



Wednesday March 29, 2017

Greetings! ,

Monty is headed off to his tour in Germany. Don't miss a chance to see his demos!



Bruno (the horse) Monty and Martin Clunes at Kingston Maurward College, UK.
http://www.montyroberts.com/ab_about_monty_calen.../see-monty/

Question

I've read where you discovered and share why 'clucking' or 'kissing' to the horse helps encourage forward movement from the horse. I think it is like an impulsion to their senses. I have never heard why horses respond to a different type of sound to encourage stopping or standing still.

Answer

It pleases me to answer this question since I have just completed reading a book written by an accomplished psychiatrist called Peter Levine. While I've always known that horses respond to low, guttural sounds for stopping, and the high pitch sounds cause them to go faster, I really didn't know why this happened until I read Peter Levine's book, "In An Unspoken Voice."

If you are familiar with a lot of my writings, you will know I have extensively studied behavioral sciences. This question calls upon a behavior conducted because of certain sounds. I am able to control and/or reduce my pulse rate, adrenalin levels and cortisol levels through an action termed diaphragmatic breathing. All horsemen should learn to execute this form of relaxation.

Dr. Levine points out that diaphragmatic breathing can be enhanced as a reducer of pulse rate by adding a certain word through your voice box. He recommends VOOOOO. Soon after I read this, I got my pressure cuff on and tried out his VOOOOO. Amazingly I discovered a greater reduction in blood pressure and pulse rate when I added his guttural sound. It really worked.

People who practice yoga will make the sound of Ohmmmm, and I now know why they use it. The VOOOOO causes me to understand that it lengthens my vocal chords and immediately vibrates my entire respiratory system. It seems to allow for a greater relaxation of the entire human anatomy. I improved my ability to lower my pulse rate when I added the VOOOOO to the scenario.

All of this is to say that when riders say "Whoa" they are utilizing this very phenomenon. I am certain that any horse could learn to stop on VOOOOO just as quickly as they learn on Whoa. Remember the horses are animals of synchronicity. Sitting down in the saddle and using such words will encourage the horse to relax and slow down and stop. Any rider could make up his or her own word cue.

It is fun to keep learning. It is my opinion that there is still a lot to learn and just when I think I know just about everything about horses I learn something new. Over time when I learn something new it tends to open the doors for even more learning. Horses have been the victim of harsh treatment all too long. It is time to take a breath, step back, keep it simple and work on your ability to learn more about your horses.

Sincerely,

A handwritten signature in black ink that reads "Monty". The signature is stylized with a large, sweeping loop at the bottom and a long, thin stroke extending from the top right.

MONTY'S EQUUS ONLINE UNIVERSITY
THIS WEEK'S EPISODE



This online video series shows how to create a partnership with your horse. Not a student yet? Click on the buttons below to Join-Up with thousands of horse lovers learning Monty's force-free and fun methods now.



UPCOMING EVENTS

- Germany** March 31: Monty Roberts Germany Tour in Munich
- Germany** April 7: Monty Roberts Germany Tour in Elmshorn
- Germany** April 9: Monty Roberts Germany Tour in Redefin
- Germany** April 20: Monty Roberts Germany Tour in Dorsten
- Germany** April 22: Monty Roberts Germany Tour in Alsfeld
- Hungary** April 30: Monty Roberts Hungary Demonstration in Kaposvár
- USA** May 13: Night of Inspiration with Monty in California
- USA** July 10 to 21: Gentling Wild Horses California
- USA** July 31 to August 4: Monty's Special Training

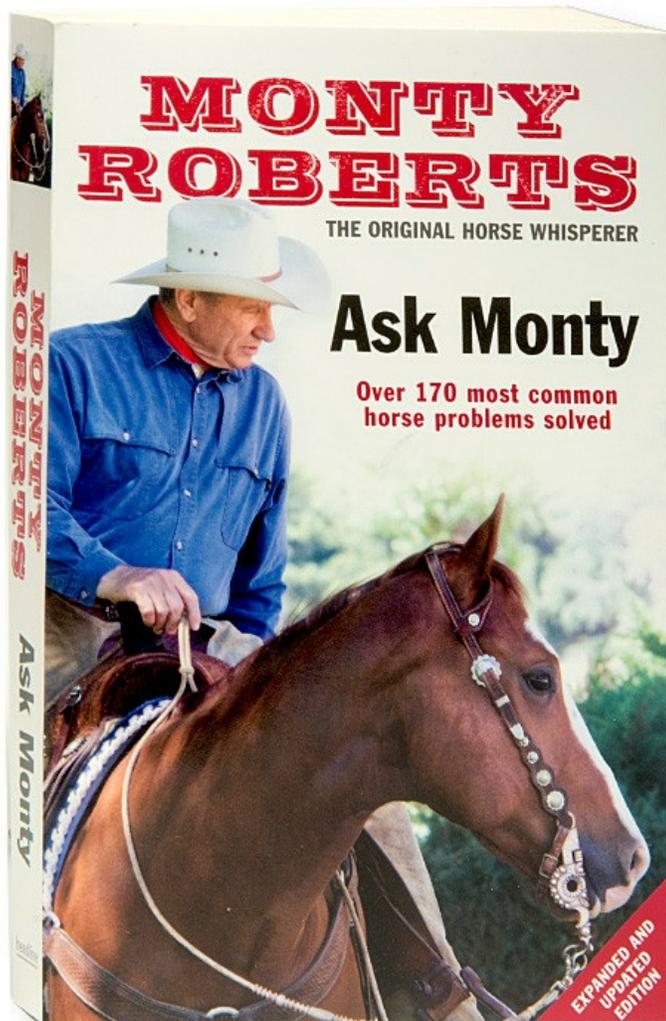


[FULL SCHEDULE HERE](#)

THE MONTY ROBERTS INTERNATIONAL LEARNING CENTER

March 27 to 31, 2017	<u>Introductory Exam</u>
April 3 to 21, 2017	<u>Advanced Certification Course</u>
May 6 to 7, 2017	<u>Horsemanship 101</u>
May 8 to 11, 2017	<u>Join-Up Course</u>
May 12 to 13, 2017	<u>Long Lining Course</u>
May 19 to 21, 2017	<u>Horse Sense and Healing</u>
May 22 to June 2, 2017	<u>Advanced Exam</u>
June 3 to 4, 2017	<u>Kids' Course</u>
June 24 to 25, 2017	<u>Kids' Course</u>

[MORE COURSE INFO HERE](#)



ONLINE REVIEW: MONTY'S ASK MONTY BOOK

"The [Ask Monty book](#) is fascinating, we see how Monty hones in on the nature of the horse through our questions on how to handle issues with our horses. Thorough and easy to understand Monty's instructions." (Online customer)

Editor's note: This book is a perfect companion to Monty's textbook, [From My Hands to Yours](#).

**MONTY'S PRINCIPLES
HORSE SENSE FOR PEOPLE**



Remember me from the second [Night of Inspiration](#)? I'm sending you a copy of a letter of thanks to a rural neighbor of mine who also once worked with mustangs. Upon writing to her, the letter became more than just for her...a small reward for all that you have done and continue doing.

Here's the letter:

Hi Zina,

Thank you so much for those Monty Roberts magazines. I knew not that such a thing existed. Perhaps it was very short-lived since you only had four consecutive issues from year 2000. I normally do not collect nostalgia except in my memories, but Monty as well as Monte holds a very special place in my heart. What Monty has done and continues doing to make a better world for both horses and people is an ongoing success.

My Monte is just one small example. Here he is, only a few minutes after his first saddle...my once wild mustang after two years as a colt on the range! Notice not one sweaty hair even on his still somewhat unshed winter coat. The iron's still up.

Bucking? Yeah! Monte knows quite well how to buck, but not even the slightest sign of any inclination to do so with the saddle. Why? Three plus years of [Monty Roberts Equus Online University](#) along with fifteen years of studying his videos and reading every answer to every weekly submitted question to Ask Monty since that online start. What would I have done with Monte without Monty?

I think back to my first seventeen years of life growing alongside my father's Thoroughbred racehorses. I learned much from him and the horses. I experienced being naturally comfortable around horses as just a normal everyday part of life. I loved them as I still do. They were my true friends.

My father embodied many of Monty's horsey concepts although my father was not a verbal teacher. I learned by observation then application. Many things my father did with the racehorses so many years ago, I now come to understand why...this time through

observation of demonstration and explanation from Monty Roberts then application.
Thank you, Monty. Thank you, Daddy.

I am now the age of my father at his passing. He would be ninety-seven this year. My life is once again beginning along with a new twist on the old. Dharma? Karma? True friends?

What happened with that interim forty-seven years of my life? I just may have become what I am.

Ken

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!

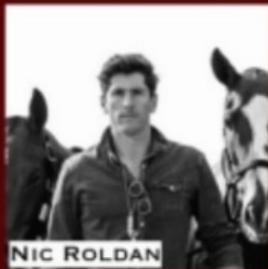
~ Monty

NEXT WEEK'S QUESTION

Hi, my name is Sophie and I'm currently in my second to last year of high school. I was wondering: do you class what you do as natural horsemanship?
I'm hoping to do a project on the pros and cons of traditional versus natural horsemanship next year.

Thank you,
Sophie

HORSEMANSHIP RADIO



Roundtable: What happens when great horsemen and great horses come together? Great plans! Global Polo Stars, Nic Roldan and Kris Kampsen recently met legendary Thoroughbred star, California Chrome with Duncan Taylor of Taylor Made Farms and Alan Sherman of the Sherman Racing Team to discuss how they can partner and encourage the Thoroughbred Aftercare Alliance. Listen in on their vision to help horses in their sports.

[EPISODE 84 | LISTEN HERE](#)



FOR OUR VETERANS AND FIRST RESPONDERS

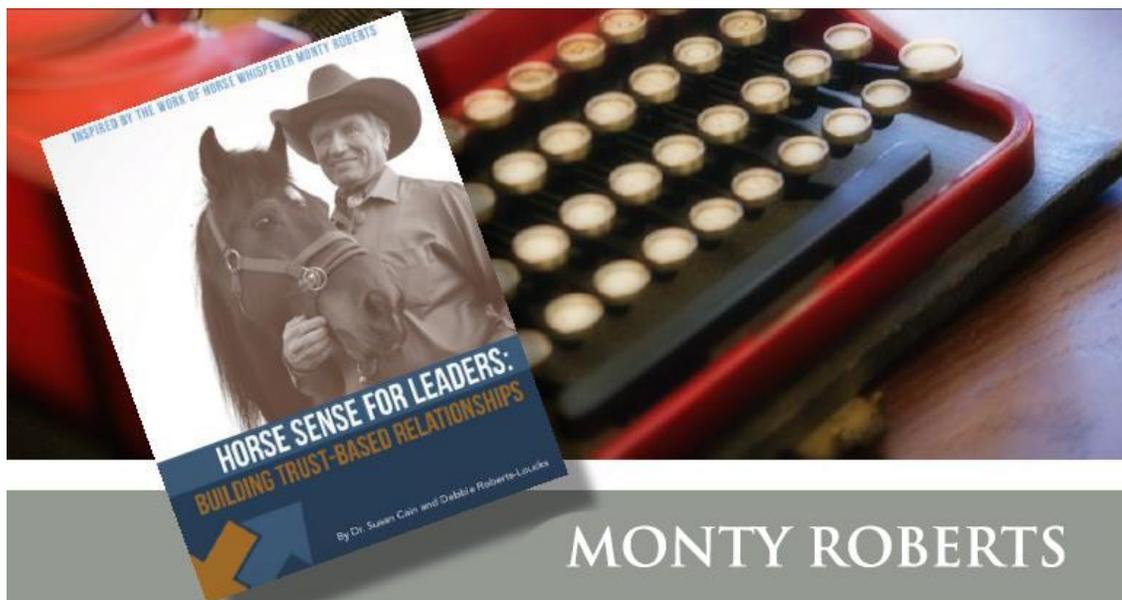


Monty Roberts is running free, resilience-building workshops for veterans, police, fire, first responders and their families. Horse Sense and Healing is a three-day program and it involves working closely with horses. The individuals and horses develop a special bond built upon mutual trust and respect. Join-Up offers everyone an effective tool to rediscover themselves through the eyes of the horse. This self-awareness exercise deals effectively with emotional trauma, anti-social behavior and withdrawal, anger, stress, combat stress and even Post Traumatic Stress Injury (PTSI). [READ MORE](#)



May 19 to 21 is Monty's next Horse Sense and Healing workshop. For more information, go to: <http://www.join-up.org/horse-sense-and-healing/>

HORSE SENSE FOR LEADERS



Buying Monty's book, [Horse Sense for Leaders: Building Trust-Based Relationships](#), is another great way to support Monty in his efforts. We have a

[Paperback Version](#) and a [Color Version](#).

Paperback \$9.99 <http://amzn.to/1jqmgBc>

Color Version \$19.99 <http://amzn.to/1h31Psj>

"Are leaders born or made? Follow the life of New York Times Best Selling Author and Horse Whisperer, Monty Roberts in the book Horse Sense for Leaders. Discover how Monty's life events shape his leadership style. Then, take our Trust Based Leadership Assessment to find out your own leadership style, and how to capitalize on your own unique leadership style."

~ Dr. Susan Cain, Corporate Learning Institute



REDUCING VIOLENCE THROUGH WORKSHOPS WITH HORSES IN ANTIGUA GUATEMALA

Lead-Up International (Affiliate of Join-Up International) is a program based on 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](#)



FIND A MONTY ROBERTS CERTIFIED INSTRUCTOR

Find [a Monty Roberts Certified Instructor](#) near you. All courses offered by certified instructors give students effective tools to communicate using the horse's own natural language, forming a partnership based on trust and communication rather than dominance. Visit the certified instructor web page here:

<http://www.montyroberts.com/certified-instructors-page/>



HRTV



 Forward to a Friend

