



TO THE YOUNGER AND OLDER

TEXT: MICHEL ROBERT
HORSE-ACADEMY.FR

**PROGRESS IS FIRST AND FOREMOST A MENTAL ATTITUDE.
WITH NO HARMONY BETWEEN BODY AND MIND
THERE CAN BE NO PROGRESS**

If I had known, when I was young, what I know today, I would have gained a lot of time and had far fewer worries. But thus is life. My teachers, in riding as in life, have helped me a lot by transmitting much of their knowledge to me. And I thank them for that. My advice is first and foremost to have your own rules, your own laws, your own principles well defined and to respect them. When I was a boy, at a time when I didn't feel very well, my brother told me something that,

over time, has always helped me: "Whatever you do, do it as best you can, starting with every little thing. And you'll see that everything will work out." This attitude allows one to never have any regrets. My father taught me respect and love for horses, which, in turn, involves respect and love for oneself and respect and love for other human beings. Let's learn to observe what is happening around us at any given moment. It's important to feel things. Analyzing situations allows us to live



◇ Great champion and Maestro, Michel Robert is a rider and the trainer of Team Wow. In the photos he is riding Surf de la Cense.

in harmony especially with horses, who possess the gift of feeling and perceiving the environment to which man belongs with his mental disorder and his behavior, often incomprehensible to them. Those who try to put themselves in the horses' shoes, can understand their intelligence. One witnesses much mutual misunderstanding... It is by having a calm and open state of mind that one can understand a horse. By observing his communication signals, the ear movements, the irregular or blocked breathing, the tail's movement... Do you want to win competitions? For whom? For your parents, for the team, for others to earn... All these reasons are valid. But try to think that the most important and the most beautiful competition is to win a good and happy

life and, moreover, if you have a passion for horses and for nature you will be content. Living these experiences is very important. Of course, there are stops along life's road with obstacles and trials that must be overcome in the best possible way. It is precisely these obstacles that force us to find solutions and that make us grow physically and mentally. In order to clear obstacles we need past experiences to find solutions in the present but first of all we need to analyze the situation with the right mental attitude and immediately after, plan the future with a positive attitude. Thanks to our imagination, positive anticipation of what will be is truly effective. It is important to determine and visualize the reaching of the goal: whether it is an



HORSES ARE NOT IN OUR LIVES BY ACCIDENT. THEY HAVE A LOT TO TEACH US, FIRST OF ALL ABOUT OURSELVES





◇ Michel Robert and Undiams de Varenne. To the right, with Bangalore de Hus.

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IF WE ALWAYS DO OUR BEST
STARTING FROM EACH LITTLE
THING, WE WILL NEVER HAVE ANY
REGRETS AND, SOONER OR LATER,
WE WILL FIND OUR WAY
TO SUCCESS

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WHEN YOU ARE IN TROUBLE,
GO FOR A WALK WITH YOUR HORSE
AND TALK TO HIM. IT WILL BE GOOD
FOR BOTH OF YOU!



obstacle, a test or your whole life.
We should try to acquire good habits, it's pretty
easy to do. The best way to move forward is to
lose bad habits, the hardest ones to change, like
stop fidgeting on horseback, stop getting angry,
maybe quit smoking... To change bad habits, you

have to give yourself priorities which need to be
strictly respected. Let's tell ourselves 'today I will
be proud to not do this or this other thing'; the
decision must be made and respected with the
determination and awareness to continue to do
well in the long term. •