



Wednesday April 6, 2016

Greetings!

MONTY ANSWERS

Question:

Dear Mr. Roberts,

I wanted to get in touch to thank you for sharing your wisdom and insights with me and my friend Holly on Saturday night. As I mentioned when we spoke, I am a professional golfer and Holly is my caddy on tour. This is my first year on tour and I am really looking forward to growing and developing my skills in competition.

It was incredibly valuable for us both to hear you speak and learn how you approach your craft and your life. Like you, I love what I do and I hope that will help me to enjoy a long and healthy life.

My ambition this year is to earn a full card for the Ladies European Tour next year and following that I aim to play on the LPGA tour in America.

I have taken time to look into diaphragmatic breathing as you suggested and have begun to practice based on the tips I have found online. I have a tendency to take too much on in my mind, and often get a lot running through it at once. This can lead to anxiety as my default rather than relaxation. I know I need to work on this as much as I do other aspects of my game.

Do you play golf? If the answer is yes and you would ever like to play a game, it would be my pleasure to organise a game at any course in London. My home is at Wentworth Golf Club and The Centurion Golf Club. It was Neil McLean who was speaking about your work at a golf lunch in Dubai and so I have him to thank also for putting the idea in my head to go to watch you.

Thank you again for sharing your mind with me, I am truly inspired.

Kindest regards,
Iona Stephen

Answer:

Dear Iona,

First let me put your mind at ease as far as my golfing skills are concerned. I have played golf, a significant number of times, whilst I was traveling as a professional at horse shows and rodeos. I must admit, I was never a very good golfer, even with a bunch of cowboys to compete against. I remember breaking the 100 once, and that was an invitation for a very large scotch. Don't volunteer the pain it would be to escort me around a golf course.

It interests me that you have made your way to me for the purpose of improving your game. I promise you I could improve your game as I read your metabolic temperaments as you spoke with me at Hadlow college. I have worked with many professional athletes, and received great joy from many of their achievements. I feel that you represent skills and challenges at the same time.

I would be happy to communicate with you and your caddy as I believe she would be of great value, assisting you to understand my recommendations.

Sincerely,
Monty

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Monty and Shy Boy



Monty and Shy Boy
Photo by:

Afonso Westphal
Mundo Equestre Magazine, Brasil

Monty's Principles

Monty's Impact on a Prisoner

I am now in my 70s and have become a lifelong fan of your horsemanship. I only wish you were around when I was a child.

A lovely old lady who ran a riding stables in the 1950s used to, on the return from a ride, stand her horses on the green in front of the stables and whistle to them, long and low in a warble. Every horse would then urinate on command before being put back in its stable. I saved no end on bedding and work, and all the horses were comfortable. New arrivals soon got the hang of it and copied the others.

Sorry I missed you at Kingston Maurwood, Dorset.

Just a note to add: My pupil, the prisoner, a lifer, whom you wrote to while he was studying Equine

THIS WEEK IN MONTY'S EQUUS ONLINE UNIVERSITY





MONTY'S TOUR DEMONSTRATIONS RELAXING WHEN YOU LOAD YOUR HORSE

Monty's Equus Online University lessons continue this week with: MONTY'S TOUR DEMONSTRATIONS: Relaxing when You Load Your Horse. [Watch the video now!](#)



Not a student yet? Click on: 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 and https://twitter.com/Monty_Roberts

April 9, 2016	Demonstration in Vilhelmsborg	Denmark
April 16, 2016	Demonstration with Steph Madaus and Monty Roberts	Germany
April 21, 2016	Zweibrücken Germany Tour	Germany
April 23, 2016	Darmstadt Germany Tour	Germany
April 30, 2016	Ohlstadt Germany Tour	Germany
May 5, 2016	Ebreichsdorf Austria Tour	Austria
May 7, 2016	Stadl-Paura Austria Tour	Austria
May 28-29, 2016	Johannesburg South Africa Tour	South Africa
June 4-5, 2016	Cape Town South Africa Tour	South Africa
July 17-21, 2016	Monty's Special Training (translation in Portuguese)	USA
July 30, 2016	Monty's Night of Inspiration at Flag Is Up Farms	USA
August 1-5, 2016	Monty's Special Training at Flag Is Up Farms	USA
August 22-Sept. 2, 2016	Gentling Wild Horses course at Flag Is Up Farms	USA
September 9, 2016	Horse Sense for Leaders at Flag Is Up Farms in California	USA
September 10-11	Join Pat Roberts for the Wild at Heart Weekend	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/

Courses with Horses at the Monty Roberts International Learning Center in California:

May 2-5, 2016	Join-Up Course	USA
May 6-7, 2016	Long Lining Course	USA
May 14-15, 2016	Kids' Course	USA
May 21-22, 2016	Horsemanship 101	USA

Psychology in prison several years ago, is now out and doing well. He never intends to get sent back again and it now a sworn tea-totaler. You made a great impact on him.

Thank You,
Heather Lee

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@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:

Last night a new foal was born. As he is Aguadeiro's son I have named him Aguardente, firewater. He has a dun color with a dark stripe on his spine and Aguadeiro is really taking on the father's role of protecting him, mostly keeping Lucas (gelding) away. How do stallions (he is now a gelding) know a foal is theirs?

With kind regards,
Patricia

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



"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://montyrobertsshop.com/collections/horse-health>

HORSEMANSHIP RADIO



This week: Ron Ralls NRCHA Hall of Famer and Monty Roberts International Learning Center's Denise Heinlein and Jenny Ahlroth, Fundamentals Are FUN

Horsemanship Radio Episode 61 by Index Fund Advisors IFA.com

NRCHA Hall of Famer and two-times World's Greatest Horseman Ron Ralls talks about his roots as a ranch hand and how he became a world champion. Denise Heinlein and Jenny Ahlroth give us tips on good ground manners. Jamie Jennings Ask Monty Tip: Pinned ears at feeding time?

Listen in...

<http://www.horsemanshipradio.com/2016/04/01/horsemanship-radio-episode-61-by-index-fund-advisors-ifa-com-ron-ralls-nrcha-hall-of-famer-mrilcs-denise-heinlein-and-jenny-ahlroth-fundamentals-are-fun/>

[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.

Horse Radio Network's Free App is found on [iTunes for Apple](#) and [Google Play for Android](#).

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



Monty on HRTV



Please check local TV directories for Monty's time and channel or the HRTV website where times are in Eastern Standard Time:

www.hrtv.com/MontyRobertsShow/

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

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](#)

Paperback \$9.99 <http://amzn.to/1jqmgBc>
Color Version \$19.99 <http://amzn.to/1h31Psi>

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

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

"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]

REDUCING VIOLENCE THROUGH WORKSHOPS WITH HORSES

by Join-Up International in Antigua Guatemala



Lead-Up International is a program based around workshops with horses in which youth at risk are introduced to calm and humane ways of interacting with horses. Participants discover non-violence for themselves and develop a new sense of peaceful leadership. Read more... <http://tinyurl.com/nfex8ub>

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



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>

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