

Podcast Intro ([00:00:12](#)):

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

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

G'day it's Warwick Schiller and welcome back to another episode of the journey on podcast. You know, if you've listened to the podcasts so far up until now, it's just been me talking about things. I have had a couple of guests. You know, my wife Robin was on here. We talked about the World Equestrian Games and my son Tyler was on here and we talked about the expedition and crossing the parts of the Gobi desert on camels in the middle of winter. And I also had, um, Joe Ellis from South Africa who wrote the journey on song, but you know, that they weren't really interviewees as such. So, you know, here pretty soon I'm going to start having guests on here and I'm going to be interviewing them about things. And you know, this, this whole thing is about the journey, you know, people's journeys.

Warwick ([00:01:28](#)):

And so I am going to be asking people about their journeys, but I'm also going to ask them some questions. And so what I'm going to do here, and what I'm going to do with them is I'm going to, um, I'm going to send them a list of questions before I interview them. And I'm going to have them choose two, three, four, five, however many questions out of that list of questions that they, uh, that they would like to answer. Some of the questions. Some people might not want to answer. So I don't want to put it on them right there and then but they will know ahead of time and they will tell me what questions they want me to ask. And these lists of questions were kind of inspired by a book by Tim Ferriss, named tribe of mentors. The name of the book is tribe of mentors.

Warwick ([00:02:13](#)):

And Tim Ferriss is a bit of a, biohacker a dude, but he has a, he has a podcast and he has a lot of people on that podcast. And I think out of the people he had on his podcast, he emailed them and he said, Hey, can you, can you answer these questions? And he compiled a book, um, out of that, out of the answers that people gave him. And he interviewed a diverse range of people, everybody from bear Grylls to Brene Brown, to Arianna Huffington, uh, Ashton Kutcher, the Greg Normans, Tony Hawk. So there's a lot of different, uh, people Gabor, Matte, who I talked about one of his books, I think in the book podcast. So, you know, Larry King, uh, I think he interviewed, uh, temple Grandin. You know, there's just so many different people that he, that he interviewed, but the, he, uh, you know, he gave them 11 questions and then that probably the most interesting answers out of all their 11, you know, they were living answers or if they answered them all in the credit, this book out of them.

Warwick ([00:03:24](#)):

So what I'm gonna do is I'm going to, um, kind of take that idea of have got some questions that are paraphrasing ones that he used. And then we've also, um, search the internet and found some other really good questions for podcasts. And like I said before, when, when I give them to people they're gonna, they're gonna give me back, you know, two, three, four, five of them, whichever ones they want me to ask, but what I'm going to do in this episode is I'm going to go through and I'm going to tell you all of the questions. I'm not going to get that. I'm going to give them the option of answering. And I'm going to answer all those questions. So this should be, be pretty exciting. So question number one, that people are going to have the option to answer is what book do you recommend to people the most?

Warwick ([00:04:10](#)):

So not necessarily a favorite book to read, but one you feel everybody needs to read and, you know, I've had so many of them over the years, uh, you know, I've just done a whole podcast on books that have influenced me. And so I, um, yeah, I could recommend so many it's not funnn. For me personally, my, uh, it says not necessarily a favorite book to read that when you feel everybody needs to read. And for me, it's almost whatever book I'm reading at the time. And right now I'm reading a really a book that's really impressing me. And it's called Calling Us Home home by a guy named Chris. I don't even know if I want to try to pronounce it. Ciao L you would the two, the dots over it. So it's a Nordic in, you know, L U T T I C H A U, but that first used got an Uber over it.

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

It's called Calling Us Home. Find your path, your balance, and your inner strength. And it's basically a book about, uh, it's a book about shamanism, but you can, it's not just about shamanism, but it's really the, it's funny on the back cover there's this story on there that everybody's probably seen float around Facebook every once in a while. And it says what the back cover of the book says, one teacher, you told me in American Indian story, I'll never forget. So that will be native American. If you want to be politically correct. A boy went to his grandfather in pain, saying at his friend tried and hurt him. Why do people do such things? The old grandfather listened carefully when he's, and when his grandchild had finished, he finally spoke. There are two wolves. One is the light Wolf, which shares with others and seeks and unders seeks, understanding peace and friendship.

Warwick ([00:05:55](#)):

It's quality is respect. The other is the dark Wolf, which is greedy envious, and seek conflict. It judges others and takes even small things personally. And it carries anger and hate. Every human being has the two wolves inside them. And these wolves are in a terrible battle, both trying to win domination. The boy thought about this and asked, well, which one wins. And the grandfather sat in silence for a while. And then he said, whichever one you feed. And we've all probably read that as a Facebook meme, but it just says in the Facebook limits says there's a lot Wolf in a good Wolf and a bad Wolf or whatever, and the voices which one wins, and the grandfather says which one you feed. But this one, this one talks about the light Wolf being the one that shares with others, six understanding peace and friendship and the dark Wolf.

Warwick ([00:06:42](#)):

He's the one that's greedy, envious and seeks conflict. And it goes on a lot more into that in the book, but he really actually, he, uh, yeah, it's, it's just, I don't know. This book is just kind of hitting me right between the eyes. It's probably, you know, I'm probably ready for this book now. Um, but yeah, it's, it's not necessarily my, like I said, I think my favorite book is the one I'm reading at the time, but this one here is, is what I'm reading right now. And it's, you know, I read it not time when I go to bed and I'm almost like he's a doc yet. Can I, can we, can we go to bed? I want to read this book. It's it's that good? So that's question number one, what book you recommend to people the most? So not necessarily a favorite book to read, but one you feel everybody needs to read.

Warwick ([00:07:28](#)):

And so question number two, and this is one that was in the Tim ferriss' book and it's, what was your biggest failure and how has it helped you? And, um, this was pre if you haven't read that tribe of mentors book, it's a really good read, especially when people answer these question because it's, um,

it's a pretty cool question. And for me, I had to kind of think about what was my biggest failure and how's, it helped me, but I would say my biggest failure was not being a good at competing. You know, I, um, came to America because I wanted to learn about training, riding horses, that, you know, that the training of those horses really, really doing that, uh, event really interested me that doing that with horses really interested me. But if you're gonna, if you're going to be a trainer of those horses, you also have to be a, a, uh, a Sherman of those horses.

Warwick ([00:08:28](#)):

You have to compete on those horses. And, you know, I could always train better than I could than I could show. And, you know, and now I completely, I completely understand now after doing three years of inner work, why that was the case. And, uh, you know, like if you've listened to the podcast about the world of question games, you know, I hadn't really competed much for four years. I went to the world of question games and head, uh, you know, like my personal best two times in a row. And that was because I think the mental part of it, uh, I'd been working on that a lot. You know, I wasn't as good with the physical part of his I had been, but I, I had been working on the mental part of it quite a bit. And so it's funny, uh, now that I'm not doing that for living, I'm not competing for living sort of thing.

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

It's funny because I feel like now I'm actually much better equipped to do it, but the less inclined to do so it's a bit of a paradox. Like now I feel like I have a lot more of the skills that I would need to enable me to be a better competitor, but with, with that growth, that personal growth that I've done to, you know, work on those skills, I've also, it's also made me realize that no, I don't, you know, I think for me competing was a bit about, a bit about ego and about really caring about what other people thought of you. And you feel like if you win something, you can, you know, you prove to whoever you're. So for other people or whatever that you're worthy or whatever I remember before the world of question games is a fellow from Texas flew out here.

Warwick ([00:10:25](#)):

What he was doing was fun around, uh, the country, sometimes the world and interviewing people who are going to be competing at the world of question games and doing like these candid little interviews with him, with them. And I forget what question, when he interviewed me here at the house, I forget what question he asked me, but the, the, my answer to the question was, uh, I feel like my, um, ha how I basically, how I, how I do it. The world of Christian games is not a representation of my self worth. I think that's kind of how I put it. And so, um, yeah, so I feel like my biggest failure is as, um, has been, not being a very good competitor. And, and, and, and, and now the part of it is how has that helped you? Well, it, it, uh, you know, it led me to, to doing what I'm, what I'm doing today.

Warwick ([00:11:32](#)):

And so, um, I really think that, uh, you know, this is a hard question to answer, but yeah, I really think that that not being very good at the thing that I thought I wanted to do, that's basically what it is, the thing that I thought I wanted to do. Um, and I wasn't terribly good at it and it kind of, and, and my failure to be good at that. Not that many, I wasn't, you know, I'm not saying it wasn't a K, but I just wasn't, you know, one of the best guys in the world sort of thing. And I think that finally led me on the path I'm on right now. And I feel like the path I'm on right now as a one, I was supposed to be on all the way along. And there'd be a question later on here in the, the, uh, the podcast that will actually explain

that cryptic message to, so, uh, question number three is going to be, if you could spread a message across the world, one that people would listen to, what would that message say?

Warwick ([00:12:34](#)):

Or what's your favorite quote? Um, I can really whip out my favorite quote. That's pretty easy. And, uh, that's a wine Dyer quote. When you change the way you look at things, the things you look at change, you know, perspective is everything. And so much, like when I talked about the, you know, the duck Wolf and the light Wolf before the duck, the light Wolf shares with others, seeks understanding peace and friendship. The dark Wolf is greedy envious and six conflict. And both of those, uh, are a perspective. You know, he says the duck Wolf, judges, others, and takes even small things personally and carries anger and hate. And those things all come from perspective. If you listen to the first and second podcast where I talked about some of the perspective, changes of head, um, that, that I think, I think that would be the, my favorite quote will be when you change the way you look at things, you, things you look at change.

Warwick ([00:13:32](#)):

And, and, uh, that's probably part and parcel of the first part of that question, which is if you could spread a message across the world, one that people would listen to, what would that message say? And it would be, it would be related to that when you change the way you look at things, the things you look at change. But I think in order for that to happen, you've got to facilitate the change. Like if someone had said to me five years ago, Hey, when you change the way you look at things, the things you look at will change. I'd be like, well, what the hell? You token bit? It wasn't until I changed the way I look at things that I noticed that the things I was looking at were different. You know what I mean? And so, uh, you know, if anybody's into, um, quantum physics or quantum mechanics, and you talk about the observer effect, um, that's the really, uh, scientific we will end to the whole scheme.

Warwick ([00:14:29](#)):

I, you know, the thing I love about quantum physics and quantum mechanics is it's, it's, it's like spiritual science because it's scientific things that explain all the woo woo stuff. And, um, I'm a bit woo, woo these days. Um, but if I could spread a message across, but one that people would listen to, what would that message say? I would say, learn how to meditate really. I mean, I, I really, wouldn't, it's funny this calling his home book that I'm talking about, he, in that he talks about a lot of the native traditions to where people, um, will sit in nature, just be, sit in night, share and observe things, uh, not observe them and judge them, just observe them. And that, that, that does something to you. And I really think that that meditating is, is very, very, very, very similar. And, and, you know, the thing is, and I'm not sure if I've talked about, I think I have talked about it, you know, I have talked about it. And he, with the, in the book podcast about a lot of people, you know, they, they don't think they can meditate. Cause I think they're getting it wrong and they're actually getting it right. But yeah, if I could spread a message, it would be, learn how to meditate or learn how to do, you know, have some sort of a contemplated practice, some sort of a mindfulness practice, some sort of a stillness practice where you just can sit still and not have to be doing anything. Um, I really think that

Speaker 3 ([00:16:03](#)):

Developing that,

Warwick ([00:16:07](#)):

You know, sitting still and being present, I mean, you could do it, you know, some people garden, uh, some people crochet. I talked about my mom on and you know, I think all those things are somewhat similar, but yeah, if I had a, if I had a message, it would be, it would be, be present, but whatever, whatever technique you use to learn how to be very present, that would be, that'd be my message for the world. And on the heels of that question comes, uh, question number four, which is probably pretty relative. Uh, it says what's the most worthwhile thing. You've put your time into something that you have done that changed the course of your life. And I would, you know, I'd probably say, I would probably say, um, what I just talked about then, you know, learning how to be a bit more present.

Warwick ([00:16:59](#)):

And that helped me, uh, really changed the way I look at things. But if you, if, if you want to get back one, one step in this whole journey before that, I would say there's a D there's a different one because otherwise I just repeat the same answer, but this is pre that what's the most worthwhile thing you've put your time into. And I would say giving, and I was listening to a Tony Robbins podcast one time and he was, or wasn't audio book. It might've been a podcast. I think when he was talking about seven things, you have to do to be an outstanding human being and something or other. And he listed the first five and he said, those are the first five. He said, now number six is the hard one, but this is the one where things really start to change.

Warwick ([00:17:48](#)):

And he says, that's giving and it's giving with no thought of any, anything in return. And, um, and I'm not done thinking, I'm trying to make myself out to be some sort of a scientist, something, or that I'm as Sophie she's everybody else, I think, but there's been a couple of things have happened to me that have basically changed the course of my life. And that has been, uh, you know, giving, volunteering, whatever you want to call it. And so we, we, uh, my wife, son and I, we moved back to Australia in 2006. So I had been training horses for the public quite a long time. And then I, I took a job. I had a job offer from a really wealthy client of mine to train privately for them, for, uh, I mean, working for them for three years. And I, and I took that opportunity.

Warwick ([00:18:48](#)):

Cause at the, at the time Tyler, my son was, was, um, I had just started school and I started to realize this whole horse showing thing, like the better you get at it, the more on the road you are. And the more time away from home there is, and this is this little story he's going to be asked to be part of the subject of another, another podcast later on, but I had taken this job, um, because then I could be home a lot more. So instead of having to travel the whole shows all the time, I could be home a lot more. So I still got to train horses and I was, I was home a lot, you know, I, I would, uh, drop Tyler off at school in the morning. And I, you know, here in America, school finishes pretty early in the afternoon, two o'clock I think.

Warwick ([00:19:28](#)):

And so I'd go in and pick him up and then take him back at the ranch and he'd ride around on the cross. And, you know, he was probably, uh, seven, eight, nine, I think the years that was, but so anyway, we moved back to it. So the people I was working 40, so I thought we're going to do something else and we didn't know what we're going to do. So we decided we'd moved back to Australia, my hometown, and we'd been involved in the raining quite a bit. So my wife Robin was a, an internet Shay world champion. She won the limited OpenWorld title in 2001. I think she was in her essay rookie of the year. Then she

was an entrenched limited OpenWorld champion. And then she also did the course to become an inner ha um, show secretary. So she could do the whole show secretary thing, which is quite a complicated thing, NRHH, sorry, the national branding horse association.

Warwick (00:20:17):

I don't know if I mentioned that. And she was also an NRH judge, national riding horse association judge. And so we moved back to Australia at the end of 2006. And sometime during truth, as in six, the writing association in Australia head, they had decided they want to affiliate with the reigning, the national running horse association, America, which means they've kind of been operating under a different rule book, look, an old rule book, you know, um, like things hadn't changed much for a while, whereas in America was always getting updated and changed. And, um, so when they affiliated now having all sorts of problems, understanding the rule book and understanding what the Sheriff's secretary could and couldn't do and understanding the judging system and all that sort of stuff. And so they invited Robin to come on the board of reigning Australia because she was, you know, she was a judge.

Warwick (00:21:11):

She was a show secretary. Um, you know, we'd been involved in the sport for quite a long time over here. Uh, you know, she was a world champion, um, you know, so they invited her to come on the board of running Australia. And so I thought, well, I'll, I'll come on. And you know, I can have some input too. We can, we can help out a bit hopefully. And, um, it was during probably the second year on there. I think. So there's a big horse expo in Australia called Equitana and it's in Melbourne, which is the very bottom of Australia. So most people in Australia on the East coast of Australia, you know, I think 90% of the population lives within 20 miles of the ocean on the East coast. But, um, a lot of the people who were on the board of running Australia with this live way up in Queensland, like it would be a 24 30 hour drive for them to go down to Melbourne.

Warwick (00:22:09):

And so, uh, Equitana was going to, has this big horse exponent came up at one of the board meetings that they wanted someone to do some demonstration running demonstrations at Equitana. Could anybody go down there and do it? And I said, Oh, you know, I can do it sunny eight hours down there for us. So I'll go down and do some demos. And Equitana had, uh, once they knew that I was coming down to do the demos, they contacted me and they have a, I have a cult starting competition con like, like to have why the road to the horse here in America, this one's called the why of the whole sense of three day, uh, cult starting competition. And they contacted me and said, Hey, we need an inner arena, announcer someone to commentate, like a color commentator, like what's going on, who's doing what, how, how it works, why it works, you know, not so much all the formalities part of the commentating, but the, you know, the blow by blow commentating.

Warwick (00:23:05):

Could you do that? And I said, Oh yeah, I'd love to do that. Yeah. And, um, so me going down there to do running demos and to do that rural, rural, giving it, wasn't like, Oh yeah, I'll go down there and I'll do that. And that will bring me something in the future. I was like, no, and you know, I like explaining stuff. And, um, so it wasn't like, it wasn't like, you know, I was emptying out port-a-potties and, and I'm a Saint because I volunteered MTA port-a-potties it was something that I like to do anyway. But I volunteered and said, yes, I will take the time to go there and do it. So I'm like I said, I'm not, you know, I'm as selfish

as anybody else, but you know, this was offering to do stuff. But the point of these was even though I kind of enjoyed, you know, I was going to enjoy doing it.

Warwick ([00:23:53](#)):

I wasn't doing it with any payback, except for the fact that I was going to enjoy doing it. And, uh, so the, the road to the whole. And so Equitana spread out on a big fairground show grounds there, and they have a big, main Coliseum thing. It's actually a big canvas tent. It's a cool, very, very cool white canvas E tent thing. That's a light in there is really amazing. But so, um, they had us, so we went down, went down to do that. So I'm going to do some running demos and I'm going to do this commentating on that way of the horse. And, you know, the raining demos were in other arenas that were outside, but the way the horse was in the main Coliseum thing, it's the, it's the main thing going on. And it's once a day and that place holds, I don't know, three or 4,000 people.

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

And it would be pretty full every day. And I, so I commentated in there and, you know, and what I did was I talked to all three of the competitors before the whole thing started and I said, okay, so what's your process? How do you go about things? What are you going to do first? What are you gonna do second? How are you going to turn that into that? So I kind of had a fair idea of what they were going to do. And so, as they were, as they were working with their horses, I'd say, okay, so you see what he's trying to do over here? What he's trying to do is get this bit set up. Cause here in a minute, what is going to do is this. And people may have missed all the little intricacies if I wasn't there explaining it to them.

Warwick ([00:25:16](#)):

And so, yeah, it was, it was, it was a very, it was very, very cool. I actually enjoyed it a lot, but what happened from that was after I got home from there, I started getting contacted by people who said, Hey, yeah, we saw, we saw you with, um, Equitana commentating on, on the way the horse. And I loved the way you explained stuff. Would you like to come up here and do a clinic for our little quarter horse association or what it, most of the time it was a little like Western riding clubs and some sort of horse association that was, there was us that was organizing the clinics. And um, I'd like, well, I never really thought of trying to do clinics before, but yeah, I'll do that. So that's, that's how the whole clinic thing really started was me offering up my time to go and help out.

Warwick ([00:26:04](#)):

Um, and so that, you know, that's, you know, the question was what was the most worthwhile thing? You've put your time into something that you've done that changed the course of your life. And I said, giving. So that was the, that was the first instance of those. And we were in Australia for four years and then we decided to move back to the U S. And so when we came back to the U S at the end of 2010, I had to start all over again. I had no horses in training. And so, and I had a bit of time on my hands. And so I started, I started slowly getting some horses in, but I, you know, what I had discovered was people can struggle with horses with the simplest things, just because they're not sure about an easier way to go about it.

Warwick ([00:26:49](#)):

So I thought, huh, I'm going to start making some videos on YouTube. I want to put some videos on YouTube just to show some little simple things. The first one I put on was about hose on a horse's head. Um, then there was some little ones on catching and just, just little snippets like that. I started putting

videos on there and then people seem to like him and I, I put more and more on there. And when you first start putting videos on YouTube, I don't know if it's still the same now, but it was back then. You can't have a video any longer than 10 minutes until you have a certain number of views. And I think that's the stop people clogging up the airwaves with three hours of someone's cat following a laser pointer or something, you know, and people have wanted longer videos, but I couldn't put longer videos on there. And so I, um, I found a video hosting site called Viddler. And what you do is you upload videos to them and, uh, you stipulate how much you want to charge for access to these videos. And, you know, Viddler, I think they charge you two or 300 bucks a month to host the videos. And then they get 5% of the proceeds I think. And, um,

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

Yeah,

Warwick ([00:28:01](#)):

That started out, you know, right now my, my main, my main business is my online video library. And, you know, once again that, so if you think about the two things I do, the online video library and the clinics, both of those came about, um, from giving stuff for free. And I, I was interviewed on a podcast here a couple of years ago, maybe last year bug go. I can't think of the guy's name, but it's, it's, it's basically a horse business podcast. And he asked people, you know, about their business and he kept going. He kept saying, so your business is really successful. Tell us all your, you know, business acumen, blah, blah, blah, blah, blah. And I'm like, there isn't, there was no business plan there basically still is no business plan. It's just, just help people. That's, that's basically the whole thing, the whole thing behind it.

Warwick ([00:28:55](#)):

And he kept trying to have me explain the whole business part of it. I said it turned into a business, but it was there wasn't a business plan. This was not none of those two things was a plane to make money. None of those was a plan to be a business, both of those where I know stuff that can help people and I'm going to offer to help them with it. So yeah, the most worthwhile thing I've put my time into, I think apart from my, you know, becoming more mindful in the last couple of years and doing some of that inner work, that the one before that I would say it's, it's, um, giving that's the, and if you look it up, everybody says that's the key to stuff. But anyway, that's, that's my answer to question number, question number five. What is an unusual habit you had was something out of the ordinary that you really love?

Warwick ([00:29:48](#)):

Uh, I'd say for most people it's, it would be unusual. And I think I mentioned it before, but the unusual habit or heavy is I take cold showers every day and I have a chest freezer that I have and I take ice baths in it. And, um, yeah, that's, that's, that's a pretty unusual habit for most people. The, the cold showers I've been taking them for about a year and a half now. And, uh, I think I mentioned it before, but I have a, I have an electric toothbrush and it buzzes every 30 seconds. So you do the outside tops for 30 seconds and the inside Tufts for 30 seconds and so and so forth. So what I do at the end of my shower, I brush my teeth and I turn it down to cold brush my teeth in the shower. And every 30 seconds I rotate a quarter of a turn.

Warwick ([00:30:37](#)):

So, you know, I'd kind of start on my, I think he usually started my lift up the back and then go into the right upper back and then right at the front and left up at front. Um, and then the ice bars, I take two minute ice baths. Um, uh, I try to do it every day. Right now. I have just drained the chest freezer and I've got to get a refill it back up again. It was getting kind of gets kind of slimy if you don't, um, keep it clean. The water gets a little bit, a little bit slimy. Um, there is, uh, you know, you, I have got the instructions on how to, to, to rig a filter up to it, but it's all pretty technical. I'm going to have to look into that, but you get to where you can almost stop right at like a swimming pool to where it stays good all the time, but I haven't done that. So I just have to every couple of weeks empty it out and scrub it up, bleach it, and then fill it with water and then turn it on for a couple of days to get it back to temperature, again, down to, down to tension, temperature, not up to temperature. And I, you know, when I, when I first started getting back into it, it's probably about, um,

Warwick ([00:31:50](#)):

50 degrees, which is about 10 or 11 degrees Celsius, I think 50 degrees Fahrenheit, but then I'll get it down to about 43, 42 or three, which is about, I think socio is it's about four degrees. Something like that. It gets, it gets, gets pretty chilly. But yeah, that's an, I think I've mentioned it before, but I'll say why I'm doing it. So, you know, it helps with depression. It's,

Speaker 4 ([00:32:20](#)):

Uh,

Warwick ([00:32:22](#)):

It's a really good mental challenge. Um, apparently it's really good few anyway, but it's yeah, for me, it's a, it's a good discipline to do. It's a, it's a, it's a something that you body doesn't want to do when you make yourself do it. So, yeah. So that's my, that's my unusual usual habit or something. Yeah. The ordinary that I really love, I wouldn't say I really love it. Um, I don't think I'll ever love it, but I used to, I'll tell you what I used to hate it. I used to hate being cold. Um, and so, yeah, it's just a bit of a mental shift working on that, but, uh, yeah. That's question number five. Question number six is what accomplishment are you most proud of? And, you know, I don't feel like I've had that many accomplishments, but, um, I do get a lot of feedback, you know, like private messages and stuff from people watching, um, you know, other my online, uh, my, you know, YouTube videos or something I post on social media or my online video subscription, but I get a lot of feedback from people telling me how doing this stuff changed their life.

Warwick ([00:33:34](#)):

And so that I might tell you what that gives you a huge, um, not a sense of satisfaction. It almost, it gives you a, and it's not even really a sense of pride. It's a sense of Holy cow. That's that's, I didn't actually expect that to come out of this. You know what I mean? That wasn't now it all started out, but, um, yeah, that's, I'd have to say, I dunno. I dunno if it falls under what accomplishment you're most proud of, but I really, I really find that, um, you know, what I'm doing these days with the horses, because you've got to make some, some changes in yourself in order for it to work. Um, I do get a lot of feedback from people that, that give me really, you know, they, they tell me how much those changes they made for the in order to get along better with the horse have changed their, their whole life sort of thing.

Warwick ([00:34:41](#)):

So if you know, it's not really an accomplishment and I'm not really proud of it, but it's probably the closest thing I can say to, um, to answer that question. Um, you know, I think a lot of people will probably have, especially when I talk to people who like compete at high levels or, you know, build, build big businesses, whoever I talked to that they'll probably have different answers, but that's, that was my answer for that question. Number seven is what have you changed in the past five years that hope you shape that has helped shape? Who have you become? Well, I think I've talked about, you know, basically the first two podcasts we're about that. We're about, um, you know, the whole, the whole journey to basically pulling my head out of my ass is my wife might put it, uh, that that's what I've changed is it's just, you know, basically tried to stop talking and start listening at least a little bit.

Warwick ([00:35:44](#)):

You know, I don't, I don't have a good grip on it yet, but I'm better than I used to be. But yeah, just basically trying to get out of your head and into your body is, is, is probably the, the, the big thing for that question to that question was what have you changed in the past five years that help you shape who you've become? And, you know, like I said, episode one and episode two, and, uh, probably part of the water question games, episode, uh, you know, about the mental stuff, you know, all that would be would be that, uh, question eight says, what advice would you give people who are about to enter your occupation? And then in parentheses, it says this one may be difficult. As many of us have occupations that are far from normal. So that tribe of mentors book it's, you know, think about big grills, what's big rules, occupation, you know, uh, adventure, TV go, you know, like it's, it's like it says, these might be difficult.

Warwick ([00:36:47](#)):

As many of us have occupations that are far from normal. Um, what advice would you have give people who were back to, into your occupation? You know, that's the, I probably wouldn't suggest entering this occupation. If, if what I'm doing now has a name and an occupation, because I didn't, I didn't find this, this found me what I'm doing now came to me. I didn't go, I am going to be, I'm going to start doing clinics. And then I'm going to start doing videos. And then what I'm going to stop doing is when I've got enough interest in my videos as a pretty normal sort of a person, then I'm going to have a complete life of Tiffany and I'm going to change. And by that point in time, people believe what I say a little bit. And so it won't be so wacky that they don't start to look into it.

Warwick ([00:37:39](#)):

You know what I mean? So that's an, we'll get into that pot here a bit later, too, in a different question. But, um, I wouldn't tell somebody to try to get into this occupation. I see people now starting to do it now with COVID and stuff. I see, like, I see like young people starting to go, I can, I'm going to put up videos and I'm going to, you know, I've got a video site and whatever, and I, I dunno, I don't think it's something what I'm doing right now is something you should do at the beginning, because I think there's a whole lot of stuff you've got to learn before you, you do this. That's that's if the occupation is what I'm doing now, if, if the occupation is horse trainer, Oh God, that would be really bad too. What advice would I give people who are about to enter your occupation?

Warwick ([00:38:30](#)):

Wow. Is, um, I didn't, I can't even that question because I've such a, you know, like I said, what I do now is such an interesting thing. I tell you what I would say. This probably goes back to the giving thing. I would say, uh, do what you're passionate about and, and be passionate about helping people. It's like,

as they say, you know, do, do what you do, what interests you become good at it, and the money will follow, but you know, a lot of people, I think a lot of people think, Oh, I want to try and host, this is not a lucrative profession whatsoever. My infant, you know, I was lucky for a long time that Robin, my wife, Robin had a, had a real job. So, you know, health insurance in America is, is hugely expensive. And so she got good health insurance through her job, whatever job she had, she, you know, she was always in human resources, um, that they, they go, what advice would you give people about the end of your occupation, have a spouse with a real job.

Warwick ([00:39:42](#)):

That would be number one, um, and have a spouse with a real job who really loves horses. They go because, you know, for a long time, you know, Robyn had the, Robynne had the, um, the real job. I was training horses. But the thing about, even if we let's say we both had real jobs, we would still have had horses and we still would have gone to horse shows and we still would've had to buy a truck and we still had to buy a trailer. We still had to buy a saddles and whatever. And so the thing about when you're a horse trainer is all the oldest stuff that you would buy for your fun anyway, is a tax write off. And so that's a, that's a huge benefit to it is a, you know, rubbing, you know, she would have been still showing horses and all sorts of stuff.

Warwick ([00:40:30](#)):

So yeah, that's, that's, uh, probably a huge benefit to it, but, um, yeah. Had to, had to really, you know, I think the big thing is you've gotta be passionate about what you're doing, you know, so question number nine is what do you feel is the worst advice given in your profession or bad recommendations you hear of in your area of expertise? And so, you know, if you, depending on what supposedly my area of expertise is, but, um, I'm gonna go with let's, let's say in the whole, in the whole horseman Shippy area of expertise, and let's go with that. Let's say not, not in the, uh, like let's take the writing out of the picture, cause I'm not really doing that anymore. Um, the worst advice or, or bad recommendation to hear my area of expertise, and let's go with the horsemanship maturity stuff, I would say movies feet.

Warwick ([00:41:36](#)):

Okay. For the long longest time. And I used to subscribe to these too, like having problem with the host movies feet, maybe his feet, his feet. And it's not always the answer. It's not always the answer to something. I really don't think now that I've really in the polyvagal theory, you know, you know, you think about host wants to, wants to, you know, if he's a bit anxious and wants to instill or whatever, you, you move their feet and the, but the reason you move their feet, you move their feet until they decide they don't want to move their feet anymore. But what can happen there is you can just, they can go from flight, from flight, into, into freeze mode. And so I would, I I'd have to say the whole move, their feet thing. And I'm not saying moving their feet is bad, but it's not the panacea.

Warwick ([00:42:26](#)):

It's not the, it is not the cure, all that. I think some people tend to think, uh, that it is, that would be, you know, that'd be one, one thing he like in my area of expertise in the whole horsemanship thing. If you want to go further back in, you know, if you want to give me one of my pet peeves about worst advice given in horse training is riding through it. Okay. We're riding through it, make him do it. That's, you know, that's pretty old school, but there's a lot of that out there and a lot of different disciplines and riding them through it, uh, just doesn't work. Cause if you listen to the podcasts about polyvagal theory that ride him through, it is just saying, I don't care if you're upset, you're going to bloody do it anyway.

And that's the, you know, it comes back to that, that thing, like people in my era growing up, you have, you grew up with the, you know, if you're upset, if you're a little kid and you're upset about something, you get the whole, um, stop crying or I'll give you something to cry about, which is there's no attunement in that.

Warwick ([00:43:34](#)):

There is no recognition that there's some concern going on. It's like, if, if you not knock that off, I'll give you something that's more concerning than the thing you're already concerned about. So that's, there's not a whole lot of, that's not much of a support system right there. Um, but yeah, the whole writing through it thing, which is very common in parts of the horse world. Um, yeah, I'd say he's a, he's a, uh, not a very good recommendation. And I hear it a lot in my profession. I would say that, that one's the one in my profession, the, in my area of expertise, which is more the, if I have expertise in horsemanship, it would be the whole move their feet. Yeah. I'm really, I used to be a move your feet kind of guy. And it, and it, it worked until it didn't work.

Warwick ([00:44:23](#)):

And now it's very, very obvious to me what was going on when it, when it was working and it wasn't the panacea that I thought it was. So that's the answer to question nine. What do you feel is the worst advice, giving you a professional, bad recommendations you hear of in your area of expertise, question number 10, who has been your most influential mentor and what did they help you discover about the world or yourself? You know, I'm one of those guys that hasn't really had a mentor. I've had a lot of people that I've, I've gotten help from, but I, but I really, I really feel, and that's not, you know, that's not to say someone didn't want to be a mentor, but I, you know, I, I had some, I dunno, what do you call them? Character defects, I suppose, to where I wanted to learn stuff.

Speaker 3 ([00:45:23](#)):

But I,

Warwick ([00:45:26](#)):

I don't know if I didn't want to look stupid or I didn't want to know to let people know that I didn't know, or I to know what it was these days I'm much better at it, but I, I am.

Speaker 3 ([00:45:39](#)):

Yeah.

Warwick ([00:45:39](#)):

I didn't, I don't think I had, you know, like I said, I learned a lot from a lot of people and I've, you know, I'd rather read articles than ask questions. Well, I've just, you know, I've, I've always been really timid about, um,

Speaker 3 ([00:45:57](#)):

You know, people who,

Warwick ([00:45:59](#)):

Who know more than me or stuff like that, it's just, you know, uh, I've always had that. Uh, it's not a, it's not a shyness, it's almost a fee sort of thing, but, and that, you know, I think that prevented me from having really true mentors because I, I don't know. I just, couldn't really be honest. And Hey, look, I have no idea what I'm doing. He, you know, someone who, someone who influenced me a great deal and he's a good friend of mine is a fellow named Joe Schmidt. So Joe trains running horses in Texas. And, uh, if anybody's watched the, uh, everybody wants Yellowstone, the TV show Yellowstone, and then last year they had the last cowboy. Um, the, the show about that million dollar raining in, in, um, in Las Vegas, Joe was actually paid a small part in that if you remember, one of the, one of the people in the, in the thing was a trying and I'm Tom McCutcheon and partway through the thing, Tom buys this horse for a lot of money.

Warwick ([00:47:05](#)):

These Palomino horse named Duke buys him for a lot of money, um, from, from Joe or kind of Joe's, but Joe is training the horse. And so Joe, Joe has some, um, Joe has a pot in that, in that series. But so Joe used to live here in California. And, um, there was a fellow that lived in the area here who was one of the leading owners of horses of all time. You know, he was one of the first million dollar owners I think in Joe, was working for him. And they lived here and he lived here in the area. And so they didn't have a covered arena. And I had a catheter in at the time. So Joe would come and ride with me quite a bit. And Joe, he, he was the one I always had mine about. Joe was he could ask anybody any question.

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

He just, he did not, you know, he just didn't have any ego. I think that's what was my problem was. But, um, he would ask anybody any question, didn't care, how stupid he looked and, you know, and I had a, for a bit, uh, four years, I think I had a young gun I'm chewy worked for me. And then when I stopped training, um, horses for the public chewy basically took her. Yeah. You know, any, any writing clients I had Dick history really wouldn't do the running, any writing clients. I still had their chewy took over them cause he'd been working with the horses anyway. And, um, chewy has really gone from strength to strength in the last, it's probably been five years now. I think so probably Mitsui nine years ago. But, um, you know, he, I met him, he came to the ranch Monday with someone else on you.

Warwick ([00:48:42](#)):

They, they came, uh, the driving, they wanted to watch. And I introduced me to this young fellow named chewy and she always like, and he watches and at the end, he, he thinks that you're very, very polite. Thank you, sir. So much for allowing me to watch, he says, is there any chance I could come back some other time and watch? I said, sure, yeah, no worries. Anytime you want. And I think he started coming back on his own a little bit. And um, he asked all the right questions. Like he was really, really, they really wanted to learn. And, um, you know, and even to this day, you know, choose, gotten done really, really, really. I mean, he's, he's done really, really good in the reigning. I think he's going to be a superstar one day and everybody knows him. Okay, well, you got the biggest show.

Warwick ([00:49:29](#)):

It was here in America and every TriNet knows Joey because he will walk up to him introducing himself to him. Hi, I really love what you do with your horses as a fan. And, uh, you know, he, he's, uh, he's very humble and, and, and he's, he's a huge fan of, and, and then he asks all the right questions and he's passionate about asking and he, he doesn't care if he asked the question that's stupid and everybody just loves him for that. But, but, uh, yeah, it's a bit, Joe was the first one I was around. That was like that.

And I'll have to get Joe on the podcast one day. He's, Joe's, Joe's fascinating. One of my favorite people, Joe Schmidt. Um, but yeah, I haven't really had a mentor, but Joe was probably the one that really made me realize it's okay to ask anybody anything.

Warwick ([00:50:14](#)):

I'm not saying that I could do it, but he was the one that made me realize that that it's actually doable. Put it that way. Yeah. He made me realize that that people actually do that. Um, it wasn't, uh, it wasn't a strength of mine. So question 11 is where do you go? What do you do to relieve stress or recharge your batteries? Or where do you find motivation or inspiration for what you do? Um, well, let me second. Pat's really easy way to, I go to find motivation or inspiration for what I do. Oh, I really, I really love helping people get to where, you know, the whole thing I'd like to do is get to gets away. People don't need to ask me questions. People don't need me, like they can, they can figure stuff out on their own. And, you know, I, few years ago I did a TV show for initially it was for a, a Roku station here in the U S called farm and ranch TV.

Warwick ([00:51:15](#)):

But then it got picked up by horse and country TV, which is not a Roku channel, but it's a, you know, like a cable TV pay-per-view type TV channel in the UK and Europe. And so, uh, and I did three seasons of that show and that ho ho the show was all about understanding why you do the things you do. Um, you know, so it was all about the principles behind what, what the techniques are, you know, and, and the whole purpose of that was trying to get people to, you know, a lot of people have had really good instruction, but they don't know why they did what they did. They just did it in a work, but I really want people to, to understand stuff. So that's the motivation or inspiration behind what I do. I really want to help people be able to do it themselves. Uh, what do I do to relieve stress or recharge my batteries? Well, when I'm traveling, doing the clinics, um, basically coming home is what to do to, to recharge my batteries. You know, here a couple of years ago, I, I was doing, I was doing like, I was being gone for like a month at a time doing clinics. I know one year I did two or three month long stints overseas doing clinics. And at the end of that year, I came home and I'm like, you know what?

Warwick ([00:52:38](#)):

I don't want to talk to anybody for quite a while. And what I found was I can, I can go for two weeks, go flat out for two weeks, come home for 10 days or whatever, and then I'm good. And I can go again. But so I told Robin, I said, I would rather, cause I do, you know, I do quite a few clinics in Australia and I told Robin, I would rather go for two weeks, come home for 10 days and go back for two weeks. Even though it's a 14 hour plane flight, then I would stay in there for a month. It just, I don't know. It just, when you're doing clinics, you've got to be, you know, you get in a clinic starts at eight o'clock you get there at seven o'clock in the morning. So from seven o'clock and then you get done, you know, a lot of times my clinics won't be done till six 30 or seven that night.

Warwick ([00:53:20](#)):

And then people want to go to dinner and say, gee, you know, and then you finally get done with dinner about 10 o'clock. So from seven o'clock in the morning, till 10 o'clock at night, you're basically on, you got no time to yourself, you're just on for people. And that just, uh, that just drains me. So yeah, it's usually, I just like to come home here. That's it's not that I have to do anything in particular. I'm just not having to be on, you know what I mean? Remember, uh, I think the year after that, when I said I had those month long things, I told Robin I'd rather go for two weeks and come home. I know I went to, I

went to Australia in November, so I went for Equitana and did some clinics, but I came back and then I went back in December and then I came back and then I went back in January and I came back and I think I went back in February.

Warwick ([00:54:07](#)):

So I think I went to Australia for two weeks, um, in four consecutive months. And that was easy to do, you know, I don't mind that I sleep on planes. And so I don't mind the plane flights. Well, I used to sleep really good on planes. I don't know. I'm getting a hold of now that my, I get pins and needles in my legs, my back gets a bit Sosa, maybe not so much anymore, but you know that, I don't know. I've been stuck here at home for six months now. Almost like to get on a plane right now. But, uh, yeah, I don't really ha just coming home is what I do for stress relief. Now these days, you know, meditate, that sort of stuff. And so, yeah, that's my answer to question living, where do you go, what do you do to relieve stress or recharge your batteries?

Warwick ([00:54:50](#)):

Or where do you find motivation or inspiration for what you do? Which brings us to question number 12, which is, what do you feel is your true purpose in the world? And if you had asked me this a number of years ago, I wouldn't like to have no idea. I'm just, I'm just doing what I like to do. I have no idea what my true purpose is, but I ever then, you know, I know now it's not being a competitor and that's one thing. Um, but over the, the years and getting a lot of feedback from people about the stuff I helped them with, the horses changes their lives. I had kind of started to think, I don't know, helping people, I don't know, take your stuff out. And anyways, then, uh, last year, I think it was maybe the year before that it was early last year.

Warwick ([00:55:49](#)):

I think so only 2019. My wife had been, so she'd gone rubbing wasn't human human resources for a long time. And, um, she had gone to Canada and taken an equine assisted learning course. And what she wanted to do was, um, you know, probably do some corporate stuff, you know, like, uh, team building leadership sort of stuff here at the ranch. And that stuff's pretty lucrative financially, but she wasn't really wanting to do it because of that. She wanted to do that. So that could pay the bills. So she could do quite a bit of pro bono stuff, you know, like free stuff for, um, women at risk youth at risk, that sort of thing, equine assisted learning stuff. And she'd started doing some little workshops around here with two other ladies who do the same sort of thing. And one time they were getting ready for a workshop.

Warwick ([00:56:45](#)):

And these two ladies said to her, so this is over in Santa Cruz, which is about three quarters of an hour West of us on the coast. And Santa Cruz is its kind of hippie capital of California sort of thing. If you get my drift, you know, if anybody's from Australia, think Nimbin or Kuranda in Queensland. Um, anyway, they, these two ladies said, Oh, have you seen Denise? And Roberta's like, no, who's Denise. Is she supposed to be? Here they go. No, no. Have you been in seen Denise? You're like, I didn't even know who Denise is. And they're like, you haven't seen Denise or I'm in the like, no, I haven't seen tonight. She goes, Oh, you gotta go say Denise here. This is her number, color, go and make an appointment, go see it. They don't tell her what Denise does. Just go see Denise.

Warwick ([00:57:29](#)):

And so Robin goes along and makes an appointment to go and see Denise and Denise works out of her house and she goes to Denise's house and Denise asks some questions and he asks her where she was born when she was born, what date she was born and what time of day she was born. And then she prints up this thing on a computer and it turns out Denise is an astrologer. And I was away in Australia, I think at the time. And so then Denise spends an hour basically reading Robin stars. And so we're not into astrology at all. She reads Robin stars. And when Robin, when I talked to Robin next, after that, might've been a couple days later something cause was I have a C, she goes, you've got to listen to this audio. This, we didn't believe in Australia or anything.

Warwick ([00:58:15](#)):

But it's amazing what this woman told me about me and my life based on my stars, it's kind of freaky. And so I came home and I listened to this audio. I'm like, wow, that is kind of freaky. She said, you should go see it. I'm like, okay, why not? I'm up for anything. So I made an appointment to go along and see her. And I told her, I knew I had to ask mom what time I was born. So place of birth, uh, Tom of birth, date, date of birth, time birth. And so I go along there and we sit down and she prints it all out and she's looking at it for a minute. And then she goes, Whoa, this is interesting. Ooh, you don't see this very often. You're a cry on, I think the word is, and I think I've looked it up and it's wounded healer, but, um, she's a, you're a cry on, and then your stars, something, something something's rising.

Warwick ([00:59:07](#)):

And I dunno, I will do all this stuff. And at this point in time, I'm thinking, yeah, whatever. And then she said, it says here from the time you were born that your whole purpose here on this planet, on this, in this world, your whole purpose has been to, she says, I don't know what you do, but your whole purpose has to be to gain, influence over a large number of people, thousands and thousands and thousands of people. And then your whole purpose is once you have influence over them is to lead them towards consciousness.

Warwick ([00:59:50](#)):

And I looked at him and like, Oh, I didn't sign on for this. I'm just a horse trainer. Um, and so that was like, Whoa, that's, that's great. And then I got to thinking about it and all this stuff I'm doing with the horses these days with, with, you know, being more self aware and all that sort of stuff. It all makes sense. But then I thought, nah, that can't be right. That's that's B S because I've got an odd name. It's not like there's two of me. It's not like I'm names, Joe Smith or something or other. She probably Googled me before I got there. And she's just making this stuff up. I'm not wanting to believe it at this point in time. And so she sent me home with the audio and the audio is pretty fascinating to listen to, I'll tell you, but, but I'm, I'm a bit doubtful, like, nah, nah, that can't be it.

Warwick ([01:00:40](#)):

That's that, you know, she, she looked me up. So that's how I was thinking about that. But then I'll probably several months later I was doing a clinic in Michigan and I, I did two clinics back to back. So I must've got the, a Wednesday. I did a Thursday, Friday clinic and an a Saturday, Sunday clinic. And then, and I was staying a bet 45 minutes to an hours drive, I think from the, from the facility. And, uh, you know, I don't know much about Michigan, but I know that the two most dangerous cities in America, Detroit, Michigan, and Flint, Michigan, both in Michigan. Uh, and so, you know, and I'm not much of an urban dweller. I just need to put that up to give this some context. So the last night of the clinic, the

Sunday night clinic got over and the, the, the clinic organizer, her and I, and a friend of hers went to dinner.

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

And, um, we went to, and I think the dinner might've been slight different direction than my, my hotel was. So it's probably going to be an hour's drive back to my hotel. And we were having a great old chat. We chatted a bit, we solved all the problems in the world and I probably didn't finish. We didn't leave the restaurant. We're probably 10 30. And the next day I've got to leave the hotel at four o'clock to get to the airport, which would be maybe it's Detroit, Minneapolis, Chicago. I don't know what state, I don't know what airport I had to go to, but I had to leave it at, I figured it had to get up at, I had to leave the hotel at four o'clock in the morning to get the airport, to take the rental, get the rental car back in time.

Warwick ([01:02:15](#)):

Then you get the shuttle bus to the airport to get the flight to come home. And the rental car needs to be filled up with fuel before, before it gets taken back. And I thought, well, I don't want to fill it up in the morning because otherwise I'll have to get up at buddy two 30 in the morning, you know? So I thought I'll fill it up on the way back to the hotel. So I left the restaurant a bit 1130 and as I got back to the area, closer to the area where my hotel was, I started looking for a gas station. I shouldn't call it a petrol station in Australia. And I started looking at it and it's in this, uh, let's call it industrial slash low socioeconomic area. And like I said, I'm the urban dweller. And it's kind of urban looking out there to me.

Warwick ([01:02:59](#)):

You know, it looks like something out of a movie. Anyway, I pull into this gas station and there's a lot of people loitering around to me, look as scary as hell. It looks like. I mean a scene of a movie. And I, um, I pull up to the petrol pump when I get out and I swipe my card and I get the nozzle and I go to open the petrol cap on the car and it won't open my God bloody hell, bloody hell. Um, um, um, uh, where's the thing. So I jumped back in the car and I'm trying to find the little, little lever that, you know, that pops the petrol cap and interior. The car's black, that car's black, the upholstery's black. I'm looking at this little black knob. It's not time. I'm all. I don't have the best vision in the dark anyway.

Warwick ([01:03:47](#)):

I can't find it tonight. Oh, the keys, you got to unlock the doors. That's what I could do. So I pitched the, I hit the keys to unlock the doors. Nope, that's not it. Um, and I don't know, I'm half panicking at this point in time when I go to him, I still try it doesn't work. I'm thinking not this place is too scary for me. I'm out of here. So I just pressed cancel and I hang the pump out. I press cancel. And I jumped in the, I stopped the car and just as I'm about to drive off, there's a big knock on the window. And I turn, and there's this African American fellow standing there and he's really close to the window and he's got a huge, big, very impressive looking, Nick tattoo. And, um, he's got a bit of skin off one eye and I turned and I look at him and as I look at him, he kinda rises his hands up and steps backwards.

Warwick ([01:04:34](#)):

And he says something that, something to the effect that I'm not going to hurt ya. And what was interesting, what struck me when I could hear him through the window, but what struck me was he didn't have a, you know, what you might call the ghetto type accent. He had a, uh, uh, an educated way of speaking and it kind of hit me like, Whoa, hang on. And so I just, I went on the window down a couple of inches and I said, can I help you? And he says, if you don't mind, can I, can I just take, can I just tell

you my story? Uh, and I figured he wants money. And, um, he says, I'm a, I'm a gospel singer from Alabama, Mississippi. One of those, um, he says, I'm a, I'm a gospel singer from Mississippi. I went to, I graduated with a degree in, forget what it was, religious philosophy or something, or other from some Baptist university, one of those two States.

Warwick (01:05:34):

And he says enough, come up here to help build a church. But when I got up here, the whole, I hadn't been told, but the whole thing got cold off of whatever. And you know, I'm out of money and I just, I've got not a need 19 more dollars to get a room for the night. And he says, I know, you're probably saying, well, why don't you go to the hostel? He says, I can't go to the hostel because I don't have a Michigan driver's license. And he's kind of trying to get the story out. And by this point in time, I'm like pull guy, you know, he said, I've, I've just spent last three nights sleeping in a porta potty. And I haven't had anything eight for the last day. And I just, I just need enough money to get a room for the night and maybe some food.

Warwick (01:06:08):

And at this point I'm like, pull go. I'm going to, no, I'm going to give him some food and getting him some money. And at some point in time, I don't know when it was, but I actually won the window all the way on. I turned the car off. So here, I'm sitting in the Petro station. This guy took me through the window and I don't know what at what point in time. But we, we shook. I reached out and I, we shook hands. Maybe he told me, he said, I'm might be said, he's nine that's. Maybe what it was. He said, my name is whatever. And I said, I'm Warwick. And I reached out and was shaking hands. And when we start shaking hands, he starts to sing. And this guys, he's a gospel singer from Alabama, Mississippi summer. This guy could sing, he could be on American idol or something, really, you know, and say, you got this acapella gospel song that this guy is singing and it's, it's not Tom. And it's quiet. So it's the most surreal thing. And this guy, so he's got a voice, he's got a set of pipes on him. So he's singing loud and just cuts through the air. And it's kind of like to mix the hair on the Becky Nick's stand up. It was, it was a bit of a moment.

Warwick (01:07:24):

And he, so he singing this gospel song, but we're no longer shaking hands. Now, we're just holding hands. Like we're not shaking. We're just, we're just holding hands. And I'm staring him in the eye and he's looking me in the eye and he's singing this, this gospel song. And he finishes singing his gospel song. And then he starts to pray and he's praying and he price fit. I know the song went for three or four minutes and then he's praying. And he probably praised for three or four minutes. And you know, I'm not, I'm spiritual. I'm not really religious at all. Um, but I'm listening to it and he praised for three or four minutes and we're still holding hands. So we've been, and we still haven't broke out guys. We're still just looking each other in the eye. I'm not even sure with blinking, but no, one's looking away in it.

Warwick (01:08:16):

And it doesn't feel, it doesn't feel odd or intimidating or weird. We just feel really connected and we're still holding hands. And then he stops. Um, then he stops praying and we're still holding hands and he's looking me in the eye and he says, I don't know what you do for a living, mr. But you have influence over thousands and thousands of people. And your whole purpose here on earth is to lead those people towards God. And then he says he kind of leans forward a bit. And he says, but the only thing holding you back is your fear. And right about then he's left hand. We're still holding hands, looking at each

other. Right. Then he's left hand reaches behind him. Like he's reaching in the back of his pants for a gun. And I'm thinking, this is it, wait, this is, this is how it ends.

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

Uh, but I was quite, I was quite peaceful. Um, I wasn't afraid I didn't feel the need to leave. I was just like, okay, I, I get it. This is how it ends. Anyway. Then his hand come out from behind his back and I had nothing in it. He must've been scratching his ass. He must have knew chiasmus' I'm I don't know. But, um, yeah, so I ended up, I gave him a hundred bucks and told him to get a room for the night and, uh, get some food. And I, um, and I wished him well on his journey, but, but, um, anyway, this is, I'm supposed to be answering question 12 here. What do you think your true purpose? What do you feel is your true purpose in the world?

Warwick ([01:10:19](#)):

After hearing that? I kind of think that's what it is without getting old. He used the Messiah type thing. It's just, you know, what I've found with, with all this, um, you know, with all this new stuff I'm doing with the horses, it just help when you slow down and stop listening to the horse and start listening to yourself and being in your body and not in your head and stuff, it just, it just makes some changes in you that you, that for most people weren't there in the first place. And so I don't know, and that makes you a different person. And I dunno if that's consciousness God, whatever it is, but that seems to be what's happening. And so, um, so yeah, I feel like my purpose is to help people get more in touch with themselves. And then through that, getting in touch with themselves, get more in touch with, you know, consciousness, the universe, God, whatever I'm all through the horses. So, you know, don't think I'm going to start preaching or anything anytime soon. Cause that's, that's not what I'm going to do, but that's not my purpose. But I think my purpose is to help people at least start on that, on that journey.

Speaker 3 ([01:11:47](#)):

Mmm.

Warwick ([01:11:49](#)):

That, you know, that can fund a whole lot better influences the money for it, but at least a start on that journey. So anyway, that's a, whew. Got that out. That takes a bit out of me telling that story. Sorry. So what other questions do we have here? Oh, here's a good one. Relative to question number 12. What relate? What is your relationship like with fear? Do you run towards it or find that you play things close to your chest? What is my relationship like with fear, but not yet. That's just exactly what the guy on the guest station said. You know, you hate to leave. The only thing holding you back is your fear. You know, I think I've mentioned it in an earlier episode, but I have always had a freeze response. I'm not a fight response. I'm not a flight response about a flash freeze freeze response and it's, and it's all trauma from different places and I don't need to go into or where it came from, but I'm starting to get a little bit better about it. You know, I've started doing things

Warwick ([01:12:57](#)):

That I'm afraid of, you know, Oh, I think all my life, I stayed away from things that I was afraid of. You know, when I was, when I was a kid, my father, uh, were in rodeos and he was, uh, I did all the events, but he was a bull rider when I was a kid. I wanted to be a boy. So my father went to the national funds rodeo in Australia twice, uh, won the national finals once. And I think he was sick. And the other time maybe he went three times ago, but he was first once and he was second ones, uh, in the bull riding.

And I want to be a bull rider when I was a kid. That's, that's what I wanted to do. And so I wrote, you know, carbs and then junior Steaz and then junior bulls and actually got on to full-size Bolton. It scared the hell out of me. And I decided I didn't want to do that anymore. And, and, and I think, I think I had the talent to do it right. Something about that. I had the talent to do it, but I didn't have the mental capabilities of doing it. And I think I'm much better about that stuff these days. But you know, in the last few years, I've, I'm not, I'm not crazy about Heights. So in the last few years, I've jumped out of applying a bungee jumped. I have, um,

Warwick ([01:14:08](#)):

Big Canyon swing thing in New Zealand. Um, you know, don't like the cold. And I said before about the cold showers and the, the ice Barts, you know, every day, it's an internal struggle between the light Wolf and the dark Wolf. Turn the water down now. Not today. Yes. Come on, do it. Yes, no, it's the same thing you have. Like when you bond your jump, you're seen in there and part of you says do it, but mostly the, mostly your body is going, do not do that. No, no way in hell. Do you want to step off of that thing? Um, the bungee jumping, I did bungee jumping last year in New Zealand when Tyler and I were there, that was in Queensland. We jumped off that bridge. I can't remember the name of the bridge, but it's a bridge across this really steep Canyon. Um, and that was relatively easy.

Warwick ([01:14:52](#)):

I stepped out there and off you go. But the year before I did a Canyon swing thing, which is a, you it's like a bungee, you jump off, you have a like 400 foot or something, 300 foot free, fall straight down. Then the swing catches you and you swing out. Um, that one was really hard to jump off. And I did it twice that day, um, and only resonated twice. Cause there's there's that they rate, they rate the New Zealand have a very Australian sense of humor and they rate the, um, the different types of jumps you do in shit, stained undies. Like this is a one shit stoned under jump, or this is a two shits don't be under gentlemen. I think the highest you can do is a five shit stain under jumped. And before I went there, Vicky Wilson, um, had told me she she'd done the five shit's done 91.

Warwick ([01:15:49](#)):

So I, the first one I did, I think was the one she'd stay in Dundee jump. And then they said, you can go again for a lot cheaper fee. And I said, yeah, I better do it again. And I had, I had to do the one that, that Vicky said that she'd done. Um, but yeah, it's, it's a real internal battle to do that. So, um, I think I'm getting a little bit better about that, but my relationship with fear all my life has not been, has not been very good and that, you know, that's, that's part of that thing where I said about mentors, you know, I think it's that fear of looking stupid or whatever. It doesn't know what you're afraid of, but, um, yeah, but I don't think I've had a very good relationship with, with fear. And, um, and it's funny, I, I just feel like I'm, you know, 30 years behind the eight ball coming to this stuff, maybe 35 years beyond that book and this stuff, but I suppose, you know, there's no time like the present to start working on things that you should have worked on,

Warwick ([01:16:45](#)):

Worked on all your life. So anyway, yeah, that's, that's about my relationship with fear, which probably leads me to, uh, the next question. What quality, what quality do you admire most in a person? I, you know, I've, I think you're, I think people tend to be drawn towards people who have something they don't have and wish they had brave people. I think Brett, well people, okay. Brave people, people who are brave in areas, I'm not like some people, um, you know, some people who were afraid of different

things, but I think P P I think the quality I admire in people, I think for most of my life has been, um, people who aren't afraid in, in areas where I'm afraid these days. I'm probably not so much because

Warwick ([01:17:49](#)):

I think a lot of times people who, uh, you know, maybe not afraid in areas like that it's covering something up. It's a, it's a, um, it's if you listen to my book podcast and you know, that book, the masks of masculinity, I think, I think it might be a bit of that involved in that. So I think probably my, the thing that I admire most in people has probably changed in the last few years right now. I would say that the thing that I admire most in people is, Oh, what would you call it? Openness of pure heart, um, connection, you know, you just meet some people, you can just feel the energy off of. It's just, uh, they just so open. Um, that's probably, that's probably the quality at mine now, more so than in fear. And I think, you know, may not having that, that, that particular quality before is also another type of fees.

Warwick ([01:18:46](#)):

So, um, I think I probably changed, changed the quality, you know, change the, uh, the thing that I had marked the quality that I admire in other people. So that would be it. This next question is actually pretty good one. And the question is in the last five years, what have you become better at saying no to distractions, invitations, et cetera. And, um, you know, I'd say for me, what I've become better at saying no to is, you know, when I do, you know, I do clinics, you know, all over the place, different places around the world. And there are always two day clinics. And what we always used to do on the left side, it's a Saturday, Sunday clinic. Uh, what we always used to do was on the Sunday night, we'd go out for it and go out for dinner somewhere. And you know, so at those clinics, you're, you're on the whole time, like, you know, if the clinic starts at eight o'clock in the morning, I'd get there about seven.

Warwick ([01:19:47](#)):

Oh, so, and there's always, somebody wants something from you and you, you know, you kinda gotta be on from about seven o'clock in the morning, and then you get done. You know, a lot of times those clinics weren't finished till six 30 or seven o'clock at night, and then we'll go out for dinner and then someone will sit there and, you know, they're being social, but the volts are got questions about this and that something else. And you kind of aren't until about 10 o'clock at night. And it kind of gets a bit draining after a while. And so I love conversing with people. So it's not, it's not like it's a bad thing that they want to do that. And I don't actually don't mind, but it just gets to where it wears you down after a while. So one of the things I've been better at saying no to the last few years is, you know, before the clinic, they usually though someone who, Oregon, whoever organizes the clinic will organize this dinner.

Warwick ([01:20:40](#)):

But these days I tell them, so I may, I may be there may not. It depends how I feel at the end of the day. But, you know, when I first started doing it, I'm thinking, Oh my goodness, what will they think of me not going to dinner with them? You know? But, um, and I think that's part of it is, is, you know, people pleasing and people peep, but people pleasing people pleasing is not actually a good trait. People pleasing is actually a bad trait. So I'm coming to understand. And I used to be probably still am a bit a people pleaser, but I used to think it was a good trick, you know, I think, Oh, I'm such a good person doing all this stuff where it's not really. Um, so there's that, that part of it, they're not going to do anything, but the other thing is sometimes I would have someone, you know, when they organize a clinic or whatever they say, Oh, you can, you can stay with us.

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

And I used to stay in people's houses with them. And, um, it's kind of the same thing. You've kinda gotta be on the whole time. And so these days I have also said, no, I won't, I'll just, I'll just get a hotel. I just, I really need my quiet time, my alone time, you know, time to meditate or do nothing or whatever, but I, yeah. So have become a lot better at saying no to both of those things. And then he recently on Facebook, you know, I've got a Facebook group that has 25,000 members or something or other, and I'm not sure how many followers on my Facebook page. I think there's maybe in the 80,000 range, I'm not sure, but, um, you know, I'm always answering questions on there and, and what I've got better about there is if someone asks a question, I don't have an answer to, I just don't answer it.

Warwick ([01:22:34](#)):

You know, I used to think I had to give him an answer. I've, I've got to give him the answer and I've got to give them the right answer. And these days that's not the case. I don't, um, you know, if it's a question that I don't have a good answer to, I just don't answer. Uh, I actually took a break from Facebook here a while ago. I took a two week hiatus. I just, you know, it got to where it's, you know, I don't mind answering people's questions, but it gets to be almost an addiction to where you got to do. You can pick your phone up and look at it. And, uh, so I, I went off Facebook for a couple of weeks, month or so ago, and it was actually a good couple of weeks and I actually might do it again sometime soon.

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

But yeah. So those are the, those are the, the things that I've become better at saying no to. And basically at all, they all fall under the category of people pleasing I'm I'm, um, uh, just a little bit more wary about the dangers of being a people pleaser these days. So the next question is, um, it's an interesting one. What's the luckiest thing that's ever happened to you. And, you know, we've got a sign when you first walk into her house, there's a sign and it says it's a wall hanging thing. And it says, luck is believing. You are lucky. And that you in the bottom lucky, which is bigger than the top one, the you in that is a, is a horse shoe, but it says luck is believing. You are lucky. And so the luckiest thing that ever happened to me, I mean, everything, everything that's ever happened to me has been lucky and probably not going to go into it too much right here, because, um, it's actually going to be the subject of a different podcast at some point in time about manifesting, manifesting things.

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

But yeah, and that podcast is mostly going to be about all the, all the lucky opportunities that have come to me that I, I, I used to think I was lucky I did. I really did. Um, and then I I've started to realize that all these lucky things that have happened to me have happened to me because I've manifested them because I've put that intention out there and, um, believed it's. I think, I think believing is a big part of being lucky. And it is, like I said, lucky is believing you were lucky, but it's not. So it's not, it's not lucky. He's thinking you were lucky. Lucky is believing you were lucky. And I think that belief, that belief in things, um, has is something I've just, uh, luckily I've been, luckily I've been naturally, that's something that's come naturally to me. And I, I didn't even realize I was doing it for a long time.

Warwick ([01:25:21](#)):

And one of the light of podcasts, I'm gonna do a whole podcast on intention and manifesting and that sort of stuff. But I suppose if you think about coming to the U S in 1990 was the beginning of basically everything is good, that's ever happened to me. And so I'll tell you that the quick manifesting, lucky

story about that was I had bought, I bought an old F 100 off a friend of mine. Um, and I paid \$5,000 for it because it was, you know, had some dings in it. And the, the, the whole, the bonnet, what Americans would call the hood was old sun faded. So the paint wasn't real good, had it been arrested under whatever. Um, but that year, make and model, you can share it for \$10,000, even though I only paid \$5,000 for this F for 100, and I'd had it for about a year and a half or something like that.

Warwick ([01:26:13](#)):

And I'm thinking I could use \$10,000. If I had \$10,000, I would go to America, I'd go to America and Luna and a train riding horses is what I would do. And I said to three different people on three separate occasions, once each, but on three different occasions, three different people. Um, I said, you know, I wish I knew how to crash this thing and write it off for that killing myself. Cause if I could do that, I'd take that money and get to America. And I bet, I don't know, a month later I'm driving along at a backs, probably about 120 case. So, you know, 65, 70 mile an hour, something like that. And I blew a left front tire. So the left front tire is your passenger side tire in Australia. And let's drive along the canal. Two lane country road blew that left side tire and went off the road, down a ditch into a stand of eucalyptus trees.

Warwick ([01:27:02](#)):

It wasn't a big fat granddaddy. You could lip this tree because going that fast probably would have written the truck off and written me off too. Um, but a bunch of small trees all grouped together. It was one small trailer to just snap that off and probably not wrote the truck off, but it was enough trees. It will group together to write the truck off, but it cushioned the impact a little bit. I went smack into the trees. I opened the door, stepped out perfectly fine. Um, and so that was that's the first and I at the time I just thought had happened. And didn't even think about it for you. It didn't even realize for years, you know what I wanted that to happen. And that happened. I manifested that it was many years before I actually figured that out. But I think that's part of that was one of the lucky things that happened was that I crashed that truck and came to America.

Warwick ([01:27:55](#)):

But I think the more important part of that is is you make your own luck, you manifest your own luck and, um, you know, there'll be a whole podcast on that later on. Uh, Kay. Another one of the questions is what, what did you want to be as a child? And I already 40 said that I wanted to be a bull rider that didn't actually work yet. But, um, yeah, but I've always really, really, you know, I've been fascinated by America and the Western lifestyle and stuff. You know, dad used to get, um, Western horse and magazines and I'd go through them things. And I don't have a photographic memory, but I, my wife were thinking, of course you have a photographic memory. You didn't even know when you lift your phone, but I read those magazines so many times I could, I could look at the cover and I could tell you what articles are in it and what pictures are in indebted, a big stack of those things.

Warwick ([01:28:49](#)):

And, and, uh, you know, I used to just read them from cover to cover and inside and out and cover to cover and cover, to cover and what was really interesting. And, and this was, you know, probably from the late sixties to the late seventies, early eighties, he had all those magazines. I don't think he was bought in much after that, but I read him so much when I came to America and actually saw really life in person. Some of the people that were in those magazines and they'd be older by then. And even I got to meet some of them, but it was like, Holy cow, that's this is, this is crazy. Um, yeah. So I think I'd always,

um, always wanted to be doing something like I'm doing right now. So maybe that's a bit more manifesting. Um, next question is, do you have a favorite horse?

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

Yes. I think they're all my favorites right now. Um, uh, when we, we moved back to Australia, we took a stallion named smart, like smart. He was a reigning horse that actually my friend Joe Schmidt actually trained him. Um, and he was even a stallion that we took back there and he was just the sweetest horse, um, which we still had him around he's passed on now, but he was a bit of a favorite, but yeah, you know, right now I'm going to share a look. Who's the one that really changed everything about me. He's a favorite, my yelling chants out there. He's my favorite Bundys. My favorite PT is my favorite. They're all my favorites, I think, but I don't. Yes. As far as favorite hoses Sumati would have been definitely high on the list. And that last question on this whole list, and I'm not sure if I can answer this one real good, but maybe some people will choose it as an answer that a question I'd like to answer is what do you think it means to be a leader and a follower?

Warwick ([01:30:50](#)):

What does leadership followership look like to you? And so Tyler, my son, Tyler helped me, um, organize these questions and he had one last look over them this afternoon. And he's just added this one to the end. So I haven't given this any thought, what do you think it means to be a leader and a follower? Oh God, I have no idea Tyler, but I'm sure someone would want to answer that question. I think, I think as far as being a leader, I definitely think what a lead is. Not, it's not being the boss. It's not telling people what to do. It's I think leading by example is I think leading by example is a very good example of, um, of leadership is, you know, walking, the walk, talking the talk sort of thing. Um, I don't know. What does it mean to be a follower?

Warwick ([01:31:48](#)):

Well, I'll tell you what, um, I think, I think the, I think my definition of a good follower would be someone, someone who's a believer. Like, you know, it doesn't matter if you are interested in the process that I do with horses or, you know, it doesn't matter whose process you follow with horses, but their process is the sum of all its parts. And that's why it works. And you think about it at some level, you know, if you're, if you're following someone who trains horses, you like the end result they get. So that's why you're following them. And my advice for anybody who's, you know, trying to learn stuff with horses is pick someone that you like and do exactly what they do. Like follow them to the T until you get good at it. And then you can kind of go, okay, now I want to go and pick pieces from different places.

Warwick ([01:32:50](#)):

But I think a mistake, a lot of people make is they go, well, I like what this guy does with that. I like what this guy does or that, but they don't all mesh together. I think, I think you have to learn someone's process if you, if you, if you don't, if you haven't, if you don't have a process, okay, if you have a process that works, then you can pick, you know, obviously you're very experienced if you have a process that works, but if you don't have a process that works, whoever you're going to choose to be the leader and you'd be the follower, I would do exactly what they do. Um, yeah, I would, I would follow it to a T until, and especially, you know, if you, once you get to, you've done that process with, I don't know, minimum of like two or three horses, then you can go, okay, now I'm going to start messing with stuff.

Warwick ([01:33:39](#)):

I just see a lot of people who, who, um, who cherry pick things that Trane is do, and that they really ever successful, because what you tend to do, you tend to pick all the easy stuff that everybody does. No one picks all the hot stuff everybody does. And, and, and, and there is some hard stuff in everything you do. And the struggle is part of the process. I don't mean struggling, like over facing your horse and having them do things they can't do, but for you, for the person struggling to learn a concept or struggling to perfect something that they do. Um, that's part of the process. And what I think people do is they'll follow someone's process till they get to the struggle and they go, well, I'll try someone else's because this other guy, he does it easier, but, you know, he got to that point a different way.

Warwick ([01:34:30](#)):

And then it goes some way different after that. So, yeah, that's, that's probably what I think about leaders and followers. So anyway, this has been another marathon effort here with this podcast. Uh, so those are the questions that I'm going to be making available to people that I interview. And, um, hopefully can weave. It's not just going to be asking them questions about that. It's going to be them telling these stories, but hopefully I can weave some of those questions, uh, into the narrative. As I interview all the, the, uh, wonderful people I'm going to interview and the people I'm going to interview, we're going to be a bit like, um, a bit like the, uh, the book podcast. It was books that have influenced me that, you know, this is, this is the people I'm going to interview, uh, people that have other influenced me, or they fascinate me one or the other, and I've got some pretty cool ones in mind. So, uh, yeah, join us next time on the journey on podcast and that we will talk to one of those amazing people and I'll ask them

Speaker 1 ([01:35:31](#)):

Some of those questions. So thanks for joining us and we'll see you guys next time. Thanks for listening to the journey on podcast with work Schiller Warwick has over 650 full length training videos on his online video library at videos dot [inaudible] dot com. Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.