



ASK MONTY

Wednesday September 9, 2015

Greetings!

How do you build your horse's trust? Monty talks about this important topic in his question and answer column this week.

MONTY ANSWERS

Question:

Dear Monty,

I have recently bought a Shetland, which was known to be nervous around humans, but we now realize he is more than just nervous, but awfully scared of humans. We have allowed him time to settle down with his new surroundings and the other horses, and since then asked advice from others with experience of nervous horses, but nothing seemed to help. He runs away or flinches if we move our hands from afar and even tries to run through the electric fence when we first enter the field. Recently we have been sitting in his field for several hours, and holding out pieces of carrot, which he takes, which is obviously a very exciting breakthrough for me, but I was wondering if there was anymore tips to help such a scared pony?

Regards, Danielle

Answer:

Dear Danielle,

It would please me if I could somehow inform you of the number of individual equine animals that I work with, in any given year, which exhibit exactly the same behavior you have described in your question. Just as with humans, each horse has a different personality and has received abuse of various descriptions. Nothing you have outlined surprises me. It sounds, however, as though the behavior you have clearly communicated is completely normal given the circumstances, which more than likely occurred.

While you feel it is a breakthrough to have the pony accept food from your hand, I have never found this to be an appropriate measure to deal with the fear of an abused animal. Your question would nearly require a book on the fear response of Equus. On the [Equus Online University](#), we have many lessons that deal with these challenges. Join-Up® is an essential element to attempt in the beginning. The 'lake and stream' procedure could well be of great assistance in this case. One must read the pony's reactions.

Reading your animal and moving to accepted measures is critical to an incremental approach to solving this problem. It just so happens that I am currently working, two sessions a day, with a family group of wild deer. If you think your pony is sensitive to the movements and presence of human beings, just imagine that when I make a mistake the deer will leap 15 or 20 feet and run 40 or 50 yards frightening the balance of the herd so that it takes hours to get back to the point you had achieved earlier.

In addition to the deer, I am currently working with several mustangs that are simply a scaled-down version of the sensitivity exhibited by the deer. In the next week I plan to do several video lessons for the Equus Online University that have to do with a new form of gentling that I have recently discovered. It has to do with inflatable exercise balls, which many other trainers have utilized but I have discovered what appears to me to be a different approach to their use. Watch for these lessons in the next months.

It is clear that you need answers now and not months later, so let me simply tell you that I would start with this pony in a safe place with good fencing and appropriate footing. I would work on Join-Up for extended periods of

time keeping my pulse rate as low as possible. I would eliminate the use of all food from the hand and I have written in many areas about the fallacy of feeding from the human body. [From My Hands to Yours](#) is the textbook of reference in this and many other areas you outline.

Plastic shopping bags on a stick will also come into play in my process, but only after the [Dually halter](#) has successfully caused the animal to cease the habit of blasting away from you. Please don't despair. There are so many ways to overcome the problems of abused equine students. It can be fun to successfully cause your animal to trust you and bond with you, but it does not happen without patience and the skills required to read the needs of the animal involved. You can do it if you try.

If there is anyway to get this pony to me in California, I would love to include it in a course. I have no idea regarding your geographic location, but in addition to that there are the courses here where we can instruct by using animals of a similar nature to yours. I just completed a course which turned out to be extremely gratifying. It was called "[Gentling Wild Horses](#)" and could be the perfect educational environment for you and your pony to experience my procedures in action. Watch for new dates for this course.

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Monty's Principles

Planting a Seed to Make Dreams Happen in South America

Dear Monty,

After the experience of doing a Join-Up at your farm, I felt I've dealt with many ghosts that had haunted my life until then. Growing up as little girl in a sexist society where horses were and still are a "guy's businesses," and being repeatedly told that they were dangerous animals and therefore they had to be handled with violence and cruelty, had always made me feel powerless and frustrated. I always wanted to do something about it, but I didn't know how. Back then, I didn't have any tools or knowledge but I've always believed to the bottom of my heart that the "vaqueiros" were wrong and it could be possible to change it all. But I was "just a girl." For many years, I've kept my mares and horses wild because I didn't know anyone who could handle them in a gentle way.

You can't imagine how amazed I was when I first read your book [The Man Who Listens to Horses](#) and saw your show at São Paulo in 2013, because I knew I was closer to make my farm a better home for my horses. I could finally see how to handle a horse and have them accept a human gently and with minimum distress. Definitely, I needed to study more and do Join-Up myself. So, I decided to join the Brazilian group and visit your farm this past June.

Back then, I told Debbie that I felt compelled to be a little "seed" of your noble mission back at home. When coming back to Brazil, I had the idea not only to bring your method to my place and share it with friends, but also to help children victims of

violence. I thought that sharing with them your life experience (so that they can hear about a little boy that could change his life in a very positive way, breaking the violence circle) could be inspirational.

I told my idea to Miguel who kindly accepted to be our instructor and I went after sponsors. It was amazing how quickly I could get sponsors for putting together the Join-Up course. I am proud to tell you that on September 19th and 20th we are going to offer an introduction local course to Join-Up to our community, specially local vaqueiros, horse owners and trainers, and all money raised from this course subscriptions will be invested in this local social work that takes care of 8-15 years old boys who lost their family due to violence, mainly because of drugs.

They are boys, mostly forgotten by society, whose only dream is to have a family. I've already met them and their stories are very touching. After the course, we are going to offer the kids a day full of fun at my farm. Miguel will talk about you and your gentle methods and we are going to plant trees with them. Later, we'll invest the money to provide them some educational activities throughout the year, like storytelling and album construction. Since many of them do not know anything about their past, the psychologists can work on their individuality by building a personal album about their life and dreams. I am so happy to be a part of this project and to give them hope and something to dream about.

You are the inspiration of all of this to happen. I thank you very much for touching our lives with so much love and kindness. I hope that this project is a success and that it may really help these children. Also, I hope to put more "seeds" into your mission.

Best regards,

Sonia Lages

THIS WEEK IN MONTY'S EQUUS ONLINE UNIVERSITY



Monty's Equus Online University lessons continue today with a new video in the "Join-Up with Martin Clunes" series.

[Watch the video now!](#)



Not a student yet? Click on: www.montyrobersoniversity.com and Join-Up with thousands of horse lovers learning Monty's force-free and fun methods now.

Coming next week: Martin Clunes and the Horse that Chases Tractors!

Monty's Challenge



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@montyrobersoniversity.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

GLOBE GALLOPING WITH MONTY ROBERTS

Follow Monty, go to: www.facebook.com/MontyRoberts

Monty in California

October 10, 2015	Bishop Burton College , York Road, Bishop Burton, Beverley HU17 8QG	UK
October 17, 2015	Myerscough College , St Michaels' Road, Bilsborrow, Preston, Lancashire, PR3 0RY	UK
October 23, 2015	Hartpury College , Hartpury, Gloucester, GL19 3BE	UK
October 29, 2015	Merrist Wood College , Worplesdon, Guildford, GU3 3PE	UK
October 31, 2015	Ingliston Country Club , Ingliston Estate, Old Greenock Road, Bishopton Renfrewshire, Scotland, PA7 5PA	UK
November 6, 2015	Horse Sense for Leaders at Flag Is Up Farms in California	USA
November 7 to 8, 2015	Join Pat Roberts for the Wild at Heart Women's Weekend	USA



For information about Monty's worldwide demos and the courses held at Monty's farm in California go to: http://www.montyrobersoniversity.com/ab_about_monty_calendar/see-monty/

HORSEMANSHIP RADIO

Debbie Visits Washington State: Appaloosa Horse Club, Woodbrook Hunt MFH Melody Fleckenstein. Trainers Tip from Judy Limsky

The Appaloosa is important to the story of the Western United States and everyone loves color! Also Melody Fleckenstein, Woodbrook Hunt MFH shares why young riders love the thrill of riding fast horses and following the hounds on a drag scent (no fox). Trainers Tip from ACTHA champ Judy Limsky.

Listen in...

<http://www.horsemanshipradio.com/2015/08/30/horsemanship-radio-episode-47-by-index-fund-advisors-ifa-com-debbie-visits-washington-state-appaloosa-horse-club-woodbrook-hunt-mfh-melody-fleckenstein/>

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:

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INSIDE OUT**

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**EQUUS
ONLINE UNIVERSITY**

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:

Bonjour, dear Sir,
Reading this subject, I was wondering what would be your tips to help a horse accept the shower of its legs first and then all body? Of course not during wintertime or too cold weather.
Thanks for your answer.
Best regards,
Fran

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!

HRTV

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/

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

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/>

SUCCEED: Digestive Health

SUCCEED

"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/>

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

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

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 donation directly to Join-Up International here: <http://www.join-up.org/donation-faqs.html>

E-News Delivery

Do you receive this FREE letter with Monty's Question and Answer weekly? If not, click here:

<http://www.montyroberts.com/category/montys-question-and-answer-space/>



HORSE SENSE FOR LEADERS NOW IN PAPERBACK!



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-Relationships/dp/1508480338/ref=sr_1_1?ie=UTF8&qid=1434515209&sr=8-

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

"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

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



