



Wednesday September 23, 2015

Greetings!

## MONTY ANSWERS

### Question:

Hello Monty,  
My name is Celia and I will try to be short. I have started to ride 2 years ago. I was riding several horses but I liked one more - a Furioso North Star. At some point, I decided to buy him and I did it. Everything went just fine, we even competed as a beginner couple at an endurance competition. Last year the weather was so bad that I couldn't work with him - or even see him - about 8 months. When we met, I noticed that I started to be afraid of him - sometimes. Not always. Just have moments when I fall psychically and he feels it. I was sure that after 8 months of inactivity he would go crazy in the field and I think that this is how it all started. Currently I moved him in another place, where I can go no matter the weather and there is a good personnel that is able to train him and also me. But I just feel I need to do more - I mean, I guess the problem is in my mind. The fear comes from what he could do, not from what he already did. Are there some exercises or techniques I could use in order to build a stronger relationship of trust with him? I should trust myself more, because when I am confident he is fine, if I am losing confidence he is losing his trust in me and therefore I am losing my trust in him. Complicated.

Best regards,  
Celia

### Answer:

Dear Celia,  
Thank you very much for your inquiry. In your explanation I heard almost nothing that was unnatural or uncommon. Horses weigh a half ton or so and can move quickly so it is the nature of human beings to be from slightly to phobically frightened of these animals that inherently can be dangerous. It is also clear that horses inherently fear human beings who are, in fact, predators.

The words in your statement indicate to me that there is a significant need for you to become educated about horses to the extent that you understand this and therefore can deal with them in the absence of fear. It is necessary that you learn that horses mean you no harm. Horses are neophobic and they are also phobically frightened of predators. Each of these elements can be overcome.

It is my strong recommendation to you that you go, at once, to my [Online University](#) and observe as many lessons as you possibly can. These will cause you to become cognizant of the behavioral patterns of horses. They will also edify to the extent that you understand and therefore fail to fear of the horse's behavior. There are over 360 lessons for you now - each one a treasure trove.

In addition to my Online University, [my textbook From My Hands to Yours](#) is the written set of standards designed to clearly outline my concepts. If somehow you could put your mind around all the information found on these two locations, I absolutely guarantee your fear of horses and their fear of you would be reduced in a significantly positive way.

Please come back to us after you have put this information to work and let us know the outcome. For your pony's sake, study those lessons on Spooky Horses and the message that one can allay those fears that may have been exacerbated by less than competent human beings going before you in the formation of the behavioral patterns your pony is expressing.

Sincerely,  
Monty

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## Monty's Principles

On Twitter @Monty\_Roberts

Thanks to @Monty\_Roberts for following Equisight. We have adopted your techniques and are changing lives for people & horses in South Africa

@daryllpleasants: "Hi Monty, thank you so much for following. Our mutual friend Vianna von Weyhausen speaks so highly of you and on a personal note I have followed your work since I was a boy employing both your techniques and beliefs. A great honor. Many thanks, Daryll"

## Monty's Challenge



## THIS WEEK IN MONTY'S EQUUS ONLINE UNIVERSITY





**JOIN-UP FOR POLO WITH ISABELLA WOLF  
THE HORSE THAT'S IMPOSSIBLE TO CATCH**



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:**

Horse problem due to Lyme disease:  
I've had my horse for four years and he's been a dependable, level-headed horse. This is very good as I often ride alone, and I need him to be trustworthy. About a month ago he started having days when he didn't act right - jumpy and just so different than his normal behavior. At first I didn't realize anything was wrong because he was controllable when I was riding. Three times he's broken away from the trailer when I've had him tied and that's a major problem. To make a long story short, it finally hit me that there was something bothering him, and as I've seen the effects of Lyme before, decided to have the vet take blood and test him. Sure enough, he had a high, active Lyme count and he's been on Doxycycline for over a week now.

My problem is he's learned a bad behavior in pulling away when he's tied and he's also kicking in the trailer which he's never done before. I'm not tying him now when I saddle him, but making him stand ground-tied. I don't want to add any stress to his life, especially as he'll be on doxycycline for 30 days. I rode him for 2 1/2 hours yesterday and he seemed much more like himself, but the kicking in the trailer worries me because I don't want him to get hurt.

How can I get him to ride in the trailer without fussing? He self loads, and always has, so that's not a problem. Also, how can I teach him to be tied to the trailer again without trying to break loose? I don't want to do anything wrong, and make the problem worse, so as I read your newsletters and love your advice, decided to ask you before going ahead with anything.

Thank you for your time.  
Wendy Grady

Monty's Equus Online University lessons continue today with a new series: Hard to Catch Horse with Isabella Wolf. [Watch the video now!](#)



**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**

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

**ARE YOU WILD AT HEART?**

PAT ROBERTS'  
*Wild at Heart*  
WOMEN'S WEEKEND



**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 are invited to a Very Special Weekend at Flag Is Up Farms- November 7-8, 2015

For more information, go to: <http://www.montyroberts.com/wp-content/uploads/2015/01/Wild-at-Heart-Weekend-Flyer-V3.pdf>

### HORSEMANSHIP RADIO

#### Hong Kong Jockey Douglas Whyte and Daughter Sheikara

Hong Kong Horse Racing is all about pressure to perform. Douglas Whyte has dominated there, winning 13 consecutive titles in this highly competitive environment. He first endured criticism and even suspension for his beliefs in gentler methods of handling horses. He has persevered, and he and his daughter Sheikara speak to Monty about their shared love of horses.

#### Listen in...

<http://www.horsemanSHIPradio.com/2015/09/15/horsemanSHIP-radio-episode-48-by-index-fund-advisors-ifa-com-hong-kong-jockey-douglas-whyte-daughter-sheikara/>

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.](#)

**SEE YOUR HORSE "SHINE" FROM THE INSIDE OUT**

**OmegaFields.com**

**IFA.com**

**Index Fund Advisors**  
fiduciaries for wealth

**EQUUS**  
ONLINE UNIVERSITY

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

### 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/>

### 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 & 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)

### 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/>

### 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-](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.

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

## 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/>



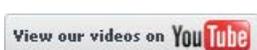
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Christopher Dydyk

## KEEP IN TOUCH

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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.



Sincerely,  
**Monty Roberts**

