

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

[inaudible]

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

You're listening to the journey on podcast with work. 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,

Speaker 1 ([00:28](#)):

Because

Speaker 2 ([00:35](#)):

Did I have your buddy it's worth Sheila? I'm welcome back to the podcast. This one is podcast number two. And if you've listened to podcast, number one, you would have had the story. I talked about a horse at a clinic in Texas. That was a big turning point for me. And it was the story about the Mustang that laid down. And, you know, th that made a huge impact on me. And I want to talk a little bit more about, you know, why that horse did that thing and, um, what we can learn from that. So, you know, you think about horses are a social creature and they live in herds that they evolved on. Uh, you know, they evolved on wide open Plains. That's why they had the big long nose, so they can eat grass and still have their eyes about the level of the grass to say predators coming.

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

If they always were locked a lot, if the head was a lot shorter, if they had their nose on the ground, they wouldn't be able to see prejudice coming. So that's why they got the long nose, but there, there are social creatures. So they live in herds, you know, they're they mammals. And if you think about one of the things, probably the one thing that, that the hood provides that sense of security that the herd provides. We understand that, like, if you go out in a pasture, there's six horses out there, you catch one of them and lead them down the road, away from the pastor for the horses. There's quite a bit, quite a possibility that that horse may be weeing and running around you. If everybody's seen somebody have trouble with that. And if you think about it, what does he want to get back to?

Speaker 2 ([02:15](#)):

What does he want to get back to his friends? What is it that we don't offer that those friends do? And, you know, the horse, the mind, the host, the herd gives the horse a sense of security a bit, but what is it about the hood that gives them that sense of security? Uh, they, some horses in the hood who, uh, work out and go to the gym and take karate classes, and they're going to protect us if the bad guys come along. Is that what the safety of the herd is? Actually, it's not what I believe. The real safety of the herd is, is the awareness of the hood, the group awareness of that hood. And if you think about, you know, if there's six or seven horses standing there, and I heard some way, the one that's on the West side doesn't need to keep an eye out for what's on the East side or the North side or the South side, he's got his own bit he's looking at.

Speaker 2 ([03:09](#)):

But yeah, if, if there's something that needs to be, that's something concerning that needs to be looked at, you find that the, you know, let's say something approaches from the East to the one on the East

side, we'll start to get a bit concerned. And, and through his body language and his energy that will transmit through the whole hood. And few years ago, my son, Tyler and I, we went to Kenya. I went to Kenya and South Africa to do some horse work. I had some clinics in South Africa, but when I went to Kenya, we just visited this one lady. You know, we, uh, we basically swapped out, traded me, helping you with the horses for a few days, and then taking us on Safari for a few days. But her name was Monica lovely lady. And she lived just about an hour South of Nairobi.

Speaker 2 ([03:58](#)):

And, Oh, it's on the highway that goes from Nairobi to Mombasa. And she bought that place. About 20 years ago, there was a developer that bought 500 acres there and he had it subdivided into five acre, lots. And his whole idea was he was going to get the power, you know, city, power and water on there, and then sell the lots, uh, to people who want to live there. And, uh, there's lady Monica. She bought a lot earlier on before the power and the water actually came on and it turned out they didn't come on. And so, because of that, not many people built there. And so Monica, you know, she lives, she's got a little five acre block, but it seemed 500 acres of land that hasn't been developed at all. There's only, I think there's three or four other houses there. And then that's surrounded by 3000 acres of undeveloped land.

Speaker 2 ([04:48](#)):

So basically she got a lot of, I wouldn't call it wilderness, but there's a lot of wildlife around her. So she built this beautiful stone house. It looks like something out of the movie, out of Africa. It's a two story stone house and she has solar power and collect rainwater. And that's, that's your house water. And, you know, it's, it's funny if there's Australians listening to this, you know, all about Reinwald. Uh, but, um, you know, I grew up on rainwater, which means, you know, we lived out of town, so the house and the garage collected rainwater and these big rainwater tanks, and that's what you shower, that's what you drink. And it's absolutely amazing. I remember the first time my wife went to Australia with me and my mum and dad's place and she washed her hair and she came out, she goes, my hair's never felt this good my entire life.

Speaker 2 ([05:37](#)):

And, uh, you know, it's just so normal to Australians and obviously South Africans cause Monica had it on there too, but I wasn't applying here in America a couple of years ago when I was reading the inflight magazine. And there was an article about 20, the 20 top new green ideas to have greenhouses, to have environmentally friendly houses in America, these great 20 great ideas. And one of them was collecting rainwater off the roof. I mean, we've been doing that in Australia for as long as I can remember now, you know, since the beginning of Australia really. And so anyway, Monica is, and she's got this beautiful place that day and there's a lot of wildlife around it. There's a lot of zebra. There's a lot of Willdabeast. Uh, you go for it, not that bigger walk and see some giraffe. I actually saw a giraffe.

Speaker 2 ([06:29](#)):

My bedroom was on the second floor and I actually saw a giraffe from the bedroom window one morning. And that doesn't mean a giraffe walked up and stuck his head in the bedroom window. And I fed him an Apple or something like that. He was quite a ways off in the distance through the trees, but I could see a giraffe from my bedroom window and what I noticed about. So Tyler and I would, we'd go for walk quite a bit from the house. You know, we get up Hill even before breakfast, we'd go for a walk because you could walk, you know, not very far, you know, maybe meters, maybe four or 500 meters

from the house, uh, which is probably, you know, 800 to a thousand feet from the house. And you'd come across a herd of zebra. They were, they were very, very, very close.

Speaker 2 ([07:14](#)):

And so we got to observe them quite a bit. And what I noticed about those zebra was if they're all grazing, you know, there's a big herd of him grazing and you approach from site, the Western side, the one on the Western side, he's the first one that sees you. And you might be quite a way off. You might be Oh six or 800 meters. You know, you might be 1500 feet or so a wife from them before. And when they, when they notice you, so they, they bubbles pretty big, you know, but you'd walk along and let's say, you're approaching the waist. The one on the Western side, he'd see you coming in his head, pop up to look at you. And then you'd see the head next to him, pop up and the head next to him pop up. And then from the Western side of the hood, across to the Eastern side of the hood, the heads would all pop up slowly, but there was no sound made.

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

And so I really think this is part of a horses. Natural communication is their body language, what they're doing with their body and their internal energy. And I'm pretty sure that, you know, the first day SSRIs, his head popped up. So his body language changed. And then he's internal energy chain. He got changed. He got some tension about him and that tension rippled through that hood as zebra across to the other side. And you would have felt this, if you've ever been in a crowded atmosphere and a fight breaks out, like you're at a, it could be in a bar, you could be at the bar like a horse show or rodeo or whatever. You know, I don't think it would happen at the dressage, but, uh, you know, you're in a crowded area and somewhere across the room, a fight breaks out and all of a sudden, you know, everybody's talking and it's loud, but all of a sudden that loud noise and the energy of the room changes and it kind of ripples through the room.

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

And all of a sudden, everybody realizes, Hey, there's something going on over there. That's not just general loud talking and drinking and carrying on. I think it's a bit like that with the, with the whole, and then with the zebra. And you know, what I noticed was if you were very aware of when that first one became aware of you, like when his head pops up and you just stop. Yeah. You don't keep moving. Which means his tension doesn't rise. That those hands it's popping up might not make it all the way across the hood. If you get what I mean there, if you kept walking, he's had it pop up and he'd get tense. And I know other heads pop up. And if you keep walking straight towards them, they'll turn and trot off some way. And they do that funny trotting along where they're looking back behind them.

Speaker 2 ([09:45](#)):

I'm, I mean, I'm, you know, the truck donkeys do that a bit. And I know they're both very good at kicking, and I'm wondering if that's got something to do with it, but you said running looking forward, they kind of get the head bent back. But, uh, if you didn't get to that point to where they didn't run off and you stood there for while they, you know, they eventually the one on the Western side, the one closest to you, his level of tension would go back down and he's the one who can see the danger and he's had to go back down and then eventually all the heads would go back down and they'd go back to eating again. And it was really, really interesting because the zebra, so when, you know, we talked in the first episode about horses needing to have REM sleep was Evers, need REM sleep too.

Speaker 2 ([10:28](#)):

And you'd find that others would be standing up at the same time. So they don't know light and asleep together. Some of them lie down, but I noticed that when any of them were lying down, sleeping, the others didn't Grise, the others were standing up in a way they weren't alert, but they were aware. Yeah. And so, and the reason they not alert, because if they were alert and standing like really tense, like a God sort of thing, like on the lookout, um, the ones lying down probably wouldn't be able to see sleep well because they've got that, that sense of tension in the air. And, but those ones would be standing on one foot cochlear, well, the tail swishing fliers, and kind of half relaxed. But if you approached them whatever distance it was, you know, if you approach them from a distance and when they, the first one sees you and he said pops up the ones that standing, of course, and you stop right there.

Speaker 2 ([11:21](#)):

You notice that the, the ones on the ground kind of stir a little bit, like they kind of notice that that head pops up and they feel that a little bit of tension in the air. And then if you can stand where you were like, don't go any closer or even retreat, but you can, you can definitely do it standing there, you stand there after a while, the ones who were looking at you like, Oh, he's not a threat. And they, the heads dropped down just a little bit and they go back to kind of being relaxed. You, you notice that those ones on the ground, they let go again. So it's, it's, it's important. You know, that the group awareness is important, not just for grazing, but also for sleeping too. And they were older. So we were working with some horses there, there was a welder, a mile wheel to base that, that lived just outside the fence from where we were and Willdabeast, uh, the known as, uh, a Brindle gunuhuh so that, you know, goo, um, they're known as a Brindle canoe, and they're named after the noise.

Speaker 2 ([12:21](#)):

They might because the, you know, the, the noise they make apparently is good news. But I actually think, it sounds like, like a man that just, if you've ever seen Willdabeast in a cartoon and they, they having, when they go to ma ma ma ma ma, that's what it's like. If there's the, when there's a herd them around, that's all they do anyway. So these Willdabeast mild, uh, territorial. And so they'll Mark out a territory. They've got a gland below. They're either secretes is smelly stuff, and I rub it on trees and they basically mock out their territory and they'll allow another bull to come into the territory. As long as he comes in with a lowered head, like he says, yes, I'm submissive. He comes there with his head high, they'll have a fight. But what the bull does is he has a territory and whites for cows to come through there.

Speaker 2 ([13:12](#)):

And so the tougher bull, you are obviously the better piece of real estate you'll have, you'll have some, a piece of real estate. It's got some good grazing and some good water, and the cows are going to come into the water. Don't they? So, you know, you'd fight the other ones for it. I don't, there wasn't any water right there. So I don't think this one was the terrible, good fighter, but what I've noticed with this. So I think I mentioned mile will the base, uh, solitary. They don't, they don't keep a herd, the herd, the cows come and go, and this one didn't have a herd. So he was there on his own. And I noticed he would lay down when he lays down to have a rest. He always laid down when his back up against a group of trees and he was laying on his belly.

Speaker 2 ([13:51](#)):

And one day the, um, the zebra happened to come up to that area. And like I said, when the zebras sleep, the, the ones that are sleeping or in the middle, and the ones who are standing or on the outside, like a big circle. And so they actually made this circle right in the middle of this Willdabeast territory. And so he marched right in there and plopped down the ground and went to sleep because he knew that we're looking out for him. It was the first time I'd seen him lay down and sleep without having his back up against a tree. He had opened ground behind him. Aren't they? Because he was used to usually use it the tree, but he was using the zebras to, to help with it. So if you think about it, that, yeah, it's again, I'm trying to make the point here that I think horses sense of security relies on the awareness of the hood.

Speaker 2 ([14:43](#)):

Okay. We've got that. And so this brings me to the human part of this is to where, what we have to learn to do as humans is be present when we're around their horses, that's probably the biggest thing you can do to help horses be relaxed. So this is not a technique. This is not something you do to the horse to get it, to relax, or you do with the horse to get it, to relax. This is, this is knowing direction with the host himself. This is just a pass coming along and being present. And if you think about the story I told about the Mustang and the, why did he feel so relaxed? Because I noticed something little, you know, I noticed his head bent to the side. When I went to walk down, he saw it and I didn't, I was present enough to say, Hey, yeah, I saw, I noticed that I saw it.

Speaker 2 ([15:29](#)):

I'll step back and give you some time. That's the only thing I did with him. And like I said, three years later, he still has not bolted since. So he he's got rid of his bolt here issue just from that one little interaction. And I think quite possibly from Hannah, his owner's interaction with him since then, I mean, she's been probably more aware of little things like that and let him know that she's okay. Which brings me to my, the next thing I want to talk about, which is an old right-hand saying and saying, says, they know when you know, and they know when you don't. And I used to think that saying meant, they know when you know what you're doing, and they know when you don't know what you're doing, basically they can tell a beginner a mile off you. You tell them a mile off whether you know what you're doing with horses or not.

Speaker 2 ([16:18](#)):

But then here is several years ago. Now I read an article by someone who was around Ray hunt quite a bit. And I can't remember who it was. And he said, what that he said, when you were around a horse, you need to be a way of what he's ease at doing. You need to be aware of what his eyes are doing. You need to be aware of what he's muscles doing, what he's lips are doing, what his nostrils are doing, what he's breathing is doing, what feet are doing? Are they standing square or is he standing kind of offset and a bit Bryce does his tail up as he's tiled down? Is it relaxed? Is it tight? Is it clamped? Is his back tight? And you need to know all those things. You need to notice all that stuff, because he knows when you know, and he knows when you don't.

Speaker 2 ([17:06](#)):

So basically your horse knows if you are present, that's that's, that's the, you know, if you can get two big take homes right here, the first one is a horse. His sense of security relies on the presence, the being present of the hood. And we were around horses. If we are not present, they know. And so I think that's where a lot of anxiety with horses comes in is people are around them and they're not terribly present and I'm not picking on them. People. I struggle with it too, but it's like, I've like, I've come across the

Holy grail. I love, you know, this is beyond training. This has nothing to do with training horses. It's not a training technique. This is a, this is a way to be while you are doing whatever training technique you choose to use. And, uh, so I've been, you know, I've been really excited about this for a while.

Speaker 2 ([18:03](#)):

And if anybody's read a book called animals in translation, by temple grant. And so I've, you don't know who temple Grandin is. She is a, um, she has a PhD in maybe animal nutrition, I think from Colorado state university. But she, um, lectures a lot on all sorts of different subjects. So, um, temple Grandin is autistic and they actually made a movie about her, that Claire Dane started in the movie, Claire Dane start as, as temple granted in the middle, it was called temple Grandin. And, uh, you know, in that book, she was talking about being autistic. He said, she doesn't think in words, she only thinks in pictures. And she said that a lot of autistic people that why not all of them, a lot of people, autistic people are that way. And she said, if you've ever noticed that autistic people send me really good with animals.

Speaker 2 ([18:59](#)):

And especially if you've ever seen like a dangerous horse or a dangerous bull or something or other, and it's in a pen somewhere, and it's like, don't ever go in there and there's either a small child or an autistic person wanders in there and you think, Oh my God, they're going to die. And nothing happens. And the reason small child works is because you're pre because before you are, when you're, pre-verbal, when you don't have a big vocabulary, um, you don't think in streams of words because you don't have the ability to do that. You think in streams of pictures. And so temple Grandin talks about in that book, how animals can basically get those pictures from our heads and they can also, and she's not sure if they can hear it, but you know, when you've got all that, that we've got all that constant thinking in your head, which I don't think autistic people do.

Speaker 2 ([19:53](#)):

And I don't think pre you know, young children do think about when you're a young child, you're very present all the time. For the most part, you think about when it's two weeks till Christmas, how long does Christmas take to come take forever? Because you're aware of every ticking second. Whereas as these days, you know, it's now July and Christmas, but here before, you know, it will probably be still be locked down by then, who knows? But so, you know, they can, they can basically haul by horses. Can basically tell what you're thinking. And there's even a, there's even a group of people who actually can communicate with horses through mental pictures. I've, I've heard of several people. Oh, probably a number of people that can do it. There's one lady that I know of. Um, I've, I, I don't, I don't, I've not seen her do it, but I've had a good friend of mine seen this happen to, she can get horses to do what she wants just by mentally picturing what she wants and wants him to do.

Speaker 2 ([20:54](#)):

And the story I heard was they were okay. She was doing a clinic and she was trying to talk about this stuff a bit mentally picturing what you wanted to happen and getting the horse to do it. And, and no one was really getting it. Couldn't really do it. Anyway. They went to go and get some more horses. And they walked down this dirt road between two lots of pastures. And on one side of the road was a field and it had say five horses in it. And four of them were chestnuts and one of them was bay, and she said, I'll get the horse to come over here. So she stood at the fence and just looked out there. And after all that Bay horse, his head pops up and he looks around and looks over at her and walks straight over to the fence.

Speaker 2 ([21:31](#)):

And now the horses didn't even follow him. And so it's, it's, it's doable. So what we have to understand is that yes, they can read your mind. Step one, can you do that? Well, not many people can do that. You know, a lot of times at clinics, I will tell the story. And I say, is there anybody here who can mentally picture what you want your horse to do? And you get them to do it. And everybody kind of looks at their feet. Like, no, not me. I can't. I said, you show this. Nobody who can, is good enough at making mental pictures to make it so clear that you can get your host to do what you want and that Nope. Nobody can do it. And so then I tell a story about, so a friend of ours from New Zealand, I'm Jane pike. And I think I mentioned her.

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

I may have mentioned her in the first episode. I'm not sure. She is a, a question mindset coach. He's a horse riding mental coach. And she, uh, mostly helps people deal with fee-based issues. But Joseph, it does work with some competition people too. And she was actually our mental coach when my wife, Robin and I represented Australia at the water question games in 2018, she actually came to the water Christian games with us. And that her mental preparation, her mental, her help with us was a big part of how well we went there. Uh, so when we got back from the board of grocery games, John came back with us and she did a cultivating confidence clinic at our house the next weekend. And she said something. And that was so profound. I've been talking about it ever since. And she said, you can't move away from something.

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

You can only move towards something. And I kind of had a puzzled look, which I imagine you have right now. She said, what I mean is what she said. I'll tell you, I'll give you an example of what I mean. She said right now, I want you to, and I want you guys to do this listening at home. I want you to do this right now. I want you to not picture a big blue tree. And while you are not picturing a big blue tree, I want you to not pick some green grass at the front of that big blue tree. And while you're not picturing a big blue tree and not picturing some green grass, I want you to not picture a yellow bird at the top of the tree. And so now you're not picturing a big blue tree and you're not picturing green grass in front of it.

Speaker 2 ([23:39](#)):

You're not picturing a yellow bird sitting at the top of that big blue tree that you are not picturing. And what do you have in your head right now? I think picture of big blue tree, green grass, yellow bed. Okay. That would be trying to move away from something that would be trying to say, I don't want to think about a big blue tree. You cannot do that. You can only move toward something. Well, you can only think of something. So right now I want you to pick, you're holding a basketball, a brand new basketball, and it's pumped up as tight as it can be pumped up. And so it's called orange. It's, you know, it's bright orange. It's got those little pimples all over it and it's pumped up really, really tight. And you can feel how pumped up it is. It's between you two hands.

Speaker 2 ([24:16](#)):

And while you're thinking about that, I want to ask you where your big blue trees gone. The big blue tree has gone away. And so what that's what Jane means by when she says you can't meet the wife from something you don't need to move towards something. You can't not think about something. You can only think about something. So you got to choose to think about what you want and not what you don't want. And so usually at the, at the clinic, when I say that everybody's kinda nodding like, Oh yeah, that's

cool. Okay. Yeah. Got that. So then she, then what normally I will do at the clinics, I will say is, Hey, is anybody here has been trout riding? And a lot of people put their hands up. Almost everybody puts their hands up. And I said, anybody that had been trail riding on a cold day, everybody starts nodding and it's a bit windy and everybody's nodding.

Speaker 2 ([25:06](#)):

And I say, and your horse feels a little bit fresh and everybody's nodding. And I say, and you're riding along and up the trail in front of you. There's a plastic bag or something. That's blown into a Bush from the wind. And it's, it's hung up in the Bush, but it's flapping towards the pathway. You want to walk past. They ever had something like that happen. And everybody nods and I go, and visual, has your host ever stopped and frozen and prick disease and looked straight at it and grew a bit two hands total and nobody's nodding. Yes. And I said, right at that moment, have you ever looked at that Bush and thought, Oh my God, it's a plastic bag and it's going to spook him and he's going to spook off to the left and I'm going to fall off the right side.

Speaker 2 ([25:45](#)):

I'm going to break my collarbone. And I broke that when I was a kid. And I wonder what an ambulance come up here. Would it be a helicopter? Yeah. It's I don't know if there's any roads really come up here. So there's a field over there. The helicopter could land in that. And I hope which hospital would I go to? I hope I go to that big one because there's a really good shoulder surgeon there. And then tomorrow who's going to pick up my kids from school, I suppose I was going to make their lunch, but I could just give them some money. And then, you know, and then I'm saying that, and everybody's sitting there is nodding. Okay. And you were probably doing it right. Then you've had those instances where things get a bit tense and all, suddenly you mind goes in, you, you you're seeing the worst case scenario.

Speaker 2 ([26:23](#)):

And right then what I do at the clinic and I'll do it to you guys too, as I say, so about five minutes ago, I asked all you guys, can anybody here mentally picture what you want your horse to do? And you can get your horse to do it. And you all said no. And then everybody starts laughing because they like, they, they, they get that. We very, very good at picturing what we don't want, but not very good at picturing what we do want. Okay. So, you know, we've got to control their mind to stop our minds going off in those, in those directions like that. And it's, what's each I'll tell you, what is, what's really interesting, is it for a long time at clinics? I've always said, you know what? I'm not talented. I know people who are talented, but I'm not talented, but I do have a process.

Speaker 2 ([27:08](#)):

And if I stick to that process, I can, I can get some good results. And I, um, was doing a, this was at a horse expo in New Zealand and I was doing a talk like I talked about yesterday, like a stand up talk. So not a demonstration with a horse, but a talk in front of an audience. And I was doing it with Jane pike. And we actually talked about that big blue tree thing right then, and sitting in the audience was a friend of mine who is a very, very talented horseman. Okay. Very talented. And I've always thought, he's one of those guys that talented. I'm not, you know, I'm not talented, but I have a process. Whereas this guy he's talented. And, uh, he was sitting in the audience watching it. And so this guy does a lot of starting young horses at horse expos.

Speaker 2 ([27:52](#)):

And so, you know, in the three days of the horse expo, the first day, he'll start, you know, working with a Doosan groundwork with it by the second day doesn't groundwork and gets it settled in the third day, he doesn't grammar gets it, saddled rods. It usually they run around not too bad. He's very, very good at it. And he it's just so easy for him. And he happened to be sitting in on our conversation, on our lecture about this big blue tree stuff. Anyway, then when we got done with our talk, he said, you know, we finished a movie with chatting with him and he said, Oh, I've got to go. I've got to go start that Colton. I said, Oh, well, come over and watch it in a minute. So he went over to where the round pen was and the thing, and they bring the horse in and he starts to, uh, go through the whole process of writing it for the first time.

Speaker 2 ([28:33](#)):

This is on day three, this is day three. So he's already had two days with it. And I went over and watched him. And that night we're sitting around and it all went well. It was a bit shaky at times, but it all went well. And that night where him and I were sitting around having a couple of drinks and he said, Hey, you guys miss me up today. And I was thinking, because we went over and John and I went over and watched him get on this horse. You know, there's a whole crowd of people there, but you know, I think when you, sometimes when you PS show up, it can affect you anyway. So he said, you guys messed me up. The damn thing we would just snuck out from the side. We didn't try to distract you or anything. And he said, no, no.

Speaker 2 ([29:09](#)):

When, when I listened to your talk and I said, well, what was wrong with the talk? He said, well, when you were talking about that big blue tree stuff and thinking about things that could go wrong, I've never had those thoughts. I don't, it wasn't till you told me in that talk, that people have them, that I didn't even know that people had those thoughts. And so then I went over and I was doing that coach that, and then he was a bit funny, you know? And when I was getting on right, as I was getting on his thing, he said, I started thinking things could go wrong. What if he box, what if I get hurt? What if all these people see me fall off? And he said, my mind started spinning. And so think about that. This guy does not think big blue tree thoughts. This guy only thinks orange basketball thoughts, which is why he's very good at what he does. And he's, he's an amazing human being. He's really good friend of mine. And he's one of those people. You just love being around him. Cause he's really positive and stuff. And now I know why, because he he's mine doesn't work in a negative ways. And so if you really, if you think about those two things, the basic, the two principles I'm trying to get you to understand here is one, is that in order for horse to feel so,

Speaker 3 ([30:23](#)):

Okay.

Speaker 2 ([30:23](#)):

He has to feel that the security of the awareness, you know, th th the security provided by the awareness of the herd, which we can provide. So that's the first bit, second bit you gotta understand is horses can read your mind. They can, they can tell what you're thinking. Okay. They can tell what your energy's like. And, you know, when I first started inquiring a bit, this whole mental picture thing, there's a lady. I know I've met her a couple of times. I don't know. Well, and she used to be around right hand a lot. And she lives here in California. And someone said that she does it. And so I sent her a message on

Facebook messenger. And I said, Hey, I'm looking into the possibility that people can get horses to do things from a mental picture. And I'm also wondering how would you teach somebody to do that?

Speaker 2 ([31:18](#)):

And I replied back to me, she says, well, it's kind of hot. Her reply was, it's kind of hard to explain for those of us to which it comes easy. And right then in her answer, I was just blown away that I learned two things. It's hard to explain, but the other part was the second part of it to those of us, to which it comes easy. Okay. I've, I've never actually met anybody who can do it, but this lady it's easy to me, but it's hard to explain to people. And, and now I know why, but so horses can basically, you can give them signals from your brain. So we know that. So what signals, we're thinking, what things we're thinking about when we're around them is that they're going to make him more or less anxious. Okay. They can tell it. They can also tell my present if we're not present.

Speaker 2 ([32:06](#)):

And this is a big part of horses feeling anxious. If we are not present around them, we are telling them that we are not part of the herd. You cannot rely on us to be a lookout for you, because we are in our head. We're thinking about what we had for lunch last Tuesday or something or other. And a lot of times, if you ever see someone leading a horse on the horses, winning with its head, turned away from the person on the ground and running in circles around the person. And it just looks like

Speaker 3 ([32:29](#)):

Aye,

Speaker 2 ([32:31](#)):

You know, and belligerent horse, or, you know, those, those adjectives, we, we give horses they're disrespectful and all that sort of thing. But really what is, is just a horse who's running in circles, looking he's nervous. And he's looking out in every single direction. Cause he's not just turning and pulling away from the, the handler in one direction. He's running in circles around looking around. He's basically having a bit of a panic attack, but he's worried about what might be out there. And he's running in circles, looking out there for it. So you have to understand that what we bring to the table, what we, what we bring mentally and energetically is a huge part of, of being really good with horses and that's. And I think that's where the whole thing becomes a bit of a self development journey. Cause you don't, you don't learn to do that while you working with a horse.

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

For the most part. Um, I said yesterday, when I was doing the therapy, one of the things they talked about, which is one of the principles of training is credit tool before you use a tool. And so I really think it's much easier to learn how to control what your mind thinks about when you, uh, sitting on the couch for three minutes, trying to meditate, then it is not practicing that stuff. And then you're riding down the trail on your horse. It's called diets, winds blowing your stops, freezes, sticks his head in the air. And right there, you've got to make sure your mind only thinks positive thoughts. This is what I'm going to do instead of, Oh my God. And that's, that's really, really hard if you haven't practiced that in a, in a non stressful situation. And the reason this stuff is so important, you know, it kind of comes back to the, the Mustang.

Speaker 2 ([34:10](#)):

And the first podcast is that all their bad behaviors come from horses feeling anxious. And so you don't have to be a good trainer to fix the bad behaviors. All you have to do is be able to fix the anxiety that causes the bad behaviors. And part of that anxiety comes from us not being present when we're around horses. And I think there's two parts of that. One is they, they can tell what you're thinking about. You know, they can tell if you're not present, they can tell if you're not, if they're standing beside you in the mental picture, they getting from you is not what they can see, which means it's almost the same view as yours. You're thinking about what you had for lunch. Do you think about what you can do tomorrow? So the pictures in your head, uh, pictures that are not going on right now, I think they can tell you're not present that way.

Speaker 2 ([34:54](#)):

So that's a good reason to be present, but the other one, and it's just as important is when I went to walk down the side of that Mustang, if I hadn't been thinking, if I had not been present, if I'd have been thinking, I'm gonna go down to his hind end and disengaging. Cause that's what the problem was. If you remember, I'm going to go to that Heinen and disengage him. And I'm thinking about the hind end. And he puts his head in front of me. I would just walk around it because I'm not present. I'm just going to that high net. And if that happens, you would tell him that horse. I didn't even see that. And so then they don't feel that sense of safety. So it's so important that you can be really, really, really present. Like I said, for the one thing is give them that sense of security.

Speaker 2 ([35:34](#)):

But the other thing is, and this is where we're going to get really cool right here. The other part of it is you can start to notice little things when you're present. Like what I noticed with Cody when he turned his head. And there's a lot of little things that I do. Like I mentioned yesterday on that first podcast, about a book I read about, you know, um, little indicators that horses will do where their eyes and ears and things that tell you that they're slightly concerned. You know, they might turn their eyes and look away from you without turning their head. And that's a big one. I see a lot and I call it a stress indicator to where a horse looks away from you, but his head doesn't turn, or he turns his head away from you a little bit, but his eyes turned more than his head.

Speaker 2 ([36:11](#)):

That's not a host looking at something that's a host looking away from you. That's a horse saying, whatever you're doing right now is too much. And when you notice those things, it lets them know how aware you are. And all this stuff has really started to make sense to me recently when I discovered polyvagal theory. So probably bagel theory was first introduced, but dr. Stephen Porges, and it has to do with the, the nervous system of any mammal. You know, so I mentioned before about the sympathetic nervous system and the parasympathetic nervous system. So it turns out there is two branches of the parasympathetic nervous system. So the parasympathetic nervous system is all about downregulation or, you know, slowing things down. It's the it's that the brakes and the sympathetic nervous system is the accelerator or, or speeds things up. And there's two parts to this person, my nervous system.

Speaker 2 ([37:11](#)):

And this is the most amazing, you know, I'm really light to the science. A lot of times I tend to learn things with horses by doing it. And then later on, I learned this a science behind why it happens and this one is no different. And this really explains all the connection stuff to me. But so there's two breaks to braking systems, two different types of Parris, thymic nervous system. There's the dorsal vagal complex.

So it's about the Vegas nerve. So the vagus nerve is the super highway between your gut, your heart and your brain. And there's two parts to it. There's the dorsal vagal complex and the ventral vagal complex. And they're both brakes. And the dorsal vagal complex is like the, the handbrake of the emergency brake in the car, in a car. And the ventral vagal complex is like the regular break in the car, which is supposed to slant.

Speaker 2 ([38:11](#)):

You're not supposed to slam it on. You're supposed to put your foot on it slowly. And we're slows you down. The ventral vagal complex is the social engagement complex. So when, when horses feel socially engaged, they are relaxed. That slows everything down. So that's the, that's the one side, the other side, that's a bit like an emergency brake in the car is it's about immobility. It's about being completely stopped. And if it's on lightly, like you would in a car when it was standing still, when, if it's on lightly, that's when you host a standing around he's in a social situation, he's standing around, he's laying down, he's grazing anytime he's immobile like that, that break is slightly engaged. But if that break gets slow, it gets engaged really heavily. That's when they go into freeze mode. So they go into shut down mode. And what I've learned is that horses tend to, when they get a bit worried about something, the first thing to do is look for social engagement.

Speaker 2 ([39:15](#)):

They look for a friend like, Hey, can you help me out at all? And if that's not available to them, then they go into fight or flight mode. And if those two are unsuccessful, they tend to go into freeze mode, shutdown mode, which means they'd be in, they call high level door tone, which means that that, that emergency brake is on really, really, really tight. And it's just learning this stuff's made so much sense to me because it really has made me realize that why the things or the things that I've been doing for a while now, why they've been working so well, because I've been engaging that, that social engagement break and not the, you know, the emergency break. And, you know, I've talked a lot about how at horse expos and clinics and stuff in the last couple of years, someone will be having trouble with a horse and they'll hand me the lead rope and the horses just tend to soften right, right away.

Speaker 2 ([40:16](#)):

And I had said that it's probably got something to do with my new found, you know, lack of judgment, being a bit more present and having a bit of a different energy inside. But what I realized also from listening, hearing about these pet poly vagal stuff is most of those horses, when the owner hands me, the lead rep, the first thing that horse does is come up to me and put the nose out and go to sniff and say hi. And I always go, Hey, how you going? And I rubbed my hands on the Mazda, like, Hey, has it gone? So they are looking for social engagement and I was present enough to see it. And I returned that social engagement thing there. And so that puts the brakes on, and I'm sure those horses, at some point in time during that day, if, if let's say I'm at a horse expo and I have a host like that, come in, I'm sure at some point in the day they got the horse off the trailer.

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

If, if they holding that morning, I'm sure at some point in time that horse has tried to engage with the person because they were feeling concerned. They wanted to have that social engagement and the person either missed the opportunity, or they said, get back out of my spice. Well, I, you know, I used to be under the impression of that whole, uh, you know, dominance theory to where, you know, there's a herd of horses and if there's 10 horses, there's a, a number one. And he tells everybody from number

two to number nine, what to do. And then there's a number two. And he T he, number one tells him what to do. But number two tells everybody from three till 10, what to do. And then there's a number three. And number one, and number two, tell him what to do, but he tells somebody else what to do.

Speaker 2 ([41:57](#)):

And that is just not the case. Um, especially in the wall, especially in, in when there's a lot of times in, in domestic horses, in small herds, there is a lack of resources. There's only so much hay. And there, the water trough is in one corner. There's only one water trough or whatever, things like that. And so you tend to find horses, thought more over those resources than they normally do in the wild. And there's any theologian named Lucy Reese. And she studies wild horses and she's reading some of her stuff is the one that made me realize that some of this, some of this dogma that I was, um, attached to is a bit incorrect. But one of those dogma things is the whole myth of the personal space. You can count. You know, I used to be under the impression that what the are you going to do with these?

Speaker 2 ([42:52](#)):

I can come into your space, but you can't come into my space. Cause I'm like number one horse in the hood. And, and that's just not true. These days, I'm a lot less concerned about personal space, but more concerned about how they got in there. If the horse stops his feet and reaches out with his nose and like, Hey, how you going? I don't mind being that close. Whereas if they, they come in in a pushy sort of a way, then I might do something a little bit different about it. And you know, if they come in in a pushy sort of way, a lot of times they are exhibiting juvenile behavior. So, you know, you know, herd of horses, the only horse that, that stands real close to another horse and kind of leans into them with his shoulder while looking away is a fall when he's around his mother.

Speaker 2 ([43:42](#)):

And so if a fall is in a hood, the mother allows things like that. And other herd members tend to allow little things like bumping into you, ducking under your neck, all those sorts of things. But when that fall gets weaned, the mother starts to say, you can't do that anymore. And so the other herd members, instead of ducking under the neck, they'll go to duck under host is Nick. And he had the hole. So couldn't middle nip and say, Hey, you've got to go around. And that is what Lucy, Reese Coles collision avoidance. Okay. And that's how they learn. Like when the horses, when the hurts going together as a herd, if you ever see a mayor and a foal moving together, usually the folds bumping into the mayor, but that can't happen when they're big, cause I'll knock each other over. So if you ever watch a herd of horses moved together, they move a flock of birds or a school of fish.

Speaker 2 ([44:33](#)):

There's that energy bubble between each one of them. That's, that's what Lucy, Reese calls collision avoidance. And I think a lot of times what we are taught about that whole personal space thing, we use it too much. And when horses are trying to socially engage, we deny that to them, let's say doing groundwork, they want to come in and say hi, and you say, no, you can't come in here. And then they want to run around. And then we can't, you know, then we work them. So you know, that whole, whole thing of move their feet and then offer them a place to rest sort of thing. So what you've basically done there is you've denied the social engagement break coming on. So that break doesn't come on. Then they a bit concerned and they want to move around and they move around and you move around so much that they can't, you know, running away doesn't work.

Speaker 2 ([45:23](#)):

Then they tend to stop and then tend to go into slight freeze mode. And so I've really, really become aware of this thing. And, and, you know, if you think back to the Mustang, Cody, the reason he went to sleep is because of that social engagement break, like, because I saw him, like I said, the duct to Daniel Siegel says attunement is a sense of being seen, being heard, feeling felt, and getting gotten well, when Cody turned his head, I said, I'd get you. And when you get them, that attunement thing, you, you, you say you see them, you hear them, you feel them. And they get, they feel felt, and they get gotten, you're getting what's going on with them. That puts the brakes on. And so I, I realized a lot of the training that I've done in the past relied somewhat on that, that dorsal vagal complex, where they kind of in a little bit of phrase mode, but I really think that it's, it's, um, it's not, you know, using some of that is not all bad.

Speaker 2 ([46:34](#)):

You know, the, the scientists' types will tell you if you use freeze mode at all, at some point in time, they'll come on frozen. They'll, they'll go crazy. But I think that's, if you only use freeze mode, but you know, I got to thinking about this. I know a lot of horse trainers like in the raining industry and stuff that a really good horse trainers. And, but they're not, they're not terribly friendly with the horses and let them rub their heads on what of it. You know what I mean? They are quite structured in what they do, but their horses go around and their eyes are good. Their eyes are blinking. Their ear is a working they're licking and chewing. They like act like they quite happy, but you know, when they're handling the horse and stuff, there's not that social thing going on. It really got me thinking about it.

Speaker 2 ([47:19](#)):

And then I realized these guys are very, very talented and they're very good. When they're training horses, they teach a horse to do something little. And when that horse starts to, to make an improvement or starts to shape up, like it's the right thing and they release. And so what, what you are doing when you have good feel like that, and good timing like that is you engage in the social engagement break. You were saying, yes, I saw that little change in you and I'm going to reward that. And I really think that is also a big part of the training. You can be training horses with, with a pressure. And it's not necessarily a bad thing, because if you a training in such small increments and noticing those, you know, think about the saying reward, the slightest try, okay. That's what a part of that is.

Speaker 2 ([48:06](#)):

But if you're going to reward the slightest, try, you have to notice the slightest tried. If you reward the slightest try, you were telling the horse. I noticed the slightest try, which means I'm in tune with you. We have attunement, you are being seen, you're being heard. You're feeling, felt you're getting gotten. And I really think that's a huge part of the whole thing. And, you know, I get, I get some flack every once in a while on say social media, uh, from the people who think they try and purely positively, they only, they're only positive reinforcement trainers and it's not possible to be purely positive. So that's a bit of a myth anyway, but they S you know, you think about the four quadrants of training. There's positive reinforcement, negative reinforcement, positive punishment, negative punishment. And two of those go hand in hand. So if you're using negative reinforcement, you're also using positive punishment, but if you're using positive reinforcement, you're also using negative punishment.

Speaker 2 ([49:06](#)):

So they're using punishment. Anyway. They just, I don't think they understand that they're doing it. That the thing is they get really bent out of shape. If you are not using positive reinforcement, you know, you're a nasty person. If you use, if you're not using positive reinforcement, but I really don't think it matters. Which of those quadrants you were using. I don't think it matters at all. What I believe is important is which of the vague or complex is you're working with? Are you only working in the dorsal bagel complex or you're working in the ventral vagal complex? Are you using the emergency brake you're using the shutdown brake or the horses, brakes engaged because of social interaction. If you think about, um, a horse can have,

Speaker 2 ([49:59](#)):

Hi, let's say ventral tongue. So host can be thinking about, so thinking about the breaks don't necessarily have to be on, like, on, on, so thinking about thinking about horses playing, so they would have high or relatively high sympathetic nervous system they're activated, okay. But there's no fear or worry there they're actually playing. And so they can be quite active and still quite relaxed at the same time. And that's what we're looking for. Now, riding horses, we want to have horses that are activated, but relaxed. If you want to quote Nuno all the Vera, he says your horse needs to be relaxed. You get remained powerful. And that's really what you're doing with good writing is when you are getting activation that you're asking for the way you're training, it is you are also getting a lot of that social engagement breaks. So that's, that's the big thing I'm on about these days is that hold social engagement break.

Speaker 2 ([50:57](#)):

I think that's, it explains to me it explains everything explains all the, all the things that I've discovered in the last few years, like the Mustang and like with Sherlock and, you know, basically Sherlock had no social engagement break, as far as the, just the little interactions with him. Now, I know the two guys who trained him and they would have trained him perfectly well, where you release at the right time and all that sort of stuff. But I think horses like Sherlock are very, very, very sensitive. And I think those sensitive ones that can shut down easily. And it's just the same as humans, um, humans that are very sensitive can go into shutdown mode quite easily. And I was listening to a audio book recently by a, an addiction specialist named Gabor, Matt tight. He's a Canadian guy, and he was talking about a lot of, most, all addiction he says is, comes from misattunement and closing, and basically closing your heart down because you're sensitive.

Speaker 2 ([52:05](#)):

And they, there, wasn't a way for that to be, you know, fully engaged when you were young or whatever. So it's fascinating listening to that, but I think it's much the same with these horses too. And I think the horses that shut down very easily, like Sherlock are very, they're very sensitive. And so I think we're gonna wrap this up there, but that's, that's the big thing you want about these days is this, this probably vagal theory? I think it's the, I think it's the next evolution in, in horse training. And I don't mean, Hey, look, I discovered I invented something. I didn't invent any of this stuff, but I think once you become aware of how polyvagal theory works, then you can really, you can choose. Cause I'm not saying, I'm not saying anybody that that uses the, um, you know, the, the emergency brake to have horses stand still or not move around or not be dangerous.

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

I'm not saying they're bad, but I think once you educate yourself to understanding these two States, you can decide how much of each one you, you want to use. And you can also understand the full layout of choosing which one you use, you know, are there any bad repercussions? And if you think about, if I think about what I used to do, I realize now that not, not engaging that social engagement break early on. So, you know, using a bit of that other break tends to put a bit of a brace in a horse, and then you've got to spend all your time riding them around, getting the brace. I mean, you think about it. Anybody who trains horses to do things really, really well or high level stuff, you're always working on getting that resistance out of there and what I'm realizing now, the resistance on it comes in there.

Speaker 2 ([54:07](#)):

If they start to get tense and go into a level of that, that, um, you know, dorsal, ventral complex, uh, DOSO Vago complex, that, that, that, that freeze mode. And if you can keep them mentally engaged and socially engaged with you, I found all those braces, um, there. And so I'm like, you know, I'm like a cat with 10 tiles right now. Cause I feel like I've discovered like the, the meaning of life sort of thing. And it really, once you get your head around and they said, really, really changes your outlook on, um, how you interact with your horses. So I think we're going to finish up there. That's a pretty long old podcast with a lot of stuff in it, but that's what I'm really excited about these days is this whole polyvagal theory. And it really makes me understand why all the connection stuff, getting that connection stuff first works so much better than what I used to do. So I hope you guys enjoyed that and we'll see you next time on the podcast. 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.