

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

G'day everybody it's Warwick, Schiller and welcome back to another podcast. You know, in my social media, I often get asked a lot about books. I've read because I, I come in a lot with quotes about books, I've read or talk about books that inspired me. And I often get asked, do I have a book list? And I don't really have one written down, but I thought now that I've got these podcasts going on, I'd probably thought I'd do a podcast on books that have influenced me and possibly even inspired me. So that's what this whole podcast is going to be a bit. And I'm going to start out with a few books, you know, there's, there's not a whole lot of training books that I'm going to be talking about. I haven't really, I haven't really been influenced or inspired by a lot of training books, but three in particular that I was inspired by in the last or in the last 10 years were old dog training books.

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

And one was called Don't Shoot The Dog: The New Art Of Teaching And Training by Karen Pryor. It's a very, very good book. The Other End of the Leash: Why We Do Things That We Do Around Dogs by Patricia McConnell and another one called The Culture Clash by Jean Donaldson. And it says a revolutionary way of understanding a revolutionary new way of understanding relationships between human and dogs. And I didn't learn to become a dog trainer from those you know, our dogs, a pit, so that pretty much had control, but they're little. So it doesn't matter. But what I got from those books was a different way of looking at things and looking from probably outside the box a little bit, you know, especially the culture clash, Oh, actually all, all, all three of those. I really think really influenced me not so much in my training, but in the way I think about things.

Warwick ([00:01:47](#)):

And I think actually all these books I'm going to talk about because really none of my training books did exactly the same thing. There's probably one book I've got here in my pile that helped me look at things differently. That was a training book and it was Evidenced Based Horsemanship by Steven Peters and Martin Black. It, it was one of those earlier on books that I read. I remember reading some articles. So Maddy Butcher used to write articles about this evidence-based horsemanship stuff. And she'd written some articles that I'd read and I'm like, this is this stuff. Wow. I mean, that's amazing. And I was waiting for this book to come out and I thought when this book came out, it would be like war and peace. I thought this thing has got to be a huge, because the articles that Maddy had written were pretty in depth and set a lot of stuff.

Warwick ([00:02:41](#)):

And so I was at a where was I? Oh, it might've been in a coat starting again in Pesaro was where I met Steven Peters, and I think this was in 2011, maybe, maybe 12 and actually bought the book. And that was, it's not very big, but it was it's, it's big enough to, you know, it talks about the neuroscience of why horses do things and stuff. And so Stephen Peters is a human neurosurgeon and Martin Black is and amazing horseman. And they kind of got together and Martin would say, yeah, well, I noticed when I do this, he's eased through this or he's mouth does this. And Steven would actually tell him the scientific and neurological reasons those things were happening. So that, that book really influenced me a lot earlier on. But you know, for the most part, all, all these books influenced the way I saw things, not necessarily influenced the way I trained horses to do things.

Warwick ([00:03:41](#)):

And so that's, that's the end of the animal books, no more animal books. I don't think there's any others in these Parley, but I want to start telling him about some of the books that have really got me thinking about things. And probably earlier on the ones that really got me thinking about things quite differently were all by Malcolm Gladwell. And so the first one of Malcolm Gladwell's I read was a book called outliers. The story of success and outliers is about. So he defines an outlier as someone from a statistical group that stands fire apart from that statistical group. So why does someone who grew up in a town of 10,000 people and went to school at all the same other kids ended up being successful and the other kids in the same class, one successful, things like that. And what I really got from that book, I mean, it's a very interesting read, but what I got from that book was the way he looked at things and he looked at things really outside the box.

Warwick ([00:04:39](#)):

He looked at it from a different angle and it really, it really kind of inspired me to do the same thing. And Malcolm Gladwell, he's a bit of a dot joiner. Like he doesn't do the research, he just finds the research that's already been done and he puts it all together. And I feel like I'm a bit of a dot joiner. I feel like I, you know, I'm not inventing anything new. I'm just discovering things or reading things that other people have done or whatever. And, and, and joining all the dots. But Malcolm Gladwell is quite the dot joiner. And one of the things in that book, outliers he talks about. So if you watch the Olympics and you watch the a hundred meter sprint, so you're saying bolts, the, I believe he's still the world's fastest man. And he talks about the last 10, 100 meter world record holders.

Warwick ([00:05:28](#)):

And he talks about the birth order and he's looked at their birth order and they rank in birth order as number 4.4 out of 5.5 as an average of 5.5 children. So if you take the last 10, a hundred made a world record holders, they are born later in the family. I don't think there's ever been a world. 100 made a record holder who was the oldest kid in the family. And he's reasoning for that is, is when you're little and you're learning to run. If you've got older siblings who are a bit bigger than you, you have to try to run faster to catch up to them. But if you're the oldest kid, you don't have to push yourself earlier on. And so that's, you know, that's just one of the many, many, many things in that book. And it's just absolutely fascinating the way he looks at stuff, you know, towards the end of the book, there's a thing about catastrophic plane crashes that shouldn't have happened.

Warwick ([00:06:22](#)):

And so this is when a perfectly good plane crashes and kills everybody on board. You know, this is not, you know, this is not a passenger jet being shot down over the Ukraine, or this is not when the the gym and pilot flew that Swiss air flight into the Alps and suicided. It's not that it is you know, everybody's trying to stay up in the air and just something goes wrong. And in that they've studied all the, all of the plane crashes, all the, the catastrophic plane crashes that really shouldn't have happened. And in every one of those, there are at least seven consecutive mistakes. And so there's seven mistakes in a row have been made. You know, the guy putting the fuel in makes a mistake that the, whoever is calculating the winds on the, on their voyage. He makes a mistake.

Warwick ([00:07:15](#)):

The guy in the tower makes mistake. The copilot makes a mistake. Then the pilot makes a mistake and then, but they cannot find any of those plane crashes with less than seven consecutive mistakes. And so I actually did a, a YouTube video about this a while ago. It was cold. I think it was cold hetero avoid a

freak accident with horses. And it actually was about an article that I'd read that said freak accident with horses, not likely. And I've always thought horse, you know, most people would have an accident with a horse, didn't have an accident. They had an even what I would call an inevitability, they, you know, like there was seven consecutive mistakes. If something like that, it wasn't just out of the blue. There were things that were missed. And this article, when I read this article, cause I like to read articles that agree with what I say, don't we all. And this article, because the headline said freak accident with horses, not likely. I thought it was going to say

Speaker 2 ([00:08:20](#)):

There,

Warwick ([00:08:20](#)):

Oh no freak accidents. The role, they're all mistakes that were made. But this article was exactly the opposite. It said, if you were dealing with a horse, you're going to have an accident, but you kind of call it a freak accident. Freak accident is something you didn't expect. If you're working with a horse, you can expect a horse to do something stupid because horses are totally unpredictable. And I love to quote a fellow. I know from Australia who says failure to predict something does not mean it's unpredictable. And this article that it talked about what a real freak accident isn't. And it said that the, the male model Fabio, if you guys are old enough to remember, Fabio used to be on the cover of older romance novels, Fabio was riding a roller coaster in Florida, and he got hit in the face by a goose or a duck.

Warwick ([00:09:13](#)):

I think it was duck maybe, but he, so he's on a roller coaster and this rollercoaster is going pretty fast and he whacks into a duck. And so there's a picture in this article of, of Fabio on this roller coaster with blood coming out of his nose and his nose spread all over his face. And they said, that's a freak accident. And so when I did this YouTube video, it was called how to avoid a freak accident with your horse. I talked about that and I said, yes, that would be a freak accident. Parole. Fabio getting hit in the face with a duck. If there were no warning signs, but what if before he got on the rollercoaster, it said, this rollercoaster is located in a swamp. And during the months of April, May and June, each year, the local native ducks are migrating and there may be ducks flying around while you're on this roller coaster, then it wouldn't be a freak accident. Then it would be he read the sign and said, well, it is actually April right now, but you know what? I'm going to take a chance and get on the rollercoaster so that, you know, so if there was a sign that said, it's a possibility, that happened, it wouldn't be a freak accident anymore. And I went on in these articles and on these video to say that if you can learn to read the signs with horses, you don't have those freak accidents because

Speaker 3 ([00:10:29](#)):

I was usually there

Warwick ([00:10:31](#)):

As accidents or things that add up one after another, after another, after another. And then I quoted this Malcolm Gladwell book talking about these seven consecutive accidents that happened with these plane crashes. And when I posted it on YouTube and social media, this is a number of years ago now probably five or six years ago. Now I had a lot of people who replied and said, yes, exactly, right? In my line of work, we call it this I'm in risk management. We call it the Swiss cheese effect. You know, how Swiss cheese, if you had slices of Swiss cheese and they have holes in them, if you stack them all and you

just happen to get them on the right order. And there'll be a whole completely, all the way through the cheese. Someone else said that they are a lawyer for a, an oil from, I think the big oil company. And sometimes as a lawyer, they have to fly in a helicopter, out to an oil rig out in the ocean to have people sign legal documents. And they said before, you can go on a helicopter to fly it to an oil rig, you have to go to helicopter dunk schools. So you have to basically go to one of those places where they have a fake helicopter and a swimming pool, and they strap you in the helicopter and tip it upside down in the pool and teach you how to get out of a crash

Speaker 3 ([00:11:41](#)):

In a helicopter.

Warwick ([00:11:42](#)):

And they, they do it a number of different ways. They do it. You know, you've got to know how to get out of the back seat with the doors open. You're going to know how the backseat with the doors off, you gotta be on the way to get to the front seat. You gotta know to get out of it with your seatbelt on. You've got to get out of it. I think they simulate it in the darkness. So you've got, gotta be able to get out in the darkness. And I think you're actually, you're actually always, probably going to be in the darkness because they teach you as you go down, as you hit the water to close your eyes. Because as soon as you get in the water fuel and hydraulic oil and stuff like that, we'll get in the water and contaminate it.

Warwick ([00:12:14](#)):

And if it gets in your eyes, it's extremely disorienting and you might get stuck. So they teach you to close your eyes as you go, as you go in. But you know, that's how safety conscious people are or some places are, is before you get on this helicopter and flight to the oil rig, you have to know how to get out of this helicopter. If it crashes in the ocean, the place you do not want to figure out how to get out of a helicopter crashing in the ocean is when it actually crashes in the ocean. And I'm ready to this same thing with you know, with all my horse training stuff is if you can do your preparation well and be aware of little things, you don't have those big problems. But anyway, so that's, that's a book called blink, sorry, outliers by Malcolm Gladwell.

Warwick ([00:12:57](#)):

And it, it, it was one of the ones that really influenced me earlier on to look at things differently. And I could go on and on and on about the number of different scenarios ahead in there about different things. But it was, it was pretty amazing. Some of his other books that were really good one was called the tipping point. And it's about when does a local phenomenon or local a local thing become a worldwide phenomenon or a national phenomenon. And that one's probably got a bit more to do with business. And there was one called David and Goliath. How big can beats? I mean, small can be big and talks about just, you know, one person could beat a lot of people or a small company can, can beat a big company or a small government committed big government, or in the case of David and Goliath, a small man can be a giant.

Warwick ([00:13:46](#)):

And once again, he's a real dot joiner and looks at all sorts of different things. Another one was called blink and it was about intuition like that gut feeling. When you first see something, boom, your other, your gut says, yes. So you get says, no, that book was really, really good too. And then there was a collection of short stories called what the dog saw and that one was really quite interesting, really quite

interesting too. What are the books? Another really good book I read was called mastery by George Leonard. And this one, I've actually done a YouTube video on this one because it's, it's not a very big book. So it's a quick read and it's about how to master anything. And George Lennon, I think was an Akita Mazda, but he talks about how, when you were learning, when you get to learn something new, you start a new sport, say, okay, your rate of learning is pretty quick because you know nothing about it at the start.

Warwick ([00:14:41](#)):

And your rate of learning goes up pretty quickly. And then, you know, you you're learning, right? Your ability to learn stuff goes up pretty quickly. And then it drops off a bit and then it flattens out and it flattens out and this long plateau, and then it goes up a bit and then it drops down a little bit and then you're in another plateau. And that's how it goes over and over and over and over and over. And if you, if you understand that, that that's how learning goes for everybody doing everything, then it takes away your disappointment. Because a lot of people, you know, like I said, you'll have an upward spurge, then it drops off a bit. And then you're on this pledge. How, when you're not getting any better and you keep practicing, you're not getting any better. And a lot of people can give up, right?

Warwick ([00:15:27](#)):

They're like, Oh, it's not working. It is working. That's what it's, that's what you supposed to be doing in there. He quotes a one of the most spiritual, the ancient Hindu practices, which is called karma yoga and karma. Yoga is applying yourself to a task with no thought as to the outcome of that task. And that's, you know, that's how you do everything, but that especially horse training, you really got to be in the moment with it. But yeah, it's, it's a good book, short read. And he talks about the different types of people. There's the dabble, as someone who dabbles in a lot of different, say sports and never gets good at any of them. And then there's the, I think there's four or five different personality types, you know, one gets in and gets out or one, you know, one starts taking golf lessons, just so it can be these, you know, he's next door neighbor on a Sunday and that's as far as he wants to go.

Warwick ([00:16:23](#)):

But yeah, it's, it's a, it's a fascinating book that makes you look at things like that. Another really good book that I read that is probably something along those lines is called the talent code by Daniel Coyle. And in that book, he talks about how talent is not something you're born with talent. It's something you can, you can work on. And he, what he does. He goes around the world to different places that they call talent. Well, he calls talent hotbeds. I think he goes to a Russian tennis gym and he goes to a Japanese violin studio and he goes to a like a singing place in LA. And he goes to somewhere in South America, Brazil to a soccer place. And he talks about on these talent hotbeds, more talent per capita comes out of them than any other place that does.

Warwick ([00:17:17](#)):

Oh. And a South Korean women's golf thing too. And more talent comes out of these places than any other single place in the world. And so he goes down to figure out what it is they're doing that makes all this talent. And basically the, the thing that they have in common is they all have you practice little things. That's not playing the game like in the Russian tennis gym. They have you hold the racket. I don't think you get to hit a bowl for the first month. You get to hold the racket and learn how to place your feet and learn how to bring your back for a forehand shot. Nope. Not like that. Turn your wrist slightly

there. Try it again. Nope. Now you had your white too much on your right foot, but you're not even hitting the ball in the the Japanese violin studio.

Warwick ([00:18:03](#)):

I think they they don't get to play a violin for a month or two. They actually get to hold a cardboard tube, the same shape as a violin, the neck of the violin. And I don't even think they have a little boat and it goes back and forth across it. They might have a stick, but they learn, they learn. They learn to do it really, really well from the start. You know, we all, you know, we all learn to do whatever Rodney, our horse you know, playing tennis, whatever you're doing, we tend to play the game poorly in the beginning. And then we, and we, we tend to develop some habits that then you've got to undo. Whereas these talent code places, they don't do that. And if you think about the Spanish riding school in Vienna, Austria, if you go and join that you have to ride without stirrups and rains for two years on a lunge line before they'll ever let you take the reins. Okay. So that's, that's very much along the same lines. And so in, you know, in this book, Daniel Coyle just talks about the, the process to

Speaker 4 ([00:19:06](#)):

Okay,

Warwick ([00:19:09](#)):

To developing talent. And it's, you know, it's about practicing middle things, go back and try it again. And it's about what he called, what they call Marla nation of nerve endings. So myelin is lighter, like a fatty coating that covers you and your neural pathway. And it's, it makes what we would call muscle memory, but it's not actually memory and your muscles. It's ma it's memory in the well it's, it's a Mala nation of the neural circuit that fires that particular muscle. And the more times you use it, the more times that the more that Mylan builds up on it, and that myelin more buildup of myelin enables quicker movement of the, the the thoughts, you know, that neural pathway, the neural stuff, going through the it works better. And so, you know, video games are set up exactly this way. If you want to, I've got a TV show called the principles of training.

Warwick ([00:20:06](#)):

And one of the principles was called the donkey Kong principle. And he needs to pay out how in a video game, like say donkey Kong, but any video game, you start at the beginning and you go along a little bit and you've got a task to do. And if you filed a duty, if you die, you go back to the start and then you go along and you get to the first thing you have to do when you get that down and you get to the second thing and you die, you don't get to practice the second thing again, you got to go back to the start, you could do the first thing, and then you can do the second thing. And then you get to the third thing. You die, you go back to the start and you'll do the first thing and then do the second thing.

Warwick ([00:20:37](#)):

And then you do the third thing. And then you get to the fourth thing you die and you go back to the staff and you could almost call that the inner row principal, because that's, it's about, it's not, can you do this and this and this and this and this it's can you do them in a row? Can you repeat them one after another? And it's it's you know, it's the same as a thing called the 300 pick page. And if you haven't heard the thread to pick pigeon, I probably should do a different podcast about the 300 page page in minutes. It's just like anything, you know, if anybody listening is from Australia and you've ever been to

the pub and flipped beer coasters. So if you guys aren't from Australia, you know what I'm talking about? There's a little game you'll play in the pub.

Warwick ([00:21:17](#)):

You'll put a beer coaster, half on and half off the edge of the table. So it's just hanging over the table and you take the fingers of one hand and you flick the beer coaster. It flies in the air, does a half turn and you catch it. And then you put two beer coasters in the same spot and you flip them and you catch them. And then you put three and you flick them and you catch them. And I think my record is 32 or 36. I can't remember. But that doesn't mean I put 32 B coasters down and flipped them in quarter. That means I put one down, flipped it and caught it and put two down flipped and caught them, put three down, flipped in coding, and then so on and so forth. And let's say, you get to 10 and you die.

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

Then you going to go back and you gotta to do it again. And so it's just, it's just that repeating of little things think about semi son plays the guitar. And when he's learning a new song, he starts out. I hear him in his room on his amp. And I guess, ding, ding, ding, ding, ding, ding, ding, ding, any, you know, he can play all the notes that you can play on guitar. But when you learn a new song, you have to play those notes in the right order, in a row. So it's not, can you play note it's can you do the mold in the right order in a row? And so that that book, the talent code is really about that. It's it's, I think it like mastery. It is a good book to read because it really cements in your head.

Warwick ([00:22:38](#)):

How long things take, how long, how much repetition there is to learning a skill and, and, you know, it's all, and it's all about working on the basics till they're perfect. You know, I had a we had an intern stay with us a number of years ago, and she was really into salsa dancing. And she was so into salsa dancing that she, when she went to university, she elected to go to Mexico, to Mexico city, to do her university studies so that she could immerse herself in the salsa dancing scene. And she told me a dancing quote, that is not just a dancing quote, it's applicable to everything you might do in the world. But she said, beginning dancers tend to take in immediate lessons and intermediate dances tend to take advanced lessons, but advanced dancers always take beginning lessons. It's all about getting the little stuff, right?

Warwick ([00:23:36](#)):

And, and you know, a number of years ago, I did a clinic in Scotland and the guy that organized the clinic, his name is Brandon. He told me that he was a black belt in karate when he was 12. And he always thought, when I get to be a black belt in Chrome, I'm going to give it to your black belt. I'll I'll I'll know, everything, I'll know a lot of stuff. And he said, I want to go to be a black belt. Then no one would be a second name, black belt. And I thought, well, I'm going to learn new stuff. And he said, I didn't learn new stuff. When I was a black belt. When I, once I was a black belt, I didn't learn new stuff to be a second name, black belt. What I did was I went back to the very beginning and learnt everything I had learned before with a black belts eyes.

Warwick ([00:24:14](#)):

And you cannot get a black belts eyes until you are a black belt. So you can't learn it as a second. Dan black belt in the beginning, you are going to learn it relatively rudimentary, but that's is, but it's going to be really technical for you at the time. Cause that's, that's the, the extent of your knowledge, the extent of your ability. But once you get to that black belt, then you turn it and you go back to the beginning and

you start all over again. There was a lady at one of my clinics, New Zealand a few years ago, and she's a female boxer. And at the time she was an amateur boxer. She had I think she'd had 20 fights, 11 losses on I live in wins nine losses. I think she'd represent New Zealand a few times as a box, as an amateur boxer.

Warwick ([00:24:57](#)):

And she told me a boxing saying, she says, basics wins fights. And she had just got a new coach when I met her. And because she wanted to turn pro and the coach had said, well, if you want to turn pro, we're going to, we're going to fix everything about you. So she said for the three months before I met her, she'd done nothing but work on her jab, which is the first punch alone in boxing. Okay. She said, I didn't do the speed bag. I didn't hit the heavy bag. I didn't do combinations. I didn't do crosses. I didn't do uppercuts. I did the jab. That's all I did. The three months was perfect, this jab. And when she had her first professional fight, she posted on Facebook that she wanted. And I, I texted her and said, Hey, congratulations. How did it go?

Warwick ([00:25:40](#)):

And she said, well, she was much more experienced than me, but I wore her down with the jab basics, wins fights. And so, you know, a lot of times at clinics, I'll be talking to me about getting the basics. Right. And I usually have quite a few spectators at clinics. And you know, the start of the clinic over to am I getting basics. Right? And they'll a lot of times there'll be someone sitting there in their heads nodding up and down and they get it. And everybody else is like, cross-eyed like, yeah, but basics are nothing. It's all the hard stuff I want to know how to do. But there's usually someone, a lot of times there's someone sitting there and their heads nodding up and down. They're like, yeah, I get it. And I'll say, Hey, you are, you must be an expert horse person.

Warwick ([00:26:16](#)):

I am. And a lot of times they go, no, no, I'm just new at this. And I go, well, you must be an expert at year of world-class at something. What do you do? And I've never been wrong. I, one time there was a girl at a clinic who looked like that and I called her out and she was in her mid twenties. I said, what are you doing? She said, I'm a junior Olympic level snowboarding coach at Whistler in Canada. And there was another time. There was a, is clinic in England. There was a fellow sitting there and he said, I said, he was nodding. And I said, Oh, you're an expert at horses. And he goes, no, no, not at all. I said, well, you're an expert at something. What do you do? And he said, I'm the coach of the English under 19 women's cricket team was under 19.

Warwick ([00:26:58](#)):

No, it was, I think it was the coach of the English women's cricket team. And it was the Ana 19. Sarah was the cutesy. He was, he was the coach of the under nineteens. No, it was boys. Sorry, sorry. Getting the story wrong. He was the coach of the under 19 English cricket team. And he was telling me, I know where the women thing came from. He was telling, I said, do you have a story about basics? You can share with us. And so he got up and he said, yeah, a friend of mine is, this is a few years ago now. But she was the opening bats woman for the English women's cricket team. And she's one of the few women that can regularly hit sixes few in America. That's like a home run. That's like it. And over the fence. And he said, yeah, she's one of the few that can hit six is, and she was in town one time, she called me and she said, Hey, can I come to training tonight?

Warwick ([00:27:48](#)):

And he said, we do this practice at training where you're on a concrete, cricket pitch. And the batsman stands there. And someone stands beside him with a, like a laundry basket full of tennis balls. Cause tennis balls will bounce exactly the same every time. And the person holds the ball out at waist height and drops it. And as it bounces and comes up, the batsman has to step forward and hit that cricket ball into the ground. And then it's got to hit a garbage being way down there. He's got different targets, they got to hit, but they got to hit the ball. It's got to hit the ground, then hit the target and they will do it for quite a long time. And these, these kids and like, but this is boring. And the, so his friend said, I want to come to training this opening bats woman for the English women's cricket team said, I want to come to training.

Warwick ([00:28:33](#)):

And he said, sure, come on over. So that you told the boy she was coming and like all excited because we're going to learn how to hit six is like she can, and she gets there. And, and so the coach said, so what do you want to do? And she said, Oh, well, let's, let's start off with a couple of hundred drop balls. That's the name of that exercise drop ball. She says, let's start out with a couple hundred drop balls and the kids in line. But then all of a sudden the lights in their eyes went on and they're like, Oh, that's why she's sick because she does a couple of hundred drop balls. So that, you know, that book is really good about that sort of thing. Cause it really makes you think about that. Another really good book I read was called the rise of Superman by a fellow named Steven Kotler.

Warwick ([00:29:15](#)):

And the rise of Superman is about how extreme athletes these days can do things that they just couldn't do before. You know, like it wasn't that many years ago that no one had ever done a double back flip on a motorbike until Travis Pastrana pulled it off first and you know, won the X games with it, or he pulled it off at home and then pulled it off in public at the X games. And you know it about all sorts of people that do extreme things like that. It talks about Alex Honnold if you guys have ever seen that movie called what's it called free solo without the guy that, that climbs El Capitan and 70 national parks. So you seventies about three hours from here and my son's in rock climbing. So we've been up to Yosemite quite a bit. It's even if you're not in the rock climbing, it's one of the most beautiful places I've ever seen on the planet. But so El Capitan is 3000 foot wall of sheer granite and,

Speaker 4 ([00:30:11](#)):

And I'm Alex, Honnold

Warwick ([00:30:16](#)):

Climbed it with no ropes, no safety nets. So they call that free soloing. So there's a movie about that. But anyway, talk about him in the book. Talk about what was his name, Felix bum got into the gut first guy that parachuted from out of space people that do all sorts of things like that. And he talks about how, how people it's really about the flow state, how people can get into that flow state and how to get into the flow state. And it's really interesting because it's all those things it seemed to be. It's really about the state. There's a filler in there. He's a rock climber, big time rock climbing, named Dean Potter. And

Speaker 4 ([00:30:50](#)):

He actually

Warwick ([00:30:53](#)):

Died at Yosemite a few years ago in a wing suiting accident. So, you know, when they jump off the, they base jump off the top, he was in a wingsuit, but in that book, he said, I don't like rocks. Like he's one of the world's best rock climbers. This isn't unlike rocks. I like the state I get into when I climb the rocks. It's that, that flow state, you know, everything's slows down your, your, your eyesight's more perceptive it's, it's kind of like that. The emphasis in that movie limitless where that guy takes that, that pill and all of a sudden he's mine just is as clear as possible. Let's that's what that flow States about. So that's a really fascinating book. And then the same guy wrote another book called stealing fire, actually him and a fellow named Jamie Wheal, co-wrote it together, stealing fire.

Warwick ([00:31:38](#)):

And it's the subtitle of that is it says how I wanted to say how rogue entrepreneurs Nate. It says how Silicon Valley, Navy seals and rogue entrepreneurs are changing the way we live and work. And it's about altered States of consciousness. And the book starts out talking about a, a seal team, six ride on someone's house in, you know, Afghanistan or one of those places. And it wasn't catching being Loddon, but it was catching someone like that. And he was a major terrorist guy and I wanted to catch my law. And he was in this compound with his family and stuff. So they had to go in at night time, they had to be no noise and they wanted to take him alive. They didn't want to hurt anybody. And it was talking about how one of the things the Navy seals do these days is they meditate.

Warwick ([00:32:29](#)):

And none under they meditate, they meditate together and they get this like hive mentality going on, where they can kind of feel each other. And he said, when they, when they storm that building, like when they go into a building like that, the first they're like a zipper, the first guy looks left. The second guy looks right. The third guy looks left. The fourth guy looks right, but there's no communications, no lights, no communications, no, you know, radios or anything like that. So it's total silence. But if they go into a building and the fourth guy happens to CC, so he, you know, let's say the first guy's face and left, the second guy's face on right. Third guy's face on their fourth guy facing, right. If they you're in a building and they go along and all of a sudden, the fourth guy see something, he just goes straight towards it and the other guys feel it.

Warwick ([00:33:10](#)):

And they suck in behind him. And it's this, it's almost like a herd of horses running around where they, you know, the herd moves together. They all move off one way. And then like a flock of birds, of a school of fish. And I was talking about how Navy seals are into meditating and stuff like that because they really can get connected to each other like that. He talks basically the book is about altered States of consciousness, which is what the flow state is, which in the other book, the rise of Superman, but the books about altered States of consciousness. And he talks about how you can, you can you know, you can make it, you can get it to go to Tibet and live in a monastery for eight years and learn how to meditate really well to do that. It talks about psychedelics to do it.

Warwick ([00:33:54](#)):

He talks about doing death, defying things, you know, like the rock climbers and stuff like that in order to do it. And it's just a, it's a fascinating, very fascinating book and any, you know, because part of the book is about psychedelics. He goes into a bit about you know, some of the things they're doing these days with psychedelics actually as healing things for people in, in you know, people with PTSD and

depression and things like that, and which I've had a bit of experience with. So we'll get into that a bit later when I come up with, when I talk about a different book, but you know, he talks about how these days you can get you know, electronic devices that help you give you feed, give you neurofeedback to tell you how you're doing with your meditation. I actually use one, I've got a thing called a muse, M U S E.

Warwick (00:34:47):

And it's a brain sensing headband. So it goes around your head when you meditate and it hooks to an app on your phone. And if anybody's tried to meditate and you're sitting there and you're meditating and you're thinking, am I doing it right? Is it working whatever well, this muse thing through the app in your phone, so you have your earphones in, and it gives you feedback on where your brainwaves are at. And so, and it's got different settings. You can set it on, you know, different feedback sounds. The one I've got it on is called rainforest. And so if your thoughts are all over the place, you get these really sound of real heavy rain on a rainforest. So it sounds like if your thoughts get clear, you, he like light, right? Like on the leaves or if it gets clearer, you might hear just the breeze through the trees. So

Warwick (00:35:44):

Like that. But if it gets really clear, you'll get birds chirping and you get chirp, chirp, chirp, chirp, chirp, chirp, chirp, chirp. And when I first started using that thing, you know, I couldn't get any birds. You need to have a lot of heavy rain. You're like, come on, come on, fine. On the first time, first time I ever heard a bird. So it's, it's light range and there's the wind. And then there's a bird chirp trip. And I think beds beds, I got birds. And then it's rainfall again, heavy rainfall again, because I got distracted. Didn't I, but he talks a lot about different things. We have these days to help us with things like that. And it says, if you really put your mind to it and get something like that, a person can learn to meditate, to work and make a huge difference in your neurobiology and your physiology in, you know, say eight weeks instead of eight years, like it used to be.

Warwick (00:36:43):

And there's a really funny passage in there about, there was a psychiatrist from England. This is a relative to horses, but there was a psychiatrist from England and he was on the board. He was an advisor on the board of a, I'm not sure exactly what the proper term for it is, but it's, it's the board that, that says what drugs are illegal and illegal, basically drug policy in the UK. And he's a practicing psychiatrist. And he had a lady Colombia come in and she is a, like an upper middle class lady, but she come to see him because she's been kicked out of the local pub. Now, usually you think of people getting kicked out and she got kicked out of the pub, but throwing glasses and ashtrays at people. And so you tend to think of people who'd be barred from the pub for doing stuff like that would be, you know, working class people, not upper middle class people.

Warwick (00:37:36):

Anyway, she came to him and turns out she'd had a traumatic brain injury that caused her to do outrageous things. And the traumatic brain injury was from a horse riding accident. And so this guy started looking and he didn't know anything about horse riding. So he started looking into horse riding accidents in, in England. And he found that in one of every 350 outings on a horse in the UK resulted in serious injury or death. And he was just amazed at those facts and figures. And he said at the time public enemy, number one in the UK was ecstasy and MDM. That was public enemy. Number one, that's going

to be the ruin of a soul. And he was at a press conference of something one time. And I think MDM and I it's wa there's a serious injury or death in one of every 6,000 pills taken.

Warwick ([00:38:33](#)):

And so he basically to tell them that's okay, that it was about one in 350 for horses. I think so he tried, he, he basically said that according to statistics, ecstasies 20 times safer than riding a horse. And he then got called into the office by that the head of the whole thing. And in the book, it said, she's somewhere between the surgeon in America. It would be someone between the surgeon general and the secretary of state. So this is a high level person. She took him in the office and read him the riot act and said, you cannot be saying things like that. You cannot be comparing those two things. You can't compare something that's illegal to something that's legal. And he said, well, but why is it illegal? And she said, because it's dangerous. He goes, but no, no, the other thing's dangerous.

Warwick ([00:39:24](#)):

The other things, 20 times the legal thing is 20 times more dangerous than the illegal thing. And the point he was trying to make was that, you know, if, if it's safety, you're actually worried about if you're actually concerned about safety, is that if that's your actual concern, why do you allow people to ride horses? And one of the things he really talks about in the book is, is the saying beyond the pale, you know, if you've ever heard the saying, go beyond the pale, apparently in England connects to Wiles. They used to be a fence there back in the middle ages, there was a paling sort of fence. And out behind the, the part of the beyond the pale was where all the barbarians lived. And if you went out there and came back, you weren't really trusted because you might, he might kind of know too much, you know, you've been beyond the pale.

Warwick ([00:40:16](#)):

And in that book, he talks about the pail of the state and the pale of religion. And so basically, you know, he talks about when, you know, the Spanish conquered the new world, the, you know, the, the natives they're used to do payoti as part of their spiritual rituals. And they would, you know, they commune with the one sort of thing. And, you know, the Catholics came along and said, no, you can't do that. That's bad. You've got to drink our ceremonial wine, which, you know, the, those people couldn't, couldn't you know, the ethanol didn't sit well with their bodies and ended up killing a lot of them. And so there's the pale of the church, the church staying what you can and can't can't have, and there's the pail of the state. So the government saying what you can and can't have any talks about as far as it gives a list of all the things that will kill you and alcohol and tobacco.

Warwick ([00:41:13](#)):

I like number two and number three, and the first one is it was like crystal meth or something or other, you know but then there's like alcohol and tobacco and then, and it goes on and on. And then, you know, Dan, a long ways is something else. And, and MDM, Emma is a long way at the bottom and it's funny. MDMI they actually use it nowadays for PTSD. And and there's another book I'll talk about later on that talks a bit, a bit MDMI too, but they use it. If they've had success with people with severe PTSD, having one therapist guided session with, with MDMI and totally curing them, curing them of the PTSD and the thing that, that whole one's illegal, one's legal, you know, you know, the, the, the horse riding and the XTC thing that kind of reminds me of the whole helmet debate.

Warwick ([00:42:15](#)):

Now I am not anti helmet at all. And, you know, I've had some arguments over the years about that. People think I'm anti helmet. I'm not anti helmet. I'm about safety. And I, I don't, I choose not to wear a helmet, but I also choose not to ride horses that I have not tested out in a lot of ways to know what they might do under almost any circumstance. And I've, you know, I've trained a lot at training places here in the U S and I've done clinics all over the world, really. And a lot of times I see people wearing home, it's there on a horse that I wouldn't get on. Okay. They're not safe enough to get on. And I have people say, you need to have a helmet every time you ride.

Speaker 5 ([00:43:02](#)):

But

Warwick ([00:43:04](#)):

If they were really some of those people in a riding those horses, if the, if, because they say it's a safety concern, but if it was about safety, you wouldn't be riding that horse. And so like I said, I'm not anti helmet, but it's just, it's almost the same argument. Like, are you really concerned about safety or, you know, and I look at it, I'm really, really big on safety. I remember years ago, I had a lady interview interview ministry, and she said, well, you know, we've been watching your videos and you take in these horses that rare and buck can bolt and do all these things. How do you go about being brave? Cause we were all kind of scared. How do you go about being brave when you ride them? I said, I'm going to drive him far. And I think if you thorough, you don't have to be brave.

Warwick ([00:43:46](#)):

Now I'm not by any means saying don't wear a helmet, but make sure that you you know, you know, the horse is safe to ride before you get on with you home. But if you're going to wait one, but anyway, so that, that book stealing five fascinating book, one of the best books I've ever listened to then I suppose I should get to Renee Brown. Can I be listen to the first podcast you would have heard me talking about Bernay Brown. So I think the first book of hers I read, so she's got a number of different books one's called rising strong. One's called daring greatly. One's called. I thought it was just me. One's called data lead. But the one that I read, the first one I've ever read was the power of vulnerability. And it was one of the most fascinating books I've ever read, actually listened to it. I didn't read that one and I'd be out on the track to doing stuff, you know, with my noise, canceling headphones on listening to this thing. And I was like, wow, this,

Speaker 4 ([00:44:49](#)):

This line here

Warwick ([00:44:50](#)):

Gets me, you know, she gets the human condition, but yeah, probably they, they were some of the biggest influences. Those, all those books of hers were some of the biggest influences on me. As far as those types of books, you know, if you're going to there's, there's one of them that's not read by her. She reads most of them. And so it's great listening to her voice. One of them is not read by her and it's not, it's not, it's not the same experience. So you're probably better off reading that one as a you know, just a, a regular book. But the, those, I cannot recommend them highly enough, though. They will change the way you see the world. Really. another really good one I listened to was by Russell brain and it's called recovery. So you guys know who Russell brand is, the comedian, you know, the big toll God long, eight.

Speaker 4 ([00:45:41](#)):

Mmm.

Warwick ([00:45:43](#)):

It's called recovery. And it's, and it's about it's, it's wrestles take on the 12 step program. And if you've ever heard this guy talk, you know, he's got that amazing accent. Oh, wait, it's Russell brand. Yeah. That way you're going love, you know, he's got these amazing accent. I love his accent, but he's very eloquent. Has that has a figure of speech. It's just amazing. And that the whole book is that, but it's, it's his take on the 12 steps of the 12 step program of alcoholics anonymous. And, you know, it's his take on the whole thing. And he has anecdotes about how, you know, he did this and did that and did whatever else he did. But the thing I got out of that book is we are all on an addiction scale somewhere. He says, well, I was lucky. I was a smack ed.

Warwick ([00:46:30](#)):

And the thing is, if you're a smack at, and you're on everyone all the time, you are going to die, or you're going to get, you're going to figure your stuff out. He didn't say stuff cause he swears a lot. But he said, if you're ever going to die or you're going to figure stuff out. And what he was saying was that we're all in the addiction scale. Somehow, you know, we're addicted to food or we're addicted to, Oh, well, not necessarily alcohol yet, but he said he was lucky because he had one of those addictions that if you don't fix it, you die. But he said for most people that, that have some sort of low level addiction, whether it's to food or to the internet or it's to gambling or it's the pony or whatever it is, you can spend all your time

Speaker 4 ([00:47:12](#)):

Life with this level of honor, ease this level of

Warwick ([00:47:18](#)):

Unhappiness happiness. It's not sadness. It's just not happiness. It's not contentness contentness is that a word you're not content? And you don't know why. And you don't to fix that particular thing you do because you don't realize that's what's causing all your problems. And so it's a fascinating, very, very fascinating book, but there was another one I read. He just recently by a fellow named Gebel Matay. And so Gabon Metta is a he's an MD, he's a doctor from British Columbia, but he's one of the worlds. I don't know if he's one of the most, the most leading experts, but he's one of the most, the world's most outspoken people on addiction because he, he works in a part of Vancouver where all the worldly addicts are. And the book that he, I read of his is called in the realm of hungry ghosts and it's about addiction.

Warwick ([00:48:10](#)):

And the same thing I got out of that book was that we all we're all addicted to something. It could be a workaholic, it could be a, you know, a Facebook, a holiday. It could be a whatever, you know, in Brenae Brown's book. I think it's the pair of vulnerability. She's one of those books. She was talking about numbing behaviors, behaviors we do to numb ourselves. And that numbing needs because we're disconnected. When not, when we're not connected with the people around us, we do things to, to numb when we're disconnected. And she said, she has talked to, and she said, it's the same sort of thing.

It can be, it can be food, it could be internet, it could be Netflix binging. And she said that she has talked to people who used to be heroin addicts and they've been sober for 20 years.

Warwick ([00:48:58](#)):

And she tells them that. And they say, do you mean may scrolling through Facebook for three hours a day is the same as shooting up. And she's like, exactly, it's just a different form of the same thing. And so yeah, in the realm of hungry ghosts is the name of that book. And that book was, it was fascinating. It's very, very sad and places when you, when you hae about some of the things that people have had happen to them. But, and, and, but most of this stuff comes from childhood stuff too. It's, it's, it's pretty interesting, pretty interesting there. But so yeah, that both of those are very, very, very good books. Another good book I read, and this was early on, was a book called 10% happier by a fellow named Dan Harris. So Dan Harris was a major NBC ABC.

Warwick ([00:49:47](#)):

One of those newscasters, he had been a reporter for quite a long time. Had been overseas, had been in Iraq and Afghanistan, and then ended up being a major newscast or on, like I said, NBC, ABC, one of those. And one time he had a panic attack live on air. And if you want to know what that looks like, just go on a Google, YouTube and Google Dan Harris, panic attack, it'll show you right there. There's a lot of videos of it going around there. And this book 10% happier is about his journey to find out what was wrong with him. And what was funny is that he ends up going to a psychiatrist or a psychologist, one of the other, and he finds out that he has depression. And that was the first inkling I ever had that I had depression because I always thought depression meant you S said, you know, like you had the, had a case of the said sort of thing.

Warwick ([00:50:43](#)):

And, but Dan Harris listed his he's, you know, problems he was having and, and quite a few have lined up with, you know, things that were going on with me. And, but anyway, so he goes through therapy and then he, they put him on, you know the things you have for depression serotonin reuptake inhibitors, Sri Sri third time and re uptake inhibitor SSRI is I think they called and that didn't work. And he goes through all sorts of different things. And he finally settled on meditation and it, by the end of the book, he says, when I learned to meditate really well, I was 10% happier. Okay. And that's, that's the title of the book. He also wrote another book and it's called meditation for fidgety skeptics. And he you know, he's, he's, he events himself to least likely posts and meditate.

Warwick ([00:51:32](#)):

He doesn't like to, he doesn't use touchy, feely words. He doesn't talk about heart or shuck GRA or any of that sort of stuff. And you know, he says, it'll just gives him the heebie jeebies. But meditation for fidgety skeptics is, is, you know, he said, Oh, I CA couldn't meditate. And I was fidgety skeptic and stuff. And he finally learned how to do it and actually traveled around the country in a big bus. He took these meditation expert with him and they'd go to a lot of businesses and stuff and teach them how to meditate. But in certain parts of the country of the USC, certain parts of the country, when they went into big businesses, they wouldn't call it meditation. They were saying, we're going to teach you how to do mindfulness, Bryce mindfulness based stress reduction, because some people would just reject the term meditation, like, Oh, we're not gonna do that.

Warwick ([00:52:23](#)):

And they, they, they wouldn't, they wouldn't do it. So, yeah. Mindfulness based stress reduction. Another really good book about stuff like that is where is it on my list here? I have it on my list right here. And it's called mind hacking by sir John Hargrave. And this, if you are one of those people who are not into Woohoo at all that would still like to have some of the benefits of that sort of thing. You know, if you're not spiritual at old, his book, mind hacking is an amazing book on that because it gives you a whole list of things to do, but he doesn't, they're all very spiritual stuff in a work stuff, but he takes all that away from it. And so, you know, he doesn't, it doesn't even call meditation meditation. He calls it memory practice. I think concentration practice is what he calls it.

Warwick ([00:53:16](#)):

And he talks about, there is a competition. They have, that's called the memory world championships. And so people go there and they'll like, they'll give him, you know, you get to look at a piece of paper and it's got 237 numbers in a row and you gotta look at it and see how many, you can remember that sort of thing. And he says those people, it's not, that had good memories. They could concentrate is. And that's just about being present. And that's what, that's what meditating doing is concentrating on what you got to concentrate on, which is, you know, in most cases, when you first start, it's focusing on your breathing, but even before he had to do something like that, he cause cause, well, let's talk about meditating for a little bit.

Speaker 3 ([00:54:00](#)):

When you first

Warwick ([00:54:01](#)):

Start to meditate, usually they'll do have you do it in a city position and that will have you focus on your breathing. Okay? So that you are aware of when the breath comes in and you're aware of when your breath goes out and then you're aware of when your breath comes in and you're aware of when your breath goes out. And what normally happens is this is what a meditation session will sound like. So my breaths coming in, my breaths, going out, my tummy just rambled. I wonder if I'm hungry. What time is it? That's only three 47. So it's probably about two and a half hours till dinner time. Wonder what would happen. But Dina, what if having chicken? I like chicken. I want that chicken one. It was alive. It was a boy chicken or go chicken. I wonder, I want to have chickens.

Warwick ([00:54:47](#)):

Might I wonder when, you know when the little babies and the little yellow, little baby ones, and I wanted to hit you until the boy for a girl from then they liked the ones you see the Easter. He stopped. Oh, I like ACE eggs. I like chocolate. Oh, I'm supposed to be thinking about my breathing. I suck at meditating. I was supposed to be thinking that my breathing, I was thinking about chickens and food and chocolate and yeah, I get up. That's how most people's meditation journey will go. Well, the thing about meditating, what you've got to realize is it's about being aware of your thoughts. And so you were thinking about your breathing. I'm thinking about my breathing. I thought you meant my breathing. And then you started thinking about your tummy. Then you started thinking about Dina and you weren't aware, you were thinking about it.

Warwick ([00:55:30](#)):

And then you're thinking about chickens and you went away. You're thinking about it. Then you're thinking baby chickens, and you weren't aware, then you that Eastern, you weren't aware, then you

thought about chocolate. And then all of a sudden you realized, I'm thinking about chocolate and not about my breathing. So right then. And usually that most people were at then go, Oh, I suck. Right? Then you are present. You are a way of what you're thinking about. Congratulations, give yourself a clap. You've just succeeded. And for the most part, people right there give up because they go, I can't do it. And so the sir, John Hargrave has got a great way of looking at that. He says, when you, when you first started doing this, what he calls concentration practice, and you're supposed to be concentrating on your breathing. He says, give yourself a point. But every time you realize you're not focusing on what you're supposed to be focusing on. And what happens is, let's say you sit to meditate, concentrate for 10 minutes. You will go off on a three minute tangent about chickens and Easter and chocolate before you realize you're doing it. And you go, Oh, that's one point and then you'll do it again. And then you do it again. And then your 10 minutes is up. So in 10 minutes, you'll get three points.

Warwick ([00:56:41](#)):

But other time you'll be going. I'm focusing my breathing, my breath coming in my breast, going out. My tummy is rumbling. I wonder what's for dinner. I am thinking about what's for dinner. Give me a point, go back to your breathing. And so you will end up with a hundred points in 10 minutes because you will notice your mind wandering sooner. Okay? And the thing about meditating is most people, like I said, they give up when the mind starts to wander because they think they're failing. Everybody's mind's going to wander. It's just what you do with that, that information you can either go, I suck or you can go. I am now present. I'm going to get later on to a book by fun. I'm Eckhart totally. Or two books by a car. Totally. But Eckhart totally says, when you realize you are not present, you are present.

Warwick ([00:57:30](#)):

It's when you don't realize you're not present, that's when you're not present. And so so that's the, that's the, that's his take on meditation. But even before he has to do that, because it's being aware of what you're thinking about. Even before you do that, he has to do an exercise that goes for the next 24 hours. I want you to as many times as possible to stop and think, what was I just thinking about it? Now, the reason I right or wrong answer, let's say you you're supposed to be sitting at your desk. And you're a, you're a CIA analyst because Robin and I had been watching this show where everybody's a CIA analyst. So you're sitting at your desk and you're supposed to be your COI analyst. And you're supposed to be thinking about your work. And all of a sudden, you start thinking that going for a run at lunchtime, you go, Oh, what was I just thinking?

Warwick ([00:58:14](#)):

I always think that gun for not less time chick or you're sitting at your desk and you're a CIA analyst and you're thinking about your work and all of a sudden you stop and you go, what was I just thinking that I was thinking about my work check. It doesn't matter. What you're thinking about. The thing is that you start to check in on yourself, what you were thinking about. And he has you practice that until you get to way you don't go very long before you check in on yourself. And that's even before you started the meditation stuff. He's, it's, it's a, it's a great book. I would recommend it to most people, even if you are quite spiritual, because he has you do spiritual practices without even naming them net. You know? So if, if you're not into Shakur, as they speak, doesn't apply.

Warwick ([00:58:55](#)):

But if you're into shocker. So one of the, one of the meditations I do, and I'll tell you later where I learned it is you close your eyes and you, when you breathe in, you imagine breathing in through your

third eye, which is in between your eyebrows and out the top of your head, which is what they call the crown chakra. And then when you breathe out, it comes down from the top of your head and out your chakra. You, you picture it coming out, your Adam's Apple, and then you breathe in there up at the top of your head and then down out your heart and in your heart at the top of your head and then down and out, your solar plexus. And you go through all that. The shock was that way. And so this guy he's, he's got different types of concentration training, and one is your breathing, but the next one is he calls it your,

Warwick ([00:59:41](#)):

Oh, I forget what he calls it. But he basically has you think about your third eye and then he has one and he calls it the, I forget what he calls it too, but it's about thing meant to throw it, but then he has you thinking to match your hot chakra, but he calls it the, Oh, the Jetta, the Jetta breathing technique of the jet concentration of something or other. And he, so he has you think about these things that are known as shock, whereas he doesn't call them shockers and doesn't spook anybody that, that he's not into. We stop. It's just an exercise and everything he does is like that. It's a pretty amazing book. Great, great, very, very good book for 'em helping you with those practices, but you you're averse to kind of woo woo stuff. So speaking of woo stuff for me to get to some of the Woolworths stuff, a book called the biology of belief by Bruce Lipton.

Warwick ([01:00:37](#)):

Sorry. I had to think of it was for a second. So I, Bruce Lipton is a a scientist and he talks about basically the biology of belief. It's, it's the, the science behind believing things. And if you like that book, you can get another one by dr. Joe Dispenza called you are the placebo. It's about the placebo effect and the bliss. You know, if you're not aware of what the placebo effect is back in the 1950s, up until the 1950s, I think when they were doing trials on drugs, they just, they just gave everybody the drug, but what they started doing when they were doing tests, you know but what they started doing was giving half the people that drug and half the people, a sugar pill and checking on the results of that and the placebo effect, the, the thought that you are getting the medicine that's going to fix you.

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

I think that results are about 50%, meaning you get a 50% success rate just through the placebo effect. And I actually read a, it was in a different book. I was reading just the other day, but this guy came into a emergency room one night and he was sweating profusely. And he was like, I, I O deed, you know, he took me, he took all these pills. He said, I have a deed. So they got him, you know, they took his blood pressure and stuff. And his blood pressure was through the roof and he's posted through the roof and he was sweating profusely, you know, he's, he's ODN. And they said, what did you take? And he goes up the bottles in my pocket. So he gets it, I get the bottle out and I look at this bottle and it doesn't have a brand name or anything on, it just has a series of numbers on it.

Warwick ([01:02:14](#)):

And I said, what are these numbers? And he said, I'm part of a trial at their local university. They're this study on these, these things. And, you know, I just couldn't hit it any longer. And so I just took all the pills and I wanted to do away with me. So, and so they get a hold of the university and they read the numbers off and they say, so what is this stuff? This guy's given. And the professor laughs and goes, they're sugar pills. And so they went back and I told him, Hey, you're in this study, but you're the placebo guy. You got the sugar pills. And 10 minutes later, he's hot had turned red. Normally his blood

pressure readings returned to normal. He thought he'd overdosed. And so his body overdose. So that's what that whole UL placebo, that book is about. The biology, biology of belief is all about the, the science of that.

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

And he talks about the talks about epigenetics to where you can change your own genes by the thoughts you think. And this is really pretty technical sort of stuff, but it's very cool. Another really good book along these lines is something is a book called becoming, becoming supernatural by dr. Jody spins. And it is really about the same thing. It's about your, the, the links between mindset and physical health. And he's got a meditation that, that it's a 45 minute meditation, but I've done it quite a bit. And it's one of the ones that really got it really helped me a great deal. But yeah, it's, it's, it's a very good book. And he, he quotes some really interesting stuff in there. You know, if you listen to the first podcast and I was talking about intention and your energy and your thoughts and all that stuff, how they affect a horse, you know, because it's basically everything's energy.

Warwick ([01:03:58](#)):

Something dr. Joe Dispenza talks about is that, you know, everything solid is made up of atoms. But if you have a look at an atom, an atom is a, a nucleus that's orbited by an electron. If you look at the what's internet, I'm that, that nucleus. So let's say that, let's say that I'm nucleus was the size of a, an SUV. Okay. This is the way he describes it. That nucleus was the size of an SUV, the atom, I mean, sorry, the electron. So this is an atom inside the atoms and nucleus. That's the size of an SUV. The electron is the size of a pea, but the size of the atom is I can't remember if it's 3000 square miles or 30,000 square miles. And that's all it is. It's like a car with a P zooming around it so much that it makes it appear solid, but it's not, it's just energy.

Warwick ([01:04:58](#)):

I know that sounds a bit wacky, but that's what, that's what makes up a an Adam. So everything's, everything's made out of that. So what actually appears solid is just energy. And, you know, like I said, I was talking of the day and that first podcast about now thoughts, you know, our thoughts, our energy, all that sort of stuff. It's really, really important with horses. But if you learn, it affects other things, it makes even most sensitive. But in this book, he talks about an experiment that a French fellow did. And so he took this guy, got a you know what those robot vacuum cleaners look like. We've got one it's called a Roomba. And they, they go along and they hit a wall and they turned and changed directions. And they hit his leg of a chair. And the tone changed directions while I'm in this experiment, this French guy did, they made up a thing that was like that, but it would change directions, rambling randomly.

Warwick ([01:05:55](#)):

So it's a computer generated directional changing robot so that the computer randomly had changed directions. And they put it in an area, the size of like say a tennis court. And they let it go in there for quite a long time. And they tracked where it went to. And if you look down from above on it, it basically used the whole area, covered the whole area rather equally. And so given long enough it'll cover the whole area equally. And then what they did was they took some baby chickens, okay. Australians, we call them chucks. We in Australia, we call the baby ones, chickens and the big ones at chucks, but they took some chickens and they imprinted them onto this robot. So, you know, baby birds, whatever they see move first, they think it's mom and they can imprint on it. You can imprint them on a person, or you can print them on a duck or whatever you want.

Warwick ([01:06:45](#)):

So the imprint of these chickens onto this directional change, random directional changing robot. And they put the chickens in there with it. And of course the direction didn't change because the little chickens were falling around. But what they, and this is the real trippy part is they took the after while they took the chickens out of the place and they put them in a little cage on the end, on the outside of this tennis court sized area. And so what do you think those little chickens brains were doing when they were out there? They're looking over at the robot going, mommy, mommy come out of, he came out of, he came out of here when the chickens were placed outside. The thing that robot only used that half of the tennis court shaped area, because the thoughts of the chickens are pulling it over there. I know that's probably pretty hard to believe, but these are all scientific studies. So anyway, so that's, that's a fascinating book if you're really into woo stuff. But you know, I'm really into the science of the Wu stuff and dr. Joe Dispenza and Bruce Lipton. I mentioned them.

Speaker 3 ([01:07:47](#)):

They both are

Warwick ([01:07:48](#)):

Really, really into that. Another really good book that I read was called mind to matter by D Dawson church. And it's docent church, explain to the science, how our minds create matter how different intentions produce different fields and different material curations. And that's another fascinating one on that subject. If you're up, if you're that far down the rabbit hole, like I am, it's pretty interesting. You want to go a bit further down the rabbit hole, and this is not the, this is not so much the science of that sort of stuff is more the spirituality of that stuff. Ram does polishing the mirrors. So rammed us is actually the author's name and the book's called polishing the mirror. And rammed us was a guy. He actually was a Stanford university professor back in the day, they get to actually experimenting in psychedelics.

Warwick ([01:08:41](#)):

And he found that when he was doing psychedelics, so him and a fellow named Timothy Leary experimented a lot with, I think with LSD, but they found, he found that when he was on psychedelics, he had access to wisdoms and insights that he wouldn't have done without the LSD. But what he figured out was the, it's not that you want to stay on psychedelics all the time, but they can introduce you to, they can make you aware that there's the possibility of looking things at things differently. And so he ended up going to India for quite a long time and found himself a guru there and became this spiritual teacher guy. But so he in this book started the book. There's an interesting story where he's come back. It's in the early seventies, I think he's come back to America and he's doing a lot of lecturing.

Warwick ([01:09:31](#)):

And most of the people that come to his lectures are young. They wear long white flowing clothes. The girls have flowers in the hair. The guys have long hair, you know, but in one of his lectures sitting in the front row was this little old lady she's about 70 something or other. And she's got like patent leather shoes on a patent leather handbag and a nice, you know, knitted sweater sort of thing, and a dress. And she just doesn't look, it looks at a place there. And while he was talking, her head was nodding a lot and he was starting to think she had a bit of a palsy. So she stopped. He stopped talking and she stopped nodding. And when he started talking again, she started nodding. And so he said to him, can I ask you a question? And he said, she said, yeah. And he sit down

Speaker 6 ([01:10:15](#)):

What

Warwick ([01:10:15](#)):

Led you here? Like, why, why are you here listening to me? And she says, Oh, that's easy. I crochet. Now, if you're wondering what the, the, the common denominator between those two is this lady, when she crochets she's present, she's in the moment. And that's what he's talking about. Ramdas is all about being in your own body in the moment. So she doesn't obviously crochet and think about all the problems of the world. When she crows, Sage, she is putting the needle in the hole, flipping the biddable gun around, putting the needle in the hole, flipping the bit of yarn around. It's kind of like people that, that garden, you know, my mum is an ironer. She irons all the time, but she doesn't iron, like in the living room, in front of the TV, she irons in the laundry. So the awning boards almost up against the wall in front of her, and she will be in there and she'll on for hours, almost facing a wall.

Warwick ([01:11:12](#)):

But when awning that shirt, she's awning that shirt. She's not on that shirt thinking about the problems of the world she's awning. And so, you know, anything can be a spiritual practice if, while you were doing it, you have focused on it anyways. So that rammed us polishing the mirror. That's a really, really cool book. Another really cool book. It's really good to read. If you're on the bit of this path is the untethered soul by Michael singer. And it's, it starts out talking about the voice inside your head. And he says, so, you know, if you, if, and he starts talking about you saying, you know, talking about the voice inside your head, and if he said now, if right now you're thinking to yourself, voice I'm some head, I don't have a voice inside my head. He said, that's the voice inside your head.

Warwick ([01:11:58](#)):

And so it's, the whole book is about, is about stepping back and examining that voice and getting to know that voice and knowing that voice is not you. And he said, it's a shocking realization when you first notice your mind is constantly touring talking. And if you're hearing it talk, it's obviously not you, you're the one who, he's the voice and you the one who notices that talking, but that's not you. And it's, you know, everybody does this, but when you start listening to that book, living from a place of surrender by Michael singer, I mean, sorry the untethered soul by Michael singer, it's fascinating. And then he's got a follow up book that's called living from a place of surrender, the untethered soul in action. So it's basically how to do this stuff. That's another book, but

Speaker 2 ([01:12:49](#)):

Yeah,

Warwick ([01:12:50](#)):

It's pretty fascinating stuff. And it all gets into, you know, it really gets into your psychology. And if you really want to get into psychology stuff, I got some old books for you. So these next three books I'm going to talk about. He have a lot to do with trauma. And the first one I'm going to give me all of the ones I read him in is called waking the tiger by dr. Peter Levine and waking the tiger was the first one I read about trauma. And it's, it's the first one I read about trauma. And, you know, I'm not even going to try to summarize it, but it's, you know, it's only about trauma. Trauma is not really what happened to

you. Trauma is unresolved things about what happened to you. The second one of his I read was called in an unspoken voice by the same guy, Peter Levine commits about how the body releases trauma.

Warwick ([01:13:41](#)):

And then the third book I want to talk about in that little series is by a different author. His name is Bessel van der Kolk, K O L K. And it's called the body, keeps the score. And it really talks about, Oh, all sorts of really cool stuff about trauma. And Hey, it's this fascinating books, but, you know, I couldn't even start to try to describe them to you. Another cool book misses getting more back, sorry. Back towards the spiritual sort of stuff is called metahuman by Chopra. And there was some things in that book too, where you have to, I will listen to a lot of books so that when I listened to her head to press pause and stare at the wall for a minute to think about it. So it was quite good. All of these are nonfiction, but there's three fiction books that I have read that are quite nice. Bose, you'd call them spiritual, they stories, but they, they teach you something. So one's called the way of the peaceful warrior by Dan Millman. And it's almost autobiographical, then there's the Alchemist by Polk or halo and, and a lot of people that read the Alchemist, and then there's another one called the soliciting prophecy by James Redfield and all three of those.

Speaker 5 ([01:14:55](#)):

Huh.

Warwick ([01:14:55](#)):

Really, along the lines of a story that makes you come to some deeper truths about yourself or the world. By the time you get to the end of the story, that's about it for nonfiction those three, I mean, sorry for fiction those three, but they're still really good to read. Now. One of the best books I've ever read is called the mask of masculinity by a fellow named Lewis house. And Lewis Howes was a I think he was a college athlete. He played college football here in America. He was in the NFL for a little while I think, and then he became a decathlete, but and he became quite a successful athlete, but then he watched a TV show. One time called the TV documentary. It was called the mosques. We way, when it was about, it was about how men, you know, when you're young, you're taught boys don't cry and don't show fear and all that sort of stuff. And he really,

Speaker 5 ([01:15:54](#)):

That

Warwick ([01:15:55](#)):

He'd become successful because of a failing because of a mask. He used to hide his emotions. So he started to look into all these masks and he figured out that there's nine different masks that men use to, to hide their emotions. And what happens a lot of times with these masks is when you're younger and you're not supposed to show emotion, you know, back in the day,

Speaker 5 ([01:16:17](#)):

You okay,

Warwick ([01:16:18](#)):

Invent you, you work on these skills that you use so that you don't have to show emotion so you can hide them. So there's nine of them is that the stoic mask, which means, you know, nothing bothers me mask sort of thing. So this Dyke mask tends to be more of a shutdown thing and anything the athlete mask to, whereas if I can be in a, the old star jock, no one can kind of question me the material mask, which means, you know, if I have all the cool cars and the cool boats and maybe even the cool horses no one will question my manhood or whatever. The sexual mask, you know, if I can say, I've slept with so many women, you know, that means I'm, somebody's the aggressive mask. And you see this a lot, you know, people that want to fight everybody at the drop of the hat, you know, you can't, you can't ask him a serious question or question their, you know, their thoughts or anything because they will just want to fight ya the joker mask.

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

And so this one's really interesting. He talks quite a bit about Robin Williams in this. And he said, everybody thought Robin Williams was having a great time, but he talks about the there's a place in Los Angeles called the comedy store. I think it's called. And it's where a lot of aspiring ex comedians get this stud and the guy that owns a place realizes now that if you are a professional comedian, you are quite possibly severely depressed because how you get to be that good at jokes. He's when you're younger, in order to avoid having a serious conversation and serious stuff comes up, you will crack a joke and you get really good at cracking jokes and you get so good at cracking jokes. Your life becomes your life, but before you can work at the comedy store in LA, the guy that owns it makes you go and see a therapist because you are quite possibly severely depressed. So that's, that was a really interesting fact. I found in that book, the invincible mask on, it's probably a bit like the stoic mask, the alpha mask, that's like the alpha male mask. And then there's the nodal mask. And I'm very familiar with that one. There's a few of those marks I'm familiar with, but that one there I have been quite familiar with in my past. So yeah, so that

Speaker 3 ([01:18:30](#)):

Book, it

Warwick ([01:18:33](#)):

Really makes you as a man. It makes you think about if you ask, because what can happen is a lot of times you can be successful. And the reason you're successful is from a filing that you have that you're covering up and, you know, like the athlete mosque or the, you know, the invincible mascot, he says in that book, a lot of CEOs actually a CEO is because they've got problems, not because of they're brilliant business guys. So yeah, very, very, very fascinating book. And recently here on social media, and especially in Australia, there was that social media challenge going around to bring awareness to men's mental health, to where you either give \$50 or \$200 or something to a mental domains, mental health charity, or you have to do,

Speaker 3 ([01:19:21](#)):

Mmm,

Warwick ([01:19:22](#)):

Drink a raw egg drink, two tablespoons of sugar, a shot

Speaker 3 ([01:19:26](#)):

Of hard alcohol

Warwick ([01:19:29](#)):

And chug a and several people, you know, you tag somebody else in it to do it. And several people tagged me. And I actually said, I'm not going to do it because, you know, you've gotta do four things, the, the egg, the sugar, the Rommel whiskey or whatever, and the beer. And I said you know, three of those things, the sugar,

Speaker 3 ([01:19:50](#)):

The, the the whiskey or whatever, and the beer, right?

Warwick ([01:19:56](#)):

Oh, three highly addictive things. And that's a big thing that contributes to men's mental health. I said, if you hear, you want to challenge you, I challenge you guys to read this book, the mask of masculinity, if you want to challenge, read that book and it will affect you some way, and it will probably make you change how you go about things. And now the book that I read here a couple of years ago was called backbone. And it's, I was, it was funny. We were in Hawaii on holidays. And when these little kind of like a hippie shopping and they got little statues of Buddha and some little incense burning and stuff like that. And over in the corner was his bookcase that I couldn't even say the front of the book case. I could just say the side of it. And for some reason, I walked over there, looked in the book Christ and grabbed the spoken.

Warwick ([01:20:39](#)):

It's one of the best books I've ever read. It's called backbone. And it's about a men's, you know, how to be a, feel like a complete man or whatever. And, and in that, I don't mean a complete man, a man who feels complete in that book, he talks about most men spend all their life trying to find four things. At the same time. They want health, love, health, material, wealth, and vocational success. And most men spend all their life thinking if I could just be healthy and in love and have vocational success where I was at the top of my job, and I had material wealth, I had all the toys I could ever want. I'd be happy. And what he says in that book is most people don't ever get this. So they, they spend all their life under the illusion that they could get there.

Warwick ([01:21:34](#)):

Once they got there, they'd be happy. But he says, once, if you're lucky enough to get there, what you realize is you're not unhappy. And he says, really this the real thing you've got to have you get over these three things, not those four things, but three other things. Number one, you've got to have a purpose. You want, you got to know why you here. What's your job here on earth. Number two is you have to have a deep and authentic spiritual belief. And that does not necessarily mean you religious, but you have to have a spiritual belief. And I think Renee Brown has a great explanation of what she calls being spiritual. It's, it's having a connection and understanding and a connection to something bigger than yourself that connects us all. So anyway, number one, you're going to have a, you're going to have a purpose in life.

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

Number two, you're going to have a deep and authentic spiritual belief. And number three is you got to get rid of your bullshit. And a lot of the book is about to get rid of the bullshit part. It's, you know, it's almost like you want to say to a therapist, but yeah, very, very, very, very, very good for, for men. That brings me to a book called game changes by Dave Asprey. So I don't know if you guys know who Dave Asprey is, but if you have ever heard of Bulletproof coffee, you have heard of Dave Asprey. So that's one of the companies he has, but Dave Asprey was a Silicon Valley guy, and he'd been morbidly obese all his life. Couldn't get rid of the weight, whatever. And I think the story goes that he he was, had some sort of a Silicon Valley startup company or something rather.

Warwick ([01:23:06](#)):

And he sold it, I think for a lot of money. And then what he decided to do was take that money and research why he couldn't lose the weight because he used to work out four hours a day. He ran what they told around. They lift what they said to live. He they'd eat what he said to eat. They he'd sleep as long or a little, as I said, this sleep, and he couldn't ever lose the weight. And when they did research, they found out that he was allergic to mold and there's a lot of mold in coffee. So he's he being other white was, was him having his body, having a reaction to mold and has a lot of mold in regular coffee. And so he started producing this mold free coffee, which is which he calls Bulletproof coffee, but he's turned into a real biohacker you know, trying to fit.

Warwick ([01:23:47](#)):

He reckoned is going to live to be 180. He's figured out all the ways that we age and our bodies break down to stop. And he's reversing all those things, but he reckons he's going to live to be 180. And so he started up a podcast called the Bulletproof radio and he interviews all these game, changing people from around the world, spiritual people and inspirational people and sports people and business people. And he interviews all these people. And at the end of each interview, he asks them, what are the three things? You, you attribute your success to. If you're going to suggest three things to other people, what would it be? And so interview, I repaired it to easy interviewed 400 people. And then he took the common denominators of all of these three things of the 400 people and turn them into a book.

Warwick ([01:24:34](#)):

And it's called game changers and it's least game-changing things these people have done. And it's chapters on, on one of them. Funnily enough, the first chapter is on meditation. All of them have a meditation practice, but pad my through the book he gets into now it must be biohacking of some sort, but he talks about this. He said, there's a doctor in Silicon Valley who, so we live where we were at at the bottom end of Silicon Valley here in California. There's a doctor in Silicon Valley who does this groundbreaking work with STEM cells. And what he does is he'll pull fat out of your body, spin it, spin the STEM cells off and inject them into like all of your joints, if you had sports injuries. And so Dave's had every joint in his body injected with his own STEM cells, because he had a lot of injuries from lifting weights, trying to lose the weight.

Warwick ([01:25:27](#)):

And he says, he feels like he's 18. Again, I think Dave's almost 40 in the, I think some like that. But so I was in Australia a couple of years ago, listen, I was doing clinics and I was driving and I was listening to this audio book. My wife had got it cause she's really in a Dave Asprey. And he was talking about this guy, that's injecting STEM cells into joints, but he said, he also does this thing where he injects your STEM cells into your Vegas nerve. And your vagus nerve is like the super highway between your gut,

your heart, and your brain has a lot to do with your emotions. And he inject STEM cells in your Vegas nerve. And it gives you a complete emotional reset. And we'll, I had just spent a year going to a therapist once a week, driving an hour each way to go and see a therapist once a week.

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

I'm like, you mean there's a procedure I can do instead of doing all the hard work. And so when I got back from that trip from Australia, I emailed them and then ended up making a, an appointment to have a phone consultation with him. So I talked to him for an hour and I told him what I wanted to do. I said, I wanted to do that thing with the vagus nerve. And he says, ah, we call that a stellate ganglion block. But he asked me a lot of questions. He said with you, I don't think we're going to do that. We're going to do something a bit different. I'm like, okay. So he made an appointment for me to go into his office. And my wife Robin came with me. So we sit down in his office and we chatting for a bit and suddenly he's phone buzzes.

Warwick ([01:26:52](#)):

And he, he looks at it and he goes, Oh, hang on, hang on. I'll be, excuse me. I'll be back in one second. And he goes out in the hole and he's on the phone. And he's talking to someone about TV sound like he's talking about a TV show. Like, I don't know if he's talking to his kids about what they can and can't watch it. I don't know what he's talking about. And he comes back and he's got these funny look on his face. Like he's got some bad news or something and he sits down. I said, you okay? And he goes, yeah, I'm, I'm fine. He goes, he said that. So HBO. So the TV network, HBO, they doing a TV show. He said, have you ever seen the TV show house about the doctor that solves all those crazy things?

Warwick ([01:27:31](#)):

I'm pretty sure you've all seen house. He said, they're doing one light black house, but it's actually based on me, the work that I'm doing here. And he said, and they just, they just told me that my character is a sociopath and I'm sitting here wondering him. I associate pet, which was pretty funny. But anyway, so they, after we chatted for an hour, they took me down the hole and they hooked me up to a drip of something called NID. And NID is a cofactor. So I don't know what NID is. I don't know what a cofactor is, but apparently you you're born with a certain amount of this stuff. And as you age it depletes and drinking depletes. And I used to drink three beers a day for 25 years. Don't really anymore. But I used to. And so they hooked me up with this thing and I spent four and a half hours getting this drip slowly fed into me.

Warwick ([01:28:21](#)):

And then when we're done with that, they had a, a G gong energy healer come in the room with me and the nurse hooked me up to another infusion, but this was an infusion of ketamine. So ketamine is a, an anesthesia, and it's the only anesthesia they can keep they get. And they use it for dogs and horses and stuff, but they only anesthesia that puts you out, but you keep breathing. So you don't need a respirator or anything like that, but it's also a psychedelic. So the kids use it as a potty drug. They call it special. K. And so they hooked me up to this Ivy and they actually gave me a psychedelic trip. I'd never done any psychedelics before. So I had no idea what to expect and part of our consultation and his office was about what to expect from this.

Warwick ([01:29:09](#)):

And from what I've read about psychedelics, it's all about set and setting like what your intention is going in and who you're with. Like, if you did that in a house full of other young kids doing that, it'd be crazy. But if you're sitting in a quiet room where there's you gong energy healer, it's apparently transformational, but it's supposed to be going to reset my nervous system, especially you're supposed to go offline for eight hours. And then the next day or eight hours later, you're, you're, you're nervous your emotion system supposed to kick back in back to factory settings. So we did that and it was Robin was in the room with me. I just sat in a chair and it was supposed to last about 45 minutes. It lasted about 25 minutes. And it felt like about two minutes. And it was just a very, very, very vivid kaleidoscopic, fractal sort of a dream like the brightest college I've ever seen.

Warwick ([01:29:56](#)):

And it kind of like being on a kaleidoscope rollercoaster, he's gone as the best thing I, but ah, but I thought I was gonna, you know, see the face of God, you know, meet my maker. I don't know what it was, but anyway, it wasn't what I thought it was going to be. And so I went home, got up the next morning, didn't feel any different. So that was about four o'clock in the afternoon. It happened. And my time got up the next day didn't feel any different. And the next day I had to, that I had to fly to Washington state to present at a horse expo was so I was in San Jose airport about three o'clock the next afternoon. So about 23 hours after it, we did it. And all of a sudden I get this boom in my chest and it went, it moved down in my stomach and in world around in there.

Warwick ([01:30:39](#)):

And then it kind of stayed in my solar plexus. And then after that, I you know, I'd be talking to people, I get these sensations in my body that I'd never gotten before. And it's, you know, it's emotional feedback from other people. It's, it's apparently it's what they call emotions. I'd never felt those things before. So it was a very, very interesting to to feel those things. But anyway, so that's, you know, that's one of the things that was in Dave Asprey's game-changers book, you know, another really interesting book that I've read is by a fellow named Rupert Sheldrake and it's called the sense of being stared at, and it's all accounts of just exactly that, the sense of being stared at, and it's all about that intention. You know, like if someone's looking at you, you can actually feel their energy looking at you if they, if they staring at you.

Warwick ([01:31:33](#)):

And he talks to like covert operators, like CIA spies and things like that. And they saying, if you're tracking someone through a credit city, don't stare at them cause they can feel it. And he talks to hunters and a lot of big game hunters and big hunting guides and stuff like that. And they talk about how they never mentally picture their pray and stuff like that because when you do you find them, and it's funny, I grew up on a shape and weight farm and in the Riverina region of new South Wales in Australia. And when the use the sheep, female sheep use a lambing, the light and the lamb, and sometimes the crows will come down and nest on their heads and pick their eyes out. So you have these use with, they're just these bloody ice sockets with no eyeballs in the end, you gonna shoot him and, you know, database at Rodan, host, checking the check and use or whatever.

Warwick ([01:32:27](#)):

And he'd find some that had their eyes picked out and this crows around. So he'd go, okay, I'm going to go home and get the gun. So he'd go home and get again. And when he come back, there's not a crowd to be fan. And he always told me, he said, it's so much like they know when you have a gun because

when you don't have a gun, there's lots of Miranda. When you have a gun, you can't find him. But after reading this book, I think it's the fact that dad didn't carry a gun all the time. But if he went home and got the gun, he went, I haven't got the gun. Cause he's going to shoot a Crow. When he's thinking about shooting a CRO. And that might sound a bit too far at Farfetch for you, but, but he always said, you can, you never see a Crow when you've got the gun.

Warwick ([01:33:03](#)):

And so I think that might be a bit more of that stuff. You know, I really think the animal kingdom since is a whole lot more than we actually give them credit for it. And speaking of the animal kingdom is one of the book I want to talk about. He, and it's called a kinship with all life. And this book is about the only, you know, I think a lot of these why of dealing with horses now and actually it's just the way of being sort of thing right now. He's quite quite spiritual. And you know, a lot of the, a lot of the stuff we talked about in horse training, a lot of it came from was a derivative of stuff that Tom Darren said and bill Dorrance and Ray hunt said, but the thing is, you never heard those guys talking about spiritual stuff.

Warwick ([01:33:49](#)):

Really. I think they lift you to figure that out. But this book, a kinship with all life, which is basically about, it's almost about animal communication, but I was talking to someone he a couple of years ago who spent a lot of time with Tom Dorrance and with Ray hunt. But he said, Tom, Dawn's suggested everybody that they read this book, it kinship with all life. It's not very big. It's called it's by a fellow named J Allen Boone. It's not very thick. So it's a quick read, but it's, for me, it's about the only, the only obvious connection I can see between the Darren says and spirituality. And I, you know, I've read the books and stuff and it doesn't mention it point blank in there. I mean, I imagine when you get, that's what they're on about and you go back and read, it's like, Oh yeah, I get it now.

Warwick ([01:34:36](#)):

But it doesn't point it out. But this book, he really kind of kind of cements that. So that, that there is a pretty cool book. And so I've got one last book I want to talk to you guys about, and it's by a fellow named Scott County and funnily enough, Dave Asprey wrote the forward in it, but it's a five finally I'm Scott County and it's called the wage. And he says, the wedge is the space between your environment and your reaction to a sensation or a stimulus that has been shaped by your life experiences. And so it's really about controlling, controlling your response to certain things that happen to you and Scott. So the cover says the, which evolution, consciousness, stress, and the key to human resilience is by Scott County, New York times bestselling author of what doesn't kill us. And so the wedge is that the gap between what happens to you in your reaction to it, and he does a number of different things.

Warwick ([01:35:38](#)):

You go, you know, he's a, he's a writer and travels around the world and does a number of different things in this book. And something that he, he doesn't really focus on the book cause he's done it before. But if you've ever heard of the Wim Hof method, so Wim Hoff is this crazy, Oh, Scandinavian, I'm one of those skinny and even countries. And he holds the world record for the longest under, I swear me, hold the world record for the longest ice bath. He has a climb Mount Everest wearing nothing, but Oh no, he's climbed Mount Kilimanjaro, sorry, wearing nothing but a pair of shorts, no shoes, no shirt. He has run a marathon in the middle of death Valley in the, in, you know, one of the hottest places in the world in the middle of summer without drinking any water.

Warwick ([01:36:24](#)):

So he's basically learnt how to hack the autonomic nervous system. He a back in the eighties and nineties, I think they took him into a university and they did a lot of studies on him and they injected him with a bacteria that's supposed to make him sick and his buddy could re could stop it. And for a while there, they thought it was just him. Like he was an anomaly, but he had his 12 best people that he's taught come in. And they, they did the same tests on them and with the same result, but a lot of what whim Haas Hoff does, he does. There's probably two big things he does is certain type of breathing that he does. It's a, it's a it's a type of breathing that makes your body kind of go alkaline. And the other thing he does is he does cold showers, an ice bath and stuff.

Warwick ([01:37:07](#)):

So I've been doing a bit of this Wim Hoff stuff for a year and a half. Now. I I'm been taking cold showers for a year and a half. And recently I will, earlier this year, we got it. We bought a chest freezer. And so I take daily ice icebergs in this chest freezer. So I'd spend two minutes in this chest freezer full of water that, you know, you don't keep it turned on all the time. Cause I'm freezing with solid block of ice, but you've got to kind of turn it on and off to regulate what the temperature you want in there. And I had, we had stopped using it for a while. So I've only been back in it about a week now. And so I've got the temperature down to about, it's only Chile now it's not cold. I think it's about eight degrees Celsius.

Warwick ([01:37:47](#)):

So about 48 degrees Fahrenheit, I'll probably get it down to about high thirties Fahrenheit. So probably about four degrees Celsius. I'll probably get it down to, I don't know if I'll get it much colder than that, but the thing about, so the thing about icebergs and this is what this wedge is about. It's about what happens to you and you, and that's the wedge between what happens to you and your response to it. And so what you do with these, especially with the cold showers and the ice baths is you've got to learn to control your breathing. What tends to happen is when you turn the shower with a cold or you get an ice bath, the first thing you'll tend to do is you'll take that short, sharp breath. And that, that activates your sympathetic nervous system. Okay. Your fight or flight nervous system.

Warwick ([01:38:32](#)):

What you've got to do is control your breathing. You know, I try to breathe in for five and out for eight. So really long out breath and your out breath is involved in the parasympathetic nervous system. And so thinking about boxes, you know, short, sharp breaths, and that gets you up and long at breaths gets you down. And so what you've got to do is you've got to be able to, what I do before I get in the ice bath is I breathe in for five, for eight and I get that going and they're not getting it. And I try to keep that going. And so it's it's yeah, it's, it's a fascinating I was just going to say habit, but it's an infection I in practice to do. And the thing I like about it, so I suffered from depression.

Warwick ([01:39:16](#)):

And so the cold is supposedly good for depression. And I think I know why, because when you're depressed, you're in your head, you're thinking about something else. When you get into an ice bath, you're not thinking about something else. You're very aware of getting in an ice bath. But the other thing about it, that's so cool is that, you know, the saying is in order to grow, you should, every day you should do something that scares you just a little bit. Well, every day, even in the shower every day, it's, it's a, I've been doing it for about a year and a half now. So not so much anymore, but for probably

about a year or so, I would have a hot shower. And then I go to turn it down to cold. I'm like, ah, I might just skip today. No, you can't skip today.

Warwick ([01:39:52](#)):

Yeah. I want to know, you'd have that argument back and forth if anybody's ever bungee jumped and you've had that same argument looking down the thing, like jump down. Yes. I can't, I can't, I can't, I can't, you have that exact same thing, turn on the shower down to cold. And then having the ice bath too, it's exactly the same thing. Every day. You've got to like, nah, let's just skip it today. Like, no, we're not going to skip it. You know? So you have that back and forth. And so that's, he doesn't talk about that in the book because he's written other books about doing that, but that's one of the wages that he uses in the book he goes to, I don't know, to Lapland of somewhere out there and does a it's like a sonar thing where they have you in this hot sauna thing and it almost gets so hot when it's hot and dry like that.

Warwick ([01:40:39](#)):

You almost hyperventilate and you've gotta be able to control that something else he does. He goes to a float tank and I've done probably five float tanks. I think. So a float tank is a sensory deprivation. Most of the time, they like it, this egg shaped pod that opens it, got a lid that opens up. And so you go in there and in that pod and it's, you know, it's probably twice the size of, Oh, I'm not twice this size about that one and a half times the size of the bathtub, I suppose. And it's full of water. That's had about 1200 pounds of Epson salts dissolved in it. So it's very, it's about as dense as the, the, the dead sea. And so you're getting this strip off, you put ear plugs in and you lay in this thing naked and it supports you in the water.

Warwick ([01:41:29](#)):

Temperature is the same temperature as a body and the air temperature in the room. It's the same temperature, your body and the room. And then what you do is you pull the lid down, the lights go out. So you can't feel the difference between the water and the air. You don't know you're in water and you can't feel which part of you is touching water, which pass touch in here. Cause it's all the same temperature as you, the room is soundproof. And then when you pull the pod down, there's absolutely no light at all. And so it's a sensory deprivation chamber. And I did my first one in New Zealand. Oh, about four years ago, I think. And I've done three or four since then. And yeah, they're really, really cool. Some people freak out in them cause when you get in there and it's nothing but you and your mind, it gets a bit crazy.

Warwick ([01:42:12](#)):

But anyway, so that's one of the chapters in this book, the wedge it's about sensory deprivation chambers where else does he go to? Oh, and then, then another one he does. So he goes to Peru and he does, it goes to Peru and does lowasca. So it has an iowaska ceremony. So lowasca is the, it's a brew that is concocted by the Amazonians in South America. And it's it's its plant medicine is what it is. And it, it will give you insights into yourself and connections to the world that you've never really had before. And some people that scares the hell out of him in it. I've got to admit it scared the hell out of me because I actually went to Florida last year and did a three day Wasco ceremony. And so it's, you know, when you do that, so it's a, it's a psychedelic, the active ingredient in iowaska is DMT, which is dimethyltryptamine, which is the, I think it's the world's most powerful hallucinogen, but when you go, so I went to this lowasca ceremony in Florida last two.

Warwick ([01:43:22](#)):

Yeah. Last year at this time, last year. And so you have about a month's worth of homework before you go, like you've got to write a journal and you've got to change what each mechanic much, you can't drink any alcohol and you can't eat much meat at all. You basically go to a vegetarian sort of a diet and you've got to have, you gotta set all these intentions. It's really, really therapeutic. And so you go to these place in Florida and everybody that's, there is a licensed therapist, but they have the shaman that comes up from South America and they mix these up and it's it's

Speaker 2 ([01:43:55](#)):

It's okay.

Warwick ([01:43:57](#)):

Oh God, it's the most fail tasting stuff you've ever tasted. It's really thick. It's Brown and thick. And there's a lot of vomiting involved in things. So when you do lowasca, you're under the influence for about five or six hours, but but it's not like you're off your head or anything and you can actually get up and walk to the toilet or whatever, and come back and you're not stumbling around or anything like that. But mostly you just lay down on, on a mattress and it's mostly in your thoughts, but it's, it's an organized thing I went to and there, it was, there was 50 people there, there were war veterans that had really bad PTSD. There's one guy. They would just stand there and look at the floor and his legs would shake. There was a girl they whose parents had, she'd lost both their parents or previous Christmas to a murder suicide.

Warwick ([01:44:45](#)):

There was people who'd been heroin addicts. There's people who have been sex trafficked you know, rape victims. And it was just a lot of people have had some severe trauma. And the third day you, you wouldn't believe their faces by the third day, like, like the, the, the guy that was the, the war veteran, his name was Mike. And when we first got there, the first day, you sit in this big round tent and they're all sitting around a big circle or 50 of us, and they passed the microphone around and you've got to stand up and say what your name is and what you, what brought you here and what you expect to get out of the whole thing. And Mike stood up the war veteran, he stood up and it kind of looked at the floor. You know, his eyes didn't even come.

Warwick ([01:45:27](#)):

He looked at the floor and basically mumbled a little bit. And that was, it told us his story, but kind of looked at the floor and mumbled while his legs were shaking. And Sunday, before we left, they did the same thing. They went around and when they handed the microphone to Mike, he stood up and he looked everybody in the eye and he goes, hi, my name is Mike, and I'm not normally like this, but if any of you eaglets are looking for a hug, I'm your man. It was just amazing that the the change in him, in it, not just him, most people there look like they had this inner light shining out of them. That was just absolutely crazy a bit for me, it was probably the scariest thing I've ever done, because what it does, it just strips, but you have all this stuff inside, you you've stuffed down and all this, all this self-loathing and hatred and all this stuff in there that you don't even knows in there.

Warwick ([01:46:15](#)):

Cause you've hidden it so well. And it strips all that back. And you, you get to stare that in the face. And it certainly, it was a, it was the best thing I've ever done. It was the hottest thing I've ever done. But you know, I had, you're going to have intentions going in there. And I, the intentions, the two intentions I had was to, to open my heart and was to face my fear. And the first, the first night and the second night, I really didn't get that much done. But then the last night I got what I came for. And like I said, that's a, it's a, it's a scary thing. And what you do from the moment the ceremony starts, they give you this plastic garbage bin, you know, like an office size one, and you carry it around with you because there's a lot of puking involved.

Warwick ([01:46:58](#)):

And what happens in this when this lowasca stuff is, you know, cause you take the stuff and then you go and you lay down on your bed and all the lights have kind of turned down. You're laying on a mattress on the ground basically. And you start to think about things and then those things, these problems you're having, they, they start to form in your stomach. Like you feel these emotions, but you feel them in your stomach and then you purge them out. And so, you know, I used to have a pretty weak stomach to where if I heard someone throwing up, it would make me throw up. But after my lowasca experience, I don't think I have that problem anymore because I was with 50 people who were just hurl and they gets out for six hours a night. So yeah, it was a, it was a pretty crazy time. But yeah, that's the last chapter of the book where he talks about the talks about the lowasca and he says, you know, I can't really explain to you

Speaker 5 ([01:47:47](#)):

What

Warwick ([01:47:50](#)):

What actually happens to an iOS because it's so hard to put your experience into words, but yeah, pretty amazing sort of a thing to do. I was lucky to be able to go and do that. So anyway, that brings me to, now that revelation brings me to the end of my podcast. I think you guys so much for sitting around, listen to that. And I imagine at some point in time in the future, when I read some mobile books and have more stuff to talk about, I will probably do another podcast about books that have influenced me and shaped my shaped my thoughts. So thank you guys so much for joining me and I hope you definitely got some book ideas about that, and we'll see you next time on the podcast.