



# ASK MONTY

Wednesday June 3, 2015

## Greetings!

Can you heal a horse with a broken spirit? Monty says, "Yes." Read his question and answer column on this topic below.

## MONTY ANSWERS

### Question:

Dear Monty, For the past three years we have had a wonderful Haflinger mare at the farm I work at. She had a wonderful personality and loved being around people. We sold her in December and the woman who had bought her contacted us and said she was no longer working out for her. So we bought her back. As soon as I loaded her on the trailer I could tell something was not right about her. Our sweet, always calm mare was so nervous she was almost panting like a dog! When we look at her all we see is a shell of her. She has dead eyes and hides in the corner of her stall. My only guess is maybe she was being beat on. With health problems ruled out, do you have any suggestions how to help get her out of this slump and bring her spirit back?

Thank you,  
Katie

### Answer:

Dear Katie,

In short, yes. In these kinds of cases, the horse is the only one who really knows the truth. As we find ourselves at this moment, the truth really doesn't matter. She has her condition and there is no way we can wave a wand and eradicate that condition. What I can do to help though is to suggest the only successful way that I have found to treat horses with this problem.

It is quite coincidental that I had a horse with extremely similar circumstances just two days ago. This was a mare born, raised and trained in Argentina. She was brought to a high level as a Polo pony and while she did her work on the field she was totally separated from any trust or partnership with a human being.

This eight-year-old Polo mare refused to be caught in a field and it required two-three people to catch her in a stable. Everything about the human was unacceptable to her. In the case of this particular mare, the changes came very rapidly. While this is not always the case, it often surprises me how quickly they return to an acceptable level.

Without knowing all of the details in your particular case, I will attempt to advise you as to what might very well be successful on your Haflinger as well. The essence of the recommended procedure is to do my concepts in every way that I recommend them in my writings and my video material. Join-Up® is the first element recommended. It took me about 15 minutes to get Join-Up and Follow-Up when it normally requires about four and a half minutes.

Once I achieved Join-Up, however, it was incredible how quickly she came around. After a good Join-Up and Follow-Up, I moved to plastic bags on a stick. I let her worry about the plastic bags and actually encouraged her to go away. I employed the [Dually Halter](#) and a 30-foot long line to stop down her retreat. When she came back to me, I took great effort to reward her and rub her all over.

This procedure added about another 20 minutes to the round pen time. We then went to a paddock about five times the size of the round pen. I repeated the stick and bag routine for about another 20 minutes in that paddock. I could see the improvement building rapidly. At that point I took away the 30-foot line and began to approach her loose in the paddock, waving the plastic bags as I approached.

She was perfectly happy for me to approach her, rub her and walk away. Soon she was following me and the look in her eyes seemed to let me know that she was 'beating her demons'. A call from her owner today indicates that she is catching her in the field, she is eating better and lying down to sleep which she would never do before.

This particular training procedure was videotaped and I believe it will make about four wonderful lessons on my [Equus Online University](#). I recommend that you watch for them and also that you read as much as possible to better educate yourself so as to implement this training in the most effective way.

One thing I like to explain to owners is that the bag was the 'bad cop' and I was the 'good cop'. I also explain that horses don't behave without a reason for that behavior, and this recommended procedure will help her well into

## IN THIS ISSUE

[Monty's Question and Answer](#)

[Equus Online Uni](#)

[Monty's Calendar](#)

[Free Trailblazers Summit](#)

[Monty on the Radio](#)

[Horse Sense for Leaders](#)

[Get the E-news Each Week](#)

[Spread the Word](#)

[Monty's Principles](#)

[Monty's Challenge](#)

[Monty on TV](#)

## Monty's Principles

### Finding Confidence from France

My name is Julie and I live in France with horses since I was born. I have horses at home and I "broke" them since I was 15 years old. I discovered [Mr. Roberts' first book](#) as a chance in a store 15 years ago: that was a revelation. And since that day I use his method with all the horses I meet. I have a lot of things to learn and I try to do my best.

I try to answer your challenge question every week whenever I can: my English is not good.

To last week's question, I think this horse needs a holiday to restore his confidence. And then work from the beginning with particular attention due to his past which may be causing him to worry about that.

I think this horse lost his confidence in humans and needs to find it again.

I'm sorry for my English and I promise to study it quickly. Thank you for all you do for horses.

Julie Dupont, France

## Monty's Challenge



the future. It involves the following positive sequence each time she is caught.

The procedure is simply to place a handful of grain where she is tied for grooming and saddling. I tell the owner to catch her horse, lead her to that spot and allow her to steal a handful of grain from a feeder on the floor. Give her a few strokes of brushing all over, put her out in the field and after five minutes or so repeat the process.

After about three weeks or so, one should begin to do this 'stealing the grain' procedure about once in every five catchings. This will ensure that the horse has something positive to think about when being caught.

~ Monty



## THIS WEEK IN MONTY'S EQUUS ONLINE UNIVERSITY



Test yourself each week as I challenge you to answer the question below. I mean this. Sit down and write an answer. Don't wait for my answer next week. If you have been reading my Weekly Questions and Answers for the last six months, you should be in a position to do this. Send your answer to my team at: askmonty@montyroberts.com

Why should you bother? Because it will help you focus. There is probably a comparable question in your life that needs answering - or will be. If you can gain insight into how to go about answering a practical question that is loosely related to your problem, this exercise will help you answer your nagging question. Then read my answer. I want all of my students to learn to be better trainers than me. That's good for you and good for horses!

~ Monty

### Next Week's Question:

Dear Monty:

I am 58 years old and recently retired from teaching. I have always wanted to learn how to ride a horse. Nothing fancy, just enough to know what I'm doing when riding on trails. What do I look for when selecting a riding instructor? Or is it already too late to consider learning.

Thank you very much for your time.

Nancy Busard



Not a student yet? Click on: [www.montyrobertsuniversity.com](http://www.montyrobertsuniversity.com) and Join-Up with thousands of horse lovers learning Monty's force-free and fun methods now.

## GLOBE GALLOPING WITH MONTY ROBERTS

Follow Monty, go to: [www.facebook.com/MontyRoberts](http://www.facebook.com/MontyRoberts)

### Monty in California

June 5 to 7, 2015 [Monty's Horse Sense and Healing](#) free for Combat Veterans and First Responders diagnosed with stress injuries USA

June 15, 2015 Horsemanship Radio with guest Bunnie Sexton, 54, on her 16-year-old OTTB, Online Rise Against, about completing their first CCI4, finishing 24th overall. And Trainer Diana Good on the qualities of a great lesson horse. [www.HorsemanshipRadio.com](http://www.HorsemanshipRadio.com)

June 25 to July 1, 2015 [Monty's Special Training](#) with Portuguese Translation at Flag Is Up Farms. USA <http://www.mundoequestre.com.br/#!viagem-monty-roberts/ccco>

## SUCCEED: Digestive Health



"I have believed for years that digestive health has a major impact on a horse's happiness, performance and overall well-being. Just by owning and riding horses, we take them out of their natural environment. We keep them in stalls, we feed them grain, and we exercise them. All of this works against the horse's digestive health.

I also believe there is something you can do to care for your horse's digestive system. I've been using a product called SUCCEED® on my performance horses for many years now, with tremendous results." ~ Monty

See more <http://www.montyroberts.com/shop/horse-health-care-products/>

June 30, 2015	Monty and Carole Herder of Cavallo Horse and Rider will host a webinar All About Horsemanship (more details to come)	
June 30, 2015	Horsemanship Radio with guest Temple Grandin and Monty Roberts. <a href="http://www.HorsemanshipRadio.com">www.HorsemanshipRadio.com</a>	Online
July 6 to 17, 2015	<a href="#">Gentling Wild Horses course</a> (open to all levels) at Flag Is Up Farms	USA
August 1 and 2, 2015	Monty's Riding with Respect clinic. For details, go to: <a href="http://www.montyroberts.com/wp-content/uploads/2015/05/RespectClinicAug_web.pdf">http://www.montyroberts.com/wp-content/uploads/2015/05/RespectClinicAug_web.pdf</a>	USA
August 3 to 7, 2015	<a href="#">Monty's Special Training</a> at Flag Is Up Farms	USA
September 5, 2015	<a href="#">Night of Inspiration with Monty</a> at Flag Is Up Farms	USA



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/)

## CORIGEM: Honey Power



"The scientists behind Corigem® have found a nature-made healing gift from a species that no one before seemed to appreciate: a species of very busy bees that will improve the lives of humans and animals together."  
- Monty Roberts.

Read more on:

<http://www.montyroberts.com/corigem/>

## Giving Back to Veterans



Please remember to support our war veterans and first responders. One easy way is by shopping online: When you do your holiday shopping at AmazonSmile, Amazon donates 0.5% of the purchase price to Monty's nonprofit, Join-Up International. Bookmark the link

<http://smile.amazon.com/ch/77-0459889>

and support us every time you shop. You will be helping Monty's horse rescue efforts, free clinics for war veterans, and more!

You can also make a year-end donation directly to Join-Up International here:

<http://www.join-up.org/donation-fags.html>

## TRAILBLAZERS SUMMIT OFFERED FOR FREE!

International 3-day event rider and expert in performance mindset, June Burgess, invited me to participate in the Equestrian Trailblazers video summit. I'm incredibly excited because along with that invitation, I was offered the chance to extend to you the opportunity to listen in.

If you are struggling to marry your passion for horses and career...

If you need to re-examine your horse/work/life balance...

If you want to rekindle your once fervent passion for equestrian life...

...this is one event you NEED to join-AND IT'S FREE!

With two interviews per day for 12 days, you'll get exclusive access to today's top equestrian experts-

revolutionaries in the industry and true Equestrian Trailblazers. These are men and women who have stepped out of their comfort zones and pushed boundaries to win bigger, invent new products, increase understanding and improve equine communication. Listen in as they share their stories of success and examine the mindset that allowed it all to happen.

All you have to do is reserve your "virtual seat" by going here:

<http://xs.gy/monty>

Don't pass this opportunity up to get insider access to some of the brightest minds in the equestrian world today.

## HORSEMANSHIP RADIO

The Junior Equestrian Festival and the non-profit College Prep Scholarship & Educational Fund, joined forces to encourage riders to educate themselves about the charitable organizations in their communities, emphasize horsemanship and sportsmanship for equestrian success, and promote higher education as a foundation to future success in life. Sophie Cox joins us from Australia. Our Trainers Tip is from Carole Herder of Cavallo, Inc. Episode 41 by Index Fund Advisors [www.IFA.com](http://www.IFA.com), [Omega Fields Supplements](#) and Monty's [Equus Online University](#).

**Click here and listen in...**

<http://www.horsemanshipradio.com/2015/05/29/horsemanship-radio-episode-41-by-index-fund-advisors-ifa-com-jane-dacosta-of-the-jr-equestrian-festival-lindsay-martin-of-the-college-prep-scholarship-fund-australian-trainer-sophie-cox/>

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.

**Get the free App here:**

<https://itunes.apple.com/us/app/horse-radio-network/id672259386?mt=8>

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

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

## Horse & Country, UK



Watch Monty Roberts on Horse & Country TV in the UK (Sky channel 253), Ireland, The Netherlands, Sweden and Australia.

<http://www.horseandcountry.tv/programmes/monty-roberts>

In Australia: [www.horseandcountrytv.com.au](http://www.horseandcountrytv.com.au)

## 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/gallery/monty-roberts-backstage-pass/>

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

[www.facebook.com/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:

[www.hrtv.com/MontyRobertsShow/](http://www.hrtv.com/MontyRobertsShow/)

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

## HORSE SENSE FOR LEADERS



Enjoy the First Excerpt Now.

Now available on Amazon! Click on Amazon Smile and donate to Monty's nonprofit while getting this great book.

Horse Sense for Leaders: Building Trust-Based Relationships Features New York Times Best-Selling Author Monty Roberts

[http://www.amazon.com/Horse-Sense-Leaders-Trust-Based-Relation-ships-ebook/dp/B00UM34OZC/ref=sr\\_1\\_1?ie=UTF8&qid=1426527171&sr=8-](http://www.amazon.com/Horse-Sense-Leaders-Trust-Based-Relation-ships-ebook/dp/B00UM34OZC/ref=sr_1_1?ie=UTF8&qid=1426527171&sr=8-)

[1&keywords=Horse+Sense+for+Leaders+monty+roberts](#)

"The connection made in this book between leadership and non-violence is extremely important. Many leaders have employed violence or cruelty to achieve their ends but Monty Roberts has gone in the opposite direction and shows how true leadership is about the development of trust (whether between a human and an animal or between humans) and encouraging those around one to reach their full potential. Everybody could benefit from absorbing the practices outlined in this book."

Andrew Rowan is the Chief Scientific Officer for The Humane Society of the United States.

Premise of the book: Monty Roberts, author of The New York Times bestseller, The Man Who Listens to Horses, has cooperated with the writing of a new book, Horse Sense for Leaders. The book borrows from the fascinating life of Roberts, known as the horse whisperer, for a highly engaging look at the significance of trust-based leadership. The book blends Monty's work as a world leader of non-violent horse training with current research on the value of a trust-based leadership approach. This unique approach allows for an interesting and provocative read on how leaders can engage followers in more effective relationships at work.

[\[Click here to read on...a free excerpt\]](#)

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Christopher Dydyk

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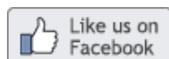
If not, click here: <http://www.montyroberts.com/category/montys-question-and-answer-space/>



## KEEP IN TOUCH

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Sincerely,  
**Monty Roberts**



