenzollern</a> , Bisingen	DE
April 11, 2014	<a href="#">Reitverein Bayer Leverkusen</a>	DE
April 13, 2014	<a href="#">Gestüt Tannenhof</a> , 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/](http://www.montyroberts.com/ab_about_monty_calendar/see-monty/)

## LIFE LESSONS FROM MONTY EXCERPT

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

KEEP IN TOUCH

Let us know what you are looking for in our newsletters 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.

- Like us on Facebook
- Follow me on twitter
- View our videos on YouTube
- Forward to a Friend

Sincerely,  
**Monty Roberts**

