

Speaker 1 ([00:00:12](#)):

You're listening to the journey on podcast with Warwick Schiller. Warwick 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.

Warwick ([00:00:35](#)):

G'day everybody and welcome back to the journey on podcast I'm your host Warwick Schiller. And today I have a very special guest. If you have listened to one of the very, very early episodes of the podcast, I talked about being at a horse expo and Told about Brene Brown at some point in time. So no I'm not interviewing Brene Brown today, but that would be great. But the person who mentioned Renee Brown to me for the first time was a lady named Barbara Schulte. And it's Barbara that I'm going to interview today, Barbara. Um, you know, she grew up around horses and actually went to, uh, after high school, she went to college and she got a master's degree in speech pathology. And for a while there, she was the administrator at the era to Arizona state school for the deaf and taught at the university of Arizona in Tucson. But then her love for horses kind of led it back to the competitive arena. And she started training. She was training cutting horses, and, uh, that was in about nine and 83. And by about 1996, she read a book called mental toughness for sports, and she began to incorporate some of that training into her, her own, uh, regime.

Warwick ([00:01:52](#)):

And after that, about three years after that she, Oh four or five years after that things really took off for her. She's a cutting horse trainer. So in 1998, she won the NCHA Derby in 1992. She won the NCHA super stakes. And in 1992, she won the Augusta maturity. And if you're not from the cutting world, those are some really, really big deals. Like people will go their whole career and possibly never win one of those. And so by about 1994, she really recognized the powerful benefits of that mentally tough programs. So she became certified as a personal performance coach by the organization that does that. And that's what she does these days is really travels around and she does cutting horse clinics, but she also teaches that the mental, the mental toughness, part of the whole thing, 1998, she published her first book, which was called cutting one run at a time.

Warwick ([00:02:50](#)):

And it provided like key, uh, key, fundamental information for amateur nonprofessional cutters to learn how to ride and show cutting horses. Um, then in 2002, she was awarded the national female a question a year by the American quarter horse association. Then in 2012, she was inducted into the national Calgo hall of fame. So Barbara is just an amazing person to meet in real life. I mean, I love hanging with her. She's just, she's one of the coolest people I've ever met. So I'm really looking forward to this conversation. Let's see if we can have a chat with Barbara Schulte. Hi Barbara, how are you?

Barbara ([00:03:29](#)):

Hey, Warwick. I'm good. How are you doing excellent. Happy to, I'm happy to be here. Thrilled. Thank you.

Warwick ([00:03:36](#)):

I'm thrilled that you are here. So you're at home right now.

Barbara ([00:03:40](#)):

Yes, I am. I'm in front of next

Warwick ([00:03:44](#)):

In Brenham, Texas. Have you, um, have you been home for a while? Like, is this whole COVID thing kind of changed your year all around?

Barbara ([00:03:51](#)):

Well, that would be the understatement, uh, if it changed my year all around, but yes, uh, it's interesting my event or my springtime events, most of them, but one were canceled. And so just like everyone, I was home, um, and all of the summer, and then a lot of them got postponed to the fall and because they were outside, we ended up doing them and because of my schedule that already existed, as well as the rescheduled ones from the spring, I ended up having an, almost exhausting, the schedule this fall, and one of my events just got canceled and that's the reason I'm home right now. And I'm sorry that it got canceled. Certainly I am happy to be home though. And looking forward to being home for a while. It's interesting when you're home, you really kind of enjoy, start to enjoy that part, but anyway, it's all good.

Warwick ([00:04:54](#)):

Yeah. I've been hiring for quite a while now and it's, it's, it's pretty interesting. Um, what did you tell us about? So you said you had some different events canceled. One of them was retreat. Why don't you tell everybody about what different things you do? You, you know, you do clinics and you do retreats. Can you tell us a bit more about that?

Barbara ([00:05:12](#)):

So I do cutting clinics that are just straight for, you know, cutters. I, that that is the kind of horse trainer that I am and that I spent 35 years doing and showing and competing. I also do reined cow horse and there's, you know, cutting people come to those two and then they just ride with me, uh, clinics with Sandy Collier and they're called band stoppable. And we have an awesome, awesome time. And it's been really fun because I have learned a lot about reined cow horse, and I've learned a lot from Sandy and I've found that I really enjoy collaborating. And then there's also a woman in Texas, uh, her name's Shannon Pigott. And we do this event called club cowgirls. That's kind of a hybrid between retreat, you know, fun women getting together and also working cattle. And she does some stock horse of Texas events like trail.

Barbara ([00:06:13](#)):

And, uh, so that's fun. I get to learn about that. And then I do retreats with Sandy Collier as well. That was the, unfortunately the one that just got canceled in Moab, Utah, that places magical, magical. And the dude horses there, I have a foundation reined, cow horse training, so that's really fun. So we worked cattle there and then I also do retreats at a place called see, lazy you in Granby, Colorado. And I, I did two of those retreats this year with Julie goodnight, and I loved you. I love all the people that I work with. And I would say that's one of the biggest treats of this era in my career is working with other people and learning from them. Anyway, we do a women's retreat in the spring, Julian. I do. And then we did a co-ed retreat this past fall.

Warwick ([00:07:13](#)):

Okay. So how am I, I mean, I know you're really big into the whole mentally tough thing. How much of that do you incorporate into all this stuff? The, the, you know, the strike cutting clinics, the retreats, uh, how much of that goes into that? Cause I imagine once you really get your head around that you can't separate it from the rest of life, it just becomes a part of what you do.

Barbara ([00:07:39](#)):

Yes. Well, that's a big question. So, um, you know, we're awake when, when I first studied at the, it was called, um, LGE sports science back in the nineties, it changed, it really changed my life. And I learned about, you know, the, the premise is how to perform under pressure. And I, by premise, I mean, that is like the umbrella, I would say, like it was developed for Olympic and professional athlete, how to perform under pressure. Like when it was time to go, that you could be your best and you wouldn't leave it, you know, at some event that you, that you didn't, that didn't matter. But what I found is that it's really all about energy and it's all about learnable skills and it's really about a way of life. Okay. I'm morphing it now over time. And so nothing I do in my daily life or with horses or with teaching is really inseparable from that because I'm going to have goosebumps because I know the power of that, and I know how it, you can gain access into experiences and into, um, just learning and being that, unless you really learn a lot of those tenants and practice the skills.

Barbara ([00:09:15](#)):

And that's what I loved about when I first began to study there and continue to study there, how you could, how I could learn, and also then how I could teach the very tangible tools that it wasn't just a bunch of airy fairy stuff. And so when you asked me how much a part of it is, I guess that's kind of going to like say in Barbara, how much a part of the nose on your face is a part of you. It just really, isn't, it's, it's inseparable for me.

Warwick ([00:09:50](#)):

This hope podcast is called the journey on podcasts. And, you know, I talk mostly about people to journeys. And I think on your journey, as you, as you get deeper insights, you can't separate those from anything else. It just becomes a part of who you are. Tell us about when you first went to that place. What was it called? L G

Barbara ([00:10:10](#)):

Yes. At the same era. At that time, it was called Lear grapple edge Berry. It was the initials of three men in Orlando, Florida, and Dr. Layer, the L and the LGE. He, um, is a sports psychologist. And he was one of the initial people who did research with the highest level performers. And he learned that it was the same. It didn't matter what these people did. Like if they did baseball, if they did football, they did whatever that they all had the ability and common to call up a very specific state of emotion that was characterized actually by a combination of emotions like calmness, confidence, focused and high energy without being overstimulated, like not like rubbed up, uh, energy that felt out of control that with like just stellar focus, like you were an, um, he explained it initially, like you were in a great white light and it was shining down on you.

Barbara ([00:11:24](#)):

And the best of you was in your thought and was in your being and in your muscles and in everything that you did. And because of that, you could perform at your best. And at the highest level athletes, not only knew what that say was they had the ability to call it up on demand. So what he did was quantify it through breath, rate heartbreak, um, nerve or muscle tension, saliva tests, all of those things. Um, he spent years doing the basic research in that, and he is, um, one of my greatest mentors in my life and someone I so respect because his heart is huge. It's massive. And he, he took me under his wing and asked me if I wanted to be a certified performance coach for equestrians because I went down there with a group of women. And I said, yes, absolutely.

Barbara ([00:12:32](#)):

So then I'm kind of babbling. So this tell me, um, this is, this is a great story. Okay. So, um, he was, he's a jock guy, you know, with tennis shoes, of course, and tennis player in is working with all those high level golfers in Florida. And he's asking me about the horse world. And I started talking about English and Western, and I have no idea why I decided to do this, but one discipline I picked was barrel racing for Western. I am with the other one was jumping for English. So is listening to me really intently. And he goes Barb. Exactly. How many barrel jumpers do you think there are? So I never, ever, ever let him live down the barrel jumpers and ask him forever if he was going to come barrel jumping with me. So, um, anyway, I'm sure there's some barrel racers that have dumped the barrel, implies some jumpers that have dumped a barrel, but anyway, uh, so that's how it all started.

Barbara ([00:13:36](#)):

And so I, I continued to study what's later called the human performance Institute. And then that just really took me on a journey of great passion, just so interested in that because I lived it and I saw the effect. I, I immediately want by immediately. I mean, in the next year to two years, one, two major events and cutting to can the first woman to do that. Um, and to win those events, uh, saw it, applied it to my horses, uh, taught my clients. And so it really changed my life. And then, uh, really impacted my life when our son passed away. I found that I was really utilizing the same principles because I understood them and understood the impact, not only on our performance, but also on our lot. So,

Warwick ([00:14:38](#)):

Yeah, I think they're pretty hard to, um, to separate if, if at all. Um, Oh yeah. So you just talked about your, your son passing away. So you think that the, the, um,

Warwick ([00:14:52](#)):

The mental skills that you learnt at the human potential Institute actually helped you with that, that whole grieving process and

Barbara ([00:15:01](#)):

Oh, or there is absolutely, there is zero doubt. I'll let me give you one really good example because the whole high-performance training, of course, like any training has many facets to it. And there are a few really key fundamentals and one of them is what's called recovery. And what recovery means is that all of life exists in a way, and that we put energy out and then we get energy back, for example, a year up all day. And then you sleep at night, you know, uh, we have heart rate, we have brainwave, our lives exist in waves. And so with that, if we're not trained in this, we tend to live by putting energy out, putting energy out, putting energy out, but we don't give a lot of thought to getting our energy back. And he would say it was like putting, spending money, but not putting any money back in the bank.

Barbara ([00:16:09](#)):

And if you don't put money back in the bank, you don't, you go broke. Well, it's actually, it's just like a horse. If you, when you stop and you you've been doing something and you stop and you let them take this huge breath, that is actually when they learn, they were stimulated to learn when we were asking them to do whatever, but it's when they stop and take a big breath and change their heart rate and their brainwave frequency that they learn. Okay. So that whole idea of recovery was huge for myself and my personal exercise program in my personal sleeping, and my training with my horses, that when it came back, when it came to, when my son passed on, I knew that I had put so much energy out because he had bone cancer that I had to get my energy back. So I gave myself permission to rest, to not work so hard because sometimes in grieving people say, and I'm not saying this is wrong because it's different for different people.

Barbara ([00:17:22](#)):

Oh, just keep going. Just keep yourself busy. Just don't think about it. It'll be okay. And for me, I knew that I had to walk through that grief and I had to rest. And it was huge for me to give myself that permission. And it was very healing. And for the first time in my life, this sounds pretty amazing. Probably the people that have loved and, you know, dis hug on them all the time. Not that I never hugged on horses before, but I was so busy as a child in our family business. And then as a trainer that I just would walk to the barn and I'd put my head in a horses neck, and I could feel the healing power of the horse. And that was a huge revelation for me. So that's one example of how my training at HPI manifested in my life.

Warwick ([00:18:20](#)):

It's interesting. You said about how you hadn't really taken the time to, you know, like in the horse business. It's go, go, go, go, go, go, go. And you are the person who first uttered the words Bernay Brown to me.

Barbara ([00:18:37](#)):

Yes.

Warwick ([00:18:41](#)):

Maybe four years ago. I think we met. Um, and that's, you know, I've, I've read everything she's ever put out. My wife actually went to, to Austin, Texas last year and did the dead lead certification with Bruno.

Barbara ([00:18:55](#)):

I know I just, I'm jealous. That's great.

Warwick ([00:18:59](#)):

And you know, one of the things Brian talks about is how this whole culture of,

Barbara ([00:19:07](#)):

Of

Warwick ([00:19:08](#)):

Feeling like you need to work all the time. She said she, she spent the day in an elevator in New York city in a, in a law firm, just traveling up and down the elevator, listening to conversations. And they'd all be in two guys would be in the elevator. And one's like, uh, what time do you leave here last night? Three o'clock how about you? And you guys didn't leave. I'm still here. It's like a badge of honor. Just, just that go, go, go, go, go, go, go, go thing. And I think it's, uh, like it's a bottomless pit. Like it's a one-way street. You've got to take that time, take that time for yourself to rejuvenate. Otherwise you just,

Barbara ([00:19:46](#)):

Absolutely. And with our horses, we think of the training as being all about, you know, what we do with them or what we ask them and how they do it. And of course that's important, but one of the big ideas is that you have to train recovery. That's huge. You don't just leave it to happen stamp. You have to train it because without the training of recovery, there's diminished return on the stimulus, the energy that you put out.

Warwick ([00:20:23](#)):

So when you went to the, when it was not the different names, it's essentially Institute in, is that correct?

Barbara ([00:20:30](#)):

Yes. It's a human performance Institute. Yes.

Warwick ([00:20:35](#)):

I think there is a human potential Institute, which is totally different. That might be that thing in there's something down here in big Sur down the coast, maybe it was, it used to be called Epsilon. And I think it's now called the human potential Institute. They're esoteric place.

Warwick ([00:20:48](#)):

Um, when you went there, how long, how long was that? Initially?

Barbara ([00:20:54](#)):

The initial one was, uh, three or four days. And then I went back for, I don't know, four or five more times. And here's the funny thing. Or so when I first had this conversation with Dr. Layer, he goes, well, Barb, here's what I'm going to do. I'm going to try it with you. And then it works with you. Then I'm going to do it in football and baseball. And I'm going to, you know, I'm going to have these coaches. And I don't, I, I think they took a different direction. I don't know if it was because of me or because I don't think so, but anyway, it was funny. It was like when that, like nothing like a little pressure to do, to do the right thing and the equestrian world. So anyway,

Warwick ([00:21:42](#)):

Before that, was he just training the athletes? He wasn't training coaches for the athletes. Is that, is that

Barbara ([00:21:50](#)):

Correct? He did a lot of research initially. And, um, and then he, um, he got really into business and into corporate training as well, because it's all the same really it's all the same. I mean, it's, by the same, I mean, performance and the effect of positive emotion and the ability to recognize where you are in the

emotional scale and to know how it impacts the body and the ability to think well, or to breathe well or to do what we want to do. It's the same. It doesn't matter if you're in a sport or if you're a business executive or, or what it is. So he did a lot of corporate training. I think he just actually retired recently so

Warwick ([00:22:49](#)):

That, um, human performance Institute is still going though.

Barbara ([00:22:54](#)):

No, I think when he retired, it's owned by Johnson and Johnson actually in Florida. And I think that whole company with Dr layer's retirement has changed direction. So I'm the lucky one that got to be with him.

Warwick ([00:23:09](#)):

Very cool. It's interesting. You talk about how he said it's the same for all of them is, uh, there's a lady, she's a mental coach, a young sports, mental coach that I've become aware of through a friend of mine. And she coaches, um, PGA, golfers,

Barbara ([00:23:27](#)):

And

Warwick ([00:23:28](#)):

Nationally ranked clay target shooters.

Barbara ([00:23:33](#)):

And the information

Warwick ([00:23:33](#)):

Information is all the same. You know, it's not like, Oh, because it's a gun it's different. And because it's a golf club, it's, it's different. And I learned about her through a friend of mine who is a very high ranked, uh, play target shooter here in the States. And, um, he actually flew out here one time and took my wife and I clay target shooting. So I I'm the, I'm the non shoot, the non shooter in my family. I, you know, my, I grew up on a farm and my dad, two brothers, they liked to shoot and hunt and things like that. And my nephew is actually a two-time world champion, clay target shooter, um, won the junior world titles in Wilde's a few years ago. And then when he was, uh, when he grew up, he won the men's world title in, uh, I think it was in England or something or other, um, anyway, so this friend of mine that flew out here that is the really good clay target, should we took Robin clay target shooting.

Warwick ([00:24:26](#)):

And he gave us about three things to think about when you were shooting these clay targets. And the last one to think about was he wants you to look at the light glinting off the top of the second lip of the clay tag. You know, the cloud tag, it looks a bit like a UFO. There's a, there's the top of it. And then it comes down and then it goes down again, the light glinting off the front of that, that's the lab. That was the third step that with two steps before that. And he, so he helped us and we started shooting and we got to wake up to hit him pretty good. And then if we missed one, he'd say, what were you thinking about? And I go, I wasn't thinking about the light on the front of the thing,

Barbara ([00:25:04](#)):

Ah,

Warwick ([00:25:08](#)):

A farrier I had FI's ago. He's now moved out of the area, but this guy was a team Roper. He was actually a PRCA rookie of the year and the healing, you know, seven or eight years ago. So he's a really good Roper. And he met a guy who was really good golfer and he was teaching him how to rope teaching the gopher, how to rope and there on the Gulf was teaching him how to play golf. And during one of the lessons, Kim was the farrier. Anyway, he hit the ball and it didn't go where he wanted to. And the, the, the Gulf guard looked at him and said, which simply will you aiming for

Barbara ([00:25:39](#)):

It? Wasn't like hit the bull, which of the 301 was on the golf. But we were thinking about it

Warwick ([00:25:47](#)):

Similar to the whole clay target shooting. And it's funny that, that, that lady I became aware of she is she coaches, um, clay target shooters and PGI golf. So I thought that was pretty interesting.

Barbara ([00:26:00](#)):

Yes, very much so.

Warwick ([00:26:02](#)):

So as you know, I, and the listeners know that I have a series of questions I email out beforehand, you guys get to choose the guests, get to choose some questions. They are comfortable with me asking. And so I thought I might start asking some of yours, Barbara, because I think we may have already covered some of them anyway. But I think, uh, I don't wanna, I don't want to wait until the end to ask him because you might have already covered them. And the first one that you chose was what's the most worthwhile thing. You've put your time into something that has changed the course of your

Barbara ([00:26:35](#)):

Undoubtedly. Um, that first trip that I took to Florida without knowing how it would change my life. And I went there because I was interested because I could see in cutting that the same people were always doing well, but they didn't always have the best horses. In fact, they often, they didn't have the best horses. So I wanted to understand, and through my sister, uh, she heard Dr. Lara on the radio and a group of friends, and I went down there and I say, that's the most worthwhile thing, because what I learned literally changed my life and I think has changed the lives of a lot of people and horses because of the principles really are the same variety

Warwick ([00:27:29](#)):

At the time. How, how was your, how was your competing at the time? How were you, how were you going as far as your potential living up to your potential, uh, in the show pen at the time?

Barbara ([00:27:41](#)):

Well, I had just been why I grew up riding and showing cutting horses, but in terms of being a professional cutting horse trainer, I had just really embarked on my career a few years before in the Northwest and actually in Washington state. And then I found my long story. I found myself in Texas and you know, that, which is really the Mecca of cutting horses. And I was doing okay, I'm in, I was making finals and I was doing okay. Um, but I just, I recognize the value of the training and it felt good and it changed my life. So I just was all for, and I started winning and I started placing, you know, being more consistent and winning some national titles that I'd never done before. So yeah, it really made a huge difference.

Warwick ([00:28:35](#)):

Do you feel like you, one of those people that, you know, some people show better than they train, so you want them to kind of catch, ride a horse and some people train better than they show. Did you feel like you were one of the ones that you trained better than you showed, and then this training helped you be better mentally prepared to show and then your, your horse training could come through.

Barbara ([00:28:58](#)):

Boy, that's an interesting question. I,

Warwick ([00:29:02](#)):

It didn't teach you to try and cutting horses better, did Diddy. No, he did not. Yeah,

Barbara ([00:29:07](#)):

But I was real clear how to apply it to my showing. And so I definitely became a better show person. And I get, became very clear about my job as a competitor. And I became as able to manage my emotions in the arena, but it really was in all parts of my life. And in regards to the horses, it changed my training with the horses. So it was, again, one of those things that was inseparable that really in the Shoal, Rina very, very obvious. And in the show arena,

Warwick ([00:29:47](#)):

I used to post on social media, horse training from someone who's never rode a horse. And I would see an inspirational quote from, you know, Muhammad Ali or, uh, you know, the Dalai Lama, who it didn't matter who it was, but it was all, uh, uh, you know, I posted these things, horse training, horse training, uh, from someone who's never trained a horse. And this guy obviously is not trained to horse, but what you learnt there, you just said, not only helped you with your showing, but it helped you with your, with your training. Can you outline some of the things that, what you learned there helped you with the training?

Barbara ([00:30:25](#)):

Yes. Um, I became acutely aware that if I was not in a focused, calm state, particularly if I was, you know, upset or worked up or even exhausted that I wasn't going to do as good of a job that I wasn't going to be aware of my horse, that I wasn't going to be able to be responsive to my horse. Um, and so I, I think that that was really one of the biggest things, that whole recovery thing. I like every time I quit a cow, I would wait for my horse to completely relax and take that big breath beyond licking the lips, that huge breath to the point where in a show would turn around to go back into the herd. And if we didn't sit there for a moment or they didn't take their breath and recovery is not a thing of time, it's a thing of conditioning.

Barbara ([00:31:30](#)):

So once you get conditioned to do it, once I would just start to quit a cow, my horses would just take a deep breath, but this one time at a show, I'll never forget one of my favorite horses. I, we started walking into the herd and he just turned around and looked at me like, I can't believe you didn't let me take my breath. It was really, it was really funny and Warwick, I can't even overstate the power of that particular piece. And then just to be when, when you're showing that you really are a performer on a stage and you have a definite job to do, and you, your most important job is to connect with your course for the job at hand, that being said, when you go into the arena, whatever you've got at that moment, you are exhibiting that. So you never show any kind of negativity ever on the outside because our, how we act on the outside impacts our emotions. And if we get into a negative state, like, Oh, I made a mistake. I can't believe I made a mistake. You know? And you're like loping two circles after that, or work in a cow. And it's three turns after that, if you still are focused on that air, you're not connected with the job or your horse. So those kinds of things, um, they just a huge difference.

Warwick ([00:33:05](#)):

Yeah. That whole thing. If you're thinking about the mistake you just made, you are not present in the moment of what you're currently currently doing. Um, you just said a quote a minute ago that I, the last, so the last time I saw you was at a horse expo,

Barbara ([00:33:22](#)):

Well, I'm going to sell it to

Warwick ([00:33:23](#)):

Minnesota. Somebody called and I went, I got a lot of, as you know, at those horse expos, you're all over the place. You never really get to go and watch other people, but I got to go and see one of your demos. And I actually wrote down a quote

Barbara ([00:33:37](#)):

Out of the whole

Warwick ([00:33:39](#)):

Hour, an hour and a half year out there. I wrote down, I quote one quote, it's in my phone right there.

Barbara ([00:33:45](#)):

No, I know the one you just said, Oh yes. W w can you restate that? I might need to learn it a bit recovery.

Warwick ([00:33:55](#)):

So what was that quote again? Cause I want to talk a little bit about

Barbara ([00:33:57](#)):

That. Um, I'm not sure exactly what I said, but what I

Warwick ([00:34:01](#)):

Exactly the same way you said that the thing I might have to look it up on my phone here,

Barbara ([00:34:05](#)):

It is to me at the many concepts that are tangible tools to learn, it allows you to regroup and to come back and allows you to let go of errors. And it resets your whole body and your horse's body. I'm sorry. I don't know exactly what I said

Warwick ([00:34:28](#)):

Through my phone in a fondant. Um, but it was, it was about that Rick, uh, that resetting

Barbara ([00:34:36](#)):

Is not a matter

Warwick ([00:34:38](#)):

Of basically. It's not a matter of luck that you can actually practice that. It's a matter of training. Uh, when I wrote the quote down,

Barbara ([00:34:48](#)):

Uh, of, of conditioning conditioning. Yes. I think I'm that. Okay. So where like, this is what I love so much about what I do. Everything is so easy to understand and practice, you know, when you recover, let me use a physical example. Let's just say that you haven't been exercising, right? So you say, get out there and go, I gotta start jogging. What takes about 10 seconds and your heart rates going a hundred miles an hour. And then when you start walking, it takes a long time for your heart rate to come back. But let's say I see you in two months and you've been jogging every day. Then it takes a long time for your heart rate to come back and a very short time, or to go up in a very short time for your heart rate to come back. It's the same thing with emotions.

Barbara ([00:35:45](#)):

So you have to train recovery by waiting for like consciously stopping and waiting to lower your heart rate, breathing, thinking, and also with your horse to allow, wait for your horse to exhale. And so it becomes conditioned and you just, you start to do something between cattle. So with the cutting horse and the minute you stop working a cow, you and your horse, just take a big breath in it, let's go of everything you just did. And now you have a very specific sequence for what you do to get ready for the next cow. I know that's not the quote in your phone,

Warwick ([00:36:27](#)):

But I'm looking for it here and I can't find it. Okay.

Barbara ([00:36:30](#)):

I thought it would be on your screensaver after all these years.

Warwick ([00:36:35](#)):

Um, but what was, what was interesting was it, there was a girl and she'd cut one cow and she S you know, I think she lost the cows. What happened was she lost the camera. She kind of pulled around and

then she was going to wheel around and go back in and you're like, stop. Just, just wait, let that go. Just take it. And you said that quote, whatever it was that, you know, that, that, that recovery, that resetting yourself is a matter of training. And I didn't find your quote in here, but I did find a quote from, I forget what book it was in, but it said, Navy seals say you don't rise to the occasion. You sink to the level of your training.

Barbara ([00:37:13](#)):

Absolutely. And

Warwick ([00:37:14](#)):

It's the same thing. You don't, you don't just all of a sudden get good at regrouping. You've got a practice that, that, uh, physically, but you've got to practice the mental part of it too.

Barbara ([00:37:25](#)):

Yes. You know? Or like if, if I could like get on the top of tall buildings and scream something off the top, and if I could make one impact into the horse world, that would be my big, uh, thing that I left in my life. It would be the value of this kind of training because our, where we are physiologically in our body, which is our brainwave. Again, our brainwave frequency, our heart rate, our muscle tension, our breathing, our ability to feel our core connection to our seat, with our horse and to feel our horse moving underneath this with, through our seat and through our legs is dependent upon the state of emotion that we're in because of the connection to our body. And so that is something that can be trained. That's not just something that you wake up and you go outside died.

Barbara ([00:38:38](#)):

And however you woke up that morning, let's see, we're never trained to do that. You know, we're not trained by a parents to do that. We're not trained by school. We're not trained. You know, most horse trainers don't know it. So not because they don't want to know it. I'm not being critical about that. I'm just saying they have to have it. They maybe they're not aware they haven't and studied it, but it takes training. It's a skillset just like learning how to hold your reins or learning to teach a horse to spin is a skillset. This is a skillset that must be practiced that because it's largely internal. A lot of times people think, Oh yeah, those are great ideas, really good ideas. But I have to go a lot with my horse and I have to go like pull on the reins. Right.

Barbara ([00:39:30](#)):

You know, do whatever. And, and they just kind of go out and they're either distracted or they're not paying attention or they're nervous or they're whatever. And they don't understand. And that, that ability to do simple well things like the recovery, which, you know, if you're there by how you feel, and you can feel your heart right. Lower or planning, what you say to yourself and planning where your eyes are when you were just talking about that. Um, it's the clay pigeon or the, you know, the shooting that, that you like when you train your eyes, like I'm talking about really train your eyes, that connects to positive emotion and that positive emotion has an impact in your body, right? It has an impact impact on your thought. And the more immersed we are in our job and our connection to our horse, the more successful we can be and what we're trying to do, but it takes training.

Barbara ([00:40:34](#)):

And you know what else it takes training forever. Um, Dr. Larry used to tell the story about athletes who would come and they would learn they'd be tremendous talented athletes. And they would learn the skills and then they would go out and be, you know, become number one in the world or whatever. And then they go, well, I got this and I don't need to keep coming back to learn it well at the minute that you think that you have it, it's kind of slips away because it's a focus. And so then they would fall back down and then they come back again. And so it's in the practice of it, but also really understanding, like for writing things like, you know, like what happened just before the error, you know, did you look down, did you get tight? Did your horse get tight? How do you respond? What were you saying? You yourself are not saying to yourself, where were you, it is in the, is in the application of it consistently over time. That makes the difference and is really fun if I could say so myself, because it's such a great positive state of emotion.

Warwick ([00:41:50](#)):

Yeah. Most certainly. Um, I'm not sure when was that horse expert that we, I saw you at last, do you remember when that,

Barbara ([00:41:57](#)):

Well, I think it wasn't this year, but it was last year,

Warwick ([00:42:00](#)):

Last year. Cause you know, I, I'm not sure we talked about it, but I had, uh, I went to the world of question games in 2018 and we had a, I had a mental coach during the year and went to the Walter question games and did way better than I thought we'd ever do. And I actually, uh, had two personal bests at the world of question games and talked about it before, how it was the weirdest sensation because I was in the zone. Like everything slowed down, everything was clear. I was relaxed. I've never been that relaxed at a local show, let alone on the world stage sort of thing. And a lot of it had to do with a hypnosis tapes you made from your, during the, during the year, they've listened to a lot that got rid of the negative self-talk. And so that, that, that, that, and it was the subconscious negative. Self-talk not the, not the conscious negative self-talk and it was just amazing to have that experience at that level of competition that I've never felt that way before. And it wasn't, it wasn't the physical stuff. It wasn't like, I, I practiced more like I was, you know, I hadn't been shown much for the last few years before that. So, but I was better in the Chopin and leading up to it than I'd ever been. And it was just that mental side of it. And it was, yeah, it was, it was so

Barbara ([00:43:15](#)):

It's fun. Don't you think it's like so fun. It really is. Um, because it's just you and your horse in that moment. It's that white light that you were talking that Dr. Lira talked about initially. That's awesome. Yeah,

Warwick ([00:43:30](#)):

It was pretty cool. Um, I might head off to some more of your questions here before we get too carried away. The other one of the question that you indicated you'd like to talk about is what have you changed in the past five years that have helped shape who've you have become,

Barbara ([00:43:49](#)):

Um, well, you've when you asked me about selecting the questions. I, I selected this one, not because I think, or the answer to it. Not because I think I should have done it before, but because I made the choice and it was a hard choice and that was in, um, the beginning of 2018, I stopped training horses for the public. So now just saying that I, not that I'm gonna get emotional, but I can feel the emotion on the inside. Um, because of my connection to my clients, to horses, to competing, to all those things that being said, I, I say that it was such an impact and something that I changed that impacted who I am, because for all of my life, like when I was growing up, we had three to 400 horses and it really wasn't a choice if we could ride and show or not.

Barbara ([00:44:57](#)):

It was our family business. We had their five kids, you know, we had a string of six horses in school, year 12 in the summer, and we were supposed to improve them and take them to the show and we sold it. And then I got a master's degree in speech pathology and audiology and decided I didn't want to sit in an office. And so then I, I went back because my husband to training horses and, um, I always felt in my life, like I, the choices that I made, this is another emotional thing, you know, like I couldn't get off of what I was doing. I couldn't change it in my family. Once I started training horses, you know, when you train young horses for futurity, there's always the next batch, what do you have two year olds? You can't stop training them to get them ready for shows.

Barbara ([00:45:54](#)):

Plus the clients want to go wherever they want to go. And that's my job and that's all good. And so to have the freedom, to make choices and to really listen to the internal voice of who I am and to be me and to take all that I've learned through all the years and say, okay, now what I want now, what do I want to do? Which I'm still doing that I don't think we ever really stopped doing that really has shaped me to become, I would say more well-rounded and, uh, kind of feeling like I can partake in other parts of life instead of only, you know, doing a competitive world. And so I've, I've loved that like look at all the people that I get to teach with and have fun with. And I've met you and it's, um, it's been really something,

Warwick ([00:46:54](#)):

You know, it's interesting you say that because I've had pretty much the same experience. I think it was five years ago that I stopped training horses for the public. And one of the things for me, and this is just, um, you know, ego stuff or not. Yeah. Ego stuff to where the thing I was worried about really the biggest thing honestly, was what were the other trainers think of me? Like you're quitting, you're giving up your whatever, but the path that I'm on now, I couldn't have done it. I couldn't have done it without meeting you because you introduced me to Renee Brown that the rest is history, but I couldn't have gone down the rabbit holes of going down now and be having other people, bring me horses and expected a certain amount of change in a certain amount of time, you know? Cause I used to take in, um, you know, problem horses as well as train in the rain as him and the rain is it's a long-term process, but you know, I might, I might have dressage horses or, you know, jumping horses or whatever that had some sort of an issue come in and you've got a couple of months to, to fix it.

Warwick ([00:47:57](#)):

And I, you know, I wouldn't have had the time or the freedom to go down some of the rabbit holes that I've, that have gone down. So yeah, I, I totally totally get what you, you mean when you say that it's it's, it is pretty life-changing and I'm going to ask your next question on the end of that, because I think you

just hinted at the answer to these questions then, but the next question is what do you feel is your true purpose in the world?

Barbara ([00:48:22](#)):

I think that my true purpose in the world is to encourage people and to give them the tools that unlock their own potential and also the potential of their horses. And that really thrills me. And I think horses are this tremendous gift that we all have in our lives that bring great energy. They bring great healing and they bring great, they bring great learning. And so I get to be with the horses and I get to share all of this information that I've learned and that I continue to learn, you know, like, like you, I just Brenae Brown's um, research resonates so much with me and has added another whole dimension that Dr. Layer always touched on, but her work made it more clear. Uh, Daniel Coyle is another one. So, um, yeah, I, I get to, to continue to live that and to explore that.

Barbara ([00:49:38](#)):

And why don't we, if I may, I just want to comment on, uh, something that I find is interesting when you said, what would the other trainers think because, um, that whole dimension of our lives, about what other people think and getting that our sense of worth from external things, whether it's an award in a competitive arena or whether it's approval from someone else, um, is, you know, it's fun and all of that, I'm not diminishing the competitiveness and going for the prize and all that, but it's all really the, our own purpose, you know, and what resonates with us and having the courage to really pursue that when maybe not a lot of people really understand, or maybe just a few people understand or there that you get any kind of great external recognition for it. And actually when I do surveys with the people, you know, our members and for our website, they always say that the fear of what other people think is the number one challenge that they have it. But when that whole journey of listening to ourselves and having the courage, when we don't know exactly where that's going to go to follow that, um, come what may is quite an adventure and very fulfilling. And it's very much a learning process because it's never really easy. I don't think

Warwick ([00:51:29](#)):

No, it's not. Um, I just I've talked about it on previous podcasts, but I just recently went to a three-day men's emotional resilience retreat. Um, you know, it was taught by a guy he's a former combat soldier has done lots of, he, he worked for Tony Robbins for two years, traveling around doing that stuff. He's done a lot of grief work. He spent the last couple of years in a deep dive with Gabrielle Metta. You ever heard of [inaudible] he's one of the world's leading addiction experts, but, uh, the whole, and this weekend was so interesting. There was seven of us, seven men there, like one guy was a former UN hostage negotiator, you know, like interesting people. But the, the book that they based the weekend on was a thing called it's a book called King lava, magician warrior. And it's, it's kind of like a Myers-Briggs test where, you know, each, we have a part of each one of those and, and the King is the, he's the, he, he's the one who decides this is what our quest is.

Warwick ([00:52:34](#)):

This is what we're going to do. And he does things for the good of others. And the love part is the one who brings the empathy and the compassion. The magician is the statistician. He's the, you know, Donald I's cross all the T's, the black and white, you know, the type, a kind of personality. Then the warrior is the doer of deeds and they all have a shadow side. So if you, if you have a part of that, but you get it wrong, like the, the lover, the shadow of that is other addiction or depression, the shadow of the

magician is, uh, the passive aggressive or tyrant, you know, anyway, the shadow of the King is the Prince and the King does things for the good of all. The Prince does things for external validation.

Warwick ([00:53:21](#)):

And the whole point of the whole thing was a lot of most men these days, you know, post-industrial revolution. We haven't ever had a, a, um, going into manhood ceremony or, you know, that we're all basically adolescents run around and we're doing a lot of stuff for that Prince energy that for external validation, whereas the King energy, you do things for the good of others. And it's just like what you talked about then it's, it's, it's, it's hard to Todd to, to, to make that leap. And I remember Ben at the world of question games, one of the reasons I think I did, I was so calm there cause I really didn't care what anybody thought of me. I remember getting interviewed, someone flew out here from Texas who was doing some interviews with different people before the world of question games. And I forget what question he asked me here, the living room, but now filming these interviews.

Warwick ([00:54:16](#)):

And he asked me a question and I said, I think my answer was, I, I, I think that going into the water question games, I, I don't really, I'm not gonna, I'm not gonna, I'm not gonna, uh, send to myself worth on how will I do. And it was, it was something like that. It was at the point where winning or losing in the show pen with is not me. It's, you know, it's not a reflection of who I am. And I think it takes a while to get, I think it takes a while to get to that point where it was familiar, at least, um, you know, I think it's a struggle for a lot of people, but that, yeah, that whole external validation thing, you know, being concerned about what others think about you. That's a, that's a, I think that's a struggle for most people,

Barbara ([00:55:01](#)):

One of the exercises. And of course I do called core confidence. Um, well, there's three parts of it, confidence within confidence to ride and confidence with other people. But to start off the whole course, people identify, why do you ride in, what do you value in writing? And then one of the exercises is to write a personal mission statement. That's very moving to them. And then one of the assignments is for them to decide how often they would read it, like every morning, you know, uh, several times a week, what they, of course it's personal and they choose it. But I think, I don't think I know that when people, when people get in touch with their purpose and their values and they understand that they're the greatest richness in their life is their own journey for all of the ups and downs that that's their personal gold, no matter where they are and what they're going through, that it to have some kind of a daily exercise that you, to that sense of purpose into your values, that's moving is what can, what helps us all begin to say, okay, now Barb, if I'm starting to kind of get off on that, like, what are they going to think?

Barbara ([00:56:39](#)):

And, you know, so-and-so upset or, you know, whatever, come on back, baby, come on back to your purpose and to what you read every day. And also to what, you know, you can change it. Of course you can rewrite it if you want to every day, but taking that time to do that and really connecting with your own heart and your own, why and your own values is huge in being able to stay grounded, amid you know, our culture and our own past the longtime conditioning of wondering of getting that validation from the outside. Even if it's our own imagination, I wonder what they're thinking. And then this tell ourselves a story. Renee could tell us that, cause that this is, you know, the first draft, the story that

we're telling ourselves about a situation, which is always bad, you know, he or she thinks this, or this is going to happen.

Barbara ([00:57:42](#)):

So anyway, that is an exercise that's so valuable. And if you get it by, right, I don't mean right or wrong, but when you get it to be very personal, it's very moving to read it. And it's like, yes, you know, I ride horses, you know, it's in the context of horses, but it can be with anything. You know, what I do in my life is because I want to be a light to other people, whoever I meant to be, and whoever I meant to touch that is why I do what I do. So get up and get going and get work and, you know, work to do. But that's the why and the values. So,

Warwick ([00:58:27](#)):

Yeah, I think that's great. You know, I think you said before as horse trainers, like you, you've got a dish that I've got this stuff just, uh, and, and it's that whole, um, taking time for yourself to, you know, whether you, whether you meditate or you, you journal or you have a gratitude practice or those sorts of things. That, that was nothing that was ever on my radar for many, many, many, many years. Cause it's all just go, go, go, go, go, go, go, go, go sort of thing. And especially in the, I think in the, the horse training sphere and it's, you know, it's, it's such an amazing, such amazing things happen. I think when you slow down and start to, to getting touch with you, you know, cause I think a lot of times we, you know, I had last year I had been seeing it or was it this year, I've been seeing a somatic experiencing therapist, you know, just try to get you out of your head and into your body. And that helped me a great deal when I went to that, um, men's emotional resilience retreat was what was the key for me. It basically, I got everything out of that I've been searching for for the last three years from different, all different modalities I've been trying. And it was really about getting your head out of your head and into your heart, but then into the rest of your body, to where you've got that two way communication and just being able to get out of your head, it was pretty cool.

Barbara ([00:59:47](#)):

That's awesome. Awesome. Awesome. Well, did you know, they had the initial training from Dr. Layer was all about emotion and about recognizing it and deciding, you know, what do you want to do with it? And, and probably not to the extent that you're talking about that, feeling it in your body, which when you're really calm and focused, you're very comfortable in your abdominal area, which is where you carry so much of your emotion. Well, you carry a lot of your emotion, whether it's negative or negative or positive. Um, which I think is so interesting because that's where we connect with a horse. When we ride with our balance and feeling the movements of a horse. So getting connected, I just did it another little course called well connected where you are connected to your emotion and you're connected to your seat and you're connected to the movement of the horse and, um, your body and the tension in your body and allowing that, it's just, it's just so much fun. It's just so much fun.

Warwick ([01:01:03](#)):

That's very, very cool. Okay. We're going to hit you up with another question here, cause I'm, I'm dying to know what you say about this one. So what is one common myth about your profession or your field of work that you'd like to debunk?

Barbara ([01:01:19](#)):

Well, this is going affords trainers a lot, but also for riders, it's a little bit different spin, but as a trainer, I always thought that what was most important to riders was if their horse was trained impeccably. And that is important because I was getting paid money to train and show their horses. But what riders really want is they want to be connected to their horse. They want to be cared about by their trainer. They want to know that they're, that they belong in the barn. They want to know, feel like they're making progress, even if it's a tiny little bit of progress. So it's going back to that internal stuff that we were just talking about, that that's what people really want. And also for riders to know the same that it's who you are becoming and the experience that you have, and the reason why you ride a horse, that those are the most important things.

Barbara ([01:02:37](#)):

But if I could, if I, you know, in fact I think about it all the time, how could I make an impact on the industry or trainers who would be interested in that kind of training to help them be more connected or so I guess, to their own emotional, to their own emotions, but also to the emotions of their clients. And you were talking about the, uh, Briggs Meyer Myers-Briggs, um, and personalities and different people want different things. And just to know that people who come to a trainer's barn, it's almost sometimes like they have their heart on a platter. It's like, take me, take my horse, you know, and then they they're so vulnerable. And what they really want is that connection in every way. And of course they want it results in the arena, but that's what they really want. And to help them define that confidence and define that calmness and all the things that I was talking about before. So that's the myth.

Warwick ([01:03:51](#)):

Yeah, I, I definitely would have to agree with that. I know when I was training horses, that it was all about the horse doing the stuff. And I, you know, I I'm like stop petting a horse, you know, like I'm trying to train him, you know, I look back and I, I see all clients of mine at horse shows now that bride with other trainers, I look at them. I'm like, I'm sorry for what I said when I did.

Barbara ([01:04:14](#)):

Oh, that's funny. That's funny.

Warwick ([01:04:17](#)):

Yeah, I do. But I think you're right there. I think a lot of trainers haven't, I dunno, searched inside themselves first. And I think, yeah, I really think this is the way it went for me is you kind of got to learn to have that connection with yourself before you can have that connection with others. I think if you're just up here in your head and not in your heart and in your, in your body, it's hard to, it's hard to have that open energy that feels that people feel a connection from

Barbara ([01:04:50](#)):

Absolutely. Well, again, I come back around to, um, that there's no, there's not a lot of discussion. You talk about it, which is awesome, which is why I love your work. Um, you talk about it, but it's not really discussed that much or made important. A lot of people don't understand the value of it, but when it comes to and clients, that's really what they want. They may not even know that, but they really want that. They want their horses trained and they want their horses cared for and all that too.

Warwick ([01:05:29](#)):

Yeah. I think it's part of it. They might not know that too, but we are mammals and we are wired for, you know, social engagement. That's, that's how I want to be our biggest needs. And I think sometimes we don't realize that speaking of relationships, I'm going to get another question here, because I'm really excited about this one too, because you're the mentally tough lady. What is your relationship like with fear?

Barbara ([01:05:54](#)):

Okay. So I just got one of those body, um, sensations, when you just said that little chills through my body. Ooh, baby. You know, that's fear is something that's part of it.

Warwick ([01:06:07](#)):

Do you need a minute to sit with it? Cause I'm all about sitting with your emotions these days. Don't like blow it off. Like if you need to sit there and feel that I'll just, I'll just describe what's going on. It's so funny. I've been watching you just sit with that for a second. I've been watching Barbara and she's at home and she's got, um, you know, she's got earphones in it, come from your phone and it's been alternating earphones, her right. One drops out, puts it back in and her left, one drops out and she puts it back in and drops out and then it left. One drops out that one stays in all the time, but they're always jumping out of this. So how are you feeling now? You're okay.

Barbara ([01:06:49](#)):

I'm good. I'm good. Okay. Fear is such an interesting topic because we all experienced it and it, we feel very vulnerable when we feel fearful. And it's very easy to just say, this feels so uncomfortable. I'm out of here with this. I'm going to do something to fix it, and I'm not going to think about it anymore. But I think that in the fear when we feel them just as uncomfortable as they are, there are great gifts to the fear. And by that, I mean, you know, sometimes fears are real. Like I shouldn't take this horse down the trail and that's important to recognize that and trust that and not feel like you're not a good rider because you're not going to go ahead and push through it and take this horse down the trail. That really shouldn't be going down the trail at this moment.

Barbara ([01:07:55](#)):

So those kinds of fears are about safety and they're really important to listen to when it comes to, you know, what decisions should I make about which barn should I be in or what should I do with my horse? Or, um, like when I made choice about not training horses anymore, those kinds of fears where your stomach can kind of turn over. I think that those are great opportunities to really look inside of yourself and decide what it is that you really want, or you really think, and then have the courage. You know, the other side of fear is courage and to have into take a step into the unknown. When it, when you take enough time to let it kind of set or sit inside of you and you, you don't try to run away from it that you, you think about it and you, and you know, with this, as one of my, I have a couple of things that come to mind that you know, that there's really no wrong choice.

Barbara ([01:09:11](#)):

There's just different choices that take you down different roads. The other thing is that I believe that I turn to a lot is that no matter how, how big the challenges and how big, the fear that there's an equal to or greater gift in walking through the fear and getting to the other side of it. And so I really live by that. I mean, I, I believe that. And so when I sit with a fear and just let it kind of wash over me and I don't run away from it and I make a decision and knowing it's the best decision that I can make at that time, that

it's probably not going to feel real warm and fuzzy, but I'm going to make a decision. I think that every time I do that, or anyone does that, that we get stronger and we become more self-confident because we can't self-engineer our way out of uncertainty. It's just how our lives are. So that's what I think about fear.

Warwick ([01:10:26](#)):

You were standing very Bernay Brown edge. Then I thought you were going to almost say this like a marble jar right there. And

Barbara ([01:10:33](#)):

No, well, I think that, here's what, here's what I want to say about Renee and about my other training from the past, is that what happened is that the initial training from LGE with Dr. Layer was about performance on demand. It's like when you walk into the arena, it doesn't matter how you really feel like you might've had a fight with your spouse or something like that. But you have the ability to recognize where you're at and manage your emotions and call up a positive state. You can deal with whatever was happening with your spouse when you get out of the arena. But at that moment, when you need to be present with your horse and perform under pressure, that it is a skill to call up the positive emotions of calmness focus in that situation. So I think what helped me with Bernay was that I began to understand a little bit more about the uncomfortable emotions and about, you know, the fears and, you know, when Zane passed away, which was in 2000, which is way before Bernay, that I've become, uh, aware of her and her work.

Barbara ([01:11:57](#)):

I knew I had to walk through that, that grief I knew I had to, and it was scary and it was sad and all of those things, but I, I knew I had to, and that's where learning about recovery and, and some of those kinds of things. So studying other people has helped me become more clear about that. But I tell you fear and feeling uncertain, it just becomes, it's become so aware through her study, how much a part of our lives that is and how important it is to be with it. Because if we don't do it, then it's going to come out in weird ways. And I see that now in other people, I see how, when they start to feel uncomfortable, how they'll either lash out or they'll pretend like it doesn't exist or not that I'm judging them. I don't mean that or that they should do something else. I'm just more aware. And so it's all very interesting. And I tell you, the fear thing is hard. It's really hard. It's hard for me to tell all those people coming to that retreat, they were so excited, you know, that we weren't doing it.

Warwick ([01:13:17](#)):

You know, it's, you're the, you're the second person in a row that I've interviewed that, that gave me the same thing, quantified fear into two categories, fear you should definitely listen to. And then the fee that you can work with, I think you said about because, and I think a lot of people with horses get them backwards. You know, the fee they shouldn't, they should definitely listen to like, these thoughts should not go down the trail. They're the people that go now, I'm going to do it anyway, because, and a lot of times they're worried about what their friends will think if they don't or the other people at the barn. And so they pushed through the fear they shouldn't push through, and then the ones that they can work with, they, they, they're kind of petrified of that. And so it's, I, yeah, I think a lot of times their people sometimes get the, especially with the horses, I think they get the fee, the fee is wrong.

Warwick ([01:14:12](#)):

The one where they not a good idea should not go there. They're the ones that they, I don't think they push through. I think they almost maybe have a little bit of cognitive dissonance about what could happen and just, just kinda, kind of go. And, you know, I remember years ago I was in Australia at a horse expo and I'd been putting out like videos on YouTube showing me with different horses that had come in because they back where they were, or they bolt or whatever different, you know, maybe dressage horses or jumping horses or something. And this lady interviewed me and she said, so you ride all these horses that are, you know, do all these crazy things. How do you were all kind of middle-aged ladies and were kind of a bit scared of our horses? How do you go about being brave?

Warwick ([01:14:54](#)):

And I said, I'm not brave. I'm thorough. By the time I get on them, I know the problems solved. I'm not like, Oh yeah, this one's going to buck really bad. Hopefully it doesn't back me up. You know, I'm taking care of all those things, the forehand, you know what I mean? And I, and I, I think that a lot of times horse owners will push through those ones that they probably shouldn't push through. And then, like I said, the ones that are the ones that you can have a bit of a dance with, they're the ones that petrified I'm into to where they can't do anything. It's an interesting paradox that,

Barbara ([01:15:30](#)):

You know what I would like to say one more thing. And I can, first of all, I completely agree with you. And I think a lot of times people do those things with their horses also. Cause they think that they should know it by now, or they think their horse should be better by now. So they just say, you know, I'm just going to go kind of test it, even though their guts telling them don't go. The other part about when it's more personal, one thing that I've learned to ask myself is, you know, did I, did I, um, get this is this fear because I'm, I'm worried about what other people are gonna think or is this fear something that's coming up within myself. That's like an old story. You know, like I recognize this fear I like on down this road before. And that, that helps me to kind of like, okay, Barb, it's really time for you to, to, to think about this a little more, uh, decide what you want to do with it. Especially when it's something that's an old story within myself. And then when it has to do with what other people think I'm getting better with that it's that, that I don't care what they think. It's just that I know I can't control it and I've done my best and that's all I can do. You know, if I give my best that that's really all that there is. So,

Warwick ([01:16:53](#)):

You know, it's interesting at that, um, retreat, the men's retreat, the re emotional resilience retreat I went to, we've got our homework and we're still doing an extra zoom call this morning. Uh, we're going through this book and it's called the presence process, but you have it twice a day. You do these minute breathing

Warwick ([01:17:10](#)):

Thing and it, and it's supposed to, you're supposed to be really present while you're doing this breathing thing and it will start to bring emotions up and they want you to, when they come up, really sit with them. And it's kind of, like you said, a minute ago, something about, you know, when, when emotions come up, I think a lot of people, when they come up, they kind of shut them down because they don't want to address them. Whereas I think there's a lot of, um, untapped wisdom may be in those, if you can just sit with them and figure out, is this an old story? Is this, what, what is this, where's this coming from? And just sit with it rather than cause we tend to get, you know, we tend to think of emotions as being bad and you want to not stop that.

Warwick ([01:17:52](#)):

Whereas if we never actually sit there and kind of taste it and smell it and feel it and touch it, listen to it and kind of figure out what it is. Cause I think as the saying goes, the only way out is through. And if you can sit with those things and figure out what they are, like you said, that might be an old story that you can change. It might be a lot of things, but you really don't know. But I also do think there's a lot of wisdom in you. You get wisdom come to you when you sit with it, you get answers. And, uh,

Barbara ([01:18:23](#)):

Absolutely. Absolutely.

Warwick ([01:18:27](#)):

Yeah. Very cool. Um, so I'm going to give you, I'm going to ask you your last question here, cause this one, I can't wait to see what you hear, what you say about it. So the question is, what do you think it means to be a leader and a follower? And the other part of it is what does leadership followership look like to you if that's applicable?

Barbara ([01:18:48](#)):

Well, how about if I start with the follower first, we all need mentors. And I think that it's important who we choose as a mentor and a mentor can be someone as much as someone like Dr. Layer, where I did so much study with, or it could be someone like Bernay where I just not just, but I read or, you know, I enjoy watching your videos, you know? And so like what, where do I seek the, the knowledge, but also the inspiration. Inspiration is a really important piece. That's that that saying you can do it. You don't keep going. It's like feeding that, that energy is I'm on the right track. So I think that it's important as a follower to be aware of, of seeking out people and situations and mentors that take, that really feed our spirit. And so that's the first thing is to be, I don't know if it's a follower, but to be a good student forever regarding leadership.

Barbara ([01:20:07](#)):

I think that w we all in our lives, no matter if we're a leader in a company or we're a leader in, uh, you know, a trainer in a barn or where a parent in our family, I think that we are impacting the lives of other people and really it can be with a friend as well. So I think that, um, but let's just take a little, not bigger role, but in more obvious leadership role, I think leaders really need to have a vision. You know, when we're with our horses and we go to the barn to ride, we need to have a vision of whatever it is that we want to accomplish. Or we want to have a vision of how we interact, you know, how we, how we are aware of the horse and how we respond, but to have some clarity around that vision, because with a strong, positive vision, we move towards it.

Barbara ([01:21:16](#)):

We might not always get to where we want to be, but we move towards it. And when we are impacting the lives of other people, we have the more clear that we can be, the more they understand, okay, where are we going? What are we doing here? So that's one thing. The other thing is that I think it's to be, this is also very similar with horses to be aware of other people and to be not only empathic, but I think to be empathic, you have to really see, have the ability to kind of step back and to the best of your ability, see how they're doing. If they're feeling encouraged and to help them to whatever their role is, to know their value and to be inspired by you and to have, and to provide that positive energy of we can

do this. And when we, we have hurdles, we can, we can make it through and we're going to do this together.

Barbara ([01:22:24](#)):

And also that you're, um, you can be yourself with me. You don't have to be someone other than you, you can make mistakes and, um, we're in this together. So I think that leadership is really about having a vision and feeling the sense of team being the person that inspires them is a great model, but yet goes through all of the ups and downs together, knowing that, you know, where we're on this journey, it's, you know, it's like a little, it's an expansion of what we do really far ourselves. And it's such a great opportunity to make a positive impact in the lives of other, and also learn from other people. So there you go.

Warwick ([01:23:27](#)):

That's, that's very good. It's, what's really interesting is, is sometime during that little speech right there, you, you basically, uh, I forget how you put it, but you said something about, you know, you can beat yourself with me and it kind of was almost coming back to vulnerability. And that was, that was how you told me about Bernay Brown. You know, I met you at that horse expo that morning and I had to go and do one of those talks upstairs that you don't have a horse. And when I came back passed, I got done with it and I came back past your booth. And you said, how was it? And I said, Oh, I'm exhausted. And you said why? And I said, because I, I kind of let out some stuff I've never really lived out before we used to sprout at this big old line about vulnerability being the superpower or something or other, and then you said some lady's name. And that was the, that was the, that was the whole Bernay Brown moment right there. But it was from, it was from being in front of, I don't know how many people were in that, that thing. And Sandy Collier sat in the front row. That was even worse.

Barbara ([01:24:35](#)):

That's funny.

Warwick ([01:24:37](#)):

I've had that happen. I've done that. So that talk that I, you know, because as you know, sometimes at those horse expos, you have to do a stand-up talk where you're not working with horses and people, and they want the, they want the, um, the title of it, you know, three months ahead of time or whatever, and want to stand one that I've done quite a bit. It it's called everything I learned in life. I learned from horses. And that's the one I did that day when I let stuff in. It's almost seems like every time I do that one, I just little, little bit more out. And it's been, you know, I think if I did one right now and really spill the beans, but I did one in, um, I did one in kimono. So at the Western States horse expo in Pomona a couple of years ago, and Curt pate was sitting in the front row.

Warwick ([01:25:22](#)):

And that was a bit like having Sandy sitting in the front row of that one. I'm like, Oh, I hope I don't look like a fool doing this, but, but, uh, yeah. So yeah, I do think that's, uh, that vulnerability, it keeps that vulnerability keeps coming back in, in all of this sort of work where you really getting in touch with yourself and you're letting the walls down. Like at that, that, um, retreat I went to, what was amazing about that was when it all came down to, I mean, it was all about vulnerability of the first night. So we get there Thursday night, we have dinner. Then we go in the living room of this, Kevin we're in and we all sit down and the guy that's running the retreat, he goes, okay. So what we're going to do now is go

around, introduce yourself, tell us what you hope to get out of the weekend. And he says, and I want you to tell us something that you're ashamed of. You've never told anybody your entire life, I'll go first. There's like, boom, right off the bat.

Barbara ([01:26:17](#)):

Oh my God, it's the start

Warwick ([01:26:19](#)):

Of the whole weekend. And, and, and he kind of set us up to way by Saturday. We could just, we could spill their guts about anything. And what I found was amazing then was when it comes down to it, everybody had the same, the same shame, everybody, no matter what they did from the, you know, from the, the, um, you know, the UN hostages negotiated to, you know, there's one guy, there was a film mic when he was kind of really artistic and, you know, polar opposites of some of the others. And everybody's, everybody's shame was the same. And at something cathartic about letting it all out as a man in front of a group of men, completely different, completely different than having like a one-on-one with a therapist or something rather it's that whole shared vulnerability thing was just, yeah. It's

Barbara ([01:27:10](#)):

Wow. Wow. Good for you. What a wonderful experience.

Warwick ([01:27:15](#)):

Oh yeah, it was, it was, it was a life-changing. It was, it was very, very, very cool. I, since coming back from then, I really found that there's this whole, uh, you know, this whole men's movement, which is, which is complete, it's almost the complete opposite of what, um, you know, like say they sometimes talk about toxic masculinity. And what we learned at that thing is that the masculine that, that people don't like that toxic masculinity stuff is actually all Prince energy. There's so much feminine to the, to the, the real masculine, you know, all the toxic masculinity is just boy masculinity. It's not real masculinity. It's and it's really interesting when you do do a bit of a deep dive into that stuff. It's opened your eyes to a lot of stuff, but yeah, very, any men out there listening to this stuff, I would recommend taking a look at that book. Uh, what's it called? I've got it right here. King warrior, magician lover. It's very, very cool.

Barbara ([01:28:16](#)):

And

Warwick ([01:28:16](#)):

I can see Barbara is writing that down right now. So I'm going to ask you a question. That's not on your question thingy, but it's always, um, not always bothered me or not always I've thought about it, but how was, I want to ask you, how was it being inducted into the cargo? Hold of fine. That's going to be pretty cool.

Barbara ([01:28:38](#)):

Um, well, when you said that it was, I got that feeling again and tears in my eyes, um, it's just one of the coolest moments of my life. And here's why Warwick it's because those women who are in that cow and who are in the cowgirl hall of fame, they are there because of their courage to be who they are and to

bring their gifts to the world and do, do what they have done. And they're just such amazing women. And that museum, if no one's ever gone, there is just to walk in there. The energy is just high, positive, wonderful energy. And then when the women are together and then it's like a sorority of such, and then there's the new inductees at the luncheon, it's just a very special and to be, um, some, having a hard time to be considered and to be given that honor is just amazing to me. And I'm so grateful and so humbled and so appreciative, and it's added such richness to my life. It's just one of those very moving moments when there's just almost no words that describe it.

Warwick ([01:30:14](#)):

Well, that's the moment that keeps on giving. How long ago was that?

Barbara ([01:30:18](#)):

2012,

Warwick ([01:30:20](#)):

2012. So that was eight years ago. And you still get emotional talking about it.

Barbara ([01:30:24](#)):

Absolutely. Absolutely. All of them. I mean, well, all the women I know who are inductees like Sandy, you know, and friends who are honorees it's like our entire year is planned around when is the induction, because we get to see each other and we get to see, you know, greet the new honorees and this amazing women is so inspirational. You just walk out of that luncheon or you walk out of that museum and you just think I am capable of so much more, not that because of what I've done so far is lacking. It's not that it's like look at these women and what joy and I need to get, I need to get going, or there's so much in life that's possible. So it's very inspirational, which by the way, I don't know if you've studied Daniel coil. Um, one of the things that he found in top level performers is that there were three pieces and one of the pieces was, it was inspiration. If he can do it, I can do it. You're talking about the talent code. Yes. And, and also an awesome little book is called the little book of talent and it's a book and it's like all of his tips that he condensed in like one and a half pages I can in one in one and a half pages. So it's great. I love that book. A little book of talent.

Warwick ([01:32:12](#)):

I did. One of my podcasts was on called books that have influenced me. And so it was two hours of me talking about different books that have influenced me. All of Bernays were in there, but the talent code was in there as well.

Barbara ([01:32:23](#)):

Uh huh. Uh huh.

Warwick ([01:32:26](#)):

Um, you know, it was interesting when you were just talking about the inductees into the, uh, cowgirl hall of fame and you, you, you had this whole list of adjectives about these women and you were, you were just, I, so we record this audio, but I can actually see Barbara right now, but we've got it. It's on like a zoom sort of a thing. And I could see Barbara and her face just lit up about when she was saying all these adjectives describing these women. And I was thinking at the time, do you realize that they all

describe you too? Like that's you just described yourself, us, us such an inspiration to so many people, me included. Um, I just, I just, I just love what you're out there in the world doing. I think it's, I think it's pretty amazing stuff.

Barbara ([01:33:11](#)):

Thank you. Thank you. Thank you. I pray every morning that I can be alive and that I can encourage, and I have that simple prayer and because it's so inspires me it's and it's not about me being recognized for it. And I'm grateful when I am and humbled. And when you ask me about, you know, what my purpose was, I really think that our, I think everyone's purpose is very similar and that is to grow, you know, in every way to be, to use this life, to evolve spiritually, mentally, emotionally become a better person. In fact, Jim layer's, uh, most current research talks about that athletes who have the reason, the purpose of becoming a better person in addition to becoming a better athlete are the ones that are the most successful and the, uh, the happiest, but also like a dual thing for ourselves, but also for each other. And that's what I think it's all about. And it's just such a joy. So I'm grateful if I just do it a little bit.

Warwick ([01:34:41](#)):

I think you're doing it a lot and I'm sure everybody out there would agree with me. So we've been going here for about an hour and a half. So I think that's a good place to, uh, finish up chatting with you unless you'd like to, regardless with another story of something.

Barbara ([01:34:58](#)):

Well, I'm probably not going to tell you the thing that I've never told anybody,

Warwick ([01:35:05](#)):

But that involves reciprocation. So the people listening would have to be prepared to spill it gets

Barbara ([01:35:12](#)):

To you. So we won't

Warwick ([01:35:14](#)):

Do that. So if people want to learn more about you, where can they find you@barbarashulty.com?

Barbara ([01:35:20](#)):

I have a, a weekly video and most of the time it's, it's a video. Sometimes it's a podcast. Sometimes it's an article, but it's, it's weekly. And that's where you can keep up with where I, where I go and the new projects that I do and what I'm up to. That's the simplest way you in a social media as well? Yes, I have a Barbara Shulty Facebook page and, um, I have a cutting horses, one Oh one page. So in those two places, and also I, a few years after Zane passed away, I wrote a little book called healing thoughts on loss, grief in horses. Uh, it's a little book that I have. And so I have a Facebook page for that as well. You've written several books. I go ahead. Sorry. I was going to say one's called the gift, isn't it? Yeah. Can you tell us a little bit about that one?

Barbara ([01:36:20](#)):

Yes. Um, for six years I was a, um, columnist in the quarter horse journal. And I wrote about, about basically the tenants of my training at the human performance Institute. And I told it in story form and

they were about 800, 2000 words. And so after that stint of time with the quarter horse journal, I took all of those articles and put them into sections kind of by topic. So it's a, it's a book that you can open up anywhere and you, you just get a little lesson from it. And, um, it's easy to read and I think it has a lot of great information in a way that people can digest it. The, you know, the about emotion and all of that. And then I wrote a cutting book and it's called, uh, cutting horses one Oh one, no, sorry. That's the Facebook page. It's called one run at a time. Sorry. And then I wrote the, uh, the healing thoughts book about breathing.

Warwick ([01:37:29](#)):

Well, thank you so much for joining me back where this has been such a pleasure to have you on here in such an honor to

Barbara ([01:37:35](#)):

All right. Thank you for inviting me. It's an honor to be on your podcast. I admire your work so much and have enjoyed this very, very much. I wish Oregon wasn't so far away from Texas. I'd come in, I'd come and bug you.

Warwick ([01:37:49](#)):

Well, I'll have to, I'll have to come bug you sometimes. So anyway, thank you so much for joining us Barbara and everybody listening. Thanks for

Barbara ([01:37:56](#)):

Joining us. And we'll catch you next time. On another episode of the journey.

Speaker 1 ([01:38:02](#)):

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 [inaudible] dot com. Be sure to follow Warrick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.