

Speaker 1 ([00:00:08](#)):

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

Hi everyone. Welcome back to the Journey On podcast. I'm your host Warwick Schiller. And you know, every once in a while, I get people to jest that I have a certain person on the podcast. And I'd say that my guest today, who's a horseman from Canada named Josh Nichol. I have had probably at least as many requests to have Josh on here as I've had anybody else. And Josh is just does what he calls relational based horsemanship, which is really what I'm into these days. And he's been doing it for a lot longer than me. And so I'm really quite interested in getting Josh on here and asking him, you know, I mean, I know how I got to this point and it's happened rather recently, but I think Josh has been doing it for a whole lot longer than I have. So I'm really interested in getting Josh on here and finding out his journey to where he feels that relationship-based training is the way to go. So let's get Josh Nichol on the line.

Warwick Schiller ([00:01:41](#)):

Josh Nichol, welcome to the Journey On podcast. Thanks for joining me.

Josh Nichol ([00:01:44](#)):

Oh, I'm so glad to be here.

Warwick Schiller ([00:01:46](#)):

I'm excited to hear, you know, we've never met and this is actually the first time we've spoken. And you're one of those guys that I don't know, as my journey's gone along a bit, your name keeps popping up. People say, Hey, you need to look up this guy. You can look up this guy. So I've watched I've watched a video stuff and it's like, eh, yeah. Well, I think what I really want to know over this conversation is pretty much how I'm not saying, I'm not saying we're teaching the same exact same things, but I think we're hitting on heading in the same direction you already eaten. I think what I want to get to is how does someone end up there? So tell me, tell me where let's say the Josh Nichols story. Where did you how'd you get into all this stuff?

Josh Nichol ([00:02:33](#)):

Cool. Yeah. Well, it's kind of an interesting story. I guess we, I was actually born in Northern Ontario and my dad was a logger. So we had very little to do with kind of the traditional ranching community. And my mom always loved horses, so we always had horses around, but we really lived up in the middle of nowhere. And my, my family was very, very connected to nature and, you know, life with animals and we didn't have a TV. You know, we didn't have any kind of technological advancements in our home and we spent most of our time outside being up in Northern Ontario. There was lots of varieties of animals and yeah, we just got to engage in life. And that really set kind of a cool tone for us of not really, I guess it created an opportunity to connect a little differently.

Josh Nichol ([00:03:29](#)):

My dad there was some changes in the middle and my dad ended up losing his job there and then got a job in Alberta. And then we moved out here and that that was a big change for us because that was, I

guess that would have been when I was 12, I guess. And at that point, you know, we had horses and I spent a lot of time with them, but we never even considered training a horse or anything like that. It was just a matter of being with them. Right. We would ride and we would do things, but it was very much so about just kind of being with them. When we were out in the trees and, you know around animals, it was always kind of fun to envision trying to get close to them and experiencing them.

Josh Nichol ([00:04:09](#)):

And those were just some of the things that that's, I guess, pulled me, you know, I wasn't yeah, it was always intrigued by, by watching and connecting with them, but not necessarily scaring them or whatever. So yeah, that, that kind of set a tone for me. And then when we came to Alberta and Alberta is just bumping with training horses and the horse industry and life with, with that kind of focus. And so we started seeing people that are doing that and I was just boggled by it, just the whole concept of, of that. And the first couple of years was just hanging around with some horses that we had. We had to actually sell everything. When we moved to Alberta, we, we had to restart a hundred percent and that was a bit of a challenging piece because we had to say goodbye to our horse family that we had there. And slowly over time, we, we got a few, a few horses here and you know, I was really lucky enough to get started with some pretty neat people. Lady by the name of Deb Bennett was actually doing a clinic in the Cochrane area. So Southern Alberta,

Warwick Schiller ([00:05:13](#)):

Dr. Deb Bennett. Yes. The Dr. Dave Bennett. Yeah. Yeah.

Josh Nichol ([00:05:17](#)):

Okay. Yeah. She's she is an amazing person. She is a genius and I think she has a photographic memory and the level of knowledge that she has about the history of horsemanship. It's just ridiculous. And so I went to her clinic and I had, we didn't have a trailer, so we didn't bring a horse, but I was able to get on a horse there. And this was kind of an older mayor that, you know, nobody was wanting to ride. So I was thankful that I got to use her in the clinic. And honestly, it was hilarious because I was just trying to do whatever Deb told me, you know, she asked me to do this or that. And I tried, and I think I actually fell off at one point and, you know, and it was just exciting cause I was just totally showing up, you know, I was just excited about the concepts of it.

Josh Nichol ([00:06:02](#)):

And afterwards I would follow her back to the house, just talking to her just, and she, she just, she has so much knowledge. It's not even funny, you know, so she just started talking and we talk and talk and talk. And by the end of it before we left, she said to my parents that if you don't, if you don't do something with him, you're stupid. And if you know what, Deb, she, she can be a little bit like that. And that can sometimes be or hard for people, but she's, she's so, so desires, you know to know and get the horses. But anyways, she, so then she said, there's a couple of people you need to go and see. And there's about five guys on that list. And Tom Dorrance was the first one. And so I, that fall actually my parents and I, we, we just went down to Elko.

Josh Nichol ([00:06:52](#)):

Tom was going to clinic down there and it was right at the end of his deal. He wasn't doing much by that point and, and went down to Elko and, and watched and got to meet Tom and hang out there. And it was awesome. You know, I it was hilarious as Tom was, I was pretty, I was pretty driven. And I wasn't

very shy. So I, as soon as Dawn was done, I, I ran up to him and I said, you know, I'd like to come ride with you. Like, what do I gotta do to apprentice with you? You know what, he's, he's in his early eighties, you know, it's just ridiculous. But anyways and he laughed and said, you know, he's one that wasn't really taken anybody on at the moment. And so it was just great, you know, I got to meet Tom there and learned a lot, you know, it just, just his way is so empowering and impacting to you when you hear how he's going to both things, you know, and that was really, that was really big for me.

Josh Nichol ([00:07:43](#)):

Met some guys from that were cowboy in there in Nevada. And actually the next summer I went back to that ranch that they were working at and started started horses. And I guess I would have been 16 and that was awesome because I didn't know what I was doing, but I was, but I was excited to try. And that was really good to kind of help me understand what I, what I didn't know. And at 16, that was just a really great start. So I, I was doing my best to try to figure things out and got a few horses to kind of come around and, and a bunch of others that taught me a lot about how much I had to learn. From there, I, I ended up actually hooking up with Harry Whitney and you know, I, I can't say enough about, about the desires of Harry to understand and connect with horses and showing up at Harry's clinic.

Josh Nichol ([00:08:35](#)):

And he was sitting down with a ramp and everyone was up in the crowd and I grabbed the chair and I went sat right beside him and started watching and asking questions and talking, and, and I think it was within the first couple of minutes, you know, I was just so enamored by all of the ways and the things, cause it was also new to me, you know what to do with horses. And I asked him, you know, with a not very long, if there's anything I can do to help, you know, if you need me to get in there and do anything for you or, you know anyways, I was in it wasn't and I don't know if Deb talked to me, they still haven't told me that. But anyways, within just a couple minutes, Harry had me in the round pen and he was kind of, I was trying to be in his hands, I guess.

Josh Nichol ([00:09:10](#)):

And we were working with the young horse and after the day clinic ended I said, man, if I can travel with you, if there's anything I can do to come and learn. And yeah, he, he took me off and he said, I could. So over the next, I dunno, I guess three years, I ended up traveling with him for about a year and I just sleep wherever and back of the source trailer or wherever I could to. And then I just tried to take in as much as I could. I got on as many horses as I possibly could in the clinics and learned as much as I could from them. And, and I, I just can't speak highly enough about the base that built in me to desire getting horses. Harry and Tom were, were pretty good friends. So I ended up inadvertently getting to hang out with Tom as well.

Josh Nichol ([00:09:49](#)):

And, you know, I was just at that stage in my life, I was just kind of there. And I just got to spend time with those boys. And so there was a lot of people I got to meet through Harry and his kind of graciousness to have me just cart along. I was just a punk kid, I guess, but he just was so willing and, and that set a real tone for me. So with this desire, for me to kind of understand how to connect with animals, plus getting to hang out with some guys like that at a real early stage, it set a tone in me to seek, to seek something deeper with the horses. And yeah. So then when I came back to Alberta, I had had no, well, I guess when I traveled with Harry, I traveled all over North America and I met lots of people.

Josh Nichol ([00:10:29](#)):

And when I came back, I had no desire to work with horses. I was just wanting to get it myself. And it didn't take too long and I started training for the public and slowly starting to help people. And then I guess the rest is history in the process. I've tried to do my best to keep learning and worked with some, some classical masters and some other kind of California style. So the hackamore work up into the bridal and then the classical work, and then mixing that all in with trying to get a relational heart behind everything. And those two pieces have really set a tone for my life. Yeah, no, I, my, my constant desire, it's the reason I kind of call my deal of Horseman's pursuits is because I'm, I wanna, I want to understand the horses and understand what it means to be in true relationship with them.

Josh Nichol ([00:11:22](#)):

And I also want to understand what it means to be, to have a great working relationship with them. So I've worked at ranches all over and I, I still do. And you know, want to understand what it means to retain that relationship, but yet, but yet get the horses to use their bodies the way they were made and not in confinement or restriction but to bring out the best in them. And so then that's in and of that, that's caused me to dive into my own personal journey because I learned really quick that, that what was going on in me affected the horses deeply. And the best that was happening in me was, was, was what I could get out of them, or it limited them because of my vision and my sight. So there was a real personal growth side. And and that just seems that folks have been intrigued by what I'm doing. And I've just started to share that. And I guess the rest is history

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

And, and that's how you popped up on my radar. Yeah. So it sounds like you were kind of set up for the whole thing you had that, you know, I've, I've read a lot of books and met people who were around you may call them sharmans you may not, some of them were sharmans, but it seems to be, they have this there's one piece in there. There's an older mentor spending, lots of time in nature, observe something about that. That does something to a person then does lots of other stuff, but it seems like there's such a common thread in, in people who end up with some, some uncommon insight you might say.

Josh Nichol ([00:13:07](#)):

Yeah, yeah, yeah. I would say, yeah, it's funny. Right. You know, you have this yeah. This general desire to connect, and then you have certain influential people at certain times that yeah. They just empower it. I remember there was a time when I was early after I had been riding with Harry and I was chatting with Deb and I had said something to her. This is so impacting to me. I had said something to her that I, that I felt like I was starting to come up with very intriguing ideas about horses and the relationship with them that was, you know, not necessarily different, but was, was kind of unique. And she said to me, I've been waiting for this. And it, it, it blew my mind. It was, it was so exciting because it was almost as if she was encouraging the uniqueness of thinking and the uniqueness to draw deeper rather than just to conform to the technique and the style, you know, not just boy that just set me on fire after that. I just felt like I was just hungry to get to know the horses more and learn from them and not just get them to conform to a technique, but to understand what it meant to beat, to be with them and then to shape and get their desire to do the work. You know, it just, it just kind of lit me up and yeah, that was, that was like, like you say, you know, you get those influential times where it just sets you on fire to really get going.

Warwick Schiller ([00:14:32](#)):

Just listening to you. You're still lit up.

Josh Nichol ([00:14:35](#)):

Yeah. Yeah. I do feel pretty passionate about it.

Warwick Schiller ([00:14:39](#)):

Really. I can't tell. Yeah, so the, you know, so there's those two things like that, that, that outside outdoors connect with nature upbringing and then chance Meeting with Dr. Deb Bennett. So if you guys are listening, who don't know who Dr. Deb Bennett is, if you've ever seen the TV show bones, she didn't appear on bones. But if you, if you remember the TV show bones, the lady who played bones, whatever name was, she is a forensic anthropologist at the Smithsonian Institute. When people find bodies, she can look at bones and tell you what happened to them. Well, I believe Dr. Deb Bennett is also a forensic anthropologist from the Smithsonian Institute who also hung out with Tom Johnson, Ray hunt, who also, like, she's not just one of those academics that understands the, like the, the, the skeletal structure of the horse. She understands the skeleton, the muscles, the ligaments, the tenants, the brain, the neuropathways, the, the, the, you know, the training, the, yeah, just the whole, the whole bit.

Warwick Schiller ([00:15:45](#)):

Yeah. I've, I've never met her. I've just written quite a bit of his stuff. And so that's for you to turn into someone like that. So early on and have that sort of an influence so earlier on, and then get to spend quite a bit of time with Harry Whitney. I've never met Harry either. I know people know Harry, and I've read quite a bit of stuff about Harry and it's reading stuff and hearing stuff about Harry's it planted seeds in my brain a long time ago that had probably just started to sprout in the last few years. And it's, you know, it's, it's, it's all that, the stuff about the, you know, I was always taught, you know, like you move their feet to get to their mind sorta and lightly these days, it's almost like I just, I just work on the mind and the feet follow the mind.

Warwick Schiller ([00:16:33](#)):

And that was, you know, you said you, you, you started discovering things and Deb's like, yeah, that's really cool. A lot of this stuff nowadays, I, I, I discovered it messing with horses and especially like clinics just experimenting, you get so many different horses of clinics. And I started thinking, Hey, I, I invented that. And then you researched and you found out other people are doing it too. And they're like, there's nothing is. And I was talking to a mock Rashad the other day, and he got token. I think I asked him about where he got the idea from his first book. I think that's what it was. And he said, Oh, it just came to me out of the collective consciousness, you know? And I'm like, yeah, I'm all over that stuff these days. But it's kind of like that, like this, have you ever heard of Rupert Sheldrake Rupert Sheldrake, he's a scientist guy, but he's on the spirits under the science thing.

Warwick Schiller ([00:17:27](#)):

And he talks about this thing called morphic resonance. And one of the things he talks about when he's got a, he's got a book called the sense of being stared at he's got a book I forget what it's called, but it's something to the whole, the person, the whole book is basically about how your dog knows you're coming home before you get there. You know, that whole, that, all that sensed up. But he talked in that book about, they didn't experiment with some rats at a university in England. They taught these rats to do this particular sequence of things, and they documented hundreds of rats and the document, how

long it took to teach these rats to do this stuff. They all told them all at the same time, like, let's all work on step one today, step two tomorrow, all that sort of stuff.

Warwick Schiller ([00:18:15](#)):

And so they documented with rats, basically, this is how long it takes them to learn it. But then they repeated the same experiment at a university in Australia. And one here in the U S I think, and one in another County, maybe somewhere in Europe, the rest of the rats in the world took half the amount of time to learn it as the first lot of rats, because it's almost like once one, lot of rats have access to that knowledge. The other ones can pick it up easy. And it's kind of like the only stuff I think, Oh, I just discovered something on my video. It pops up on Josh nickel, Oh, there's a YouTube video game thing. And I thought I just covered it.

Josh Nichol ([00:18:57](#)):

I totally hear you. I, I, it's amazing, honestly. And I see that economic you're right. You see it with horsemanship today, right. There's just there's as, as everybody seems to be conjuring this energy, it's, it's just affecting everybody else. And you know, Deb said that to, you know, a long time ago with this idea that there's, there's kind of these different strains of horsemanship. And you said it when you talked about, you know, the difference between working the feet to get the mind and versus working the mind to get the feet. And you know, that's a, that's a premise to the style, you know, very, very important. And you know, it's not necessarily a dominance to try to get the move the body or to retain or contain the body to get the mind, but it can sure go that way. But when you're, when you're working the mind to get the body, you gotta, you, you all of a sudden create a relationship that's based on earning them, because now you're trying to get them to understand and connect with you in a way where they present their body.

Josh Nichol ([00:19:50](#)):

And that changes this dynamic in such an amazing way. And, and you just see, it just seems that there's this twinge, this feeling in horseman, and I feel it. And I, and you know what, you and I are talking about it right now. And I feel like you're right, there's a common thread in that desire to feel that twinge of man, something's just not quite here and they're not right. And that feeling grows until you start following it. And then you start getting revealed. This process that I think is already hanging in the space. You know, I talk about this as a universal language and there's this, there's this way that exists in relationship. You know, and I, I kind of look at my style as call it relational horsemanship, but it's this, it's this idea of understanding the principles of relationship that exist in this space that are, that are here.

Josh Nichol ([00:20:35](#)):

And as any of us kind of start seeking them, it's almost like that feel that's already there. It starts speaking to us and you see different people bringing it out in different ways. And to me, that's what I love the community is, is everybody's going to kind of find it or feel it in their own unique way. And then if we all allow to learn from that uniqueness from each person, and the amount of revelation is it's just outrageous, you know, it's, it's, so that's already kind of threaded there. And as you start feeding it, listening to that energy, you just start, you just start learning and it's, it's just amazing. Like you said it with the rats, it's like, I don't understand it, but it just seems, it just seems to be real. Like if you, if you just sit back and stop trying to force things, it's like, wow, there's, there's a whole bunch of stuff happening in there. So yeah, it just just starts changing ya.

Warwick Schiller ([00:21:24](#)):

Yeah. And you know, one of the, one of the things we're all taught, I think relatively early on with horses, like when you, when you get past the, just being with horses, but then when you want to kind of train horses and you want to be structured about it, one of the things we're taught is not to anthropomorphize, not to give human emotions to horses, but I personally, I'm starting to go back to that. I don't think that's a bad thing because it mammals they're wired for connection. Just like we are. And, you know, it's funny for me. I, I, I don't know, we'll get to yours in a minute, but you're just talking about your own personal journey. I've, you know, I've been on a bit of a personal growth journey for the last four years. And what I'm really seeing is the parallels of, you know, human psychiatry and like understanding human trauma and the parallels with with horses.

Warwick Schiller ([00:22:26](#)):

And, you know, it's funny, I met a girl at a horse expo. I think it's the main event in Chilliwack, British Columbia a few years ago, this lovely lady named Kylie. And she has a, some sort of a psych degree. And I made, I did a presentation there and she come up afterwards and she's just like she was excited about. And I was excited, and this is probably four years ago when I was just kind of starting down this path. And then here, Oh, probably a year ago she contacted me and she's was working with you in some, some form and a mean, and that's, I think, I dunno, I've always called her that first introduced me to you what you were up to then that's one of the ways that popped up on the radar and yeah. You know, Carly, what's it called? They got a degree in is

Josh Nichol ([00:23:10](#)):

She's a psychologist. Yeah.

Warwick Schiller ([00:23:13](#)):

And the parallels, you know, and then when it's supposed to anthropomorphize, but I you know, I, I think when you start putting terms like anger and belligerence and those sorts of things yeah. That's the anthropomorphizing. But I think the whole connection thing, I don't think we'd clutching at straws here. Yeah. When, when it comes to that part of it,

Josh Nichol ([00:23:33](#)):

No, I a hundred percent agree. What I feel like is, is I feel, I, I, a hundred percent agree that the horses are, they have feelings and they have emotions and they have interactions and they desire interaction. I think what happened is, you know, one of the things that I, I often talk about to kind of, to talk about the differences, I look at the difference between what I call relational horsemanship and maybe more of a reactive emotional horsemanship. And emotional horsemanship says when the horse does something, it's a demonstration of respect or disrespect, and that then justifies emotional pressure. So if the horse disrespects you, you can't let that happen. So then you feel justified to apply an emotional pressure. And that's an interpretation in your mind. So that really sets a tone of, of a very non-relational type of presentation.

Josh Nichol ([00:24:23](#)):

And you could take that to all of life. You know, if you were to do that, you know, with a person and you interpret what they're saying is disrespectful, feel pretty justified to defend yourself. And then relational horsemanship being when a horse is struggling with something which they will, and they will express

that in many ways. And it's important that we listen to those ways, because that gives us a bit of insight about how they're feeling and where they're at. It's a demonstration of mats or unmet needs. And when we can start seeing the conversation of what our horses are speaking to us and in relationship, it's important that there's two very valid opinions that the horse speaks and has their opinion. Then it's now our job to step in and try to meet their needs. And you know, we might chat a little bit more about some of this specifically, but that changes your intention and your energy.

Josh Nichol (00:25:11):

Now, the frequency of feeling disrespected and kind of personally attacked, and then justifying emotional pressure. And the difference between seeing that there's an unmet need, and it's my job to meet. It changes absolutely the frequency you give off. So, so now you stand there before the horse in calmness and more of an empathetic perspective versus upset, frustrated, you know, and now that, that just puts you into a position. If you're going to get the horse to do something, and you're charged by those energies and emotions, it's going to turn into a, more of a dominant focus because the horse is not going to want to have anything to do with you. So I find that when we talk about, you know, no you're showing that you're trying to say that you're saying there that you know, the feelings they have are important. Well, the first thing I think is important as people start understanding that, and I think that was starting to happen a little bit more.

Josh Nichol (00:26:01):

And in years previous was, you know, not trying to disrespect you, but in the beginning we said, yes, they are, they're disrespecting you and you can't let that happen. And then people say, no, don't, don't emotional lies that, you know, it's not, they're not doing that to, to strike out at you, but that doesn't mean they don't have emotions. It just means that those emotions might not be, see your judgements of what you think they're doing it for. And I feel like that's where it frees us. Right? Because now we can say, yeah, I want to hear from you that I, I know when you're speaking to me, it's a demonstration of mats or unmet needs. And I need to hear that because that gives me some insight about what I'm presenting and those, your voice is really important. And for me, once you do that, man, voice of the horse starts showing up and they start feeling confident instead of feeling desensitized and dulled out that their voice is not allowed to be heard.

Josh Nichol (00:26:51):

They feel free to start communicating. And to me, that's when the horse enters more of the universal language. So now they're speaking with you and you're able to communicate with them on a much deeper level. And that honestly, that's where, that's where the good stuff starts is when the horses feel like they're allowed to communicate. And obviously we want all be safe and we want to, you know, take care of certain elements. But man, to me, it just starts getting good when, when the horse feels free enough to be in that interaction. And, and they're not feeling like they're going to get in trouble or going to get chased or, you know, any of those, you know, maybe a little more dominant type presentations.

Warwick Schiller (00:27:31):

Yeah. And I think, you know, you said, you said some really important things. Like if anybody has a horse listening to this, which is probably everybody rewind that last five minutes and listened to it, like ad nauseum, because that's, that's what just, just said, that's the stuff right there. But the thing that you said about judgment, you know, I, like I said, you know, I've been doing a bit of a deep dive, personal dive years now. And I, I spent a year going to a type of therapy called dialectical behavior therapy both

individual therapy and group therapy, but one of the, and at the time I was going there, because I, I felt I had a lack of emotions. I read a Bernay Brown book and she said, you cannot actively suppress emotions if you suppress the, the low ones, you automatically depressed the higher ones.

Warwick Schiller ([00:28:20](#)):

And I, I kind of know growing up in my era, you know, the whole boys don't cry, that sort of thing that I had some lower emotions suppressed, but I never thought could I have more joy, more happiness, more. And when I read that, I thought, Hmm, that's interesting. I wonder if that would be available to me, you know, I don't think I'm missing it, but I maybe I've never had it. And so I asked some on kind of like Carly, someone I've met, who is a therapist. And I S and I said, what should I do? And I said, I'd go and try this dialectical behavior therapy, which was, I think was originally started for people, highly suicidal adults. But then they, they started using it for people with any emotional emotional, you know, issues. And I spent a whole year doing it, both individual and group therapy.

Warwick Schiller ([00:29:04](#)):

And it really didn't do anything for me because what I found out was you actually have to have some emotions for that particular thing to work. But probably the best thing I learned all year was they talked a bit judgments. And one of the homeworks they had us do was counting our judgmental thoughts, your homework for the next week. Cause I'd get weekly is you count your judgmental thoughts. You know, they said, put some pebbles in your pocket. And when you have a judgmental thoughts, switch it over. Or one of those little things like the bus conductors have, you know, on at the bar, the nightclub order. And I thought, well, I'm going to going to have about three all day. So I'll just get three rocks and stick them in this. And I have three rocks in the pocket. I had 21 before breakfast.

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

The first day. And thing that I realized was that when you start being aware of your judgmental thoughts, you become aware of number one, how many you have, but number two, how many you have about yourself? I mean, we are our own worst enemy, always, basically just putting on ourselves. Yeah. And, and so, and that's real. And then it's really helped me change judgment, a lot of things. And I talk about judgment a lot these days, but I'm glad you mentioned that right then, because you know, it's the whole observer effect thing. You, you get a reflection back of what you're putting out, but what you're putting back, what you're putting out is is, is your interpretation, your judgment of what's happening in front of you. And when you, I like to quote Wayne Dyer. He says, when you change the way you look at things, the things you look at change.

Warwick Schiller ([00:30:35](#)):

And I have found it so much for the horses and these days, a lot of times, and I've talked about this before in the podcast, but like at a clinic or a horse expo or whatever, and someone will have a horse on the end of the lead rope, that's running around and distracted and whatever. And I'll say, well, handyman, over here and I'll show you what to do. And in the past I would show them what to do, but not two years. People hand me the lead rope and yeah, the energy goes out and, and you know, I don't want people to think it's some intangible, like odd, got some sort of horse experience that they don't have because a lot of people, I think they think I just, I couldn't do what you do. I, I, right. Then I say, okay, see what happened right?

Warwick Schiller ([00:31:25](#)):

Then with this horse, when I took a hold of the lead rope, I didn't do anything right now. I didn't cast a magic spell. I didn't push some sort of magical energy. And I say that didn't use to happen to me. And what happened right then is the result of everything I've done away from the horses, not with the horses, that wasn't a horse thing. Right. Then that was a, like a me energy thing right then. And I said, I, you know, and I remember at one horse expo in New Zealand a couple of years ago, and it really, it was so evident this big warm blood was on the end of the lead rep, running around and running into the lady and screaming and putting its head in the air and dragging her around. And she handed me the lead rep and he just went and I pointed it out.

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

And I said, I w I said to the crowd there, I said, I wish I could give you this. Like, just to hand it to them. Cause it's, it's amazing. I said, but, but this is not, this is not about horses. This is not a, that whatever just happened is nothing to do with horse. It's got to do with us, but you were just excited to me to go, like I am right now about when you really get this and blah, blah, blah. But the thing about that is when you get it, it doesn't stay relative to just horses. It, it becomes a, you know, like a Venn diagram for the rest of your life. It's a part of everything else you do. And it changes everything else you do. And I think at that point, it's got nothing to do with horses. I think horses are just a conduit for this thing.

Warwick Schiller ([00:32:58](#)):

It could be, it could be a martial art. Like I talked to Mark Rasha to cut the days ago and he talked a lot about Ikea. It could be a martial art like that. You know, I think horses are martial art. They are something we are passionate about that. I mean, I've had people telling me, you know, since I've been following you and doing your stuff, not only my relationship with my horse has changed my relationship with my husbands changed my life. My kids changed and I've had a lot of people tell me, I wouldn't have put that much work in for my husband or my kids or my boss. I work as my mother and my father or my sister, whatever, but I'll put it in for the horses. And I think that's the great thing about horses is we are just passionate about being around them, passionate about staying safe around them and then passionate about having them be better for us. And I think it's like the ultimate test, you know, it's like all these barriers, these horses put up by like, how bad do you want it tests? And I don't mean a horse tests. You should, it's just the nature of a horse to present some obstacles for us to sort out within ourselves so we can get the result we want. But it's the result where the horse is neither here nor there really, I think in the whole grand scheme of things, what do you think? Oh,

Josh Nichol ([00:34:12](#)):

No, I just agree. A hundred percent. I feel like there's all of these ways. I think that there's, I like to look at it a little more like an enlightened philosophy and there's there and that, and that way, that way of existing on the world for every person it's somehow written in their DNA that they're drawn to a certain art to that, that kind of draws them to it. And for us, you're right. It's horses, you know, I, I, a lot of people look for spirituality or religion or they look for things to connect. But for us, I feel, I feel like our enlightenment is drawn out by horses and for some, maybe it's martial arts and for others, something else. But I feel like when you fit, when you feel and see the way, you know, you've been touched by it, when you see how cross borders it becomes, because now it is, it changes.

Josh Nichol ([00:35:02](#)):

You can't look at your wife the same. You can't look at the people, the students the same, there's a depth of love and empathy and kindness that starts to come out of your bones because it's changed

you. And, and that's why I feel like it's a way it either, when you really see it, you, you, you, you become different. And I feel like, you know, there was a, we had chatted a little bit or sent me there, the ideas of some questions and some things to talk about. And man, boy, that's the deal right there when people, the there's no bigger gift that we can give people than to help them see and, and understand a, of existing on this earth that brings depth of joy and connection and relationship. And pretty soon it doesn't matter what you touch. And I feel like every creature on the planet desires that depth and relationship.

Josh Nichol ([00:35:50](#)):

And, and when, when we let it out of us, when we touch it a bit, it draws people in, it draws horses in, it makes people feel comfortable and safe and calm. And, and honestly, that's the, that's the beauty of it. So you, I feel like that's kind of a, a tale tale for people is when you see that this style starts to shift and change your entire life philosophy, you know, you're starting to see things in more of a philosophical universal spectrum, and now you're touching stuff that, that, that just change. It changes you, you are, you will not, you cannot be the same person once it starts to sink into your being. And I think that whole relational perspective versus a more emotional or dominant perspective, you know, when we're in, when we're in a self preserving more dominant perspective, we push everything away, just trying to keep what we have.

Josh Nichol ([00:36:40](#)):

It's more of a scarcity based perspective. And when we really touch this more relational way of being, there's such abundance in the energy, and, you know, it's almost like, I feel like people will often often ask me that why I'm not so tired by the amount of work that goes into the things that we do. And there was a time I was exhausted. I was way more tired, but the more I start to tap into this deeper scope, I feel like I'm super charged all the time because it's like I'm touching something different, I'm into something else. And that's, anyways, I think we're kind of saying the same thing in two different ways, but it's like, but it is. It's true. And if, and that's the best way I can tell people is if you feel like it's starting to change the way you speak to your wife or your husband, and it's different in how you start processing the judgments you make, or the perspectives you have, you know, you're starting to touch a more universal concept of relationship. And I think that's when I say relational horsemanship, you know, I, I really try to focus on the relational part and then horsemanship kind of fades off. It's like, yeah, it's to do with horses, but the only way you're going to really get this is if you're thinking about it, not just when you're with your horse,

Warwick Schiller ([00:37:53](#)):

You know, you guys listening at home, this is a podcast I wish you could see. What I can see is because you're just hearing the words coming out of this guy. But Josh is sitting here, he's got a, he's got a button-down plaid shirt on, he's got a beard and he's got a sweat stained cowboy hat on. And that did not sound like the words of a buttoned down plaid shirt, beard Wetstein cowboy hat. He could have, he could have dreadlocks on a robe on right now. And it would be probably more fitting than what he just said. And that's, that's the thing I'm really finding these days is it's like, it's like these horses are gurus sort of thing. You know, they, they provide all the teachings we need. Yeah, it's just yeah, but I can tell, you know, you just said how you, you don't get tired anymore. Yeah. There's an energy coming off of you. I can feel through the Screen here, like, like,

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

You know, Jonathan field. I do, you know, Jonathan's got the coolest energy of anybody. Like, he's just, he's in, you've got a thin energy, but it's turned up a little bit. .

Warwick Schiller ([00:39:07](#)):

A thousand Watts coming off. Yeah. Like, yeah.

Josh Nichol ([00:39:12](#)):

I just feel like it's, that's just, it is charging. Right. You know, when you, when you really start there's things that are coming to my mind, just in regards to some of these things we talked about, but some of the questions there that you had asked and one of the there's, there's two books that have just knocked me over. And one of them is kinship with all life by JL and Boone. I don't know if you've ever read that one, but you know, that, that really hit me quite early, that there's, there is way more to connecting with anything, you know, than we initially see. And when we're in a self-preserving state, you'll never see it, all you'll do is be defensive. And then the other one is breaking the habit of being yourself by Dr. Joe Dispenza. I'm not sure if you're familiar with Joe, but and this was, that was life-changing for me.

Warwick Schiller ([00:40:04](#)):

Sorry to interrupt. I did a podcast called books that have influenced me. Okay. Okay. And there was a lot of Jyotish Dr. Joe Dispenza books in there and also a kinship with all life was in that podcast. So. Cool. That's Awesome. Yeah.

Josh Nichol ([00:40:21](#)):

And it's kind of like a combination of those two, you know, if you think, if you think kinship with all life says there is this way and what Joe is trying to open up, the doors for us to do is to understand that there's actually a system in our body where your body is addicting too. You know, we talked about judgment and how connected we can get to judgment and that we then, you know, our minds create a thoughts and then our bodies need to know how to identify in this moment. So it releases chemicals and then energy to replicate that thought. So then we are actually addicted to judgment or, you know, we get so connected. I say addicted, I know that it can be a strong term, but we get, we get connected to that way of thinking. So if we can start opening ourselves to a deeper way of thinking about animals, and then we can start, and I think this is where the self development, or really, really going inside yourself, when you can really realize that this organ is actually trainable to get to a place where you can be emitting energies of connection and, and freedom and joy and abundance.

Josh Nichol ([00:41:24](#)):

And you can actually start training your body to these things. I think this is where we can start honing our ability to go deeper. It's a real thing to that. We talk about fuel all the time. It's a big term. And some people would say that some people can feel it. Some people can't. And I tend to disagree because I feel like we have lived our lives in such a way where we've gotten to such a state of self preservation and we move our thoughts and our energies in very defensive ways. So we actually wall off and then we try to engage the space with a person or a horse or an environment. And our bodies cannot connect with it because we have actually blocked off our ability to feel the space. So then we want technical ideas and principles to try to gain the relationships that we're inspired by, but we're not able to feel anything.

Josh Nichol ([00:42:17](#)):

But when we start changing our perspective and we start understanding the organ and we understand our bodies and how they work and how we can actually proactively train ourselves into a space where we can feel then. And I feel like that's the difference when you're talking about like, man, I wish I could give this to you guys. You know? And that isn't, isn't that the thing that we're trying to do is trying to open doors for people to feel and connect and know deeper connections. And I think that's such a big thing is as we can feel and reach out into the space, then that starts, now we start talking about the difference between leadership and you know, what is leadership. And man, it's a big deal because it really comes down to leadership. Leadership for me is it's more about embodying a way that actually draws stuff to you.

Josh Nichol ([00:43:02](#)):

It draws energy, it changes the polarity in you, and now things desire to be around you cause they feel peaceful. They feel empowered. And then, you know, a lot of times I find this, that, that there's been a bit of a guys placed over leadership to high dominance. You know, we, we say that leadership is necessary, but it's really a guise for dominance. We're just forcing our hand and saying that this needs to happen. And I love to think that leadership is really about embodying something to such a degree that that stuff just wants to be around you. They want to feel you, they want to be with you and the feel that starts to come in this space, Oh, it's so big. And then being, you know, following or, or being led, I guess, is to desire that we desire that connection. And I think in all areas you know, there's moments in this podcast where you and I are chatting and there's things you're saying and I'm, and I'm trying to click on my follower.

Josh Nichol ([00:43:57](#)):

So I can really glean from what you're saying with as true a space as I possibly can. And then there's going to be moments where you're going to do the same. And when we're in that space of leadership, really all we're doing is saying here's, what's so deeply real to me. So it isn't about trying to make something happen. And I think that's where people start missing the boat. The more you try to force, the more, it just kind of puffs out your hands. But the more you can just try to embody all of a sudden, the world starts changing around you. And I feel like that's what starts to unleash the higher consciousness, because now there's all these people that are releasing that kind of energy. I just think

Warwick Schiller ([00:44:32](#)):

It just gets crazy. Yeah. I've had I've had some the last couple of years, I've, you know, this one is one good thing about being quite public about how we were, you are, you don't get the wrong people show up to your clinics, right? So I basically almost haven't done a clinic since March last year because of the code in March last year I was in Australia and I did a clinic in a state of Australia called South Australia. And don't need to tell you that's in the Southern part of Australia. And there was probably way to at least a hundred spectators there and everybody was on the same page and there was a collective energy in that building. It was not unlike, I don't know if you've been to Europe, but when you go into one of those old cathedrals, you go inside and you just, you just feel the energy of the reverence of everybody that's ever been in that thing.

Warwick Schiller ([00:45:38](#)):

Right. It was like that. And then I had one in Australia that December, just before that, that was the same. And it was like, and magic happened. Like there was a hole that came to that, that clinic in December and he has an Appaloosa. And I think he might've been trained as a Western pleasure horse

initially. And he was just shut down, like lights on no one's home just going inside himself. And luckily he wasn't. So inside himself that he totally ignored us. He actually rejected us, which was like the lady in there holding him. And he kept trying to walk off. I said, let me just tell you how the lead about for a minute. And I did. And when he turned and just didn't walk off in a fast way, he just kinda sh got inside himself and kind of shuffled away, said, what I'm going to do with him now is I'm just going to go with him.

Warwick Schiller ([00:46:26](#)):

I'm just going to match steps in with him. And what I'm saying is, if you can't connect with me, I can connect with you. And I matched steps with him for a bit. And sometimes I'll match steps to them for five minutes and boom, the lights are coming. They're like, Oh, there you are. And sometimes, sometimes it's 10 steps, sometimes 10 minutes, but sometimes it's hours. And I walked around with him for probably 20 minutes. And I said, okay, this is going to take awhile. Take over this lead rope in your whole job with this horse is going, he goes stop. When he stops and Mets your front feet to his front feet, that's all I want you to do. That's what that lady did for her session that day. So she put him away the next morning she brings him in and he starts wandering around again.

Warwick Schiller ([00:47:06](#)):

So she wanders around with him and they probably wanted for 45 minutes in front of, he came to a stop in one place. And I said to the crowd, I was going to start working with him. I said to the crowd, you know, I saw, I said, last month I was in New Zealand and I saw Elsa Sinclair do this thing with a horse. I'm going to try it right now. And what I was going to do is grab and take the halter off him. And I walked over and, and there was an energy like everybody there was on the same page sort of thing. No one's mind was like, come on, show me how to kick, you know? Right. And I walked over and I said, it's Timmy. The lady's name was Tracy. And she hit me the lead rope. And that horse, as I took the lead rope, he looked at me and buckled at the knees and went, boom, went down, went to sleep unconscious, and he's laying there. And I said to Tracy, so, you know, cause this is not this big a deal. If this horse lays down in between Walden Marina sort of thing I said, is this common? And it's amazing what comes out. I said, is this common? She goes, I haven't seen him lay down in three months in the three months since his pasture mate died.

Josh Nichol ([00:48:20](#)):

Crazy.

Warwick Schiller ([00:48:23](#)):

And it was like that, that, yeah, that the energy in that place was just, Oh, it was just off the charts. It's just, yeah. It was like a faith healing or something, you know? It was just crazy. Yeah. So I'm kind of lucky. I'm very lucky that way that I being quite public about where I'm headed to, I, I tend to only get the people who are headed that way. Anyway, I don't get naysayers. And these days for me, I don't know, I'm going to ask you how you get along with it. These days, it's, it kind of drains me trying to talk to people about this stuff who aren't ready to listen to it. Do you find that?

Josh Nichol ([00:49:09](#)):

Well, I actually, it's interesting. I was just having a conversation with a lady about this cause she's, you know, working at developing her space and, you know, and feeling the challenge of, of those types of things. You know, for me, I, I there's that, you know, there's that saying is that people can only

understand at the level that they've resonate. And I, I have, this was a thing for me when I, I really started reaching out a bit when I guess when I build my website and, you know, started really doing the clinics. It was this thought that, cause I always felt well, I guess it goes back. Maybe I get to tell a story about when Tom Dorrance said is needed heart bypass, Ray hunt had done his done a deal there where he had invited a whole bunch of anybody who had been affected by Tom really.

Josh Nichol ([00:49:56](#)):

And it was in Fort worth and raise money for Tom. And I went there. That was when I think I was 20 or 21. And that was last kind of thing I spent with Harry and I, boy, it was, to me, it was just like, Holy smokes. You know, every, anybody that was anybody was, you know, seemed like anybody that was there that had been affected by Tom. It made me feel real small. And people were asking me to help them after that. And I was no deal, cause I felt like there so many people out there that do their thing and I didn't even want to connect. I just wanted to do my own thing. And, but somehow kind of struck me that it was like when I actually committed to starting to reach out, it was on the deal that it's like, all I'll do is I'm going to share with you exactly what works for me.

Josh Nichol ([00:50:38](#)):

And if you like it, great. And if you don't like it, great, you know, and it's totally fine if you don't, if it's not your deal, it's not your deal. So then what I've come to now is this slowly I re recognize that yeah, some people are really keen on my deal. And now I, now I really feel like when I spread information, I remember preacher said this one time, it's easy to start about spreading the gospel. But he said, he was talking about hay on his wagon. And he said, you know, I'm just going to kick that hay off the wagon. And if those cows eat the hay, that's their deal. And the ones that you don't want to wait a little, then they can wait. You know? And it just kept kind of made me feel like the same with my teaching. Right.

Josh Nichol ([00:51:08](#)):

And I know that I have come to recognize I'm not here for everybody. And that was a big deal because it actually stops us from thinking we have to compete with anybody because you're going to say things in a way that's going to speak to some people in ways that I'm not going to reach them. But if the collective goal is that we, we just elevate that we elevate people's awareness, then, then we need to have that uniqueness. So if the people don't resonate with me, I don't even argue with it's like not so problem. Like you can. So then I kind of try to live in this really free state of just constantly just trying to be myself and do my thing. And, and all of a sudden they find another home and I'm stoked for them. And if they don't agree or disagree or they love it or they don't, it's totally fine.

Josh Nichol ([00:51:49](#)):

I just want to keep pursuing my own knowledge and then sharing it so that the people that I'm here for get to hear my message. And it gets, it makes it freeing then. So I don't get fatigued by the people that don't like it. And you're right. It starts changing your culture. The people that, you know, I asked him in a while, since I've had somebody come up, that's, you know, a little bit more confrontational because it's they say, well, what about this? And I say, great, that's cool. If that's, if that's what you want to do, you go over it. Like, no, it doesn't harm me. And as long as you're trying your best take care of your horses and your bet. Great. So it just changes. It kind of takes the energy out of the negative feelings and turns it back into, you know, it's okay to grow. It's okay to be where you're at. And the more we, I think, you know, we accept people in clinics right where they are and, and it happy to start right where they are

and, and the same with, with people that maybe need to go somewhere else or, or need clarity. But yeah, I think it's kind of a mind thing for me.

Warwick Schiller ([00:52:46](#)):

Yeah. You got it going on. I'm sitting here mesmerized by the, I'm actually getting quite a vibe off you right now. I'd say I got to say it two days ago. I did a, a podcast that we've released that really resonated with a lot of people. And it was a gun and Rupert Isaacson who wrote a book called the horse boy. And I did the podcast, I think two days ago. And I'm still something, I had some sort of a crazy energetic shift while I was talking to him. And it still, yeah, I'm in a bit of, I'm in a bit of a state right now, actually. I'm not saying it's a bad state, but it's like on the edge of an emotional thing plus this somatic thing. Yeah. I've got some, wouldn't say it's weird stuff going on, but but anyway, you're the energy coming off you is hoping that it's a good energy. So, yeah. That's cool. So you mentioned before, you know, you talked about Deb, you're talking about Harry and Tom, but then you said there was this whole personal development, he growth thing on the other side of that. Do you mind sharing some of that with us?

Josh Nichol ([00:53:58](#)):

Yeah. You know, yeah. Horses seem to seem to enlighten it the most. You know, you, you get, you come up against certain horses that it's funny. When I look at horses and you look at the situations of what helps you grow and when, when you come up against certain things and you keep bumping your head up against something the same way, you know, the common theme starts to make sense. You know, in the beginning, it's pretty easy to try and make it about horses that the horses need to change, or this is a good horse or bad horse, or, you know, slowly you start recognizing that there's a bit of a theme. And then you, you kind of bump into certain people that that seemed to be different and they seem to navigate life in this unique way. And that really defines my level of leadership where it's like, why is the band that perfect.

Josh Nichol ([00:54:37](#)):

I just want to be around that person, like something around them. It's just ridiculous. And you see it in certain horses, too. Certain horses just have this level of depth. You know, that's just something more. And that has just inspired me to, I'm a relational guy. I I'm, I'm not, I don't have a, it's not okay for me to live in chaotic environments, especially if there's, if there's a, you know, something I can do to establish a level of peace in it. And you know, the boy it means you have to learn a lot. You have to, you have to be willing to, you know, do some of that self-reflection. And I think the hardest part about it is, is being able to say, man, I might need to change some things. And when you become willing to say that openly, that, you know, I, I might have to look at things different.

Josh Nichol ([00:55:22](#)):

The world starts changing for you and you start then looking at what are you bringing to the table? And I think relational horsemanship starts with that. Is this, this willingness for me to say, man, what's going on in me? Like what, what, what maybe the way I'm looking at something is, is actually part of the problem. Maybe the way I'm moving, my energy is part of the problem here. And then you just start digging, you know? And I, I feel like, I feel like we're a bit like brothers in that, you know, there's this desire to just go deeper, you know? And, and then man, that rabbit hole just seems to go on and on, you know? And so then, yeah, that, that was a big step. I think there's always been a desire to have a still mind, but yet I'm pretty sensitive.

Josh Nichol (00:55:59):

So then I spent a lot of time, pretty discontent for no reason whatsoever. Just, just unsure. You know, I had a great upbringing. I had amazing parents that created great opportunities for me, but yet there's this piece of me. And I honestly look at that now. And I don't, I think that was always there to keep drawing me, you know, it just keep drawing me in. And then you start listening to that are diving deep and you start seeing there there's some science to it. I'm I'm scientist as well. I actually spent six years in university and got a science degree. And so I love the science of things. I think it's very important because it's a,

Warwick Schiller (00:56:36):

That's not you, you're just going to skip over that bit. Let's back up now. Okay. So we're not just spend a lot of time in nature. Dim Bennett, Harry, Whitney, Tom, Darren's now this, this, cause this is all part of it. What six years science degree, what did you get? What sort of degree? What was it?

Josh Nichol (00:56:55):

Yeah, I have a, a general science degree with concentrations in biology, economics and environmental studies. I had anticipated that I was going to build my own consulting business and, you know, I was just, but I always loved nature. I always, you know, I had, you know, I didn't have storybooks. I had books on, you know, world wildlife foundation and this kind of stuff. So I was just intrigued by it. So I kind of put that in there, but my mind, I am, I am this weird balance of very logical and very scientific, but also very feely. And I really like when your feel can be somewhat confirmed through the biology and there's some kind of scientific method to maybe see things or to understand it's it's reality. And when, when you start seeing some of the things that are evidence-based, you know, in what Dr.

Josh Nichol (00:57:46):

Jones, I even asked Dr. Joe, and some of these different guys that are doing this, but they're taking brain scans and you're seeing real change when people are merely changing their thinking like this, this blows your mind, you know, cause it's no longer, you know what, and you talked about, you said the word Wu and you know, and I get that too. And people are I'll honestly, I am trying to the best of my ability to understand exactly how we've been made. And I don't want to close my mind just because it's hard for me to swallow it. I want to stay super open to what ever is real. And I want to touch it because it's, you know, like how, how much more are you blessed in this life because of diving into yourself and starting to try and find how you might find peace and alignment and stillness.

Josh Nichol (00:58:25):

Like my life is, my life has changed. You know, it's the, the blessings of life are not a boat getting lots of stuff, but about getting to a place where you're so okay within yourself, you know, and that, and that it starts to get to where your body craves that you want. You want that peace. And instead of just wanting to be right or needing affirmation or needing someone to tell me, I'm doing well, you get to a place where, what you're craving is just being okay inside and still, and, and what are the byproducts of that feelings of abundance and joy. And then whole byproducts. My horses liked me more. They want to be around me, you know, and, and, Oh, byproducts, I have a better relationship with my wife. So I spent a lot of time. I've spent a lot of time in that state, you know, and I feel like, I feel like that's a spiritual language. You know, it allows us to sense and know elements of God more and, and, and get real connected, you know, with those around us. And honestly, I don't know, it goes, I'm just open, you know, I'm just trying to be open and I keep getting blown away.

Warwick Schiller ([00:59:26](#)):

You mentioned Dr. Joe there again, and talking about quantifiable things. So I was in England a couple of years ago, so it must've been not last year, cause I didn't go anywhere last year, 2019, I did two weeks where the clinics in, in England working from the bottom of England up to above Edinburgh in Scotland. And then I got done on a Sunday. My son was with me, he's 24. Now he's 23 or two at the time. We call it the overnight train from Edinburgh to London. So like slept on the train. That was a bit of an experience. And then we went to a one day Joe Dispenza, Gregg Braden conference the next day in London. And they had a one of those hot meth, you know, the hot coherence things. And they had a girl out of the audience.

Warwick Schiller ([01:00:13](#)):

There was, I think there was a hundred or 200 people. I can't remember how many, I think it was 200 people in this, in this deal. And they got this girl up on stage and they hooked her up to one of those things that clips on your ear that, that checks your coherence, you know? And then we all, 200 of us did a meditation, a heart breathing meditation at the same time. And this girl, her heart rate was like 120 because she's up on stage in front of right. 109 on strangers and in front of Dr. Joe and Greg Brighton. Right. And her coherence was like 5% or something or other. And we did this 20 minute heart breathing meditation and we got her coherence all the way up to a hundred percent, even though her heart rate was still 120. So she was, she was still stressed, but yeah. And just, yeah, and just the energy in that room, right there was unlike what I talked about, the clinics and stuff. Yeah. The energy in that room with everybody doing that same meditation was, yeah, it was, it was off the charts. It was so cool.

Josh Nichol ([01:01:17](#)):

You know, you, as you're talking about that, it makes me think about, you know, we were just chatting earlier about leadership and you know, what leadership means to me. And I feel like when every being every, being every different, being every different species seems to be able to lead us into something, some unique awareness about, about what it means to be. And you know this whole idea with horses and there's elements of leadership where we can bring great value to horses. And there's these other elements where my goodness just being in their frequency, it changes, it changes us. And then isn't it cool, right? That we actually know now that it is changing our heart frequency, that our coherence is changing just by B. And so then now when you know that what happens is you start to empower the brain and the organ and the energy within you to sit within a horse of space and start to recognize that what's going on in them is powerfully affecting you.

Josh Nichol ([01:02:10](#)):

Now, the relationship starts to become different because there's actually, it's not really about leadership. Isn't really about then us getting them to do anything. It's about being able to be together in a way where we're empowering each other to grow. You know, so there's moments where my horse is leading me and I have this one horse, his name's max, and it's, he, he honestly has, has led me to, to just most of this he's 23 now. And I've had him from a yearling. And anyways, this idea that, that there are things they lead us to, and there are things we lead them to. And there is no only when there, when there is dominant mind frames, we miss out on the depth of the relationship. And that's the thing I feel like I'm trying to draw more and more to, and keep learning. Like, man, there's just so much to learn. And I, I know you're kinda that, you know, just the, the depth of what we need to take in to even touch the edge of what's out there, you know? And Matt is such a big deal.

Warwick Schiller ([01:03:07](#)):

You know, what's funny though, like you've been, you've been on this path for a long time. I've been on this path for a very short time. So for me, I went from one place to somewhere completely different. And about the space of about three years and what I've, what I've seen, what's been an interesting journey for me is, you know, you were talking before about like that emotion based response. Well, I had no emotion, so my training was an emotion based, but it was, is it you that talks about transactional versus transformational? Is that you or someone else?

Josh Nichol ([01:03:43](#)):

Well, I wouldn't say it like that, but as someone

Warwick Schiller ([01:03:48](#)):

There's transactional training and then there's transformational training. Who the hell is it? If it's not you? Anyway, it was, for me, it was all transactional. Right? I've got horses here. You know, like one of them's suppose he's 15 now he was one. I competed on it. The water question games to using I'd had him for about, I've had him for about eight or nine years now, initially the first few years he's in my care because it was a client's horse. We own him now, but then I've got a, you know, one of my horses, he's probably eight now, I guess. So he had five years of the old me, three years of the new me. And it's amazing how much undoing there is. And once you start seeing, you know, cause there's all, it was just all about obedience and, and, and I was very good at getting a horse to be obedient without being overbearing with them.

Warwick Schiller ([01:04:46](#)):

You know, it was all, it was all making it, their idea, you know, it wasn't forcing them to do stuff. But then there's, there's a complete level after that, as you know, once you get to the mind to get to the feet, but I was on, I was on that path, but it's been, Oh, you just, those, once you open your eyes to this stuff, working with those horses, they really tell you about who you used to be. You know what I mean? And it's, and like, I've got a, I guess he's just turned two that have only ever done relational stuff with, and he's, he's just the most bright-eyed prick in. And he's the friendliest horse. Like he can be out in the pasture and with you know, with we've got like slow, slow feeders, you know, slow height, you can have this big bin full of hay.

Warwick Schiller ([01:05:38](#)):

And he pulls his head on that and walks straight up to every time and hangs. There's no clingy, he's not disregard full of my space. He's very aware of that, but he just would like to just hang and, you know, he's just so pure. Whereas all the other ones, I've got so much of the old millionaire and you're always undoing it yet. And there's no judgment in that. I mean, you know, we're all where we're at, but it's just recognizing, and, and it's just, you know, it's, it's kinda like, it's kinda like reading your diary from years ago sort of thing. I was thinking that then these horses just kind of reflect that back. Yeah,

Josh Nichol ([01:06:17](#)):

Yeah. Oh, a hundred percent. Yeah. I, this max source, you know, I, you know, and you know this, right. You go through these phases of training where you're trying this, and then you're trying that you're not, and you're hot onto this thing. And then you move over to that. And when I was, you know, max sex twenties 22, I guess, no, I got him when he was a yearling. And when I was getting him started, I was

working at different ranches. And so my horses predominantly would've gotten experience kind of cowboy and, and, and doing that, living that life. So they get lots of exposure and they can get pretty old, pretty calm with stuff cause they get exposed. But there's yet this resonance of anxiety that kind of lies under the surface and, and, you know, at a certain place that seems to be okay, but I could never, I could never be okay with it.

Josh Nichol ([01:07:00](#)):

I always felt like there's just something missing that I wasn't getting there. So it made my journey of achieving things with horses, very challenging because I could, I couldn't, if I got to the place where I started sacrificing how they felt for the thing I was asking them to do, I couldn't do it. So then I've, it's been this kind of, I feel like, I feel like sometimes my journey has been slow and kind of getting things, horses to do stuff because of that, very reason that I've always been trying to blend, you know, how do you honor the horse and how do you get them to be okay with the thing you're asking. And I went through this phase, you know, where you're trying to work on my, in a horse down. And the things that I had watched various people do and you see guys doing it real well and you see some people not doing it so well when you're trying to figure that out.

Josh Nichol ([01:07:42](#)):

And max would never like the resistance in him to not do it. And he wouldn't, he wasn't, he wasn't he wasn't scared or angry, but it was almost like he was saying, no, this is not how this is happening. Like we're not, we're not doing this. And that's thinking horse, I will take him to a clinic. There was a clinic. I took him to an, and unloaded them. And we were just going to be in this one arena for a couple of minutes. And I didn't want to leave in the trailer. I took him out and then used to stand in with me. And I'm telling you like, time and time again, he'll just lay down beside me. But, but I, but it was like, there's commitment in him. He's like, don't, don't you lay me down. Don't take from me. What is for me to give you?

Josh Nichol ([01:08:25](#)):

And I'm telling you work blew. It blew my mind open because it, it put on me now that there's something more here to be achieved, but there's always that desire to try to make things happen. But max has been the epitome of let me give you this. Like, this will be so much different when you let me give it to you. And when he does it's exhilarating and any time that horses ever laid down, like there's people have different pictures of it and stuff. And, and the, the, the level of frequency that he gives off when he does it, it makes me emotional every time, because I know I've committed to him. I'm not laying you down. I'm not doing it. I'm not taking from you. What's yours to give. And boy, so just over, over and over and over, you know, the horses has been so inspirational to me.

Josh Nichol ([01:09:11](#)):

And for some reason I said, okay, you know, when I was, when I kind of put a rope on his leg and I tried to get him to soften to it, and I was trying to do it in as much, a respectful way. And he said, no, and I'm just so thankful that in that moment, it was like, I, that came over me. Don't, don't try to make this happen. And I, and I listened to anyways, it's just, ah, getting the, getting the chance to, to be with some of those horses. And he still carries lots of those pieces from our past. And I, I get, I hear you when the, you know, I, I actually crave re getting another horse to start because I get so excited about being able to connect with them at a pure state with, with where I'm at today. And it just feels like, you know, every day I just am getting snowballed with more, more understanding and more okayness within

myself. And it just changes how you pick up a lead rope. It changes how you pick up your reins, you know, it's very cool.

Warwick Schiller ([01:10:00](#)):

Yeah, that, that fall of it all is, like I said, he's two now, you know, I used to, I used to imprint folds, you know, I'd get ahold of him and do all that sort of stuff. And then, you know, you mentioned science before how you need to get the science-y side and you're trying to blend the science-y and the we're we're, you know, and I seem to come to the science from the back end all the time. Like it wasn't until I had this, I started working on these connection stuff. And then I discovered polyvagal theory, which completely explained why, what I was doing was working from a scientific point, but I didn't come, you know, I didn't start out with a science and then take it to the practical. I started with the practical and came to the science. But so this fall, like, you know, when he was first born and we had to, you know, give him an animo and do his umbilical cord and stuff, normally I'd get ahold of those folds and we'd do that.

Warwick Schiller ([01:10:51](#)):

And I would not let go until they were relaxed with him, got ahold of him. And, you know, he had a bit of a struggle and we did his anima. We did the umbilical cord, and then I waited and waited until he started to struggle. Yeah, there you go. And then I let go, and I did everything with him. You've always been told you shouldn't ever do with a horse on a thing. And he's a completely different horse. Like we never touched him. It was all sense. We'd go and sit out there and you want to come up to us. I mean, eventually did, but by the time we did, he was, he was, he was good with it, but that whole, you know, have you ever read *waking the tiger* by Peter Levine? I have not. So it's about how trauma is stored in the body.

Warwick Schiller ([01:11:33](#)):

And that's, you know, the, like the, in like Vietnam, the surgeons, the combat surgeons, they'd be saying as they go in. So they come out. So if you under anesthesia and they're screaming and swinging their arms, they come out of it. There'll be screaming, swing your arms. Cause that's that trauma response being only through. And when you grab a hold of a fall and he struggles and struggles, and then you wait till he stop struggling, you let go. That trauma response is still stuck in there. It's it's suspect, flee response is suspended somewhere. It hasn't completed its cycle. Yeah. And yeah, when I had to hold him, I thought I'm not gonna let go Robinson. Now I'm like, no, I'm not gonna let go. Julie starts to struggle. It's just so counter to what we're always taught about, about training. If you always tell him, go when he's struggled. Yeah. You're training things and the struggle. And it's, it's the same thing with, have you, have you heard much about cat H

Josh Nichol ([01:12:31](#)):

Vaguely. I see it. I see it. I hear about it, but I don't know the specifics of it.

Warwick Schiller ([01:12:37](#)):

Well, it's, you know, it's kind of the, the it's, it's about staying in the threshold and stuff, but it's about, it's about when they start to worry, you, you, you pause instead of, you know, and it's, it's, it's really about attunement. It's really about letting them know that you see their concern and it's at, it looks like, I'll tell you what they clinic. I said, I did in South Australia last year, there was a horse there. And she was the lady that had her there. I I've known her for years. And she's a very experienced horse woman. And

it's a new horse to her. And this mayor, she said, she's kind of PC, you know, like you got to touch it. [inaudible] Like glands and flattens or his back. And I said, Oh, interesting. Anyway, she was holding onto it. And I approached her and I probably get 10 feet away.

Warwick Schiller ([01:13:22](#)):

And that near Pender is at me and I stopped and stepped back. And then I approached the GP and the reason I stopped and stepped back and I kept doing that. And each time I'd get a little bit closer. And I said, is there anybody here who thinks I'm now teaching this horse to attack me? And one lady, none of these shot a hand up, she stood up and ended up and she said, me, you're going to get your lunch eaten here in a minute. And I, you know what I said, you must be very experienced with horses, or you said, yeah, I've been, I've been training horses all my life. I said, that's why you think that way, because, because you know how to train horses, you know how to train and the process of training, this is not training. This is communication. I said, I'm stepping towards her.

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

And she pins her is I'm going to step to tiller. I saw a concern because I'm the one who bought that, who bought that, that proximity, if she walks up to me and pincer is I might do a jumping Jack or something, or other to change your thoughts about that. But that was her approach. Me, I'm approaching her. Anyway, I got closer and closer and closer in the end. I could walk up to and rub on her and her ears were forward. And I S and the lady said, you get to touch a sod. She's really P need. And so I started doing, like, reaching around to touch her, like, to touch a Nick or whatever, and she'd peanut reused. But then I changed tactics instead of retreating. I put my hand, like the back of my hand on the neck, and she kind of pinned her eyes at me.

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

And I just, it, and she glared at me and I just waited. And then her expression soften a little bit, and I took it away. And I said, now who thinks I'm going to get bitten? And the lady's like, yeah, you're going to get bitten. And I did that for probably five or 10 minutes. And in the end I could, and they said, ran a girl. Like she could have drowned a girl she's really bad. 10 minutes later, I could rub her around the girth. And it was totally the opposite of what I would have done five years ago. But it's, it's not training it's communication. It's, it's, it's, you know, I'm a, I'm a big fan of the term attunement. Or now if you've run into a tune, your, but you know, like a UCLA professor of psychology, Daniel Siegel colds, it says it's the sense of being seen and being heard. And that's that whole polyvagal theory. And that's, you know, for me these days, it's connection first training second, and I found it, the connection first, the training is easier, so much easier. Yep.

Josh Nichol ([01:15:53](#)):

Yeah. You know, I, I hear you. I feel like, you know, when I talk about relates to horsemanship and you know, this is about meeting needs and those needs are, you know, gen general, these are obviously generalizations, but mind, space, and pressure. And generally many of these horses when it comes to, and they need to know how to exist inside of those to have relationship with a person. But when they come from a self States, anytime the horse is in a self preserving state, they will engage these principles or these, these needs in more guarded ways. And most horses, when it comes to pressure, they need to know how to control the pressure. It's not a matter of, you know, I think this is where that whole dominant idea kind of infuses our thinking. And I deal with this a lot. You know, you're working a horse

show up and there's a round pen and horses and round pen, and the, you know, never let that horse turn their hindquarters to you because, you know, you're there.

Josh Nichol ([01:16:46](#)):

This is what that means. And a little bit like this pinning the years, right? Well, the horses have kind of learned that they need to be defensive and guarded for some reason. And that's how they're associating to that moment. Well, how about if we help them understand that they can control the pressure in another way, but it's all relational. It's not defensive. It's not this, they're not doing this because they have some negative judgment to you. They're just trying to figure out how to be okay. And if you can just see that unmet need, and then you say, well, how can I help you be okay. So, so the first is, is to settle the needs. And I think you're on track. Exactly. I agree. This idea that, you know, it's like, Oh honey, if I, if I add you, I add to you, I've done that.

Josh Nichol ([01:17:26](#)):

I crossed your threshold. And I did that in a way that makes you feel defensive every single time. I will give way to that because that's on me. That's not on you. And then the next place is how do I then empower you to understand how to control that pressure in any way? So the key for me is, is there just desiring how to, how to identify with that and how to exist in the moment and when horses are not being heard, ah, it makes sense. Anybody is defensive when they don't feel heard, when they don't feel like they know how to find peace in some form of communication or relationship. So the horses do it all the time. And I think that's the goal. So spatially, you know, people say that a lot too about, you know, you got to get that horse out of your space and you can't, but I find, so there's kind of these, some horses are more mind based.

Josh Nichol ([01:18:07](#)):

Some are more space-based and some are more pressure based and they all have, you know, and they're all a mix of everything, but some of them will tend to have greater need for clarity in certain elements. And when you give them that clarity, Oh, the piece is ridiculous. And if you don't give it to them, it drives them crazy. They just can't exist inside that relationship and spatially, you get horses that they're there wanting to be with you because they're trying to feel you and they need to feel that spatial interaction. And so then when a horse comes into your space and there's this more dominant idea about, you know, get out of my space, you know, these horses are seeking connection. And so they get so bothered that they can't feel you. And you tie that in with people who are tucked, their spacial energy is tucked behind their walls because they don't, they don't, they're not in their own space.

Josh Nichol ([01:18:53](#)):

So these horses just keep seeking ya, you know, and then he gets so bothered about it and we talked about dominance and it gets all twisted. Right? So, so the, so fun to kind of mess with that thinking, you know, and then, and I know I'm sure you, I'm sure, somewhere in there you get a little bit of joy out of the fun of changing these perspectives and, you know, bringing this new mind. And I, I enjoy the process of watching and, and it's very, evidence-based, you know, you, you let people sit with you there for a minute, and then all of a sudden the horses starts to change. But these horses that want to come into your space, it's like, kind of allow them to, but then let them feel. You let them feel what they're searching for, which is that con that clarity and that understanding.

Josh Nichol ([01:19:31](#)):

And when you give it to them, Oh man. And to me, the mind is the most important part, because if, when their mind can connect with you and they feel that they can sense your energy, now you have the opportunity to bring a new perspective. And I find, you know, like with this whole stuff with Joe and, you know, recognizing the power of the mind and that we can program our minds for a different future rather than a consistent past we can do that with our horses, by in the moments when they bring up and she pins her ears, or this horse pushes into the space. So to speak in that moment, they're, they're demonstrating their old belief. And then I talk about the law of intensity. That's just kind of something that I think of it, energy, energy wise, if you're around somebody that's really grumpy and you're only a little bit happy, well, pretty soon you're going to be grumpy. And if you're around, if you're real happy, you know, and they're a little bit grumpy, well, pretty soon they're going to start picking up their mood. So the law of intensity is just this idea that whatever energy is at the highest currency will affect those around you.

Warwick Schiller ([01:20:31](#)):

Yeah. Well, yours is affecting me cause I'm, I think I'm a bit more bouncy than I was when we first started.

Josh Nichol ([01:20:37](#)):

Oh, well, I'm glad. And so then if you can remove the emotional interpretation from the mayor, pin and errors, or the horse pushing into your space or whatever, you're calling it, and you just create clear connection to how you'd like them to feel and not take it personal. The change has happened ridiculously fast, but the first thing we have to do is we have to release our old thinking without that you're in to that same pattern happening over and over again. And that's why you see people cycle in their life and in their horsemanship, right? Because again, we're talking about life philosophies now we're not talking about horsemanship techniques. The only techniques that seems to exist for me is understanding and, and Deb set this in pretty deep for me, the, the biomechanics of bones, muscles, and tendons, they, they work like full crumbs, you know, leavers and pulleys.

Josh Nichol ([01:21:23](#)):

And so there's a way that that works correctly, but the beauty of it is, and this is a whole other story. But when you get into the biomechanics, when the biomechanics is in alignment, there is another energetic release. And so we can feel when the body's moving rights and you can also feel when the muscles are moving intention. I'm pretty, pretty big advocate that the mind, the thoughts of the horse store themselves in the molecular structure of the muscles. And we know that generally by saying, okay, this horse is anxious and you can see it, their top lines tight. And I think you can drop that down into layers of experience and the story of the horse and where they're holding it. And, you know, my style is, you know, specific to approaching that and trying to actually get to a place where we can actually get there with them and where they've stored those tensions. But again, that's, that's a whole other conversation.

Warwick Schiller ([01:22:12](#)):

Yeah. I think there's two ways that coming at, stuff like that, like I've had an off the track thoroughbred a couple of years ago that I got from a, a horse rescue and I went through all the groundwork stuff with him. He'd been a jumping horse before I got him after he wasn't off the drug therapy. And apparently he was, he was quite forward anxious and would get behind the vertical, like physically put his chin on his chest sort of thing. And I started, I did probably high spent probably four or five months on ground groundwork with him. He wasn't, he wasn't, he didn't have any bad behaviors. He just didn't have that

softness inside him. You know, you could, you know, he was functional, but I spent the time not getting him to do physical things, but getting him to turn loose inside.

Warwick Schiller ([01:22:58](#)):

And then I started riding in the round pen and I probably wrote him 10 or 11 days at a walk in the round, just doing little things with him just on one rhino, Lena, no contact or anything. And then I, on the 12th day, I thought I'm going to pick up a truck. And when I picked up a trot in the round pen, he just stretched over his bag and hung his neck down and poked the little nose out, but I'll have a bit of a candidate. He can sit around the same way. So I took him out in the bigger arena and I wrote him and I videoed it and it put it on YouTube, like my off the track, thoroughbreds first ride outside in the big arena. And he just swung his legs was real loose in the back and stretched every top line.

Warwick Schiller ([01:23:36](#)):

And I had a lot of dressage people that watch that clip comment and said, Oh, you must be really good with your aides at being able to ask it, you know, as the left time what's leading the ground, like skinny cheek. And I think that would be the mechanic, the biomechanical way of getting them to relax. But I went and I got him to relax. And the bar, the bar, the bar mechanics just worked because of the relaxation. And I, and I think you can go at it. I don't think one way is wrong. And one way is right. I think you should go at it two different ways, but I tend to want to come at it from, I think that the physical takes care of itself. Like, Oh, those braces in there go away. If you can get rid of the braces in the, in the mind.

Josh Nichol ([01:24:16](#)):

Yeah. Yeah. I think it's I a hundred percent agree. I think there's just pros and cons that come with each. And I find that, you know, you get the relational community, the ones that are seeking that connection might not necessarily get those more technical perspectives of writing. And then you get the more technical people who can get really specific with those details and they love the details, but yet that can cause them to get maybe less attentive to the relational elements. So I think there's kind of pros and cons with both. But I find that that's the beauty is when you come from getting the horse to mentally trust you and get connected to your energy. Now you have to me energetic currency moving between a horse and a person is, is the life force that allows the horses to feel comfortable to give their body. And that that's kind of taken that whole bit in mind to feet versus feet to mind, you know, to the next level, which is which so, so the, so the back of a horse, I call the back the defensive muscles and the core being the relational muscles, the underline. So when you, when a horse,

Warwick Schiller ([01:25:18](#)):

Can you say that? Sorry for interrupting. Can you say that again?

Josh Nichol ([01:25:21](#)):

The back of a horse is their defensive muscles. So those as a mental representation of uncertainty, anxiety, fear.

Warwick Schiller ([01:25:28](#)):

So when they're tight, they're tight in the back. Yep. Yep. Okay.

Josh Nichol (01:25:30):

Yeah, exactly. The topline fires and it'll fire in various ways, it can tighten right at the sacrum, so their head can be round, but they're sacred, MIS tights they're short and the stride. And, but, but not until that, see, the top line is, and this is why I believe this to be so beautiful in regards to relationship. Because when, when you get the, when you get the mind, it's like the gateway to the body opens and when they released their top-line, because those top-line muscles are big, they'll always over exert the underlying muscles. So the longest call or the muscle underneath the spine, you know, the, the big ones on the top line are always going to defensiveness will, or saving themselves will always take over, you know, lifting themselves and working with us. So it's very cool to me that relationally, you have to earn the horse first, just shut that line off.

Josh Nichol (01:26:19):

And that would be an example of what you did. You spent the time to get that horse to trust you. So then now the Gates open for the horse to be shaped. And then to me, that's the beauty of it. So a general sense of calmness and relationship will generally cause a horse to get lower and turn that top line off. And then, then that's the fun of each unique confirmation. And it's the beauty for me of I've never been in any, in any discipline. You know, I come from this weird place of, I'm not even sure how I fit into the horse community, but just this desire of, of wanting to know exactly how each horse is different, unique body wants to work. So some want a bit lower positions, somewhat higher positions, but the, the beauty of it is, is once that top line's off and the mind is open. Now, the body is free to work with you. And the next step is then to allow them to start becoming their own athletes. And the beauty of that is that, that, that now you can start using a bit more form and function, which is there's, there is some progression to the classical schooling. I'm very inspired by, you know, the classical schooling of the horse, but trying to blend that specifically with not leaving the relational perspective, if that makes sense.

Warwick Schiller (01:27:29):

Oh yeah. Most certainly. And you know, if, when you read a lot of that old classical stuff, like I remember a number of years ago, Patrick King sent me an audio of Charles to country. And if you listen to that, he's not talking about horses. But I think there's, yeah, there's, there is so much like self-discipline involved in, in a whole lot of that, you know, but the question just came to me then talking about that, you've you said you're not a you're non discipline type person, but you have got a foot pretty firmly entrenched in both like the Viekira horsemanship and classical dressage. And I don't think those ideas are too far apart. Are they?

Josh Nichol (01:28:14):

I, I think that they're the high schools, you know, it's really, I kind of look at that, right. And that was another thing that Deb said. There's always, there's the massive strain. That's going to two seams of people. And there's a massive seam of people who just want to get things done and they don't really care how, and then there's this other team of people who are always seemingly drawn to higher ways and that's been throughout history. So there's always, you know, if we search, we can always find throughout history, a lineage of people who desired to represent deeper connections and, you know, ways that were more or less spoken about, I guess. And so, so for me, I've always been drawn. I, you know, I'm, I'm funny. Cause you know, a lot of times some of my friends are they're Cowboys. That's what they do, but I absolutely am lost by, by art, by the desire to bring out the best in something.

Josh Nichol ([01:29:05](#)):

So I just love art. I love, I love anybody who is doing something in a, in a form of mastery, I guess, where, where mind and feel align, where technique and beauty kind of blend together. And you see, why do we ever see that in horses? So the Viekira style is a little bit like that stream of people in the cowboy world where the man, they want it to get it right. And they wanted to understand what it meant to get a horse like that. You know, people look at stuff and I think that's one of the things I feel quite compelled by is to remove the emotional interpretations behind gear and tack and recognize that it's not about the gear. It's just about the way it's used and no piece of equipment should be judged by poor use. It should be judged by the master who made it.

Josh Nichol ([01:29:50](#)):

And it's really a big deal. And that removes all of the kind of dumping the baby out with the bath water. So to speak about saying, I don't like this, or I won't use that. And anytime people say that, it's usually because they saw somebody use it in a less than educated way. So for me, the spade, it's like, it's this beautiful high form of a horse getting to a place where they have the ability to carry themselves to support that. And there's, it's a SIG it's signals, right? So it's very inspiring to me. And then across the board, it just speaks for itself the bull fighting. And actually when dad, when I first sat down with them, the first thing she showed me was a video of an old, old video of somebody fighting a bull on a horse. And I know there's lots of opinions about that whole system.

Josh Nichol ([01:30:29](#)):

And I that's, that's another conversation, but, but the art of that guy riding that stinking horse made me cry, just, just a level of connectivity and the way that horse moved and the way they're like, it just, it blew, it blew my mind. So yeah, it's, I feel like what I'm inspired by is I'm inspired by depth and I'm inspired by art. And I think art would be great. The mastery of understanding how the physical expresses itself when the energies. Right. And so I love speaking to anybody on any tone that does something with a level of mastery, because I think that's, that's the stream we're talking about work when we're talking about kind of feeling like Holy smokes, it's affecting my wife and it's affecting my horses, but it's also going to draw you to anybody doing it, you know? And so that's why it's not just about horses. There is a stream that exists in that way.

Warwick Schiller ([01:31:18](#)):

Have you ever read the book mastery by George Lennon?

Josh Nichol ([01:31:22](#)):

No, I have not. You're you're bringing lots of new books to me. This is great.

Warwick Schiller ([01:31:26](#)):

I had that one of my book podcast. It's not a very, it's not a very thick book. It's actually a little thin book, but yeah, he was an Akido ma I, I used to say Akido and now I've interviewed Mark Rashad. It's I Quito not Akido. This guy was an Ikea and Mazda. And yeah, he just talks about the concept of mastery at anything and actually Deb Bennett. Did you ever did you ever get eclectic horseman magazine? Okay. So Deb Bennett wrote an article in eclectic course magazine about that

Warwick Schiller ([01:32:00](#)):

Book. I think I have it actually on my bedside table right now. Yeah. Deb, Deb talking about that exact book. Eclectic horseman magazine.

Josh Nichol ([01:32:11](#)):

Yeah. There's a book that Deb has. It's called the birdie book. Have you read it? Have you seen that one? Yeah. It's the, the, the one thing that I've always loved about Deb is when she gets into her place of Zen or whatever, and she's writing the, the way she expresses stuff, it's like, it's, it helps you touch something else, you know? That's yeah. Yeah. That's, that's a good one. That's a good one.

Warwick Schiller ([01:32:40](#)):

So you mentioned, well, everybody who listens to the podcast know that I send my guests 20 questions and they get to choose a number of different ones to chat about within the podcast. And I didn't get your, your ones back, but you've already covered two of them. You said, you told me about two books that you like, and then you covered leadership. What other ones of those questions had you decided you might want to dive into?

Josh Nichol ([01:33:06](#)):

I, I really, I had a lot of fun. I sat down with my wife when we were drinking coffee actually, and I printed it off and I brought it and we started talking with them and I just thought it was so fun, you know, cause we do different podcasts and there's different ways, you know, there's kind of the go off the cuff and just, just let the energy guide you. And then, you know, the idea of questions and I, yeah, I the one, one of the pieces that really got me was number three, where you said, if, if you could spread a message across the world, one that people would listen to, what would that message say? And, and honestly I think that we have just given a thorough synopsis of it is that I, I would hope to help people understand that no matter, no matter what it is that they're doing, and yes, we speak to horses all the time.

Josh Nichol ([01:33:50](#)):

But, but if that they would recognize that there is, there is a relational way of existing in this life that develops connection and empowerment. And as we do or live within practices that allow us to get there more. And every relationship in our life starts to grow or horsemanship will develop. And so it's, it's just funny, right? And I think you're experiencing it too. It's like the real work we're doing to get better with our horses is, is what is what we're doing behind the scenes. It was inspiring to me and I, and I struggled with this and I saw many times where you would watch a really good horseman, do something. They would have a technique and they would then tell the students to go ahead and do that technique. And we all have seen it a million times. The horse doesn't look anything like it, it doesn't do anything similar to what the guy did.

Josh Nichol ([01:34:39](#)):

And it's frustrating to the student it's can be frustrating for the, for the instructor as well, because they feel like they're not able to hand off their message or get people to have the same success. So I started this idea of, of this concept of what lies behind the master's hands, this, you know, and that was became a, became a real desire me to understand. And as I watched it with Harry, you know, all the time, you know, you see him touch a horse and do something and then you watch people and they would have a hard time. So I really wanted to recognize that. And I feel like that that became a real modus operandi for me, or or a passion was to know, or be able to not, not just know, but also portray or speak it. You know, w what is it that's behind a master says, what is the feel that is being admitted and not just living

within this idea that feel is you either have it, or you don't, because I think that's, that can be a real struggle for a lot of people, but it is taught.

Josh Nichol ([01:35:32](#)):

It is understandable. It is a process and you can learn and you can reconnect, but, but feel reconnecting to feel is not just a thing you do. It's a way you are. And I think that's where, you know, when, when people get onto that. So I feel like, man, if I could, if I could give that message and allow people's lives to be blessed because of it. And, you know, in the process of them getting better with their horses and getting out of trouble and going down the trail, you know, their, their marriages are better and their families are in a better place. And they enjoy this world a little more, man. It seems like good stuff to me,

Warwick Schiller ([01:36:07](#)):

Amazing stuff. You just said something about what did you say it's about when they, when they change, who they are or something, is that what you just said?

Josh Nichol ([01:36:16](#)):

Well, I guess kind of get caught up in it all, but when, when a person gets to where they, they realize that changing what's going on within them is really the bigger blessing. It's not about changing your investments.

Warwick Schiller ([01:36:27](#)):

There's a young man named Jake Doocy and he's a, like a motivational speaker type guy. And he wrote a book when he was 20, that became a bestseller. And he's a bit of a, he was a, he was a, like a protege of, of Jack Canfield. And he, he like, he he's big on manifesting and he put it out there. He wanted to meet Jack Canfield and somehow ended up sitting next to him at a dinner and kind of like you and you and Harry, he kind of got taken out of Jack's wing that he had. And I haven't seen him around social media much for a couple of years, but a few years ago he had this bit of a, you know, it was a five minute talk and he was talking about manifesting stuff, but he said, you don't get what you want. You get who you are.

Josh Nichol ([01:37:15](#)):

Hmm.

Warwick Schiller ([01:37:16](#)):

You know, because it's not thinking about what are manifesting is not so much about just putting out there what you want. You've got to be the embodiment of that thing. You know, you don't get what you want, you get who you are. And I had to think about that one for a while when I first heard that. But yeah, it's eventually settled.

Josh Nichol ([01:37:35](#)):

Well, the challenge of that is, Oh my goodness. Now you got to, you got to actually look inside and say, what are you? And I think, boy, that's a big, I honestly see people, you know, we talked a little bit about trying to convince people, but I see that's where people make their judgments on me. You know, whether I'm going to be somebody they care to listen to or not is based on what they do with that very

statement. You know, when I say this people, you know, that, that's what we're doing inside has some bearing on what's happening with your horse. That's, you know, if somebody says, okay, and they swallow that boy, that's going to mean, I might have to take some responsibility in how I speak to my wife. That might mean that the way I am with my employees or the people I work with is going to change.

Josh Nichol ([01:38:13](#)):

Because now I've got to start taking responsibility. And I find that, that right there, boy, when you can swallow that and you can see that it's not a curse, it's a blessing. And that you can, you can manifest and change your entire environment. And the beauty of it is, is I think people get so caught on, on trying to manifest something more. But when you get to a place, when you can manifest peace and you can manifest calmness, all the other stuff just seems to start happening because you're no longer blocking anything. Energetically. You're not, you're not living. And most people were living as a block because we're so defensive. You know, I see that. I see that over and over. And it's a little horses. Don't feel safe with you because you're in self preservation as well. So it's hard for them when they are frequency, picker, uppers, you know, they're just picking up what you're laying down, energetically for them to be feeling that it's hard for them to find peace. So it's just so beautiful when, when people start getting it, man, it does. It changes everything.

Warwick Schiller ([01:39:09](#)):

Yeah. Over the years, I, you know, I've met some people at clinics that I, that I used to think, you know what? You're never going to get this probably should get a cat verbally, an outside cat. But now I feel that way now I know why they can't because they could do the technique and it wouldn't work. And now I know why because of what's going on in here. And so it's just, it's just in congruency where they're out, insides are not lined up. And so these days I'm just really big on having people understand that because it's kind of like, here you go, I've handed you the, the key, the, you know, here's, here's the solution right here. There is a solution instead of it, Oh God, I'm just not good with horses or, or whatever it is. It's like, Hey, it's, it's, it's ready. Here's the solution. There, there is an end in sight. Not going to say it's easy. Sure. But it's not a mystery anymore. Right. And you don't need an outside cat.

Josh Nichol ([01:40:13](#)):

Awesome. Hey, well, and that's right, because, and I found, this is a thing too. I see this with horses, some of these horses that are so wound up and they're so expressive, it's because they desire peace more and they can't tolerate it when it's not there. So they're not more misbehaved. They just desire things. They desire that calmness more and they can't settle when it's not present. And I see people like that too. Some of these people that seem so hard to kind of handle man, they desire it. They just don't have any direction. They don't know how to channel their energy or what to do with it. So if we keep talking about a technique of them doing a technique and their energy looks like a wasp nest with a rock thrown through it, they're never going to make a technique, look any better or work because they're, they, they need to go where they need to go.

Josh Nichol ([01:40:57](#)):

And if we could start seeing that, some of the things our horses are guiding us to, and this is where I see them as amazing guides and they're guiding us and they're showing us that, that the energy is crazy right now. And when we can see that we can go internal and start trying to get ourselves back. And that's where they're leading us. And I think of it all the time. You know, our horses are standing out there,

eating grass, calm, enjoying each other. And then here we come, you know, and, and we've got energy swarm and like crazy, you know? And, and then we wonder why the worst don't want to be caught or why they're not so hot about, you know, getting tied up or whatever, you know, and it just, it just changed it. So you see people blessed merely by just pausing before you go just pausing and getting yourself sorted. But wow, if we could just make that a way of life, right. Wake up in the morning and that's not, I've got my own practices now. I've got, you know, things I do for myself because, you know, I know the importance of, of kind of getting inside myself and setting a tone for how I would like to move my energy in the day and, and the way I would like to feel and how I'd like to interact with you and with horses and everything else I'm doing.

Warwick Schiller ([01:42:05](#)):

You know, I, I think we're all, we're all somewhat similar. All humans are somewhat similar and I've fallen into the trap recently of what people tend to do with their horses, where they do the work for a while and it starts going good. So then they stopped doing the work and then they just start, you know, the middle of these deposits and they just start making withdrawals. And that, and I feel like I've done that with myself to where I, you know, I had a, a you know, a consistent meditation practice. I've been taking cold showers for a couple of years now. But I've also got an ice bath. I've got a chest freezer full of water and he, you know, and every, there's a way you can plumb that thing to where it runs like a swimming pool to where it's got a filter and all that stuff.

Warwick Schiller ([01:42:47](#)):

I'm not that technical. So I basically have to empty it out every couple of weeks and then replace the water. And here a long while ago, I emptied it out and haven't replaced it. And yeah, I've been feeling pretty good. So, you know, I haven't been meditating regularly and it's just a dual creep back on him. And I'm like, yeah, I, you know, I can't, you can't stop. You know the w I've talked about this in the podcast before, but my dad was a bull rider. He rode bulls and Bronxville horses, but he went to the NFR in Australia twice in the bull riding. But when I was a kid, I thought I wanted to be a bull rider until I actually, you know, rode calves and junior steers and junior bulls. And then I got on to full sized bulls and realized I'm probably not cut out for that.

Warwick Schiller ([01:43:31](#)):

But I've always been quite a fan of that. So there's a guidance. Have you ever heard of a guy named Gary Liviu?

Josh Nichol ([01:43:37](#)):

No. That name sounds familiar

Warwick Schiller ([01:43:39](#)):

If you were a world champion bull rider back in the late sixties, early seventies, and he stumbled upon a book by I forget what the guy's name is, but it's called Psycho-Cybernetics. And so he really got into the mindset of positive thinking, you know what he's doing and stuff, and you basically, you know, he's the, he's the bull riding guru. You know, anybody, who's a world champion bull rider now has been to, to Gary, the place it's in Santa Maria, which is about two and a half, three hours just South of us here. And he's, he's like the guru. And he talks member saying, one of these talks one time about, about bull riding, but he said this, he told this story. He said, this guy goes to board at the top of the mountain and says the Buddha, Buddha, how do I become enlightened?

Warwick Schiller ([01:44:24](#)):

And Buddha said, chop wood and carry water. The guy goes down the mountain. He chops, wouldn't carry his water for 10 years and he's still not enlightened. So he charges back up. The mountain says to Buddha, Buddha I've been doing it for 10 years. How do I become enlightened? And a Buddhist is says, jump wouldn't carry water. So he goes back and he chops, wouldn't carry his water for another 10 years. And he reaches enlightenment. Now what? So he marches up the Hill and he says, the Buddha, Buddha, I am now enlightened. Now, what do I do? And Buddhist is chop wood and carry water.

Warwick Schiller ([01:44:57](#)):

And Gary, the few is a bull riding coach. And he spouts, you know, Buddhist philosophies. Like, that's pretty funny, but yeah, it's, it's just, it's just do the work, you know, in that book mastery and this, this ties back to like the white Tom Dan's book of things, Tom, Darren is very process oriented, not outcome oriented. And in that book mastery, they talk about the most spiritual, the ancient Hindu practices, which was called karma yoga and karma. Yoga is applying yourself to a task with no thought as to the outcome of that task. It's just being present in the moment and doing stuff. And we've got a young girl from Colorado. That's worked for us now. She's been here for about a month and she bought her own horse with her and took me awhile to kind of figure it out. I mean, she's, she's broken, you know, fairway along.

Warwick Schiller ([01:45:47](#)):

And it took me a while to figure out what she should do next. But I said, okay, I want you to do this exercise. And she did it every day for about five days in the first few days that may just look like a wreck. I said, just, just keep doing that over and over. After about six days, the horse was completely different. She said, I kept getting myself like this is not working. It's in that book mastery. He talks about when you're learning something new, when you first learn something new, you get this huge, awkward spurt because you used to know nothing about it. Now, you know something about it, and then there's a dropdown, but then this is long flat plateau. And you're on the plateau for a long time and not getting anywhere. And what you're doing is you're building up the skill you're going to need to make the next upward surge.

Warwick Schiller ([01:46:33](#)):

And then you gonna to drop off a bit, and then you get me on the plateau. And so I explained to her, I said, you were on the plateau. And I said, the thing about that is you have to have a mentor to tell you you're on the right track because you don't want to be, you know, what's the definition of insanity doing the same thing over and over and expecting the results to change, unless, you know, they will change. Right. But I was, I was, I said, that's you know, that's almost like a spiritual practice with horses. Isn't is, is that. And I said, and I showed her some pictures of some Buddhists, sand paintings. You ever seen the sand paintings that the monks will do. They will spend days making these beautiful, intricate sand paintings on the ground, different colored, sand, yeah. Hours in painstaking hours. And when they get done, they stand up and they kick it over their feet. It's like finding the roof of the Sistine chapel and then washing over it, you know, just that, it's that practice of being able to let go of, of, of that. You know, you, you think I did it now, it's got to stay there for other people to look at it. And it's just like, no, you're just going to be able to let, go with it. Yeah.

Josh Nichol ([01:47:41](#)):

Oh yeah. I hear you. I feel like for me, it's been so much about the, the, the, the power of the energy explodes. You might say into change in the world when we get to a place where we're able to navigate within ourselves and, you know, create, create that calm state and create that, get to that place where we are able to be with ourselves and, you know, work towards guiding our energy to emotions we desire to feel. And what happens. I find a lot of people are doing that specifically to try to change their life scenario, change their financial scenario changes, you know, that there's always this mode of, and then, and then what happens, you're right. That spike happens. And some life changes and then, wow, sweet. I got what I want. It's like a little bit like a deposit. I put the money down and now I got the thing.

Josh Nichol ([01:48:28](#)):

And, and then, you know, it's can be, it can be hard to you know, see it as an I, as this, I guess the way is it's more of like the, the goal is not about the thing that we're getting out of it. It's more about getting to a place where you live inside of that state. And when you do boy, that's, that's the heartbeat behind, you know, Epic, Epic change in multiple areas. And that's not to say that it's not good to, you know, work towards things, certain stuff, you know, trying to envision the future that you would like to have. I think that's wonderful, but it can't be the motivating desire because now we're missing out on the deeper points, which, which to me, when we hit that deeper point, that's what elevates us into that universal language where we can actually hear, because now we're still enough to be present versus so motivated by a certain end point. And now I feel like we miss out on a lot of stuff. So that's, that's honestly been my journey. So I feel like I'm, I've been this thing with my horses where, you know, we're just, we're just living, man. We're just living and we're doing lots of fun stuff, but just enjoying it. Right. And yeah, it changes, it changes everything.

Warwick Schiller ([01:49:38](#)):

I can tell you're enjoying it. Like you guys at home, you're only getting the, I mean, surely I'm sure you're getting the energy off Josh's voice and stuff, but like, I'm, I'm

Warwick Schiller ([01:49:48](#)):

Looking at his eyes light up and like he's facing like this, this guy is high on life. I tell ya. So Josh, how do people find out more about you? Where do they, where do they find out about you? What are you what's all year, what's all your details.

Josh Nichol ([01:50:03](#)):

Yeah. You know what joshua.com. That's my website. We've I've been, I've been teaching clinics now. I spend most of my time in Canada. I I've not really had any desire to, I'm not much of a big traveler. So I've ended up spending, been super busy in Canada. I've spent most of my time there. Then we developed our website. So we've got lots of contents on the website, got a membership site of my own there, that, that just, I think, you know how it goes, right? You end up finding that to track deeply with people. You can't just see them once or twice a year. So it ends up inspiring us to try to create content that people can track. So I've got, got that on my website. And then, you know, we're, we're presence on Facebook, you know, I've got a group and just, yeah. Trying to, trying to create opportunities for people to connect and hear what we've got to say, and then be able to feather their own learning at their own rate.

Warwick Schiller ([01:50:55](#)):

What's the, what's the Facebook thing? Is it a Horseman's pursuit or is it, is it Josh Nicola Horseman's pursuit or horseman pursuit, Josh, Nick, or what is it?

Josh Nichol ([01:51:04](#)):

The group is a Horseman's pursuit. My business page is Josh nickel Horseman's pursuit, so you can follow the business page and you just get kind of the posts that I make, but the dialogue and the group is a Horseman's pursuit.

Warwick Schiller ([01:51:17](#)):

Okay, perfect. Well, just thank you so much for joining me. I, I think you you're, you're a game changer. You are, you are changing the world. I truly believe that. I think you're doing great stuff out there.

Josh Nichol ([01:51:32](#)):

Well, that means a lot to me to hear you say, I appreciate that. And I, I'm just privileged to be on here with you and to share space. I feel like this is these types of conversations to me are what life's all about. So I just appreciate you, and I'm thankful for all you're doing, doing in the world as well.

Warwick Schiller ([01:51:49](#)):

Yeah. Th these conversations, these, you know, the first time I had a conversation, anything like this, I was like, wow, I've never had a conversation like that in my entire life. Now I find, now I find a habit with strangers. I think it's changed that energy from that all to that open energy. But, but yeah, they are the conversations and I cherish them. And I'm certainly gonna cherish this one. Thank you guys at home for joining us on. I'm just going to say a horseman spacesuit. Thanks so much for joining me on the journey on podcast, and we'll catch you guys on the next episode.

Speaker 1 ([01:52:27](#)):

Thanks, Josh. Thank you very much. Thanks for listening to the journey on podcast with work Schiller Warrick has over 650 full length training videos on his online video library at videos dot Warrick, schiller.com. Be sure to follow Warrick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.