

Speaker 1 ([00:00:08](#)):

Magic lies with the trails. You're listening to the journey on podcast with Warrick. Schiller Warrick is a horseman trainer, international clinician and author, whose mission is to help people achieve a deeper connection with their horses through his transformational training program. Welcome back.

Speaker 2 ([00:00:34](#)):

So the journey on podcast, I'm your host work, Sheila. And today I have a very, very, very special guest. I have Madison shamba who is otherwise known as Mustang Mattie. And if you aren't familiar with Maddie, Maddie's a three-time extreme Mustang makeover freestyle champion. She was the 2017 Mustang magic Mustang magic champion, and she performs with her, uh, Liberty team of Mustangs all over the country and has taught and judged all around the world. And her work has featured on animal planet. Wow. In Calgary magazine and horse and rider magazine. So here we have the one and only Mustang, Maddie. Hey,

Speaker 3 ([00:01:12](#)):

Thank you for that introduction. Wow.

Speaker 2 ([00:01:16](#)):

I looked it up.

Speaker 3 ([00:01:20](#)):

Oh, thanks. They're happy.

Speaker 2 ([00:01:22](#)):

Hi. No problem. So how's it all going? Where are you right now? Cause you normally travel quite a bit. You in Colorado. Yeah.

Speaker 3 ([00:01:29](#)):

I have not been traveling very much at all. Recently I'm in Ridgway, Colorado. Um, and then I'll head to Arizona likely for the winter. So

Speaker 2 ([00:01:38](#)):

Yeah. That's where is it? You're going back to the same place I ran into you down there one time. Yeah. Yep, yep. Yep. And so has the whole COVID thing been for you? I mean, you're a, you're a little bit of a road warrior, so odd one place for a long time.

Speaker 3 ([00:01:53](#)):

Yeah, it is odd. I mean, I was getting to the point where I did want to spend more time at home and off the road. Um, but it seems like once you have it, like the, the grass is always greener on the other side kind of thing. I do miss it and it's, it's different, but also I was already planning this year on taking time away from traveling and, um, developing my online course out more. So it ended up working well for us, we're really fortunate to be able to have that going. Um, but it's not the same. I just, I really miss teaching, like, and seeing the other person, you know, like, uh, I don't know if you feel this way when you teach online, but it's almost like, you know, a singer or something going up to perform and it's like

empty chairs. Like you can't see or feel the audience, you know, and read their energy. And it's just a weird feeling, doing everything virtually.

Speaker 2 ([00:02:44](#)):

Oh, so you've been doing virtual lessons. I thought you meant just filming stuff. Cause I don't really do the virtual lesson thing, but I do, you know, I film a lot here at home and, and that's almost like for a singer recording in the recording studio in the recording studio, but there is, I know what you're talking about. There is a, like an exchange of energy when you're working with someone and, and you know, facial expressions and you just, as well as the verbal things, they say, you know, you really read their energy and read their body language and you're really, you really understand if they getting it and I'm like say doing the whole, the horse expos and stuff, when you have larger crowds of people and they're, and they getting it, you really get, I don't know. I feel that energy often.

Speaker 3 ([00:03:25](#)):

Yeah, exactly. That's exactly how I feel. And yeah, I do. So I'm doing an online course, so I'm not doing like a lot of virtual lessons, but I'll review like little video clips, you know, and let them know my reviews, but that's really, and then like answer questions in the forum. But other than that, yeah, it's just like you were saying, like recording and kind of putting it out there.

Speaker 2 ([00:03:44](#)):

So tell me you, um, was it this year, quite the journeyer on this journey that a few of us are on it. Wasn't this year. What, when did you go and hang with, didn't go hang with like some shaman or medicine man or something.

Speaker 3 ([00:03:57](#)):

Oh yeah. Well, I went to Peru last October. So, uh, I actually, it was two years ago maybe now, which was really fun. I mean, it was fun to just experience a different culture. You know, they're much older than us in the United States in a lot of ways and have healed a lot around colonialization and all that kind of thing. And just to see how rich it was in tradition. And I mean, it was really incredible. So yeah, I've been, you know, I've been kind of on that journey of, of healing and, um, awareness and things, uh, since, um, I hurt my back. Um, but right before I started traveling, so 2016, I think, um, Matt kind of led me down that path

Speaker 2 ([00:04:44](#)):

And quite the path that is, um, so you went to Peru, you weren't doing anything with horses and peruse that, right? It was all mad now, not horse stuff.

Speaker 3 ([00:04:52](#)):

Yeah. Which was interesting. Cause it was one of the first times I've really traveled without it being hoarse or work-related. And it was a group of girls that are here in Ridgeway, Colorado that I went with and we tried, I mean, we traveled all over Peru, you know, we started like in the, in the city and then to the mountains, the jungle, we met a lot of interesting characters and yeah, but I mean, you know, too, it's like everything is everything else. Like when I was in Peru, I brought so much back that then changed my work with horses. Like everything's so connected. So it was interesting.

Speaker 2 ([00:05:28](#)):

And was that the others you went with too, it was all like a bit of a healing kind of a journey, like a self-development sort of things that went working.

Speaker 3 ([00:05:35](#)):

Yeah. Yeah. Self development. Spiritual. Yeah.

Speaker 2 ([00:05:39](#)):

That's cool. So it might be, I got the story wrong, but I thought, I thought it was, uh, maybe earlier this year you were with some like a native American something around,

Speaker 3 ([00:05:49](#)):

Oh, I was doing, um, I was doing an apprenticeship with, um, a woman yeah. Who, um, uh, works the Navajo native Americans and worked with an elder there, um, broken foot was her name. And so I've been really interested in indigenous, you know, ways of being, I think that there's a lot of healing in that compared to how the world is set up now. And then also in this time we're in not like being really sensitive to, you know, like cultural appropriation and, you know, I think we, as white people can go to want to get all the wisdom, but then we fail to acknowledge, for example, the state and the plight of where native Americans are at now and the realities of everything. So yeah, it's just kind of integrating everything like really wanting to soak up all that wisdom and knowledge while at the same time being really respectful. And gosh, there's so many layers to that I've been thinking about as far as our ancestry goes and feeling connected and things like that. But, um, have you ever heard of the book neither Wolf nor dog? No,

Speaker 2 ([00:06:53](#)):

I bet I'm going to write that down right now. Oh,

Speaker 3 ([00:06:55](#)):

You would love it. I, the whole time I was reading that book, I was underlying it dog hearing every page and I'll just like, Oh my gosh, I would just like scream out loud being like, this is so amazing. I think you would really like it. Cause it, it goes into kind of this journey with an Indian elder and he's sharing wisdom and a lot, you know, on the relationship with white people and what the reparations look like. And it's just it's life changing. It's it's really good.

Speaker 2 ([00:07:22](#)):

You'll have to look that up in other Wolf, not dog. Wow. You know, um, I'm reading a book slowly right now. Cause it's one of those ones you've got to chew on at a wall called calling us home by a fellow named Chris Lucho or something. Who's got the he's Nordic. So he's got the two dots over a you and his name I think. But it's basically a, his journey investigating shamanism in different places around the world. And just some of the, like the, he gives you exercises to do in the book and the first exercise. It's so cool. And you've probably done something similar, but I want you to go out and sit in nature and it's almost like a meditation. You sit there and all they want you to do is just be aware of your own body. So just, you know, like a body scan or just getting into your own body.

Speaker 2 ([00:08:05](#)):

The second part of the exercise, you do the same thing, but you go out there and you just observe, you sit there and use to observe without judgment. You just, and it's like for a half an hour, 45 minutes at a time, you just observe without judgment. Look at the birds, look at, and they say, if you sit there still long enough where there's no wildlife, pretty soon there'll be wildlife. If you can just be still long enough. And then the third part of that exercise is they want you to go out and just listen, just be aware of what you can hear, but at some point in time, and this is the really cool part at some point in time, you get to where, when you go out and you sit, you don't observe you're in a body and then separately observe what's going on, you observe what's going on.

Speaker 2 ([00:08:46](#)):

And you take in, I want you to take in like 40% of your perception through your eyes. And I want to take in 60% of your perception, perception through your bodily sensation. So you basically feeling what's going on, not necessarily just looking at it through our eyes, but the feeling, the landscape, you know, and that that's early on in the book. I mean, it gets so much better, but it's, Oh, it's such a cool book. And I'm really, really loving that stuff. I was talking to someone, um, yesterday, honestly, just on a Skype call and she has studied a lot of shamanistic practices around the world and things like that. And she's talking about how the, the neuroscience we're understanding these days about healing, things lines up so much with ancient wisdom. It's not funny, like it's, it's scientific that it just proves before they even had the science to prove it, what that, what they were doing was so spot on, you know, and I'm pretty sure you may have found that with the broken foot and you're a bit of a journey to Peru.

Speaker 3 ([00:09:51](#)):

Yeah. Well the limits of logic, like we are, I love, you know, how you're talking about in that meditation practice or that, that first practice in the book you're reading, it's really about feeling versus thinking. And our society is based on and rewards thinking over feeling, right. We have a deprivation of feeling and we are always in our heads since, you know, all the anxiety and mental health things that are going through and stuff like that. But yeah, it's just a whole different way of being in the world. And it's a part of the world versus like being on top of it or like just the feeling of being so connected to everything. Right. And having a direct relationship with that wisdom. Um, like, and just listening to your, the inner guidance that you have. Like, I think right from when we have children, we're telling them, you know, if they want answers, we'll pick up an iPhone and look on Google and look outside of yourself versus, you know, go sit under the tree, holding a feather and see what answers come to you. You know what I mean?

Speaker 2 ([00:10:52](#)):

Yeah. That's the thing. Um, I just about three and a half weeks ago, I went to a, uh, three and a half day, what was called a men's emotional resilience retreat. And so there was me and six others, and it was led by this guy as a former combat soldier, uh, spent two or three years traveling around with Tony Robbins, doing Tony Robbins, his things. And he's, he's looked into almost everything and I've, I've, I've done some searching the last few years, you know, from, you know, talk therapy, EMD, uh, uh, you know, all sorts of different things. I've I think, I don't know if, you know, I went to Florida and did a three three-day lowasca ceremony a couple of years ago. How was, how was it, um, you know, after going there? I wasn't sure I could ever do it again because it's the scariest thing.

Speaker 2 ([00:11:41](#)):

Like when you, it just, you just peel back all the layers of stuff that's hidden and you get to look directly into the obese. Um, it was, it was helpful. But anyway, this, this, this thing I went to three and a half weeks ago, did more for me to, to get all my emotions working more than three years of therapy and, and the, the three-day lowasca ceremony and all that. Yeah. And it was, yeah, it was, it was amazing. And I'm not sure what you just said that made me want to do about that. You asked a question, I forgot what it was, but yeah. So, but some of our, a lot of our homework from that is we're following a book called the presence process. And one of the things you have to do is sit down twice a day, first thing in the morning, last thing at night, and do this breathing meditation for 15 minutes.

Speaker 2 ([00:12:30](#)):

And it's just, uh, it's so it's, it's, there's no pauses in your, after your email, your out breath and you, and you go, so as you breathe in and out and in and out in and out, you have this mantra, I am in this here now, and you just have to keep your breath going. And, Oh, it's, it's interesting because what, what the, the homework supposed to be is after a while stuff starts coming up, you know, uh, past stuff comes up, whatever. And even if you don't know what it is, you ask the question, but then you kind of forget about it. If you don't get the answer right, then you forget about it. And at some point in time, the answer will come to you. And it's mostly about getting answers from out there somewhere. Kind of what you were talking about right. There is, is, is that that wisdom is out there. You've gotta be able to tap into it, but before you can tap into that, you kind of have to tap into to get to get out of your head in India, buddy. Yeah,

Speaker 3 ([00:13:31](#)):

Yeah. Well out there, or is it in, in there, you know, like it's, it's all connected and integrated. That's really neat. Yeah. I love that.

Speaker 2 ([00:13:40](#)):

Yeah. And that whole weekend was all about getting out of your head and into your heart because most men are not in their, you know, they're in their heads and all this other stuff's closed off. So yeah, it was, it was fascinating. And it's, it was kind of one of those things to where wow, if every man could experience something like that, the world would be a completely different place because you know, you're a fan of Brenae Brown. I love her love, you know, one, one of her, one of the, she says that she used to only study, uh, women and girls, because you're not worried about the men. She's worried about women and girls, but then it was some point in time. She said, I realized that if we're doing nothing for men and boys, we're doing nothing for women and girls.

Speaker 3 ([00:14:23](#)):

Exactly. It's all connected. And the, the whole, you know, feminist movement, how we've seen it in the past is all about, you know, kind of women almost being more masculine instead of embracing well, what is divine femininity anyway. And, and seeing that when we can liberate our men, that's when we're liberating our women as well. Yeah. I love that.

Speaker 2 ([00:14:49](#)):

Yeah, that, that whole weekend thing was actually on a lot of the stuff that it was based on a book called. I can't forget which order they go in, but King lover, magician and warrior, it's kind of like a Myers Briggs test and we'll all fall into one. But the whole thing was, is you've got to be, they call it the hero's journey. And the King comes up with the quest. He has the vision. And then the lava brings the, uh, the

emotion and compassion and empathy, all that stuff to it that the magician he's the, that's the head stuff. So that's yes. Right, right. Wrong. Yes. No, that's all the logistics. And the warrior is the doer of deeds, but every single one of those has a shadow side and the shadow of a lava. So if you get that part wrong, it's all the depression or addiction.

Speaker 2 ([00:15:40](#)):

So the shadow side of the lover is, is depression or addiction. The shadow side of the magician is, uh, you're either a Tarrant or you are passive aggressive. The shadow side of the, uh, warrior was other Citus to a masochist. And the shadow side of the King is the Prince. And the Prince does things. The King does things for the vision, for the, for the good of all. And the Prince does things for external validation and it was cool, but the whole weekend was about these days. Men do not have initiation ceremonies into manhood. And so, you know, we're all a bunch of adolescents running around and we're all stuck in the Prince energy. We're all doing stuff for that external validation rather than doing it for the good of the whole little, the, the vision and the thing I, and I go so written that, that book, that King warrior 11 magician book, um, you know, it talks about that the, the real masculine energy has a lot of, you know, a lot of compassion and empathy and that sort of thing to it. And it's, it's the Prince energy that has all the, what we tend to think of as masculine, you know, the fighting and the arguing and the dominance and all that. That's all Prince. And it was fascinating. But anyway, I have to go into that. It's like, Oh, if every February man on earth could experience one of those things, there probably wouldn't be any Wars. You know what I mean?

Speaker 3 ([00:17:14](#)):

Yeah. Well, I love, I love how you talked about, you know, the shadow side in terms of, you know, I would normally think of like wounded versus divine, like shadow versus light or whatever, but of it just being underdeveloped, because it's so true, the lack of initiation, um, and how that impacts men. And then also seeing how, you know, I loved how you talked about the Prince and King and for women, it's the princess and the queen. Right. And so the princess is also activating, you know, the Prince energy, like those work together. So the wounded feminine would be like, I don't know, I'm relying on everyone else for answers. Yes, girl, the good girl, you know, and overfunctioning in some areas for the Prince, for example, like feeling all the emotions and the prints can't. And so it's so cool when we think of embodying like the King archetype or the queen archetype, which that's been a big, I feel like I've been, you know, on a fast track with that. Cause I was totally the yes girl and all that for a long time. But when the masculine is in service to the feminine, meaning it's coming out of a place of emotions and being connected, then they're serving a vision that's bigger than, than themselves. And then they're directing all of that action oriented energy in a way that benefits the whole, rather than the self such as the Prince archetype shows.

Speaker 2 ([00:18:40](#)):

Yeah, it was, yeah. The whole thing was the whole weekend was fascinating. You know, something that I really got out of it, that was, that was amazing. But I suppose, you know, Brenae Brown talks about it when I talks about vulnerability and when you become vulnerable and let out your, your shame, you find that people don't make fun of you, but they actually get, yeah, me too always will tend to think that only in certain places, because like, for me, I've never been like a manly man. And a lot of these fellows that is at this thing, we're manly men, you know what I mean? And I'm thinking, Oh, I'm gonna, uh, I'm gonna let out all my fees in front of these shows and you know what they did, I'll tell you what, the first night we got there. So it was, we got there Thursday afternoon, we had dinner Thursday night and then we sit

around and basically introduce yourselves. And they said, what we want you to do is introduce yourself and then give us something that rhymes with the name, just so people can remember it, you know, and tell us something you've never told a soul in your life.

Speaker 2 ([00:19:45](#)):

That was the first thing right off the bat first night and the guys and the guy, the guy run, it says, and I'll go first. Then he spits out something and it was damn near horrifying actually. And so it was kind of like the Colter, the call to arms sort of thing. And so everybody started spitting stuff out, but that was the start of it. Because over the weekend you get more and more vulnerable and more and more connected to these other guys. But what I found was what was amazing to me was they all had the same fears I did. They might be big, tough guys. Who've done all sorts of crazy things. They still had the same fears. And that was like, wow, I never, ever, never in a million years would have thought that,

Speaker 3 ([00:20:27](#)):

Yeah, that's a good point.

Speaker 2 ([00:20:30](#)):

I've always had a bit of a freeze response and always been kind of shameful of it. But some of these guys who are big tough guys, they're tough guy response is the same reason I have the shame, the freeze response. So it's all, it's all fear. But some people, their fear, they run away. Some people they overcompensate and they get aggressive and angry and whatever. And you know, so yeah, it was, it was, it was pretty darn interesting. Um, life changing, really.

Speaker 3 ([00:20:56](#)):

It sounds like it. And I love how you talked about the part about vulnerability and realizing that opens up the door for like, Oh, me too, I've gone through something similar. I think so often we think our hardships are a block to connecting or relating to other people because we feel so alone in them. When, in reality, it's the bridge that brings us all together. Like that's, the human experience is going through pain and trauma. And you know, like by never talking about it, like, I love, I love how you right away in the retreat. It's like, wow, like opening the conversation by saying, tell me something, tell us something that you've never told anyone it's so different from the regular narrative of this circle surface level of connection, right? Like how are you? Oh, I'm good. How are you? Good. You know, like we, we, but as soon as you start to share, and you're the person for, you know, the first person who in that interaction, you know, when someone asks how you are, I say, we, you know, actually today it's been really tough. I've been going through this or this, you know, you opened the door for that. Person's like kind of burst through the shallow surface level connection and be like, Oh, thank, thank God someone else who is, you know, is giving me permission to be real and be honest and authentic. And until we present that side of ourselves, I think we're always going to feel lonely and disconnected.

Speaker 2 ([00:22:14](#)):

It's funny. You said when you were talking about Peru and you said it's like an older culture and stuff and Robin and Tyler and I were in Morocco last year. And what I loved about that is when they say hello. So they say Salaam Alico, which is peace to you, that they put their hand on their heart and they look them in the, and it's not like, get out, Hey, you're going. Cause when you say, Hey, you're going, you don't expect an answer, a real answer back just like greeting. But they look at you and they Salaam, they



speaking French there as well. So they're French, they're longshore, Saba. Like they, they put the hand in the hat and they lean forward to look her in the eye when they go Silva. Like, how are you?

Speaker 3 ([00:22:58](#)):

Wow. Wow.

Speaker 2 ([00:23:00](#)):

Um, I mentioned that, I think I mentioned in earlier podcast, but, um, the, we stayed in the British ambassador's residence there the whole week we were there and that the British ambassador, his youngest daughter, she was eight and she'd come down stairs every morning and I'd be, I'd be up already. And she, she came along, she she'd say, good morning, how are you? And I tell him, we'll having you. She goes, I'm good. And she'd reach out and touch my forearm. And she go, and did you sleep well? And she was right there. Like, it wasn't like, it wasn't, she was concerned. She was, it was a genuine question. Did you, and did you sleep well? And so yeah,

Speaker 3 ([00:23:39](#)):

Genuine. Yeah. Genuine, like invitation to go deep versus like the agreement to not go there. You know, it's, that's really cool.

Speaker 2 ([00:23:50](#)):

Yeah. And, uh, you know, I sent you a bunch of questions that you could choose, choose to, uh, which ones you wanted to answer and all those questions I sent you. I did a podcast with a while ago where I answered every one of those questions. And one of the questions was what, what quality, what quality do you admire in other people? And I, and I, when I answered that, my old answer used to be, um, bravery, because I, because I think it's the thing that you don't have that you kind of wish your head sort of thing. I said, but that's my old answer. But these days, these days, my, my answer is open-hearted people open-heartedness,

Speaker 3 ([00:24:35](#)):

That's so cool. My answer is so similar and my old answer would have been so similar as yours as well.

Speaker 2 ([00:24:42](#)):

Yeah. It's pretty amazing how that yeah, yeah. You start down this rabbit hole. It kind of changes everything, doesn't it?

Speaker 3 ([00:24:47](#)):

Yeah. Yeah. I think for me, my old answer would have been, um, someone who works hard and grinds and is relentless, you know, and their pursuits. And now it would be a person who is willing to feel it all. Who's willing to go to the dark places and kind of, you know, break this experience. I think we're in now where, you know, everyone just wants everyone to feel happy and keep dancing and you take, you know, there's a quick fix for everything to get you feeling good. And it's so revolutionary to think like feelings are for feeling, I know, you know, Renee Brown, like, you know, she's talked about, I've heard you talk about how you can't numb out all the so-called negative feelings and expect to all the field joy and, and all of those things as well. And, and I think that for me, the quality I would admire most the willingness to feel all of those things and to just fully be alive, that leads to other qualities like that to



me, is like one of the sources of other qualities that I would admire in a person such as compassion and empathy, because how can you be truly compassionate and empathy and be willing to sit in the mud with someone if you're not, if you can't tolerate those feelings within yourself, you know?

Speaker 3 ([00:26:05](#)):

So like, if you can't tolerate going to those dark places within yourself, if you have a friend or a significant other or whatever, that's experiencing those, you just want to fix them, bring them up. You know, Bernay Brown talks about, you know, true empathy is going down into that hole and just sitting with someone and trying to, instead of trying to save a rescue them. And when you feel those dark things and you've come out of it, then you realize there's nothing to save this person from. Right. And you don't need to be that and you see how capable they are on their own. So that would kind of be more my answer now, now, nowadays.

Speaker 2 ([00:26:37](#)):

And, and so the, the, the qualities you used to admire, what is your, um, what is your take on those qualities? Now,

Speaker 3 ([00:26:45](#)):

My take on those qualities is not rejecting them, but seeing the duality. Um, I think it was Carlos young who said the closest thing to truth is paradox. So I see the value of taking action and working hard, but it comes from a different place. And knowing that there's a time to rest and be still. And so for me, when I started my business, for example, I'm like, gosh, it was just all of this doing energy that, that had no source or direction. It was just like, I always have to be busy, always have to be doing things. And there's so many layers to that. But when I stepped back and I, I totally like downscale my business, like no events, like just took time to like go within. Um, now everything's easier. Like, it doesn't have to be as hard and sure. There's times where I'm going to be working really hard, but it's a different kind of energy and it doesn't feel like you're forcing something. It feels like, you know, when you're just in the flow and it's going, so it's like, if something is really difficult and there's resistance and it feels like I'm pushing will, is there a message in that, you know, versus just keep, keep pushing, keep going. So

Speaker 2 ([00:27:55](#)):

Do you feel that that maybe people who always have to be doing something, all that pushing, pushing, pushing, it's just not, it can be just numbing.

Speaker 3 ([00:28:04](#)):

Yeah. We're all, we all take our own medicine, right? Like whether that is, um, alcohol, drugs, uh, work addictions, uh, eating a certain way over exercising. I mean, we all self-medicate, and for me that was one layer of it was self-medicating and numbing through work. Like if I didn't have something going on, God forbid I'd have to feel something, you know, like if I wasn't constantly chasing a rabbit, so there was that aspect. It was also the, I am what I achieved kind of thing. And my, my ego and self identity being attached to what I accomplished. There's that. And then there's also like a, uh, just a trauma response. I mean, there's so many layers. I feel like tied up in that, you know, we talked about the spiral. It's like, I could probably dish out like 20 different layers behind that pattern. And, and that's, it's been a process of discovering all of those layers and healing, all of those layers within the past few years.

Speaker 3 ([00:29:00](#)):

And you just get these, you know, kind of gold nuggets picked up that you begin collecting that slowly start freeing yourself from that pattern. But, you know, one thick thing actually was, you know, Bobby Kerr. Right. I think he's great. I've really enjoyed the few times we've gotten to work together. And he, I remember like it was a while ago, he commented on a Facebook post. I made about feeling like overwhelmed or something like that. And he was like, well, just remember, you know, you make your own schedule. And I'm like, how simple yet, how profound? Right. Because you always think you're the victim and everything's happening to you. And I don't have any control over this. And that's where the anxiety is. And the moment you say, Oh, I'm committed to this pattern. What inside me is committed to this. That's when you start finding the answers, but that's the first step is like owning it, seeing awareness and then taking responsibility. And that day when he like left that comment, it was just so simple yet. So revolutionary, you know,

Speaker 2 ([00:29:53](#)):

I was wondering what you were going to say that Bobby said, cause I was thinking, I said, it's very realistically cool. Will Rogers type philosophy, you know, old cowboy logic. He's so great. That is very, very cool. Okay. Let's get to some of these questions cause I can tell that you and I could just chat forever and we'll get to like two and a half hours and like, and having asked the question. So if you guys haven't listened to the podcast before and you're here because the marvelous Maddie's on here, I have a, about 20 something questions. I give everybody beforehand and they get to choose five or six of the ones they'd like me to ask them. Um, so anyway, Maddie, favorite book, what's your favorite book or not necessarily your favorite book to read, but one that you feel everyone should read

Speaker 3 ([00:30:38](#)):

That's okay. So this one was my, like one of my favorite questions, but also so difficult because I love reading books and I like travel with more books than I do clothes. And like, it's just an obsession, but I am really loving a book that I'm reading right now, which is kind of typical. Whenever I'm reading the current book, I'm reading is always like the best book in the world, you know, and get on a good one. But, um, it's called untamed by Glennon Doyle. Have you read that?

Speaker 2 ([00:31:07](#)):

You know what, I haven't that I've

Speaker 3 ([00:31:11](#)):

Podcasts with Renee Brown, she had Glen and on it and talks about the book. And if you, if anything listened to the podcast, um, but the reason I guess that I would choose that one is it's because it's kind of integrating all of these important lessons that I feel like I've been learning the past few years and lessons that help us, you know, in this journey of healing ourselves, but also of course, healing the world around us. And the way she does it is so powerful because it's through story. And I think that telling through story, I think his, um, his story or any kind of art form just gets people to feel something, you know, versus just laying it all out there. So I love how the book is set up, but as far as the importance of it goes on taming, you know, it's the process of remembering who we were before the world told us who to be.

Speaker 3 ([00:32:04](#)):

And so that's been a huge theme, you know, of, of my own journey for a while. And, and I think too, working with the wild horses, it's like you are teaching them how to be in the human world, right. And

respond versus react and give them all the tools that they need for that. So you're gentling them, but at the same time, they're rewilding us if we'd let them. Um, so it's, it's really incredible. All the layers she peels back in that book through these really powerful stories, um, about what it means to rewild ourselves and live authentically and be true to ourselves and, you know, stop self abandoning ourselves, listen to our truth and a big lesson too, has been embracing your sensitivity, um, and use it, seeing how powerful your sensitivity is versus something to be stuffed down or, you know, um, overcome, you know, like you were talking about earlier, how about bravery, um, and, and courage and what does it mean to be courage is that, you know, it, because in our, in our society, I think a lot of times we think it's to stuff down the sensitivity when in reality, I think that is what is going to help the world heal.

Speaker 3 ([00:33:20](#)):

So, yeah.

Speaker 2 ([00:33:21](#)):

Wow. Um, while you're talking about that, I just thought of something that you said a little while ago, that that is profound. I don't know if people listening actually got it or not, but when you were talking about feeling your emotions and sitting with them, but then you sit on the other side of that. When you get through that, then you become someone you could not have been if you hadn't done that. So it's not even just the fact that you, it's not even just the fact you, you can be good with those emotions and not think of them as something bad, but be able to sit with them and learn lessons from them because that's that homework I'm doing from their men's retreat thing. That whole breathing thing is when, when emotions come up, you, you want to focus on them and sit with them and, and you get, you get information, you get answers from sitting there with them. So it's not just, it's not like, yeah, you should, you should get good with your emotions, but there's something on the other side of that, did you can't get without going through that. And I think ethically what you would assign right then is, is pretty much, um, part of that.

Speaker 3 ([00:34:29](#)):

Exactly. And she has a whole chapter on that and a few chapters that talk about that. And she talks about how pain isn't tragic, it's magic, right? Because it does, it's the alchemy of what it means to be human, to transform, you know, lead into gold and to find the lesson in it. And to every sh I really love to what she talked about, how now, when she experiences a really painful time, because she has been sober now, she's feeling at all, you know, and she says that there's the duality again. Right. You're in that moment. And you're saying, gosh, this sucks. I'm like, it feels like I'm never going to get through this. You know, and this is awful, but then there's the other part of it that you feel like every time I've gone through this pain and come out the other side and felt liberated and a new version of myself or a deeper version of myself, or more fully integrated, the more times that you do that, the more you start to trust the process.

Speaker 3 ([00:35:22](#)):

And you say, I don't know where this is going. I don't know where it's taking me, but I can have faith that I'm going to come out of this and get whatever it is that I needed. And she writes that, um, you know, when she says pain, isn't tragic, it's magic. She says suffering is tragic. And she defines suffering as suppressing and not, not being with being willing to sit with that pain and feel it. And she says that what scares me more than feeling it all as missing at all, right? Missing that next version of yourself that your pain is asking you to be. And she also writes being a human isn't hard because you're doing it wrong.

Being a human as a human is hard because you're doing it right. Like, so often we think there's something wrong with feeling those deep, those dark things. And like it needs fixing versus just feeling it. So, yeah,

Speaker 2 ([00:36:10](#)):

I, I had a, um, a magic moment when I did the podcast with a giant pike here a while ago. Isn't she amazing?

Speaker 3 ([00:36:20](#)):

She's incredible.

Speaker 2 ([00:36:23](#)):

She is. So she was taken what taught me a lot of this sort of stuff. And I was talking about the fact of always had a freeze response, you know, being kind of judging myself for it and stuff like that. And she, and, and, and acting like that freeze response was, was my enemy sort of thing. It's, it's got in the way and Jane totally flipped the switch. And she said, you have to remember, is that freeze response was your best friend at a certain point in time, it was there for a rich, it was there for a reason. It was there to look after you. And I went, Holy cow. I never thought of it that way. You know, it's supposed to, it's supposed to be there.

Speaker 3 ([00:37:01](#)):

Yeah. I mean, if you look at looking at the trauma research and things like that, it's, it's nature's gift so that the gazelle doesn't, you know, feel the pain as they're being tear it apart by Elian and, and some people, Oh, I think of this with people and forces to say that everyone needs to come out of freeze may not be in their best interest. Long-term. And that's where, like, even as you're on your healing journey, you realize you really don't know what's best for everyone because that implies different things for different people. I think of it with horses. Like, I wouldn't necessarily want to bring every horse out of freeze mode, the ones who have adopted, you know, and that's the hardest thing ever in my life I've had to do is show horse another way and wake them up out of that. And then like, they go back to that world.

Speaker 2 ([00:37:46](#)):

Right. You know, just recently on my Facebook group, there was someone for some, I don't know why, because when I don't usually let people post things about other people, but someone posted a picture that had been on a Facebook post about, they tied their horse up to the fence and it dug a hole two and a half feet deep, you know, and all the, uh, newly awakened people who now know what the freeze response all went crazy. Like, Oh, that's, that's just, that's just, um, you know, that's just getting the horse to shut down and not, not going on. And I was, I haven't done it yet, but I'm thinking of doing after you, what you just said is sometime that, you know, when a horse is in that shut down state, they're protecting themselves and it's there for a reason, and I'm not, you know, if you have the ability to deal with and help a horse through what comes after that. Great. But, but if you don't, they might be better off being there.

Speaker 3 ([00:38:50](#)):

Yeah, I do.

Speaker 2 ([00:38:52](#)):

You didn't have to help them through the next, the next pot. Um, it, it's so interesting. It's like the crooked Downing effect or whatever, you know, like you start educating people about the, all this stuff with horses and they had no clue before and let's face it needed to die, but then you get people who tend to think, Oh, shut down is it's bad. But if you think about the white Jane, when I talk to her, it's like, Hey, it's there for a reason. And, and, and when they're in that state, they don't feel bad.

Speaker 3 ([00:39:25](#)):

Yeah. I mean, of course we would love for that to not have to be the reality for humans or horses, you know, that, that, that everyone could have the potential to feel alive and joyful or peaceful or whatever it might be. But yeah, I mean, I, I agree. It is their friend, as you see someone, you know, whacking a horse, as hard as they can to get it in the trailer. And that horse was just frozen there and all four feet, I mean, they're gone and that is serving them in that place. So, yeah, I, I think when you went for a human, when they come out of freeze or shut down, cause work, I can relate to you being frozen for a long time. Um, if you do go through an intensity of feelings and it can get really, really dark, you can get really, really low.

Speaker 3 ([00:40:11](#)):

And if you don't necessarily have a container to support you through that, then I think Sarah talks about this too with, uh [inaudible]. Is that how you say her last name? Uh, with, yeah, so she talks, yeah. Like there needs to be a container there to help the horse process if you're going to open that up to go in it. So, so, yeah, and I really think it's important what you talked about about the newly awakened. So when you wake up to kind of be, even being aware that freeze as a, as a thing, and that a lot of horses, uh, experienced that, so you're newly awakened, and then you said, there comes this it's, you can nail it every time, newly awakened, and then you become kind of a Crusader of, of this thing and, and a lot of judgment enters. And so how I've kind of made sense of this.

Speaker 3 ([00:41:00](#)):

Cause I think it's so important to talk on because then we perpetuate the very thing that we don't want, but the road less traveled, I think it was had like kind of these different levels of awareness kind of laid out. And the first one is just kind of chaos, right? So we don't know what's happening. We don't know why our horses are doing this. We think that they're, you know, bucking bolting freezing is just them being stubborn or, you know, dominant whatever. And then we go from there to, and he calls it a certain thing, but this kind of this fundamentalism, right? So we maybe learn about the different types of reinforcement and the different that our horses go through. And we kind of fit everything into boxes and the world is making sense. And we love that because now we feel safer. We have a sense of control.

Speaker 3 ([00:41:42](#)):

The world has meaning it's more predictable. We can explain things and that, but we can be very, um, uh, polarized and just this black and white thinking. That's not very accepting or tolerant. And we project all of our stuff on to everyone. And then I think from there, the next level is going into embracing this duality and, and your Facebook post the other day. I was literally just writing about this for my students. You said, it depends. That's the best advice, because that's when you've gotten to this third level of awareness, right? Where you see the gray and you embrace the gray and you move away from the black and white thinking, but every stage serves you in some way that fundamentalism black and white, it does help you make sense of the world and see, you know, and get some structure going. But

Speaker 2 ([00:42:33](#)):

Yeah. So if you guys listening that the posts that Maddie was referring to the other day, so my wife just bought a new reining horse. He's a stallion and he's deaf. He's such a cool dude came to us quite, you could say, shut down, like in his own head, like, you know, you walk up to me, he just kind of stands there and doesn't move. And he's basically like, yeah, you can do whatever you want. Um, and so we've started working on having him come out of his shell. Cause I want, I want the whole, I want the whole horse. And, uh, you know, I've, we've done a lot of just approaching him in what, like, he's, he's got these big blue eyes, cause he's got a white face. And as you approach him his eyes, you can really see them turn away from you and I'll just approach him.

Speaker 2 ([00:43:15](#)):

I'll just, I'll just, I'll just stop and step back. And after a while you do it enough. And after a while you saw that you kind of get me. So that was kind of the first thing we did. Um, but he didn't really want to engage with that much. So then I started feeding him cookies and he's a stallion, but this is a whole, it depends. I started feeding him cookies until, and the cookies is not to bribe him to do anything. The cookies is more counterconditioning that I'm going to approach you and your perception of me approaching you is going to be different. I'm not just gonna approach you only when I want something. I might have something for you really aren't doing the cookies anymore now because they served their function. You walk up to me, he kind of turns his head towards you and comes over and engages you with these myths about rubbing around the lips or whatever.

Speaker 2 ([00:43:58](#)):

But the video that I put up on that post, I was we're at a horse show in Idaho last week. So we only had him for five days. And when it went away to a week Porsche and I, um, Whitney stole one day and sat on a bucket and he came over and walked up behind me and he set his nose on my shoulder and was sleeping with his nose, resting on my shoulder. And it depends post was, I'm not saying you should do this with your stallion, but I'm doing it with this one because this is what he needs. And also I can read the situation. I have pretty good awareness about that. So I kind of, the reason I had it depends post is because I don't want everybody to think. Yeah, well, if you get a stay in first thing you do is start shoving cookies in their mouth and letting them sleep with a head on your shoulder, turn your back to them and let them sleep with the hand on the shoulder.

Speaker 2 ([00:44:45](#)):

So it's, it's, it's a definitely, it depends. It all becomes, it depends. But I think initially you've got to have that level before that quotes Richard Branson, that owns Virgin Atlantic, that, that says in order to break all the rules, first chapter learn all the rules. And I think having that very, that very structured training stuff, um, I think most people need to learn that so they don't get in trouble. So then you can start to bend the rules and, and, and do things you shouldn't do with every horse, but it works with this horse, but you have to be able to read this particular horse at the time. And you know, you, you probably can't learn to read a lot of horses if you only have one horse anyway. But so I don't, you know, that, that second level that, that very structured, you know, whatever, I don't think that's a bad place to be.

Speaker 3 ([00:45:37](#)):

No, it's not. I think, I think the shadow side of it is feeling self-righteous once we make these discoveries and maybe we're working through our own shame of, you know, treating horses in ways that we thought at the time were, were great. And then we realized that that wasn't so great. And so when we

don't deal with that shame, we project it onto other people and are quick to criticize what others are doing when really that, that brings more separation. And, and then, then, you know, versus connection, which is ultimately what we want for our horses too, is that connection. But I love how you said, you know, it does come with a certain experience, right. To get to the, it depends mindset because now you're looking kind of internally for answers versus externally. Right. And we talked about that earlier with the shamanism improve and everything like that.

Speaker 3 ([00:46:26](#)):

So to, for people to get to that point where they can go internally and say, okay, am I going to let this horse rest has had on me, you know, in this context, does that feel good? Does that feel right? Based on everything I know, and that's operating within the gray area, which, um, this is interesting, um, you know, talking about, I know that I serve a lot of women and I know you do too Warwick, but talking earlier to, to circle back to our talk on the wounded, um, archetypes and feminine and masculine energy and the princess versus the queen, the princess wants all of the answers and wants to be just staying, I think, in the black and white and having someone or something, tell her exactly what to do cause she doesn't trust herself. And if we can get our clients, for example, who are operating within the feminine paradigm to the point where they are in that queen, where they're, you know, this is you and I teach, I think, similarly in the aspect where I know you teach people your principles, right?

Speaker 3 ([00:47:26](#)):

And it's like giving the people it's like giving, empowering the learner versus saying, you always have to come to me for the answers versus here's the principles. And this is habit, you know, they operate. So anyways, it's interesting because I think some that's where the deeper work comes into play because some people will say at the point of black and white fundamentalism looking externally for answers because they have a lot of healing to do before they can say, even like, I want to be able to get to this gray area and actually trust myself for what feels right for me and my horse. You know what I mean?

Speaker 2 ([00:48:01](#)):

Yeah. Most certainly, you know, the thing is, is, is just not being judgmental about anybody, whether they're at a hood, a great saying a few years ago that you can be right without being righteous. Yeah.

Speaker 3 ([00:48:15](#)):

That's interesting. Yeah. I like

Speaker 2 ([00:48:17](#)):

That one. Okay. I'm going to ask you another question here. These, we might have covered this already, but what was, what, what worthwhile thing have you done that changed the course of your life?

Speaker 3 ([00:48:28](#)):

Okay. So the thing that came to mind first, when I saw this question was I'm not going to say necessarily my college degree was the most worthwhile thing. Cause I still haven't gotten it either, but I, um, could I kind of was all over the place in school and ended up going with communications. And I took this class that I really, it was just something that was required. It was gender communications. Um, cause I, yeah, cause I majored in communications and it was just something I wasn't really anticipating to get much out of. It's just, you know, you check the box off to say that you did the course. And I met the most



influential teacher I've ever had. His name was Ralph Webb. He has this older gentlemen and I ended up missing so much class time that year that I almost like wasn't going to fulfill all their requirements to get through the course.

Speaker 3 ([00:49:20](#)):

And so he offered for me to come into his office, like during office hours to do like an in-person kind of review on a book that I read is kind of, so he basically gave me like an extra assignment to help me, um, get the points I needed to get through the course because I was absent so much. So anyway, because I was training horses full-time and living two hours away. But so I come into his office and the book that I had read, cause he kind of gave a list of ones that I could read. Um, it was called half the sky. And that book talks about just the, um, the horrors of, you know, what, what women go through all over the country and are all over the world. Sorry. And just really takes you out of your privileged box of what you think the world is.

Speaker 3 ([00:50:06](#)):

And at that time, you know, I was in my stage where I was very shut down, very guarded, very tough girl. And I go into his office and I'm going through the book review and I just start, like I break down in tears and I'm like, I'm sorry, I'm crying in front of you. Like, and he's just like, has this very knowing look like he's just like this old wise, like, uh, yeah. And he's like, well, it sounds like what you're learning is that you're a humanitarian, you know, and that book and that professor really shifted me because I realized how passionate I was about the human side of things. And I didn't want to just focus on horses. And I got disillusioned with that too, realizing that I could help people train their horses. But if you don't address the human element, nothing really changes. Right. So that was kind of the moment in time. I remember where it kind of everything that I'd gone through on my journey so far was starting to make sense. And I kind of realized this different, like different Avenue. I wanted to take my neighbors outside. I think he's bringing me pie. He set the window.

Speaker 2 ([00:51:18](#)):

Want to go and get

Speaker 3 ([00:51:20](#)):

No that's okay. I think, I think he saw what I was doing.

Speaker 2 ([00:51:25](#)):

He's going to ditch the pole on your doorstep and then the nose.

Speaker 3 ([00:51:31](#)):

Hopefully not.

Speaker 2 ([00:51:33](#)):

Okay. Well I'll give you another question that might be attached to that or something else I've talked about. So what have you changed in the past five years? That's helped change who you've become,

Speaker 3 ([00:51:43](#)):

There's so much I could go off of for this one. Um, so I think that where I'll go with this is when I actually, when I ended up winning musing magic with my mirror, my little black mare Amira, and you might've seen some of those videos work, they got passed around quite a bit. Most of my clients come from finding out about me from those videos with a mirror. It was like the dream of, of winning something like that had been something that was kind of on fire within me for a long time. And to realize the dream that I had been focusing on for, I mean, probably the past three years to get to that moment was a super high like followed by a really low, low that point of where, when you get the thing that you've been chasing, the finish line moves again.

Speaker 3 ([00:52:35](#)):

And you kind of see past that pot of gold at the end of the rainbow illusion. And so I thought, well, when I win this, I'll be happy. And when I win this, I'll find these to be like, I'm a good enough trainer, right. Or, you know, good enough period. And so when that didn't happen, I'm like, Oh crap. Well, what now? Because I thought that I had to have this to have, you know, the life I wanted and feel a certain way. So, so that kind of led off into me, you know, going back to the untamed process as all weaving in going back to figuring out, well, what are all of these layers that need to be peeled back for to connect with the part of me that I thought would happen when I won that thing or did that thing. So that was probably the biggest change that led off into all of these other changes.

Speaker 3 ([00:53:40](#)):

Um, you know, when we talked about like fully feeling and that was a big shift for me, a big change realizing the importance of my emotions were being willing to go to those dark places, letting go of the busy pattern. Cause you can't do a lot of work on yourself if you're always, you know, numbing yourself out through overwork and things like that. Um, went through a lot of, you know, we were talking earlier about going through that phase where you kind of become awakened to these things in horsemanship, and then you go into this judgment mode. So really seeing how, whenever I'm judging someone else, what part of myself and my disowning, you know, seeing the world as a mirror and what lessons are there, um, talking about, you know, pushing and forcing things versus sitting back listening and then taking aligned and inspired action versus forced action letting go of this attachment to being good. And the self-righteous thing, you know, like all of those things kind of happen in a cascade, I think after that moment with a mirror. So,

Speaker 2 ([00:54:42](#)):

Wow. I, you know, that, that immense emotional resilience thing, you went to zoom at three weeks, three and a half weeks ago. And so, um, I, I get these feelings I've never had before, so I don't know what they are, but to sit with them and something that you said somewhere in there hit me in the chest. Like you were sitting on me, Sydney, Sydney kind of helped me just know what the hell I'll have to listen to this back again and figure out what it was you said, but that was you're heavy when you sit on my chest and Maddie,

Speaker 3 ([00:55:14](#)):

I saw your hand there. I was like, either he's really touched by this. He was having heartburn or something.

Speaker 2 ([00:55:19](#)):

No, it's having something going on. And I was, I kind of zoned out from listening to you for a minute, trying to figure out what I'm supposed to be sitting with these emotions when they came up and it was pretty strong. It was actually, it was very cool. Um, yeah. What you're saying about that, one of the podcasts I did early was on books that have influenced me. And one of the books I talked about was a, some sort of a men's health men's self help, sort of a book called backbone. But in that book, this guy said, most men spend all their life trying to get four things at the same time and material wealth, the occasional success, health, and love all at the same time. And you know, some people have three and they want the fourth one. Some people have other three and they want the other food, but leave, I could just get that.

Speaker 2 ([00:56:01](#)):

I'd be happy. And he says, what the unlucky few get all for those. And they realize I'm no happier than I was before. And so then he said, then the real journey starts and he says, what you got to have to be, you know, happy, complete human being, whatever is number one, you've got to have a purpose. What is your purpose here on this? In this life, you have a purpose. Number two is you've got to have a deep and authentic spiritual belief doesn't necessarily mean you have to be religious, but you have to have a deep belief in something larger than yourself. And number three is you've got to get rid of the bullshit

Speaker 2 ([00:56:40](#)):

And that's it. All you gotta do is have those, those three. But, but it was you, you kind of had the same thing though. You had that thing. If I could just get that there, when I get there, I'll be happy. And then you get there and you you're lucky because some people just, like I said, in that example, in the book, some people spend all their life wishing I could do that thing and never get to that thing. They'll always keep thinking that that external validation thing is going to make me happy. And you're one of the unlucky ones. Cause you got the thing you thought was going to make you happy. And now you're down the rabbit hole, aren't you? Because now you're not out there. That's the key. That's the in here. That's the yeah. Yeah.

Speaker 3 ([00:57:21](#)):

Wow. I wonder if you do have to attain that thing in order to realize the illusion of it because the draw is so strong that leading up to that, I don't know if some, I mean, if I would have read it in a book or had someone tell me or multiple people tell me, you know, that's no, you know, Maddie, that's actually not going to make you feel happy. Like you have to live it to some degree. And then, and then once you do get it, I think it is common to you to get addicted to that success. Right. And right away, you know, go on to, okay, well what's the next thing and try to just chase that finish line that keeps moving, keeps moving, keeps moving. So whether, how many times you, you know, you have to go through that to, to kind of get the message of this. Probably isn't actually going to work in the way I think it will.

Speaker 2 ([00:58:09](#)):

Yeah, but I think you're right though. I think no one could have told you, that's not going to make you happy. I mean, that's something you have to, that's a lesson I think you have to live through. Um, there's a, uh, Jim Carrey quote of scene where he says, I wish everybody could, could become rich and famous that they realized that that's not it. So you almost have to become rich and famous before. If you think being rich and famous would bring you happiness. You almost have to become rich and famous to figure out that it isn't gonna, you're not gonna figure it out without if, if that, if that's your, that's your Nirvana, if you think rich and famous is the thing that would make you happy, you almost have to become rich

and famous in order for you to figure it out. It's not, and let's face it. Most people not be kind to make them rich and famous. So you spend your whole life just in this, you know, hamster wheel of wishing. You could be something else or someone else or somewhere else.

Speaker 3 ([00:59:09](#)):

Exactly. Yeah. That's really profound. And you know, like how changing your beliefs, it's not about logic or reason. It's about living experiences that you to question all the rules you've been giving to your world. If this happens, you know, if X then Y like once you live an experience that contradicts that, then that's when you really are left with questioning your beliefs versus trying to change beliefs on this surface level and defending things through, you know, logic or whatever. Like you just have to really live it.

Speaker 2 ([00:59:44](#)):

Yeah. I think once you, um, once you start to realize just the older, the programming you've received through your life, that is programming, it's not, it's not the truth. And start to question that. And I think you and I have both been lucky enough to have things happen to where we, you know, we got to, we got to question things and start to look at things a different way. And I really think, you know, it's, it's, then it's a never ending journey, but I think we're in how you said, if someone had a told you a winning that thing, won't make you happy. I wonder if it depends, who told you, you know, what if it was someone who had done what you had wanted to do, someone who you really, you know, because, cause I think you and I are in a very lucky position and a very, um, important position to where I think through our journeys, we do have some influence over other people who might not be able to come to the conclusion on their own and just sharing, sharing, um, our journeys with them. You know, people that might, maybe they look up to our horsemanship, they go, I love what you do with the horses, but then when you start down this other path and they, they kind of, they kind of believe in what we're doing enough to kind of take a left turn and follow us down that path a little bit. So I think we have an obligation maybe

Speaker 3 ([01:01:12](#)):

Yeah. Obligation. And I don't think it's feudal too. Like I think, I think people do, I I'm seeing the duality of people do, I think need to have a direct experience on some level, but by continuing to put out these different narratives into our reality and the story of the world and share our stories and these lessons, then I don't think it takes as maybe a, an intense experience for others, um, or repeated experiences. So I think that they'll, they'll get to it quicker because there have been other people who have led the way yet they'll still have to have some sort of experience to live it. Um, and I think of my little sister, it's like as a little, as a older sister, you want to protect them from the world to a degree and be like, Oh, if only you didn't have to go through all of these things that I went through.

Speaker 3 ([01:02:02](#)):

And it's really hard to sit back and see her, you know, going through some things where it's like, yeah, she really does have to live this, but because I've walked the road and have been there, maybe I can just, I can just kind of hold my hand out and kind of light the way a little. So it's not so dark and lonely. And maybe she gets there a little bit quicker than I did. You know, did you have a, we used to watch, what was the TV show? Bones didn't watch burned. No, I've heard of it.

Speaker 2 ([01:02:31](#)):

This lady she's a forensic anthropologist. So she works with the, at the Smithsonian Institute, but she basically, they, they can dig up a body and she can tell the story of what happened to how they died and whatever. And she has a guy that she works with an FBI agent. His name is booth. And, uh, you know, it takes them about five seasons before booth. And the, the, the lady anthropologists actually get together. There's all this, you know, innuendo and flirtation stuff for about five seasons, but booth has a younger brother and I think he was in the army, but anyway, it's like, they have a staff psychologist they're going to go see. And at one time boots in there talking to the staff psychologist, and he's complaining about his younger brother getting in trouble again. And the psychologist system, the reason he gets in trouble all the time is because every time he gets in trouble, you flash your FBI badge and get him out of trouble. He's never had to sit with the, the, um, the things that happened because of his actions. He's never had to deal with that cause you keep bailing him out and you think you're helping him, but you're actually not, you're actually hindering his growth because he's not going to figure it out unless you let it

Speaker 3 ([01:03:34](#)):

So classic. So I, uh, have you heard of Harriet Lerner? Yes. Harriet Lerner and her book. The damn okay. Well her book, the dance of intimacy, I highly recommend. And she talks about, yeah, the dance of intimacy and she talks about the patterns and family dynamics and, uh, romantic relationships and everything like that. And, you know, the over-functioner and the under functioner. So the over-functioner is, you know, the cop is bailing his brother out and then his brother's, you know, the under functioner who's, you know, getting into trouble and, and, and it's so interesting how both are a defense mechanism to protect ourselves, but both feed each other. So, and under function, or is going to under function more, the more you over-function. Um, so both reinforce each other's patterns. Um, and it's, you, you can just see through her book, how it's such a block to really connecting with each other and just the cycle that it perpetuates. And yeah, it's interesting.

Speaker 2 ([01:04:45](#)):

One of the things that came up at a men's retreat was something called independence, codependence, and interdependence and independence. Independence was, I don't need you to be happy. Codependence is, is I need you to be happy or something like that, you know, and I need to have some sort of validation from you to be happy that's codependent, but interdependent was something like, I forget exactly how it went, but something like, I will allow myself to need you. I need, I will let allow myself to need you and the guy teaching. It said, most people go there in most couples kind of vacillate back and forth between independence and codependence. Whereas inter interdependence is, is, um, is where you're trying to get to. And it was a concept I'd never, I'd never seen before. And I thought it was pretty fascinating.

Speaker 3 ([01:05:43](#)):

Oh my gosh. Yeah. That, well, the codependency thing is huge. And, um, you know, the, uh, you know, whether you're avoidant or anxiously attached, so your attachment style, which is so interesting too, how that impacts the relationship we have with our horses. Um, yeah, but the, Oh, what was I going to say? Oh, what's interesting though. Is how are we really supposed to have these like healthy relationship dynamics, especially with a significant other, when we now rely on our significant other for in the past, what we would rely on for a whole village or tribe, as far as, uh, meeting our emotional needs. Now it falls on the weight, pretty much of our partner because we live very lonely and isolated lives. And so there's, I love how, like the three versions of that, because you hear so often now and like new age

wisdom, like, you gotta be happy on your own. You gotta be functioning on your own before you have a partner. And to some degree that's true. And also it's like telling a deer to, Oh, you gotta be healthy and okay. On your own before you're able to go in the herd, you know, like there's this, over-reliance on being independent in our culture and, you know, leaving your family and going off into the world and doing everything on your own. And it's so unnatural. We need relationships, we need connection. And so anyway, I thought you laid that out really neat.

Speaker 2 ([01:07:11](#)):

Yeah. It's uh, you know, yeah. It's telling a mammal not to be a social creature, managing a social creature, not, not to be a social creature. And if some of the stuff I've been reading, I think it might've been these, like they shamanism books about, you know, pre-industrial revolution, you know, like there's, since the industrial revolution, everything's totally changed. The whole family dynamics changed the village dynamics changed and getting back to, you know, one of the reasons we're all so messed up is because of, of, of that. You know what I mean?

Speaker 3 ([01:07:41](#)):

Yeah. There's no container, like in the past, your town was organized around a church or a medicine man or shaman. Um, and there was a meeting place and, and I mean, loneliness really is an epidemic. And the way that we structure towns, even now, like architecturally, like they've been, they've done studies to like, when people feel more ownership and you know, more at home, of course there there's less vandalism, there's less violence because they feel connected to something. Now it's just so disconnected. We, we don't, you know, that's even like the way, you know, you go to the store and buy a product. Like you don't rely on your neighbor for things as much as we used to anymore. And, and that's a sense of community too, is actually relying on other people to meet your needs versus to make it into this very superficial transaction.

Speaker 3 ([01:08:38](#)):

Right. Um, so Charles Eisenstein, sorry to keep throwing books out, but we're sign, you would just flip out. I mean, he wrote the book, uh, sacred economics, which I'm reading next. And the one I'm reading right now is the more beautiful world our hearts know is possible. And he talks a lot about that, about how the economy is set up, how communities are set up and what are some changes we could make to feel more connected and less alone in the world and meet those natural needs. I was. So I've been teaching this online course for my students and it, one of the modules was on providing a species appropriate environment for your horse, right? So like 24, seven forage. And, and I heard, you know, a social life and all of these things that a lot of horses are denied, but then it's like, I can't look at that and then say, Oh my gosh. I mean, the way humans are right now is so species inappropriate, it's not even funny. So it's just like looking at all of the, you know, issues, I guess, going on in the world. It's like,

Speaker 2 ([01:09:41](#)):

If you have a horse

Speaker 3 ([01:09:42](#)):

Who is having training issues, I that's one of the first things you do, right, is say, is this horse healthy? Are they sound, are their natural needs being met? Are they showing up some way in the training? You know, it's like, that is such a, the more kind of research and learning I do. It's such an important company.

Speaker 2 ([01:10:02](#)):

Yeah. I think, I think these days would be much easier to have a species appropriate environment for a horse than it would be for a human.

Speaker 3 ([01:10:10](#)):

Yeah. Well, it's going to take a lot of, a lot of restructuring, I think, and leading by example, as far as that goes. And, but yeah, and even just building a community around, you know, various, you know, not just location, but with what we do too, which I think you've done an amazing job with that, the community that you've created. So it's just people willing to, to make that and see how important it is, I think is the first step.

Speaker 2 ([01:10:38](#)):

Yeah. And that, you know, that community is an, the one that I've got going is an online community. And have, have you seen the social dilemma? Yeah. Have you watched that?

Speaker 3 ([01:10:48](#)):

I love it. I now deleted social media from my phone.

Speaker 2 ([01:10:51](#)):

Oh my goodness. If that's not horrifying, I dunno what it is. Um, so obviously you have Netflix. Um, yes. Okay. Have you seen my octopus teacher?

Speaker 3 ([01:11:04](#)):

No, but it's on my list because you know,

Speaker 2 ([01:11:08](#)):

When you get off here with me, you've got to go watch. I don't care, cancel the restaurant. I played back later. Um, it's one of those things where there's life before my octopus teacher and there's life after my octopus teach you. I mean, you, even, you, you is like as connected as you are the nights that you watch that. And just, I actually believe that octopus has, could be much more highly developed than humans.

Speaker 3 ([01:11:38](#)):

Oh yeah. Well, to think, yeah, to think that we are, is kind of, I think the old story, old paradigm like that we're on top of the circle versus in the circle, you know?

Speaker 2 ([01:11:47](#)):

Yeah. But I mean like, yeah, it's just mind-boggling but I watched that one night and the social little Emma the next night or that social dilemma, you guys listening to this, if you haven't listened to, I haven't watched it, you need to watch it. It's, it will open your eyes and especially the, the part about like kids these days, you know what I mean? Uh, and, and that's the dilemma. Like if you think about, you know, your, you know, the, the, the community you've got online, the community I've got online, this stuff's really good. It's, it's got so much good, but it's got so much bad and it's very, very bad.

Speaker 3 ([01:12:31](#)):



Well, it's so powerful and addicting because, you know, going back to a species appropriate environment for humans in the loneliness epidemic, we're trying to meet that need in a superficial way. So we get a hit thinking, we're getting that need for self approval or connection met online. And there's just that little hit that little high every time. And, but you realize that's not a sustainable or a true way of getting that need met. So I think it's so important when we're looking at any kind of behavior with horses or humans to say, well, uh, like I know dr. Susan Freeman says like, WTF, what's the function? What is the underlying need? And if you look at like non-violent communication or anything like that, it's all about what is the underlying need here. So much of behavior is because of unmet needs and what are other more healthy ways we could get that need being met versus denying it all together.

Speaker 2 ([01:13:29](#)):

Right. Um, there's something you mentioned in there that kinda, when I was at that men's emotional resilience thing and they were talking about the King versus the Prince energy when they outlined it, they said, so the King has the vision, he does it for the good of people. And then the Prince does it for this external validation. And I, I said, uh, I'm having a, kind of an existential crisis right now because I have this, this thing going on. Like, I'm just about to hit 20 million views on YouTube probably this week. I think, um, I've got this thing going on to where it all started out. I know from King energy, it started out from helping people, just putting stuff out there for free on media or whatever, trying to help people. But then you get all this great feedback. And now I said, I've got to think, am I putting content out there? Because, because of King energy, because of, I feel people should hear this stuff, or am I putting content out there because I think people will really respond to this. And I'll, and I was like, Oh, I'm having a bit of an existential crisis right now. You know what I mean? Cause there's a bit of both.

Speaker 3 ([01:14:40](#)):

It is both. And I've lived that. That's been a big, big thing for me where I can relate. I started out my work with horses because I just loved it. And it made me feel connected to something, um, outside of myself, you know? And, and I did it because of the joy that it brought me. And then it gets to the point where you get the validation. And especially for where I was at, my self worth was so low that I really latched on to that. And it started feeding me. And then it was a process of sitting back and saying, okay, why am I doing this? And re-evaluating the reasons that I was doing it. Um, but it's so easy to get lost on that train and to keep riding it and to just kind of mindlessly continue. Right. And to that point of just doing it to get more likes and more comments or more validation or, you know, approval versus developing that approval within yourself. Um, so yeah, I just, I love your, with all of your awareness around that. And I think to an extent it's always going to be both, we're always, there's always multiple motivations going on. It's, you know, with horses or humans, it's, it's very black and white thinking to think it's this or that. It's always multiple motivations that drive us to any behavior, but which one is the, the loudest, you know, that we're tuning into.

Speaker 2 ([01:16:10](#)):

Yeah. When I came back from there, I started looking at things I've been, I'd been posting and I'm looking at him like, no, I'm pretty sure people, you know, these are things that I have, I have figured out that have changed the way I work with horses and you know, all the relationship stuff. And I'm like, no people do need to hear this stuff. I am going to get a lot of feedback and people are going to go, yeah, that's amazing. That's wonderful. But now people need to hear this stuff. Cause I could be all sorts of things I can do the way to, to get people to go. It looks wonderful, but it's the it's familiar. It's this connection stuff. It's the beyond, beyond training stuff that, you know, that there's stuff that has

nothing to do with, with training, but has to do with that, that connection with a horse and providing that connection, they need to feel relaxed and content, you know? So yeah. So I've, I've, I've, I've, I've gotta be aware of that Prince energy all the time, but um, I've, I think I've figured out that I'm for the good, I just got to be, you just got to keep that shadow side in check, you know?

Speaker 3 ([01:17:16](#)):

Yeah. And just be aware of that. But I think, you know, people, I think love what you do too, because they feel the authenticity behind it, but people just, they know too, you know, they know if you're sharing something for the heart or from the heart or doing something from the heart or, or if it feels a little off or whatever, I mean, people, you know, it's so I think the reason that, you know, what you've been doing is so successful is because you are sharing it from that place. And so it doesn't take as much foresee and contriving either when you're in that of just sharing, like these profound realizations you've had. Right. I mean, that sounds like a very inspired action.

Speaker 2 ([01:17:57](#)):

You know, the funny thing was when I, uh, I'd always basically shared what I knew. So when I went down this, this rabbit hole, I was just sharing what I knew. Nobody gets, Oh, that's so, you know, you're so brave or whatever, sharing that stuff. I'm like, I don't, I don't feel like I'm doing anything different than I've always done. I just look at things differently than I've always done. And it's funny. I, I never once thought, well, I wonder will people like this or not. I'm just like what I'm doing. It just turned out that, you know, like you said, a lot of the people we deal with, uh, uh, women, and a lot of times they're middle-aged women. I think they are primed for this stuff. They're at that point in life where this really re you know, that whole connection stuff, uh, resonates for them anyway.

Speaker 2 ([01:18:44](#)):

So it kind of, yeah. Perfect storm, but that's fine. That's fine. You, another question, I don't have too many more questions for you. Um, this one would be interesting. What do you think the worst advice that's given in your profession and when the, so this, these questions came from a Tim Ferriss book called tribe of mentors and AF uh, there was, uh, a qualifier and that it said, what do you think the worst advice given in your profession is? And then it said, given that some of the professions we're in, aren't actually normal sort of professions anyway, but what do you think the, what do you think the, the worst advice or the, yeah, let's put it that worst advice given in your profession.

Speaker 3 ([01:19:31](#)):

Yeah. Well, I think probably the most damaging or at least effective is something around the lack of acknowledgement of like horses, emotions or your emotions. Cause they're both tied together. So like, I think is it John, the John Wayne saying of, uh, courage is being scared to death, but saddling up anyways, like you get bucked off, got to get right back on. Um, so it's like kind of this, it comes from this place of living in a culture where we don't give ourselves permission, feel our feelings and there's very little emotional intelligence there. So it's found to be an act of courage to suppress that versus listen to them. And so with horses, I think it can come out in the way where, you know, a lot of trainers will tell you, well, don't tiptoe around your horse. They need to get over it. And, and there is that, that dynamic of as far as the tiptoeing goes, like always avoiding putting them in a situation, you know, where they can learn to respond versus react.

Speaker 3 ([01:20:38](#)):

But if it's used in a way where it's like, you know, it just leads to flooding where you're just throwing everything on the horse. Um, and, uh, I, I just see, I see that, you know, as some, as a piece of advice that that's really harmful because for me, it's always with horses, it's all, it's not just about how, you know, how, how do we learn to be around horses better, but how do we learn how to connect with humans better as well? So I think that that's the ultimate magic. And even the work we do with horses, I always thought the magic was in what I had to teach the horse. And then I realized it was what the horse has to teach us about what it means to be fully human and how we can be better humans. And so anyway, um, I think that by following that mentality, you're missing out on a lot of lessons of, well, first of all, truly connecting with the worst and then also emotional attunement. Right. And how important that, that is in building any kind of relationship. I mean, emotional attune is the number one predictor of relationship success. I mean, so why are we not learning that skill and practicing it in every, you know, in every different territory?

Speaker 2 ([01:21:51](#)):

You know, what's funny is your answer to that question was almost exactly the same as mine.

Speaker 3 ([01:21:56](#)):

That's funny. We have a lot of number one, we've been walking a similar path. Yeah.

Speaker 2 ([01:22:01](#)):

But it's one of those questions. Uh, that's kind of set up, set you up to give a negative answer, like what they're doing it wrong. You know what I mean? And I can, I can tell. So that might, when I do these podcasts with people, I do it on a, um, a platform to where I can actually see the other person so I can see Maddie's face here. And when I asked that question, I could see the look on her face where she she's like, how do I say what I want to say? And tell me if this is going through your head, how do I say what I want to say without saying somebody doing it wrong or like that, and making this a negative. Was, was that going through your head at all?

Speaker 3 ([01:22:41](#)):

I think it goes through my head in every interaction I have, because it's so important because first of all, I want to be aware, am I judging this? Because again, that's telling me what I'm disowning in myself, and then I have some work to do, but also I know people aren't going to hear it. If you come from a place of your bad and you know, then shame gets in the way and it's blocked. And I really don't believe that hurt. You know, that, you know, there's this evil versus good, bad people, good people. I think everyone cares and loves about their horses. Sometimes that can get mixed in with our own, you know, need to validate ourselves and things like that. But there's the saying that hurt, you know, hurt humans, hurt humans or something hurt people, hurt people, but her people who were hurt horses too. I mean, it's, it's just, uh, yeah. I don't think it does any good, like you were saying to point fingers just leads to more separation and isolation and, and uh, yeah. So I think that that's something I'm pretty aware of or try to be pretty aware of and most things, but I, yeah,

Speaker 2 ([01:23:42](#)):

I'd say you're pretty aware. Okay. Next question. What is your relationship with fear

Speaker 3 ([01:23:48](#)):

That kind of is related to what we just talked about? I think because when I was younger it would be to suppress fear and Oh, if I'm scared, I really got to, you know, go in there full force and prove myself, right. To prove that I'm not scared because it's this weakness. So I think that there's a duality around fear as well. I think that there's this narrative of we've denied the gift of fear, which is telling us, you know, instinctually what feels safe and what doesn't. And I think that when you start not listening to that and stuffing it down, that's when you can get into trouble. So I think fear is something really useful to listen to, but there's a difference between like an intuitive knowing and like an ego fear. And so the other aspect of it is like, you know, who was it that said, do something everyday that scares you, Eleanor Roosevelt, maybe, but, um, you know, living outside of our comfort zone because there's just this mental wiring to want to stay in our comfort zone and not push outside of that.

Speaker 3 ([01:24:55](#)):

So there's like that aspect to it. And then there's the aspect of, you know, whenever we're making a choice or taking action, does this come from a place of love or fear? Does it come from connectedness or separation? Does it come from expansiveness or contraction? Does it come from, um, abundance or scarcity, you know, and just being really aware of what track you're choosing to act out of in every moment. So I guess that's kind of my different takes on fear and how it can, it can help us and, and also where we need to be aware of it. Right.

Speaker 2 ([01:25:32](#)):

Very profound. Oh my goodness. One last question for you and a few guys listening. Remember these are the questions that might he picked out. So, uh, one last question is what do you think it means to be a leader?

Speaker 3 ([01:25:46](#)):

Hm, well, I think we've led into this very well because I think to be a leader is to be a visionary. You have to imagine a different future that people resonate with. And it's something I think that you're, you know, talking about the King energy, it's something you are of service to. It's not something that's serving you necessarily. Um, although, because everything's connected, it will serve you, you know, at the same time, but it's about, I think it's about painting a new version of reality. And I actually have a quote that one of my favorite quotes from that book untamed, um, is on like change and revolution. She, uh, Glennon Doyle writes if those who are not a part of the building of reality, only consult reality for possibilities, reality will never change. So it really is about engaging your, just your imagination for what's possible without just consulting.

Speaker 3 ([01:26:48](#)):

What's already out there. And I think that when you have a profound vision that is heartfelt and people really believe in, they're going to get on board and you don't need a bunch of tactics or gimmicks to make it something into something necessarily. It's just people, people get on board with that and they see, they see how important it is. And, um, you lead, you know, you lead by example and creating a place for people to, to, to come together in a way with it. So I guess that would be kind of, yeah. What my view on, on leadership is. And I think for me personally, too, I'm really, um, inspired to lead like our youth, like young, young women out there. And, um, I take that as a very serious responsibility, um, that can really scare me thinking that, you know, little girls are out there, like looking up to my work or what I do or who I am. Um, but it's also a very big honor that I take very seriously. So, um, yeah. So my thoughts on leadership,

Speaker 2 ([01:28:00](#)):

I think what you just said about, uh, you know, about, um, you know, young girls and stuff like that, it's, uh, I think that's one of the cool things about horses is, you know, you're in a position to where the thing you do. And a lot of young girls are very, very entranced by that thing. And, you know, they wanted, they would want to do what you do, but what they have to learn along the way is you don't want to do what you do. You do have to, they have to be, have to give up some of that program condition stuff and, and let go of some of that stuff. That's and I, and I, and I've found that with, you know, with what I do, um, you know, I get it, I'm sure you do too, but you get, I get a lot of feedback, like, Hey, doing your stuff.

Speaker 2 ([01:28:44](#)):

It's really changed my life. And now I get along better than my husband or my kids or whatever, you know what I mean? And I think that's because the people have made some changes within themselves. And I think the great thing about the horses is most people that I've seen make those changes would have elected to make them for their husband or their boss or their coworkers or whatever. But the thing about horses, I think horses are good. They're very, very good at, at holding back the thing that the people want and not giving it to them until they make some changes. It's like, if you, they like behavior modifications sort of thing, but I've just been so many people that have made me included, um, so many personal changes that they probably wouldn't have done for anybody else, including themselves. They wouldn't have done it for themselves, but just, you know, like some of the stuff I've been doing the last couple of years, like suggesting people go out in the pasture and just sit there and don't expect anything.

Speaker 2 ([01:29:44](#)):

And like some of these people I think have never had a moments, peace, like they've never been still stuff. So, you know, I, I just think the horses are amazing that way to where they can inspire us to make changes for themselves or inspire, like in your case, like young girls to want to do what you do, and then they can learn your story. And you mentioned earlier on about stories to, would that Glennon Doyle book. And you said that untamed, how it's a lot of stories. Can you say, you said you listened to her on a Brenae Brown podcast. And I think that's one of the reasons Renee is such a communicator in some pretty meaty sort of stuff, but, you know, in a very scientific, uh, textbook type way, she tells stories about her own life. And I think, I think the storytelling, you know, my wife used to, to tell me all the time, you tell too many stories at the clinics you needed to get more stuff done when you stories. And nowadays she's like, yeah, the stories are there for a reason because it's, it's not, it's not the fact that you get something done, you don't get something done. Is it, do you, you take it in, do you, can you connect with it? Can you relate to it? And can it make, can I, can you relate to it in such a way that would make you want to make that change

Speaker 3 ([01:31:05](#)):

Yeah. And see yourself in it. And you know, and the emotions that it evokes in someone it's a very non Western way of teaching though, right. Versus here's steps one, two, and three, which are still important. But if you can use story to move people, I think that's always going to be more impactful. Like I can remember, you know, we've been at a few horse Xs, I think where I, you know, it's, we always get busy when we're there. And some I'll try to, you know, watch you, or at least I'm walking by. And like, I'll be able to listen for a few minutes. And I might not remember exactly what you're working on, but I remember the story you told, you know, like it just it's, it sticks with you. It has that sticky component

and you know, the way grenade does it to you, it's just, it lets your boundaries and your guard down too, because she does it in such an everyday like humorous way as well. Yeah.

Speaker 2 ([01:32:01](#)):

Yeah. She's pretty down to earth. Um, one of the questions you didn't ask, didn't ask yourself, but I'm going to ask anyway, what is, uh, what is, uh, a strange or odd habit? You have something out of the ordinary you do, and if you don't come up with one, I'm going to give you one that I know you do. So,

Speaker 3 ([01:32:21](#)):

Oh really? Oh my gosh. I'm a strange, I feel like I do a lot of strange things. Um, uh, let's see. Strange thing that I do not with horses.

Speaker 2 ([01:32:39](#)):

No, it does. It's not necessarily it's it's anything. It could be anything.

Speaker 3 ([01:32:47](#)):

Um, gosh, why?

Speaker 2 ([01:32:53](#)):

Okay. Well, while you're thinking, do you have, do you work with, uh, do you work with any animals that might look like a horse, but have like black and white stripes on them?

Speaker 3 ([01:33:04](#)):

Oh, zebra. Okay. Yeah.

Speaker 2 ([01:33:14](#)):

You have two of them.

Speaker 3 ([01:33:16](#)):

Unfortunately, I lost my other guy. Um, so I just had, yeah, it was pretty, really sad. They'll I mean, they're just my family we've traveled and lived together and both of them since he was a baby, so that was difficult. But, um, yeah, I have Xena and my, well, my, the way that it kinda came about was my grandfather was the director of our local zoo. And he was very into animals, inspiring people, um, helping to educate people about them and children, you know, getting the experience to ex well, getting the opportunity to experience them and things like that. So anyway, he had exotic animals, uh, growing up, he actually had zebras and he had probably four or five out in his, like, you know, on his farm. And I remember trying to get close to them when I'm, you know, little hanging out at grandma and grandpa's house and you would get within, I mean, his zebras were so wild.

Speaker 3 ([01:34:13](#)):

I was like within 30 or 50 foot feet away from them maybe. And you just step on a, you know, a leaf from, or, you know, kick a pebble and they, you know, you know, just be off. So I think that's what planted the seed. And then after I did my first Mustang makeover, you know, I was very in that point of wanting to like, what's the next challenge and prove myself as a trainer. And there's, there's definitely a



lot of ego in it, but, um, I got that's when I got Zena and then started working with her. And, and now, I mean, I, I don't think I'd be the trainer I am without the zebras and the sense that they really required me to think outside of the box of normal, what we consider normal in horse training, because you're just going to get hurt or it's just not going to work.

Speaker 3 ([01:35:00](#)):

I mean, it's just, you're working with such a wild animal. When you think of the, you know, the Mustangs, they go back to maybe 500 years of natural selection type breeding, and zebras have been evolving in Africa to survive some of the harshest conditions and fiercest predators on earth. So it's like, you just don't, you can't get away with, you know, things that maybe some horses would, would let you get away with. So they've really challenged me and asked me to try new things. And I mean, that's how I originally started any training with positive reinforcement as well and, and food rewards. Um, cause I was very much against the idea and the zebra that I've recently lost zoo. So it was like trying all the normal, worked on horses. Uh, weren't working well with him or, and he's way more pressure than I wanted to and things like that. And so it's like, I literally had to get to the point of being well, I can't mess him up more than he's already messed up. So I might as well try food rewards and positive reinforcement. And then, um, of course that kind of opened up a whole, whole nother world and a whole nother rabbit hole. But, um, anyways, so yeah, that's a little bit on the zebras. So I know you've been on quite a journey with your positive reinforcement. Where are you? Where are you at with that now?

Speaker 3 ([01:36:26](#)):

Oh my gosh. Quite the journey. Well where I'm at with it as a summary synopsis is that when I began with Zeus using food rewards, I had him and a Mustang 15 year old Mustang with like a bolting issue. Um, that was a really tough case. And those are the two animals that led me into using food rewards. And in the beginning I kind of just put it on top of the training. I was already doing the pressure and release, and then I started going deeper and deeper down the hole and worked with Marine mammals and you know, all that. And I feel like I'm constantly, what excites me is learning new ways of doing things and different ways of doing things. Like if I train a thing one way and it works, I'm like, well, great, but I'm going to get bored if I have to do it the same way a second time, almost like I'm always looking for different ways of doing things.

Speaker 3 ([01:37:23](#)):

So then exploring the limits of what's possible and just reality testing things. So when I started getting deeper into positive reinforcement and really learning all the subtleties of it, I realized what, you know, how it was really its own language as well. There's there's similarities, but in, in so many ways, it's, it's also very different. So for the past, like two years, I would say I've been like super focused on positive reinforcement. Um, and I wanted to learn all of the ins and outs and take it as far as I could. Um, not that I'm done with that, but to just to really learn it. And, and now that I feel like I've gone to that kind of extreme enough now, I feel like I'm starting to find what, what is, um, its place in what I'm doing because I'm seeing the limitations of it as well as negative reinforcement.

Speaker 3 ([01:38:25](#)):

And, you know, earlier we were talking about the whole levels of awareness. It's like the black and white learning quadrant, positive reinforcement, negative reinforcement. Like it helps us make sense of the world, but ultimately I think we need to get to that place of embracing duality and seeing, you know,



everything is existing in the other thing and how it's all connected. So it's been interesting cause I've, um, also been on a journey with six wild mayors I've been working with as part of our running wild retreat from last summer, we got these Mustang mares in that we, um, you know, we do the retreat with them. People come and learn how to gentle a wild horse and I use more positive reinforcement techniques with those horses than I'd ever had integrating all that I was learning. And four of the six mayors were ready to go by the end of summer.

Speaker 3 ([01:39:11](#)):

Um, and, and th and we weren't avoiding negative reinforcement, but we were using positive reinforcement and targeting and, and, um, free shaping to get behaviors to begin with. And then you just translate it to a tactile cue, and then you can, um, you know, make that into a negative reinforcement paradigm, but you're, counterconditioning it with food basically. Um, so it's not avoiding pressure. It's just teaching them kind of in a different order. Um, and four of the six made it to the six I still have right now, and I'm supposed to be taking them back this week finally. And those horses have challenged me more than I ever. I mean, uh, he just can't imagine like the, but it's been a gift because I've gone through so much of the positive reinforcement with them. I realized what I was doing, like why I was like, it required me to really step up my game in the area of positive reinforcement training and also seeing the limitations of it.

Speaker 3 ([01:40:08](#)):

Um, so I think when it comes, especially to integrating the trauma lens and all that Sarah talks about, um, it becomes really clear about more, more on the gray area and, and, and just every horse is an individual. Every person is an individual. There's so many factors, you know, that we could get into, um, about it. But I think more than anything, whether it's positive reinforcement or negative reinforcement, it really comes down to, um, the relationship, emotional attunement, good shaping, breaking things down, you know, so I guess that's a synopsis where I'm at. It's been quite a rabbit hole.

Speaker 4 ([01:40:52](#)):

You just reminded me, um,

Speaker 2 ([01:40:54](#)):

Last, when was that whole sex? The way he was at last year, it must have been last year. It wasn't, it was 2009. So 2019, there was a, there's a host expo in California that Maddie came to, and she was part of a, a cult starting a four ring circus, so to speak. So they were around in the arena and they had these all four of them had these Mustangs to, to stop. And, um, most of the people who were doing it were quite well known. And the commentators on this thing, a very well-known if I mentioned the names, everybody would know who they were. And it was so funny because Maddie is, she's just going to do positive reinforcement with this horse in, in three days, I guess it is, isn't it. And there's a lot of Dustin sweat and stuff in some of the other round pans. And Maddie seems to be getting nothing. And every time they say one of the commentaries, I remember he'd go and so-and-so, they're over here and they're doing this and so-and-so's over there doing that. And so-and-so's out there doing that. And Maddie, she's giving him another cookie.

Speaker 3 ([01:42:02](#)):

What does she do today? I don't know. Yeah,

Speaker 2 ([01:42:05](#)):

It was, it was so funny. It was so funny listening to him, commentate cause they, they really couldn't figure out what you were doing.

Speaker 3 ([01:42:13](#)):

Yeah. Yeah. I mean, I see so much potential for how positive reinforcement training it with horses could be really useful, really profound help. A lot of, uh, people who feel more aligned, you know, maybe, or feel more comfortable using those kinds of tools and things. But yeah, I think ultimately it's embracing the gray and yeah, there's a lot of gray in it.

Speaker 2 ([01:42:39](#)):

It's the, it's the, it depends. And, and I, I do think both, you know, both sides of the coin, both, you mentioned attunement a minute ago. Both of them, the more attuned you can be, the better it works. I mean, it doesn't matter which one you're using important.

Speaker 3 ([01:42:57](#)):

Yeah. Yeah. And that's the whole thing with like force free training or, you know, things like that. It's like you can use food in a way that is very forceful and very coercive and very, you have to do this or else just like the same can be said for pressure and, you know, work for me again. I, I could go just totally all into this, but one really big takeaway for me too, as far as seeing, um, you know, ethics and training beyond this method or that method is control the amount of control that the animal has. So if you're using pressure, does the animal have control to avoid the pressure to begin with? That's where we get all of our lightness, right? Then all the ways, you know, natural horsemanship or whatever you want to call it has served us. And also are you diagnosing why the horse isn't doing what they're doing?

Speaker 3 ([01:43:49](#)):

Like what's your diagnosis. And as your prognosis is just to add more pressure and keep escalating well, if that's the case, yes, you're using pressure in a way where the animal has very little control and it's been shown that stressors aren't necessarily damaging to an animal it's whether the animal has control over that stressor or not. And that's when they don't have control. That's when they, um, you know, their immune system is affected they're they can go into shut down and all of these other potential health challenges come up. But if you're using food in a way where the animal doesn't have control over that reinforcer, and you're using poor shaping, and you're not listening to those natural signs of the horse being at threshold, you know, then again, you're, you're just going into a different training method with the, say the same controlling kind of mindset, uh, incursion, where you're, you're just not listening to the horse. I mean, that's really what it comes down to, right. Is listening to the horse.

Speaker 2 ([01:44:44](#)):

Yep. And been able to read the signs and see the signs, read the signs, interpret the signs. Yeah. And I think a lot of that depends, you know, that that really depends on, on who you are not like in that post that you talked about where I said it depends. And I said, it's getting harder. The questions on, on Facebook these days. Cause someone says, my horse does this, what should I do? And I said, it depends. It depends on, you know, like, how's your relationship with your father? Were you bullied at school? All those things have a makeup who you are and how you interpret the world, the energy you bring into any situation. And those horses can read your energy, like nobody's business. And so I had a number of

people PM me personal message me. Like, what did you mean by, in that, in that post? Like, how's your relationship with your father? And I'm like, well, it's not just about your father. It's about, you know, do you carry any trauma from any part of your life because if you do, and we all do, to some extent, if you haven't taken steps to heal that trauma, then a certain technique might not work for you because of the energy you bring to the situation. So yeah, it's just, I just find it so hard to answer questions these days.

Speaker 3 ([01:46:02](#)):

Well, and that's the challenging and can be paralyzing part of teaching or coaching, right. Is the more that you learn, the more you realize a that you don't know and B how connected everything is so that it's not a simple answer. It's, it's all these different layers. And I really enjoy teaching from the lens of the four elements, because you can address, you can make sure everyone's always operating within the paradigm of looking at all the layers that could contribute this right to this. So like physical, mental, emotional, and spiritual, um, and how important it is to integrate on every, every aspect. Because if you're not, you're never really going to get to the root of the problem. It's going to show up just in a different way.

Speaker 2 ([01:46:47](#)):

Right. And I, you know, I think when you're helping people, if you're going to help them, you've got to be able to help them on the level they currently at. So it's not, that's not where they're at. Sometimes though, you know, it's kinda like Martin black says, sometimes you can bring the human up to the level of the horse and sometimes you have to bring the horse down to the level of the human and it's, you know, I don't think, I don't think it's, I don't think either of them are right or wrong, but I'm never going to get to the next step if they can't, if you can't teach them stuff where they're at, you know, it's, it's the black and white right. Wrong program.

Speaker 3 ([01:47:24](#)):

Yeah. It's the same thing. I mean, with horses, it's just, you're meeting the horse where that meeting the person where they're at, it's, it's good, you know, under the lens of behavior, it's good shaping whether you're working with a human aura or a horse. And, you know, I, something really profound too. I think when you're talking to people, I'm talking about any kind of, you know, we we're living in a time that's so polarized and, and, you know, trying to change people's beliefs about certain things, you know, or whatever. And it's like the first step to anything like that is first. So letting go of the outcome, you're going to change them. And so that you can get to the first step, which is really just saying, tell me more about that. Why is that so important to you and really realizing and value in that we all bring a different perspective based on our experiences and that we really do all, have we all have something to learn from every person or horse that we encounter. So

Speaker 2 ([01:48:29](#)):

We surely do well, it's coming up to, it was easy. So we probably should feel like I, I thought we'd been chatting for about 45 minutes and it has looked and it's been an hour and 54 minutes. So, um, Maddie, thank you so much for joining me on the podcast. You are the perfect participant for the journey on podcasts, because you have been on such an amazing journey. It's been, uh, it's been very fun to watch you, and I'm very humbled that you came on here and shared your story with us.

Speaker 3 ([01:49:00](#)):

This transcript was exported on Dec 13, 2020 - view latest version [here](#).

Well, thank you, Laura. Thank you for having me and for all the work that you do, and I've really appreciated just our friendship. And it's always so exciting to have a conversation with you are igniting all these lights and ideas and books and each other. So it's yeah. Lots of alive ideas here. Thank you.

Speaker 2 ([01:49:17](#)):

Oh, it's very cool. So how can people find you Maddie? Where, where, where can they find you?

Speaker 3 ([01:49:22](#)):

You can go to Mustang, maddie.com and they D D Y and you'll see all my social links there, but I'm Mustang, Maddie, pretty much on all social media, Facebook, Instagram. Yeah. Even though I've, I'm, I've deleted social media apps from my phone, I'm still posting. So

Speaker 2 ([01:49:40](#)):

Yeah, I did the same thing. Took it off my phone. Uh, you know, I did that. I took it off after I watched that thing. I took it off my, but then I had something on my phone I wanted to, to post. So I had to put that back in my own. And guess what, still in my phone

Speaker 1 ([01:49:57](#)):

Again. So, yeah. So anyway, thank you so much for joining me. Thanks for listening to the journey on podcast with work Schiller Warrick has over 650 full length training videos on his online video library at videos dot Wark, schiller.com. Be sure to follow Warrick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.