

Speaker 1 ([00:00:07](#)):

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, just be causing

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

Everyone. Welcome back to the Journey On podcast. I'm your host Warwick Schiller and if you've been a regular listener for a while to these podcasts, you would have heard me at some point in time. Talk about a men's emotional resilience retreat that I went to last September, I think. And, you know, I I've, I've talked about how life-changing net that retreat was, it was three and a half days. And, you know, previous to that, I had done a bit of a dive into old things, personal growth, and trying to heal trauma past traumas and stuff like that. You know, I, I did a year doing dialectical behavior therapy, both, both in group therapy and individual therapy. I had done some EMDR therapy. I had done some somatic experiencing therapy. I had had a doctor induced ketamine journey to help reset my nervous system. And I also did a three day lowasca ceremony in Florida with a shaman from South America.

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

And all of those things, I was looking for the healing probably to the wounded parts of me and this three-day emotional resilience retreat probably achieved more than all of those things put together. And it was exactly, you know, the result I got from it was exactly what I was looking for. It was everything I'd hoped for. It was absolutely amazing. So today I am very, very, very honored to have Joshua Wayna as a guest. And Joshua is the guy who invented this emotional resilience, retreat training. He's the, he was the facilitator when I went all the work was one-on-one with Joshua and it was quite frankly life-changing and I really feel it was so life-changing I kind of feel that if every man on the planet could actually attend one of these things or have some of this emotional resilience training, I think the world would be a better place. And I really looking forward to this conversation with Joshua, I find the guy is absolutely fascinating and I'm sure you will too. So let's get Joshua on the line. Joshua, welcome to the genuine podcast.

Joshua Wenner ([00:03:05](#)):

Hey I'm really grateful to be here with you Warwick.

Warwick Schiller ([00:03:08](#)):

Hey I'm, I'm glad to have you on here. It's good to see your face again.

Joshua Wenner ([00:03:12](#)):

Yeah. Good to see you too. Yeah, really good to see you.

Warwick Schiller ([00:03:15](#)):

So I've talked on a number of different episodes of the podcast about the, the profound effect that the, you know, the emotional resilience retreat that I went to with you had on me and, and in the introduction to the podcast, I've, I've, I've basically said, you know, a bit about it too. I think I'd like to start not talking about the retreat, but I'd like to start talking about you. I mean, how you, you have, you obviously have found your calling in life. I remember at the retreat, one of the, one of the, one of the guys there, and I've, I didn't say it, but I'd felt it but said you have a gift. Do you want to go of maybe

some of the, some of the, you know, the aspects of your life that have led you to this as much as you want to share, but, you know, I know you've got some different parts of your, your past that I'm sure have had a lot to do with this.

Joshua Wenner ([00:04:19](#)):

Sure. Happy to. Yeah. And I'm totally open book and totally transparent and open to go wherever we need to go. So it sounds like your question is more really focused on like how to what's the backstory before getting to these retreats. What led me in this direction? Is that, is that more or less what you want to dive into or

Warwick Schiller ([00:04:37](#)):

Yeah. Like you, you know, you've got a military past, you've got the the Tony Robbins stuff. I mean, I, you know, all of all the, you know, the, the Gebel Martay stuff you'd got into, I mean, all that stuff is fascinates me and I'm sure my listeners be fascinated by it too. So

Joshua Wenner ([00:04:52](#)):

I think this may be helpful as you know I'd say just to give a little context of who I was and the life I led and then what kind of interrupted my path and took me on the path on it now, because what I've learned from doing not only this work, but men's work is, you know, our, our wound, we all have wounding and the wounding, you know, guides our direction. A lot of times it's forced direction and growth. And so my backstory was, you know, I grew up in a family, very loving, but also very like a warrior based, grew up in sports, military very much the kind of traditional male who, you know, suppresses emotion and handles things is, is how I grew up in hunting, fishing, camping. You kind of get raised around the guy's guy, if you will. And so I had a lot of deaths early on and I tended to be the guy that there'd be a death at high school.

Joshua Wenner ([00:05:51](#)):

I think we had something like 17 deaths between, you know, my high school years and early first year to a college. And I tended to be the guy that would go there and calm everybody down and could really function efficiently which I looked at his resiliency. And I think the, the truth, the moment for me came when my brother I had a younger brother of five years who came to see me on Christmas. And he said, Hey, man I've gotten into drugs pretty bad. I'm shooting needles. And I'm really scared that if I go back to Reno where we're originally from, I'm going to die, I need to come live with you. And one time I was so blinded by what I thought I would be enough if I was a successful entrepreneur. And so I'd been starting startup companies, and I had maxed out my credit cards on a, on a startup and we were living and working out of my house and I had computers all over the living room, my business partner, I moved into my house and I knew if I moved, my brother in my business was, was gone.

Joshua Wenner ([00:06:58](#)):

He was a binge alcoholic and needed 24 seven care in addition to the drug problem. And I'd done it before and it ended horribly the previous two times. And so I told him, yeah, no, and I'm very sorry, moment between us. He was somebody that had in the past said, Hey, you know, kinda threatened suicide and had made a comment around, I know what I need to do. And for the first time I felt so much pain that he had. And usually I would say, Hey, I would plead with him not to. And I have more, it was a really interesting dialogue of him, of me saying, yeah, I support you. And it was just a weird, like, if you

don't want to be here, it's not my choice to keep you here. That's for me. And, and, and so it was almost like this last moment of our dialogue was a very surreal moment of almost like our souls talking.

Joshua Wenner ([00:07:50](#)):

It didn't make any logical sense, but he was saying, Hey, I've served my purpose. You know, mom and dad take care of mom and dad. And it was under the guise of him being drunk and us kind of fighting if you will, but this was the dialogue that was happening. And we ended the night the next morning he got up to leave and it was a moment that like, he went to leave and I grabbed a hug him, and a part of me didn't let him go, go. And I just like held him for a moment. And and then he turned and let go. And it was just, I remember it like clear as day. It was almost like my soul, if you will knew, but my body didn't kind of register what was happening. And almost like I was pulling away anything that he needed to, to go do his next role in.

Joshua Wenner ([00:08:39](#)):

So then went back to Reno and three days later died of a heroin overdose. And upon waking up to that, you know, the 28 Ms. Calls from, from family, I broke down and I consciously pushed all that down and was like, ah, I gotta go take care of the family. And so just shows you that mindset that I was still in of just believing that a strong man is non-emotional and goes, handles things for his family. So I suppressed all that flew back to Reno. I actually led the service and I, and I built one that everybody was laughing and you know, actually remembering his soul in a really beautiful light. And cause he was my we were definitely, he was with the closest person to me in my life. So we were deeply, deeply bonded.

Joshua Wenner ([00:09:33](#)):

And then I came back, suppressed all that and went to work, kind of put it in a nice little box if he will and went to go work on my company. And we built the company up to just where it was on pace to, to reach a million. I think we had our biggest month of one 60 and then 2008 hit. And so as God source, the universe would have it right as things were coming together, 2008 hit and we go from that massive month to like 30 and then 20 and then 10. And we're just like, like a plane that's just circling towards, you know, going to hit the ground. And so I, we moved the company to Arizona from California. I went to go clear my head and rethink things. And then when I came back, my business partner that I'd been living with for two years I'd invested everything I had, including Maxina credit cards in this business we were in.

Joshua Wenner ([00:10:28](#)):

And the girlfriend that I'd been living with, I came back to find that they'd turned from a friendship into a lovers experience. And so right as my business was coming to a crash, all of a sudden in one moment, basically business partner took, took the woman that I was dating and my best friend and business partner basically had committed betrayal. And on the woman that I was dating and being upset, of course at that moment, I took off again to clear my head. And when I came back, they'd basically moved the entire company and in a, in a weekend and took off to Mexico to a lope. And so in this one moment, I'm sitting there in these ashes of, I lost my business. I had to go through bankruptcy cause I didn't, he took the business and I didn't have money to pay back the business.

Joshua Wenner ([00:11:19](#)):

My best friend and business partner and girlfriend and, and some friend gets there's one more layer. And then it shifts, you know, cause it's, it seems like, Oh, that's, you're at a pretty low place, but I, I, I

then had a friend say, Hey, why don't you come get your mind off things on you're going through a hard time, you know, come to Lake Tahoe and let's go have some fun and just have a party. It was about new years and we got to new years. And one of my buddy's girlfriend says, Hey, try some, try some of this white powder, take your mind off things, have some fun. And I wasn't really that much into partying at that time, but I said, okay. And next thing I know I put something in my pocket, you know, and I walk out and next thing I know somebody put me in handcuffs and I'm getting arrested for a felony charge of this white substance.

Joshua Wenner ([00:12:09](#)):

And so this moment came where I'm sitting in a jail cell alone and I'll never forget it. It was literally like I was so externally raw almost like if I was naked on the ground and people were kicking me, is what, what it felt like, like every area externally was ripped from me. And now this like the worst, it felt so, so shameful. And so like, Oh man, how am I sitting in a jail cell for something that's not even my values or my nature. And, and that's when it really hit me, like I chose this over my brother. And that was the, that was the journey that led me on this new journey of trying to make peace with something that I couldn't fix. Like almost felt like, you know, the person I love the most in the world had come to me for help.

Joshua Wenner ([00:13:00](#)):

And I told him no to grow this other vision. And then the vision had, had ended so horribly and, and now I was faced in these ashes of like that choice. So that's, I think that's the, the point when my direction changed from my initial trajectory of like this entrepreneur to now this journey of healing or where, as you mentioned, when we were talking before the wounded healer, because that was some deep, deep wounding. And and so then as a warrior, I didn't sit in that. I'm not one to sit and think. So I, I went, did a bunch of plant medicine. I'd want worked with a bunch of shamans in different places. Some of them were really like, I had the shaman in Sedona that was like sleep on the ground and do forgiveness work. And we're going to train and run mountains and swim in the water and like very much, very strong energy, but also very nurturing and like, Hey, you gotta do some forgiveness work to heal this.

Joshua Wenner ([00:13:57](#)):

And so a mixture of backgrounds, forgiveness was very, very helpful. And then I made a decision like who's the best in the world. I'm going to go handle this and solve this. And so at the time I believed it was Tony Robbins. So out of literally my bankruptcy of handing over my car, that they're taking away from me, I went right into a career with Tony Robbins, where I then spent two years on the road, helping other people transform their life. And at the time I think I was in a lot of pain, but I just was like, Hey, let me just become a student. And I would just obsessively study his content and work on integrating his content. As I was saying it every day as I was speaking, I was also working on embodying it. And a lot of Tony's work is around peak performance, which is centrally focused on a lot of NLP or hypnosis, which the basis premise is. What's the meaning you have about something. And how do you find empowering

Joshua Wenner ([00:14:52](#)):

Meanings? How do you look for empowering meanings in life? How do you find like negative beliefs that you may have and find empowering beliefs? And then another central theme is how do you notice if you're in like a negative state and how do you put yourself into an empowering state? So I use those three things of changing my state when I didn't feel good, changing my meanings and changing my beliefs and just kind of led with that nonstop. And

Joshua Wenner ([00:15:21](#)):

And I did that for two years and thought, Hey, I healed, I've healed my grief. I fixed it. I think I was so resistant.

Joshua Wenner ([00:15:27](#)):

So the idea of feeling broken and I had bought in so much into the, a lot of personal development is around you're not broken. You're whole. And I was so resistant to the feeling of heart, of feeling broken that I became obsessed with feeling whole. And that's really what I did is I took Tony's technology and I implemented it and implemented until I couldn't find an ounce of brokenness in me. And I thought I'd healed my life. I rebuilt my life was very functional. And, and then I went in to try to help people around grief. And I remember the first couple of clients that I went to go help and I just failed miserably. And I mean, it was really intense there, situations of the trauma that they'd been through one, her husband had committed suicide to a very tragic story.

Joshua Wenner ([00:16:20](#)):

And the other one was a man who had just gone through a breakup, but their symptoms were very, very similar. And, but I went to go help them with like, Oh, I got these tools on forgiveness and I know how to change your state. And very much like taking a peak performance mindset of you're not broken you're whole too. I mean this woman to give you an example, she came home one day to her. Her husband walked in the door to find one of her daughters hanging herself and he tried to save her and couldn't and watch her die in front of him and was so heartbroken that he went into the garage and took a shotgun and took his life. And this all happened while she was at home and she had another daughter. So she wanted to leave too. But how could she leave when she still had another daughter to live for? So to give a context here, I'm coming in to try to sell this woman, Hey, there's some forgiveness work. Hey, you can. And it was, I learned really quickly. One I'm dealing with something I know nothing about, even though I thought I did to the sense of intensity of that pain. I couldn't just wing it.

Joshua Wenner ([00:17:32](#)):

I couldn't jump in, I could fumble around

Joshua Wenner ([00:17:33](#)):

A lot of things and figure things out, but this required a deeper level of investigation and feel free to stop me or interrupt or ask questions. If, if any time, if something you want to go deeper and put, but I'm getting to kind of full story to, to how I ended up at the retreats. So so then I set out to say, I need to really understand grief and loss. And I'm going to research this and, and who are the experts and let me understand grief. Cause I obviously don't know what I'm doing. And when I started to research, it was really interesting is if you think about it, we're not taught to, to learn how to deal with grief and loss like theirs. And yet all of us are faced with our whole life is based on change. Really. Like we grieve constantly.

Joshua Wenner ([00:18:21](#)):

We grieve our age, we give our bodies, we grieve relationships, we grieve visions and fantasies of who we're supposed to be. Our parents, our relationships, our friendships. So when I started to research grief, there's very differences of like the experts in grief. One would say, you know you're naturally resilient, need nothing. And then there's other researchers that say, no, you need antidepressants after

two weeks. And so there was a very confusing like, Hmm, okay. The leading experts have totally contradictory viewpoint. So let me get in there, understand it. And so I grabbed a camera crew and I started interviewing grief and loss and trauma experts. And one of the first interviews I did, I was interviewing a guy named Ken Druck who one of the most loving kind man's kind men I've ever met and also had a level of certainty that would like he was like a kind man, blue eyes, you know blonde hair that had lost his daughter tragically 20 years ago and had such a deep connection with her that upon her death, his whole family had fallen apart.

Joshua Wenner ([00:19:32](#)):

And and he was a doctor and a therapist and had been deeply embedded in this world. And he spent the last, is he an author or something? He has no sense to me. I must've heard of him somewhere. He's got some great books called the 12 rules of life and a lot of other ones. Okay. And but he'd spent the last 20 years working with grieving families like nine 11 in Boston bombings in Sandy hook. And he's the guy that goes in and is with families and helps them. And I'll never forget, he introduced this concept with such certainty to Pierce my soul, but also with so much kindness and humility, it was like integrated knowledge. It wasn't theory. It wasn't it was a man that had walked the path of pain for 20 years and was speaking the truth to me.

Joshua Wenner ([00:20:20](#)):

And, and it's as he spoke it, the words like pierced my soul. And I couldn't not see what, what he shared and what he said was the duality of being whole and broken meaning I'd been so attached to the feeling of wholeness, right? Resisting my brokenness, wanting to put of it in a box and get away from it. And he introduced this concept of the feeling of brokenness is really heartbreak and the natural response to loss, like when we love something so deeply, and then it's taken from us, the reaction, the feeling is deep, deep heartbreak, which is an actuality of feeling of being broken. And, and it's in the ability to love and accept unconditionally our brokenness or that feeling of heartbreak. Just as much as our wholeness that actually allows us to feel whole again. And, you know, when he said it, it put me into this whole different world of two years where I was still functioning into the outside world, but I'd come home.

Joshua Wenner ([00:21:44](#)):

And I was all of a sudden, all the things that I thought I'd fixed and I'd healed and were there still, and it allowed me to like a window or a doorway to start to feel the heartbreaks and the breakups and deeper wounding around my brother and almost anything in there all the way back down to like some childhood trauma of things that had been there that were areas of heartbreak and loss that I couldn't fix. And, and it allowed me to start to feel that, and I'll say I had no tools. I had no community, I didn't have a mentor guiding me through it. So going through it on my own, you know, I'd feel heavy and I'd be drinking a bottle of wine or eating, not a piece of pizza, but out a whole pizza or a tub of ice cream. And, you know, I was using some unhealthy habits.

Joshua Wenner ([00:22:30](#)):

Like I had a porn addiction then and some other things to numb my pain, which I now see are just ways to numb our pain. But at the end of this two year period, one day I woke up and I'd been searching for years. Like, Oh, if I make enough money, then I'll feel better. Oh, if I scope my body a certain way, then I'll feel better. Oh, if I have the right partner and only if my partner looks this way or does that thing, or so I've been searching externally for the thing that would make me feel a certain way and I'd reach a financial goal and I'd feel empty. And so then I just say, well, maybe it's another goal or I would. So I'd

been in this kind of yo-yoing hamster wheel of endlessly searching for external validation and ending up feeling empty at each and more alone at each new, I guess, pinnacle that I reached and would just set a bigger goal.

Joshua Wenner ([00:23:26](#)):

And I woke up two years and one day I was like, wow, I feel the peace that I've been searching for, for all these external validations by actually doing the opposite by learning to love and accept and just be with my pain without trying to fix it without to take it away without trying to cover it up, just loving it and being there with it. I'm actually starting to feel deeper levels of peace and freedom. I think it was what I was ultimately searching for than any of these external things. And so that was the moment that I was like, all right, there's something there's a deep wisdom here. And how do I create a set of frameworks to walk other people through the same process that I've been going through to ultimately reach a deep level of freedom? That's the opposite area that I had been searching from.

Joshua Wenner ([00:24:19](#)):

And so that's when I got busy, I hired a, one of my good, good friends, Mina, who was a, another speaker with Tony Robbins, who whenever I was with Tony, I'd be, I'd be like swinging for the entrepreneur goals. And she'd be like, why are you doing this? Like, you're supposed to be doing your works around grief. Like she could see it from the day. And so anybody that may be listening, I would say your purpose may already be with you or your mission or what you're made for, but you may just not want to believe it. And you may be searching for something external, but it may already have been there the whole time, which it happened to be for me for a long time. So I hired her to say, you've been seeing me and challenging me to do this from the beginning.

Joshua Wenner ([00:24:55](#)):

How do I work with you for the next six months? Let me develop a program and a curriculum and a, a way to guide other people through it. So that's what we did. I basically intuitively locked myself. I was the first first client for myself, and I basically created a set of frameworks to walk myself deeper and deeper and deeper into any pain trauma that it was still affecting me almost like what were the boxes in my life of the pain that I'd shoved in those boxes? And how did I find a really gentle, compassionate way to notice or feel what was still in me and open those boxes and learn to love and accept and feel what was still in there that hadn't been felt. And each time I did it allowed me to go deeper and deeper and deeper until I got to the root.

Joshua Wenner ([00:25:43](#)):

And when I was able to forgive myself at the root, at my root core wound and make peace with that part of myself and reintegrate my inner child re see my inner child, find my inner child, integrate that part into me and have a completion. There is this neutral event where I went completely neutral and I could, for the first time in my life, I wasn't blinded by any stories. I could just see it clearly, like almost like a compassionate child. I could feel the whole truth and was just able to say like, Oh, this is the truth. This is the truth. This is the truth. And so that became the foundation for my retreats was the process that I'd walked through and I'd mapped out with my coach. And so then I said, okay, I gotta give this. And I started my first retreat with just inviting 10 men because I didn't trust. That would even work at the time. I was like, who's going to believe this. I didn't trust myself. I was like, I've spent however many years in entrepreneurship. I don't know what I'm doing in this field. Like, who, how do I know what I'm doing? I really was

Joshua Wenner ([00:26:44](#)):

Unsure. And so I created, I invited 10 men to the mountains and said, Hey, I'm going to create the retreat in competence, everybody. If you guys just come and tell me, is the experience valuable? And so they came I ran the retreat and on the day of let's call it the shadow Workday the day that we got into the deep work

Warwick Schiller ([00:27:06](#)):

I recall that day,

Joshua Wenner ([00:27:10](#)):

It, it literally was the most, and I've been in personal development for a long, long time. But for me, at least it was the most transformational experience that I'd been a part of, of watching and witnessing men released wounds and trauma and years of heavy, emotional baggage and re refine themselves. And I noticed just the it's almost like they came out all shiny. They came in heavy and they came out shiny. And that's when I was like, ah, this is like, this is the work I'm supposed to CareTech. This is the work I'm supposed to. Yes, I'm creating it and putting a brand around it and things like that. But I don't believe it's mine. I believe something's flowing through me. And I'm a caretaker of the wisdom. If you will, instead of conduit, I'm just a conduit for it. So that's, that's really what led me into the work.

Joshua Wenner ([00:27:57](#)):

Now, I've been doing the work for seven years leading retreats, and I started having veterans and first responders come and that evolved into now I'm training. I just did it, the air force here and trained all 300 of the air force on resiliency protocol and re-integration rituals. And so it's kind of morphed into training first responders, veteran groups and you know, starting another brand that just targets that the specific industries. And so it keeps evolving. It's just like the purpose keeps evolving and evolving, and I'm just here with it. And I've been privileged to be in the space. And it's, it's the only thing I'll the last thing I'll say is it's primarily been men up to this point, the last seven years, I've only been working with men and now I'm learning new ways that I can create other methodologies because a lot of the men are saying like, Oh, how do I, how do I connect with my partner with this language? And how do I how do we have a commonality? And so that's, I think the next frontier is finding new ways to have this reach more people, instead of just deep dive retreats with seven to nine guys, how to more people get the same tools for this. So that give you some context of the whole, the whole journey. I know I talked for a while.

Warwick Schiller ([00:29:07](#)):

Yeah, no, that's fine. Now that gives me a lot of context. As funny, I read a book a number of years ago, it's called backbone and it's by, I forget who it's by. But in this book he says, and I did a podcast on books that have influenced me. And this is one of the books. And in the podcast, in the podcast, in the book, he said, you know, most men spend all their life trying to get four things at the same time, material, wealth, vocational, success, love and health. And that's, that's like the, the goal that's like the pinnacle. If I could just get there, I'd be happy. And he says the unlucky one, get there and realize I don't, I don't. I thought I would feel different when I got here and they were unlucky at the time because it's a huge disappointment, but they're very lucky because it's, it's the thing that makes you want to look a bit further.

Warwick Schiller ([00:30:01](#)):



And so he, you know, cause cause some men might get three of those things. If I was just healthy or have just had a, you know, a loving partner or if I just had more money, I've got almost everything you want, but I just want that bit more. And for the people would get those four things it's they're unlucky initially. But then he said, then what you figure out is there's three things you really like number one is you need to understand your path, your purpose. Why are you here? Number two is you have to develop a deep and authentic spiritual belief. It doesn't have to be religion, but it's a deep and authentic connection to a power bigger than you. And number three is you got to get rid of.

Warwick Schiller ([00:30:50](#)):

And yeah, it was funny when you were talking about before about, you know, the entrepreneur thing, you're like, I've got to give him, gotta make a million dollars a year and that's going to make me happy. And then I got to a certain goal and it didn't work. Maybe it's more, I'll just, I'm, I'm going to beat my head against the wall. I'm just going to get now it's going to be more money than the, the number's gotta be different. That's gonna, that's gonna make it. And I think, you know, I, I remember reading a quote by Jim Carey, where he said, I wish everybody could become rich and famous so that you could find out that it's not, it's not anything it's cracked up to be. It's not, it's not what anybody should want. But years ago, I know a guy who was a black belt in karate.

Warwick Schiller ([00:31:32](#)):

I did a clinic in Scotland a few years ago and the guy that organized the clinic was a black belt in karate when he was quite young. And he said, I thought, when I got to be a black belt in karate, that I, I kind of know everything. And then he said, then I went to be a, I wanted to be a second Dan black belt in karate. And I thought I was going to learn all this new stuff and I didn't learn anything new. I went back to the very beginning and learnt everything I'd ever learned with a black belt. Hmm. And you cannot learn it with a blood belt size. The first time you got to learn it as much with, with, with the amount of understanding you can learn it with. And then when you get to be a black belt, you go, okay, now we're not going to add anything to it.

Warwick Schiller ([00:32:12](#)):

Now that you can see things a certain way, we're going to go back and we're going to relearn the whole thing from the beginning. And it's almost like that when you get to that point to where you realize the things you thought were important, aren't important, then you get to go back and start again. And it sounds like that's, that's what, what your journey was. And I also wanted to say, I recently had a guest on the podcast and the guy's name is Rupert Isaacson. And he had an autistic son and, and took his son to Mongolia to visit some shamans there and made a movie about it, called the horse boy that was independent film. And then he wrote a book about it called horse boy, and also wrote a book about their subsequent journeys to see shamans, which was called the long road home long ride home, maybe.

Warwick Schiller ([00:32:57](#)):

And then he went and visited chairmans in the bushmen of the Kalahari. And he went and visited Aboriginal healers in Australia. And he visited Navajo healers in, in Arizona. And he was saying in that when I was talking to him that that most of the shamans all have something that has affected them in certain ways. And quite a few of them are on the autism scales. Quite a few of them have bipolar schizophrenia, that sort of thing. And that's actually a gift that helps that stuff. And in the books I've read about shamanism, I've read that, but I've also read, or that had near death experiences or just you

know, unbelievable amounts of, of bad things happen to when there's grief or whatever. And it sounds like that's, that's way a part of you was came from from, you know, cause cause you have a gift that's, you know, this, there was something going on at that retreat that he's not, you know, NLP based or not, you know, it's not quantifiable is there was some stuff going on in that room, on the shadow Workday that can only come from somewhere else.

Warwick Schiller ([00:34:30](#)):

And I think, you know, reading about chairmans and stuff, you've got to have some wounds to be able to tap into that something else.

Joshua Wenner ([00:34:42](#)):

Yeah. I mean, I've, I've always been very deeply, I think since the, well, two things, one, I was born with my umbilical cord wrapped around my neck. That's how I came out. I kind of purple and blue and and some of their more recent therapy that I've been doing, that's one of the things we're starting to dive into like, Oh, what's the trauma from that because in my work with Gabra Armata, which I'm in to his compassionate and inquiry, which was a 12 month course with him he says that four weeks after embryo is when our implicit memory start implicit or memories that you can't remember explicit or memories that you can. And so literally four weeks after embryo, which is like the first amount of you starting and that's before we have words or language or sounds. And so the traumas there.

Joshua Wenner ([00:35:27](#)):

And so I think a lot of, I think that definitely was an indicator. And then when I just had a lot of death, I was around a lot of it. I mean, I had multiple suicides. I had a good friend that went and helped clean up the suicide incidents. I was just very closely connected to that, that world of death and grief. And I think after my brother had definitely forced me to really go deep. I mean, I went deep into the channelers and psychics and I went deep into that whole world of like, if he's still here, I want to communicate with him. So is it, is it real or not? And if it's not, then let me move through it. And if it is I'm going to find it, it was kind of how my mindset was. And I talked to so many different psychics and channels and some of them were full of it.

Joshua Wenner ([00:36:14](#)):

But there was some very legitimate specifically this one, one of my friends now really dear friend of mine, her name is Sonny, Don Johnson. And I mean she finds missing people for the FBI. So it's not a, it's not a Mo you know, it's not a fake thing. It's totally legitimate. And the things that she would connect and fill in the gaps for nobody would know, but my brother and I, and that that's, I think what provided me peace and my family piece and, and to tie in your point, I think that's what allowed me to start to build my own connection with call it the other side, call it a source, and then start to listen to that side. And I'd say really that's my even the whole retreat. And this is what was the hardest part.

Joshua Wenner ([00:37:02](#)):

My background with Tony Tony's whole blueprint is modeling what he calls, modeling, where if you want to learn something, go learn, who's already doing it and study the two millimeters. Like if I were to understand with you and horses, if I spent a week a week with you watching you asking you very specific questions, I could probably learn the mastery level pieces. It might even be what you teach in your courses of like, what are the couple of mastery level things? Cause you've been doing it for so long, so modeling you, I could learn those pieces. And so when I went to go create this retreat, I would have

traditionally went to go, let me research all the trauma and grief experts. And when I was meditating call it my connection with whatever that, whatever created us, let's just put it that way. I got a very clear no research.

Joshua Wenner ([00:37:52](#)):

It was like, like trust and have faith that you already have within you, the blueprint. And that's, I think why it was so so hard. I think so many people say once you find what you're made for, it gets easy. And in my opinion, that's total BS. It's never, I've had the hardest seven years of my life, most fulfilling without a question of a doubt most on purpose, most peaceful as my nature, my spirit, my soul, but stepping into that unknown of full faith of like, Oh, something streaming through me and I ha and I only know the next step and I'm designing this next step. And so trusting that and then, and even doubting myself, I remember before my coach that first retreat the process, which is now the shadow work process that you're just describing, which is my core gift and implementing that and that, that process. I remember going to my coach saying like, I need to bring in somebody else to do like a firewalk or I need to do something. Cause I didn't believe in that process, it seemed too simple. Like it wasn't effective and it wouldn't work, you know? So it's like a, it's like a, you think of, and then she,

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

The one that they would, there was one thing that came up for everybody at the retreat that you taught. Hmm. Oh, I am enough. And that's a hard thing for a soul to, to wrap our head around. And it sounds like you were having a hard time wrapping around that. Like, I'm not enough, I need a fire Walker. I need, you know, I need somebody with a bit of possess cause I don't have the yeah. Yeah.

Joshua Wenner ([00:39:34](#)):

And, and so I think the reason ensuring that it's twofold one to also full circle, that Charmin energy, I think, I think really good shamans are just following something, some trusting greater what, whatever created us and allowing that to flow through us. And it takes a lot of faith and, and, and then to stepping into that, to trust it when you start to follow that faith, it's, it's very intimidating because it, if we start to focus on me, which is what you're talking to, I'm not enough I can get overwhelming. And I remember she said, she yelled at me. I mean, she was like, she's like, this is, is it okay to swear in here for a moment? Or is that I don't know. So she was like, Hey, this is. She's like, if you were just in a box speaking just with you, when matter the keys about you and I'm, that's why I'm so grateful.

Joshua Wenner ([00:40:21](#)):

I hired her. I needed somebody to allow me to step into that. And then the irony was that's the foundation of the entire work. So it just is like, you know, it's amazing how it all unwraps and it keeps evolving. That's what's interesting is every time I'm in the space, for some reason I learn, I intuitively know how to do more. If so something is still something else is creating it. I'm just trusting and listening and surrendering to learning more. If I'm somehow intuitively learning more things. And I don't even know what it is. Like I couldn't even describe I'm now learning to explain what I'm doing from like deeply research science in therapeutic studies. Like I can now start to go like, Oh, I see why it's effective, but I've been doing this for six years and I had no clue what I was doing, but something greater was flowing through me. So it's interesting how it works, right?

Warwick Schiller ([00:41:12](#)):

Yeah. I'm going to assign with the horses, like the science comes to me second. You know, in the last few years I've really, really been working on like attunement with horses, like the sense of being seen and being heard sort of thing. And I didn't know what it was at the time. And then polyvagal theory pops up in my radar and like, Oh, this, that explains scientifically why, what I'm now doing works so well. So it sounds like you're, you're coming from the Kevin from the back end too. Let's talk a little bit about, did you want to say something?

Joshua Wenner ([00:41:48](#)):

The only thing I was going to say is then also, I know a question therapy is really helpful. Even on the amygdala, amygdala is regulate, it's a part of our fight or flight response. And so both the polyvagal and you know, that fight or flight regulation, horses are so, so powerful for helping to regulate the nervous system and combining those two. So just, I love the work you're doing. I think it's so healing for people to work with horses. It's so healing for them in the horses. No, you can't be as a horse. Like they they're respond to your nervous system.

Warwick Schiller ([00:42:19](#)):

Yeah. It's yeah. It started at horse training. It's turned into something a bit more than that. Let's make a jump into the retreat if we can. Sure. You know, the, the, the first night we all, you know, we we'll get there in the afternoon. We have dinner and then we'd go in the living room in front of that big fireplace. And you're like, okay, what we're going to do is we're going to go around the room. You're going to tell us your name. You're going to tell us something that rhymes with your name, just so we can remember your name. And then you're going to tell us something, some deep, dark secret you've always had that you've never told anybody ever. And I was like, Whoa, I'm sitting there thinking, well, that's a hell of a way to start out the whole thing, but it was a, and then you went and you said, I'll go first. And you dove right in. And like, wow. But that was the start of the whole cracking us open, you know? Cause you you'd cracked all of our eggs that weekend, but that's the start of, of that authenticity. Like letting who you are on a soul level sort of thing out instead of having that, that, that shield up there. And, and so that was, that was the first night we did that. Didn't we? And you did a couple of rounds, like once we went around, why don't you like, okay, let's go again.

Joshua Wenner ([00:43:40](#)):

Yeah. Now that you've gone, let's go a little deeper. Who wants to go a little deeper?

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

Yeah. And I don't think we all went again, but it's, there's something. And I've talked about it. When I talked about the retreat on the podcast, there is something about sharing your deepest, dark as shameful things as a, as a man with other men, like all my, all my therapists have been women, not there's anything wrong with that, but there seems to be something different about sharing it, not only with another man or men, but the therapist, when you spill your guts to the therapist, they don't spill, it gets back to you. There's no quid pro quo sort of thing. Whereas this thing you've spill your guts out and then someone else is equally vulnerable. And then the next guy is equally vulnerable. And, and it, you just, the content that comes out really gives you the whole, Oh, me too. Like, you know, you think you're the only one who's ever felt, these deep, dark shameful things. And I think that's a big part of it is we all think that the staff, I couldn't tell anybody else because they wouldn't understand. And they would judge me poorly when you finally do that, you're not judged poorly. You have another guy go,

yeah, me too. And you're like, what? You know? And that was the first night. So that was that was a great start to that. Have you had, has that been a part of all the retreats since the beginning?

Joshua Wenner ([00:45:09](#)):

Yeah, I think, I mean, each time I've evolved it in and it continues to evolve, but I think that I started the first one intuitively like that. And now I've just learned to frame it and go a little bit deeper with guys and learn to be but it's two things. One leaders always go first as is the way I look at it. And leader leaders lead with vulnerability and then two it really depends on the context in that then this container very specifically there's, it's safe. So I think there's a distinction just going around sharing in a non-safe container. Doesn't always lead to the same outcome because in normal society, many times people do have shields and they're, you know, they got armor and they're, they're not in the same space, but we all came there to heal. And for the same reasons.

Joshua Wenner ([00:45:59](#)):

And then the container that was specifically created had confidentiality, we knew it felt safe to go there. And part of it was about going deep and it needed to, it needs, I find it sets the tone. So it's like when we set the tone and we go there right off the bat, it, you, you notice guys come in in the beginning and it feels really tense. The nervous system's tense, nobody knows each other, a bunch of new guys know they're coming to do some deep work. Everybody has their idea of what it's supposed to be. And you can almost feel the intensity in the room almost like you could cut with a knife, the intensity. And I find after that first night, it drops the whole energy guys. What we're doing is we're going from head to heart. And the head is the one that, you know, has all the stories as your, as you were mentioning the stories and what other people think of me.

Joshua Wenner ([00:46:47](#)):

And I'm, I'm, the head is trying to protect us as a very S it's we are built for survival. Our, our human nervous systems and brains are highly intelligent. And since we're children, they are, they adapt for survival. So the primary wiring is survival-based. And so and it's trying to create safety. That's the key. So if we have an environment that is safe and we have an environment that we have control, which are the two things I'm constantly creating is giving each man safety and control and they're choosing it. That's when we have, and it's the same thing applies in relationship. Same thing applies with ourselves. If we can get safety and control, then our adaptations to it, which are typically our body trying to maintain that we can start to consciously choose versus reactionary choosing. So that's how the retreat starts so that we all get on the same page quick.

Joshua Wenner ([00:47:40](#)):

And, and I lead them by throwing all my stuff out to say, Hey, it's safe, it's safe to go here. And two here's how far I'm willing to go. And then second I find when guys go around the culture and the group starts to become what's uncomfortable and how do I share what's uncomfortable. And, and then I'm sharing for me, not because of how I may be judged with other men in the group. And when I do share there's another layer I'm able to access that was, this, this layer was, was protecting me from. And so I think that's, what does it kicks off the night, guys, all of a sudden drop in. They come a little bit down maybe to their nose. If they start off in the top of their head, they're now in their nose going like, Oh, I'm feeling a little bit safer. And over the course of the weekend, it's a buildup to that shadow work where we're all the way into the hearts. And then that rips us anywhere open to go all the way down.

Warwick Schiller ([00:48:33](#)):

Yeah. So the, the so the, that was Thursday evening, Friday, we start out and you really, and I've talked about this before you really get into the whole King warrior, love a magician archetype. And that I thought that was absolutely absolutely fascinating. I've talked about it before in the podcast, but do you want to, do you want to maybe go in quickly into the, into the, the four archetypes?

Joshua Wenner ([00:49:00](#)):

Sure. Yeah. So there's, there's four. And then they originated from junkie and psychology but essentially there's four primary archetypes. And Robert Moore has, there's a book called King lover warrior magician. That's evolved to me more and then I've adapted them with my business partner, Phillip fulsome in our whole K four which is a men's group. And we've adopted an even more, but essentially there's four primary archetypes. One is the King and each of these are archetypes represent our journey when it's looked at, in the context of men, but it can work for women as well of our journey from what we call Prince, which is boy psychology to King, which we refer to as mature masculine psychology or integrated man. So, so Prince to King boy to man. And so each of these archetypes represent a different aspect and the qualities and aspects and the shadows of those archetypes that we can step into or a diagnostic system to identify when we're in boy psychology or adolescent behavior and how to step back into King or man behavior.

Joshua Wenner ([00:50:08](#)):

And so each of them represent a different piece. So for example, the King, the King's energy is all about creativity and inspiration and hope and how we express ourselves in the world. And so we like to use the King and make it relevant for career. Who are you in your career? How do you show up in your, and the King has some, what we call trauma signs is the King. If it's an it's adolescent behavior is focused on the self and it's mature behaviors, focus on service. So it's going from self to service is the transition of the King. And when the King's focused on self, usually it's tied to inadequacy. And when the, when the boy let's call it, Prince feels inadequate. It can look like the tyrant, which is a power play. I, I don't feel powerful or I feel inadequate.

Joshua Wenner ([00:50:55](#)):

So I'm going to be tyrant lead to you. I'm going to take my power out and make you feel less powerful or the weakling and the weakling would be somebody that basically gets walked on, has no power. So that blueprint says, Oh, if I'm acting like a tyrant, it's an action signal that I'm in a survival mechanism of my boy psychology. And the map shows me, Oh, I need to step into service to move through it. So that's kind of a, the Brooklyn in each of them have a similar one. So the magician is focused on our craft. I think of it as plans, processes, procedures it's really the alchemizer think of it as like Merlin built the Excalibur for King Arthur, right, is like an in story. And so the way we look at our magician is what is the book that you want to give to the world?

Joshua Wenner ([00:51:44](#)):

What's your legacy or your craft. And it could also be your spiritual practice. What is your spiritual plastic process, or what are the what's the execution? Think of the magician. Archetype is the executer from the King sets the vision, the magician makes it happen and executes it. And the two guiding pieces are fear. Magicians tend to be very logic based non-emotional and they can let fear bug them. And the way that we move through it is through faith. Faith is stepping into, so for me, that Charmin archetype was me stepping into my magician to have faith, instead of the fear of letting it stop me, choosing faith to

move through it. And the shadows, when we don't manage our fear, or we're an addict, adolescent psychology is the passive aggressive energy, or it's somebody who loses logic to destroy somebody. So those are those two.

Joshua Wenner ([00:52:38](#)):

And then we go up to the lover, the lovers, the primary work that we're doing in the retreats and the lover is all about experiencing life and all the different values that it has. It takes a series of events and ties them into a living breathing experience. So think of the lover is presence. The lover is connection. The lover is relationships. The lover is joy and passion and excitement and a liveliness and fulfillment. And it's also grief and sadness and sorrow, and some of the heaviest emotions that we feel. So in the archetype of the lover, when we're an adolescent, we let there's grief and grace. So the grief is really when we don't manage our grief, it shadows out into the addictions. So all of addictions, whether it be drugs or alcohol or porn or video games or whatever that looks like work or depression, right.

Joshua Wenner ([00:53:32](#)):

And how we move through it. As again, grace, we feel our emotions. And then the last one is the warrior. The warrior is about decisive action. Healthy boundaries. Think of the warrior is questing, and it goes and makes things happen. And with the warrior, one of the challenges with the warrior is if we are in boys' psychology, then we can let anger affect us. And if we don't manage our anger, the anger can show up as the sadist or the masochist. The sadist is somebody that makes other people suffer. And the masochist is somebody who suffers themselves. They punish themselves. And so the way we move through anger is through action. We take action. We set boundaries, we take decisive action. So those are I, we talked about it in the retreat because we primarily looking at what are the trauma signs that we're noticing.

Joshua Wenner ([00:54:18](#)):

And instead of feeling shame for what we're doing as a trauma sign, we recognize like, Oh, they're just adolescent behavior. They were my boys psychology of how I survived childhood. And I never had a map or a Rite of passage to teach me what it meant like to become a mature man. So the archetypes give us a model or a map to understand like, Oh, who do I need to be in this moment in my business, I needed to be going, maybe I may need to be the warrior. And I need me to go handle stuff to go make some money or the magician. But when I come home, I might need to put on my lover and I needed to be my be present and intimate with my spouse or my kids or my family and different, different archetypes for different situations. So it's really the master map of who do I need to flex into to to become a man in full for the situation. And it's never a ma it's not the, it's not the strongest that survive. It's those that are the most adaptable. So that's what it gives us is how do we adapt and a blueprint to do it?

Warwick Schiller ([00:55:18](#)):

Yeah. I love the, like the shadow parts of it, you know, like the, you know, say for the lover it's, it's, it's other depression or it's addiction. And so it kinda kind of gives you a bit of a roadmap to, whereas if you're experiencing something rather than okay. I mean, my I'm in the shadow of, of this part, and I almost had a bit of a existential crisis at that, that, that retreat, when you first started talking about the whole, you know, the, the King does things for the good of everyone and the, the Prince does it for external validation. And here I am, I'm a public figure. You might say, you know, I've got close to 23 million views on my YouTube channel. You know, that I've got in the social media sphere, I've got some

decent numbers, you know, and I really started thinking, when you talk about that, I'm thinking, what, what, what has led me to get those numbers?

Warwick Schiller ([00:56:12](#)):

Has it been, I think I've been doing it for the good of others, because like my YouTube challenges started out trying to show people how simple some things can be with your horses, but as it's grown, then I'm thinking, Ooh, am I doing it for the external validation? Because there isn't a lot of external validation that comes with that. And I'm like, Hmm, am I doing it for the right reason for the wrong reason? And so it kind of helps guide me these days. Like, if I think I want to, I want to produce some content, write something, write a blog, write an article. I wanna make a video, put it out there. I kind of stop and think, why do I want to put it out there? What's, you know, is this, is this about me? Or is this about helping people? And it kind of guides me as to usually I don't usually find that I don't make the content.

Warwick Schiller ([00:57:02](#)):

But it might cause me to adept how I was going to do the content, because the, yeah, for the most part, this is King Ned, but there's a bit of Prince sneak in in there. And, and he's a sneaky little bastard. I mean, you don't know until you know about that Prince energy, you don't know about the Prince energy, but he's, yeah, there's a, there's a lot of, and especially, you know, if you come, if you grew up in the era of children should be shamed, not seen and not heard. And there wasn't that much, you know, probably as much validation as you needed. So there wasn't as much as human as you needed. It's a, it's a need. It's a, and it's a powerful bit of a drug. So it's, it's, it's really, I really draw on that stuff every day with, with, with, with, with, with, with, with what I do. And so that day that I was cool was that the day we went for a walk that afternoon, we went for a hike that afternoon in the evening. Yeah. So we go for a hike and at the start of the hike gesture has this pickup, a rock drill pick, find a row we're in the desert of Southern California up in the mountains, but it's deserty. And w w what did you say, find a rock and what was this

Joshua Wenner ([00:58:13](#)):

That, that represents the grief you've been carrying

Warwick Schiller ([00:58:17](#)):

And find a rock that the shape of the rock denote something. Yeah. And then, so we all hike in silence for probably half an hour, so it wasn't it. And so it was really interesting carrying this, this rock. And I picked up some people picked up small ones and I picked up one that kind of had some sharp edges. And I think it was also kind of heavy too. So I couldn't forget, I was kind of carrying it. And it was, there was something cathartic about that. Walking with the group of men, carrying your grief rock in silence. I don't know. You're, you're brilliant. The things that you do, because it wasn't just carrying a rock with some blokes. There was something that happened, something that transpired with all of this on that hike. And then, so what did, what did we do at the end of the hike?

Joshua Wenner ([00:59:18](#)):

And then we, we share what comes up for us. What did, what

Joshua Wenner ([00:59:22](#)):

Did it represent and what do you want to do with it?



Warwick Schiller ([00:59:27](#)):

And most of us pelted that rock rocket kingdom come

Joshua Wenner ([00:59:31](#)):

Well. I think that there's a powerful metaphors. We don't, again, especially in male psychology, we're so prone to disassociate from our, anything messy, any pain, anything we could be perceived as weakness. So we're so used to warring up with our shield and our armor that there's, there's just not a lot of time to be with our grief and it to be okay. And so that's the primary focus of the weekend is how do we just be with this part of us? And so that's what the hike represents is we spent the last day and a half starting to do some digging and feeling, which is all I'll say, by the way, one of the things I say on the first day is most men say, I don't even know what you mean by feeling like I said, Hey, we're going to start to feel. They're like, I don't, I don't even know what you mean, what, I don't know what you mean by feeling.

Joshua Wenner ([01:00:16](#)):

And so a part of that practice is spending a lot of time feeling. And so that, that exercise gives us a chance to go home. Now that I've been doing some digging into my boxes of grief, and I'm starting to know how it's affecting me, let me just walk and be with this for a while and notice, how has this affected me? How have I been carrying this? Is it a dense weight? Is it a lightweight, is it a sharp, sharp, jagged? You know, what does that, what does that, what is my association or relationship with my pain, with my grief, with my, with what's still in me, and then what do I want to do with it? And you're right. Some guys Chuck it, some guys set it down, right? So they change their relationship with it. So it's interesting. Each guy gets to a chance to say, what do I want to do with it?

Joshua Wenner ([01:01:03](#)):

Which is powerful. And it can be very emotional which is interesting to your point. You think carrying a rock, but when you have the safety to be with your emotion, and it's not looked at as weakness, but actually strength and power to to feel there's something that happens where guys are naturally more open. And that's a big part of what happens is some guys get emotional noticing what they're feeling. And that's how that's the primary function is just to allow that to move. I look at a lot of time, like things happen and they get stuck. And so how do we create the space just to get them to move, get things, to move within us. So,

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

Yeah, I know, I know, you know, when it came to the point where I had to tell everybody what that rock represented, you know, I got pretty emotional and it started to move some stuff within me and, and then we get to watch a beautiful sunset. And then we got lost in the dark. It's always fun. It was fun. So the next day was the day we did that. The shadow work. Can you maybe elaborate a little bit on what that was

Joshua Wenner ([01:02:15](#)):

You? So it's kinda hard to explain, but it is, but, but one way to try to give some context is, think of if we've just spent essentially really like, you know, a day and a half starting to know, like I almost kind of look at it like we've been, if there's a bunch of like solid ice, imagine we've been kind of picking at it and like kind of breaking it all up, but it's still there. And so we've kind of broken a lot of stuff up. We, we're

now much more aware of things that have been with us and things start to link. So when you start to reflect on your life, you start to notice some core patterns. A lot of men come in a lot of times going, like, I know something's not working, but I don't really know what it is.

Joshua Wenner ([01:02:57](#)):

And I give a metaphor a lot of times, imagine if you're in the Sahara desert and you're looking in all directions and all you see is sand. Like where do you start? But imagine if you reached down and there was a wire, you could follow the wire. And that's what we're doing over those first couple of days is noticing like, and the wire is by feeling, we're starting to notice what's still in me. What am I still having a reaction to? Oh, wow. And let me keep going into that uncomfortability of, of what's uncomfortable. And the more we do it, it leads us to the root of our origin or the root trauma, the root wound. And so on Saturday part of that practice has a place for us just to be seen and acknowledge what comes up. And then two there's a hands-on portion where essentially we're, there's a, I believe that the body already knows what it needs to do to heal.

Joshua Wenner ([01:03:46](#)):

And so w a lot of times when we carry grief, unconsciously, the body's overcompensating to try to protect us. So one man may stand up and we might say, Hey where do you feel pressure? And he's, he might say, Hey, I feel pressure on my stomach. And then we say, Hey, can we put some pressure on your stomach? Another man will put pressure until he doesn't feel the pressure anymore. And then we do that same activity to say, okay, now, where did it go? And that mother mind might say, Hey, I feel it in my shoulders. And it feels like I got a heavyweight on, and we might say, Hey, do you mind if we put a guy on each side of you and you don't have to put that weight on, and we start removing the weight more and more and more until the man doesn't feel it feels neutral.

Joshua Wenner ([01:04:25](#)):

And once we get to that neutral place, it just releases there's the body naturally can release anger, can really sadness. It can release grief. And then there's another process because we've gotten so close sharing where I'm, I'm asking guys if they need to have any completion conversations, and there's some completion that comes with it just, I'd say it's more of like, almost like a unconscious state that guys go into where they're almost in an unconscious place where they there's another thing I've learned from gay bar called internal family systems, where we have this child, we have this adolescent protector, survival self, and we have an adult and a lot of men will, will move from the adult self. And they'll go back to the Sur survival self and the child self. And so that's really what we're doing is we're integrating those pieces, but the way we do it is we ask if they're okay.

Joshua Wenner ([01:05:18](#)):

If we bring certain people in, and then they have completion conversations with certain people and any emotion that's there gets released. So men may have sadness. They may have anger. They may have whatever's in the body, but because we've created so much safety and control again, safety control, safety control and they feel safe in their body and their nervous system. And all the men in the room are holding the space for each, each man. They feel safe enough to, for the body just to do what it does. And it's almost like a, I imagine, as a participant, you're not trying to do anything and more, more or less, it's just happening and you're observing or witnessing yourself, walk through the process. And I'd be curious to see your experience of it, but that's from a facilitation standpoint, that's what we're doing is we're creating safety, letting the man, each man do his guide, his own journey.

Joshua Wenner ([01:06:07](#)):

And then as we bring up certain people they have completion. And then when it's neutral, they, they may, they may need to do some forgiveness as well. And then we fill it back in once they're neutral, which is exactly the thing that I did first. Once we do that same neutral process, then they fill it back in once they can feel the truth. And that's when we kind of, so we're kind of creating space for them to release emotionally whatever's in there neutralize it, do some forgiveness cleanup, and then fill it back in with what they feel their truth is. And I'm curious to hear your, your experience as a participant.

Warwick Schiller ([01:06:42](#)):

Yeah. Well that, that whole, you know, when you ask, you know, the somatic part of it, where you've got your hands on us you know, when you, when you ask know, like say family members to come into the room, like, can you bring them in? Do you have anything to say to them? Whoa, I was surprised at what I had to say to a few people. And, but, and I think everybody really had some stern words for most family members. But once you work through that, anything you wish you want to tell them, yes. I love you. It all came down to, to just complete love. Once you got all the sorted and it didn't matter if they hadn't spoken to this fan. I mean, I'd get along with my family fine, but it didn't matter if someone hadn't spoken to their family member for 30 years, once they got rid of all the, there was just love.

Warwick Schiller ([01:07:32](#)):

And that was, that was very cool. And I've got to tell you guys listening. So this, this was a pretty intense thing. So you, you sit in a chair in the middle of the room and you say whatever you want to say, and Josh is right there with you. And if you feel any tension in your body, Josh will put his hands on that part of your body. And usually that goes for about 45 minutes. And then, you know, and you've spilled your guts by this point in time. And you're pretty raw before it starts. So you ready to speak again, but then this whole somatic thing goes on and the, and the whole time Joshua is right there, like he's present and with you. And he said, you know, you want everybody else in the room to be present with you too, not on their phones or fiddling around or whatever. Like, they're pretty present too. We started this at 11 o'clock in the morning did one before lunch. Then we broke for lunch. And then we went through the rest of the guys and we finished up at three o'clock the next morning. And it was a marathon effort. But can you imagine holding space for someone

Warwick Schiller ([01:08:44](#)):

For 15 hours? I mean, you were, I don't know. It must just completely drain you. I dunno if it drains your, it electrifies you, but, but you know, when I'm, when I do clinics and I'll be standing in the arena and I'll be talking for 10 hours a day and I'm present right there with each horse and person and working through stuff, I I'm, I don't feel, I'm never tired. I don't get jet lag and I get thirsty. I don't get hungry or whatever. I'm just there, but after a two day clinic, I'm just what you, you, you must be. Yeah.

Joshua Wenner ([01:09:17](#)):

What, yeah, during it, same thing. I think I'm running on service. Like if there's coal in my fire, in that engine, what's getting shoveled in is service, energy. And I mean, I could just keep going. I've actually had to be more present on a couple of retreats to pause and go to the next day. Cause I could keep going, but I checked the room and I've had to work a little bit on, on that piece of it, because if I'm not as present with them, I think everybody's worried like Matt and yeah. But then the week after I'm usually shot for about a week I'm, I mean, I'm still functional, but I'm just really tired and I've so I think that's, it's interesting that you brought up shaman earlier. I've been talking to different shamans and using

certain strategies on how to cleanse my energy a lot more. And the more I'm learning to allow things to move through me the faster I'm able to recover and I'm, so I'm getting much better at that piece of it. So it's but yeah, it's definitely but I, I gotta say it's like,

Joshua Wenner ([01:10:17](#)):

There's something. So I mean, I could never put even a I couldn't even describe it in words, it's so profound of, of being able to be in that type of transformational space and witness men reintegrate themselves. And it's, it's such a, the irony is I don't have a lot of memory, so it's I don't know if it's something that I'm, you know, doing somethings from whatever created us is what my intuitive nature tells me is that for whatever reason, I'm so present in the moment and know every detail and every word. But for some reason when it's over, I don't remember anything. So who knows, maybe I'm in like an altered myself, I'm in an altered channeled state. Or maybe if I, if I was processing all of it, I couldn't keep doing it. But for whatever reason, guys usually remember their experience where they will. And if they remind me, I can sometimes catch glimpses, but I couldn't go through and tell you

Joshua Wenner ([01:11:14](#)):

The details after, but in the moment I'm so present with all the details. So it's an interesting, from a facilitation standpoint, it's a really interesting thing of like being able to be so present in the moment. And yet later have no and maybe that's it. Maybe I'm not processing it. I'm so present. I'm not in me. Right. Might be part of that. So it's real time with them, not me, which may be why I don't take it on.

Warwick Schiller ([01:11:39](#)):

Right. Yeah. But it, and that's somatic medic part of it. I mean, there was some of the participants in there. I thought they were having an exorcism, you know? Yeah. It was just that whole day was really profound. And th the, the energy in the air in that house the next morning, like we all got together, like we were all, we were different men than we were the night before it was, yeah. It was actually different.

Joshua Wenner ([01:12:08](#)):

It feels to me like a very true Rite of passage. It is a Rite of passage experience where you, you go through a, when I've researched what the definition of Rite of passage is, it feels more like a spiritual, emotional Rite of passage. That's the, that's the work men are doing. I mean, even if you look it up it's and it comes very similar to like anybody that's done plant medicine that may be listening to this, it's almost like an lowasca ceremony without the lowasca essentially we're going through a process to internally go in and feel all the different things we may not want to look at. And then the purging is like a purge, but it's a purging of, of whatever emotional debris has been with us, but we're doing it present without any substance, without any, anything to do it, just the space in the container and the men naturally guides us there. So, but it's a very similar process without the lowasca of an lowasca experience.

Warwick Schiller ([01:13:02](#)):

I thought so too. I mean, I've had an an iowaska experience and I actually got I got out of the retreat, what I wanted from the, what I thought I wanted from the iowaska experience. And, you know, they say mother Iowa, to gives you the experience you need at the time, and you were ready for it at the time. So obviously I wasn't ready for that, but, and I think the iowaska may have, you know, been a part of the, the, the, the journey, but I, I, yeah. Coming home from there, driving home from there, like, that's, that's, that's what I thought I was gonna get out of the lowasca. I thought I was gonna shed some, you

know, and, and I, yeah, I shed some stuff there, so it was absolutely amazing. Why don't you tell us what you're up to now and how people can you know, because before I went to that retreat, I really had no idea about men's work, you know you know, this all falls under the umbrella of, of men's work.

Warwick Schiller ([01:13:56](#)):

And I didn't realize it was a whole, you know, a whole sphere of, of, of work that's going on. So why don't you tell us all about what you're up to, what you how they can maybe get involved in something like this. And I want to hear about your, your movie. I know you've you've may, or I know you've got it all filmed. I don't know if you've got all edited, but there's a movie that I'd really like to know what you're going to do with and where people can find out about that.

Joshua Wenner ([01:14:24](#)):

Yeah. So they can reach me directly, just Joshua, winter.com and it's, it's J O S H U a w E N N E R. And on there, there's all the projects I'm involved in. One of them is this, this brand is called emotional and resilience training or ERT. And I've taken this time during COVID to pause my retreats, and I'm about to release a digital version of this. So people can get the releasing the emotional resilience training and the emotional resilience toolbox. So the training is the same framework that I actually teach in the retreat, including the archetypes and just reframing our concepts on loss, grief, and trauma, and then the toolbox, our emotional regulation strategies. So one of the things I've developed as a protocol called CPR, and it's an, it's a for us to identify when you were talking about Prince the King, really the, another way to say it is when we're in survival mode, how do we move into thriving mode?

Joshua Wenner ([01:15:21](#)):

And there's very, there's a science backs, ways of certain breath work. And so I've created a whole toolbox of regulation. Breathworks emotional regulation, Breathworks that you can do solo, you can do with the partner. And I'll even see if I can have one that you can give to your listeners to just check it out with and sample with, or link to it. And so that's really cool. So I'm going to have the ERT digital product. I'm also going to do a version for couples that want to practice. I think the Gottman Institute says couples like that regulate together, stay together. So it's, it's, if you can understand your partner's wounds and your wounds, and be really loving and gentle with each other, and instead of fighting, you actually end up building more intimacy and you learn to regulate together, and it changes the whole game and can also help with anxiety and stress and depression and all these different things.

Joshua Wenner ([01:16:10](#)):

So so there's emotional resilience training, and I'm releasing the digital product, which I'll I'll, I'll put down. I'm also will be starting my retreats up again. I'm thinking we're getting better with numbers. So probably last quarter of this year, I'll probably do another retreat. And then I run another organization called K four K four is a men's group. And it's an online men's community focused on helping men that are driven by growth and service become men and full. And K four stands for King of the four houses, which were really about mastering the archetypes. And we have a 13 week credit process, a 13 week Rite of passage process, where men go from the same kind of deep diving that, that Prince, the King psychology, and they learn the three master maps, which are the archetypes the hero's journey and the tribe triangle.

Joshua Wenner ([01:16:58](#)):

I also teach them my emotional resilience training, and then they have just a community of men that are supporting them to become men and full. And the focus there is how do we, how do we continue to grow our and our career? How do we continue to make our family or relationships really solid? How do we improve our body and our health, and how do we give our gifts or leave our legacy with the world in our spiritual practice? And so that's K four and that's just K for men.com every quarter, we opened another cohort of men. So April 1st will be the next one. And then after that, July 1st will be the next one. So there's K four. And then the last thing is Valor. Valor is my organization, Valerie resiliency, and that's dedicated to helping first responders, veterans and actually doing training.

Joshua Wenner ([01:17:39](#)):

I just booked another Sheriff's department and we do a lot of fire departments. And so if anybody's in first responder communities, veteran communities, that's the program for that. And in the film, it's really exciting. I've been filming for the last six years and the film is called grief to grace. So you can go to [grief to grace.com](#) or again, this is all on my website Joshua winter, if you want to learn a little bit more, but I've literally documented my whole journey. So I documented my whole journey starting with being on grief forums, not knowing how to help people all the way through 30 something, interviews of grief, loss, and trauma experts I've filmed my retreat. So for when people want to see what the retreats are like, like I've literally documented my whole process from not knowing anything. The story of how my family's dealt with grief and loss for my brother all the way through now, the work that I'm doing with training first responder groups and fire departments and police departments, as well as my family's full transition from going from how they've dealt with my brother's loss of not changing his room to their, their healing.

Joshua Wenner ([01:18:37](#)):

So it's a really beautiful journey. That's kind of a mixture of a really powerful, uplifting story. That's true combined with 30 different interviews from different leading experts in the fields of grief and trauma, including Ken the men that I mentioned earlier, Ken Druck. Yup. It's amazing, man. Wow.

Warwick Schiller ([01:18:54](#)):

I'm looking forward to it. So you know, when I came back from that retreat, I said to several people that if every man on the planet got to do this type of work, the planet would be a different place. And so any of you, men listening, I really urge you to take a look at this stuff. It's not weird. It's not woo woo. It's actually the ultimate and bad-ass Surrey, I think, but Joshua, you have a gift and you definitely changing the world and thank you for the work that you do. And thank you for joining us here on the podcast. It's been a blast catching up with you again.

Joshua Wenner ([01:19:40](#)):

Thanks, Warwick, super fun. Really, really appreciate your brother and love you and grateful to have you my life as a brother and as a friend. And thank you for having me on ensuring this with your, your audience. Okay.

Warwick Schiller ([01:19:49](#)):

I love you too. And thank you for changing my life.

New Speaker ([01:19:53](#)):

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