

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

Everyone, welcome back to the Journey On podcast. I am your host Warwick Schiller. And today I have another extraordinary human being as a guest. It's a day, I get to have a chat to Stacy Westfall. Now, a lot of you, people who are horse people have probably heard of Stacy. If you haven't had a Stacy go onto YouTube before this whole thing starts and look up Stacy Westfall freestyle reining. And Stacy was a horse trainer still as a horse trainer, but was a horse trainer and did a freestyle reining a number of years ago that was bare back unbridled lists. And she did it in a wedding dress. It was at the all American quarter horse Congress that she dedicated to her father who had passed away. And this particular video went viral. And because of it, Stacy actually ended up being on the Ellen DeGeneres show and actually had Ellen degenerate get on a reining horse and spin her.

Warwick Schiller ([00:01:34](#)):

So, you know, that's one of, one of Stacy's claim to fame. She's since been a road to the horse Chan champion of road to the horse, she's inducted into the cowgirl hall of fame and she's just an all around amazing human being. And I'm sure when you guys listen to this podcast, you'll, you'll feel you will feel the energy of our, I actually recorded this podcast with Stacy this morning, probably six or seven hours ago. And I think I'm still, still buzzing from feeling her energy. She's such, just got such a bright spirit and such an amazing human being. And it's a great story she has to tell. So I enjoy, I implore you guys to sit back and enjoy this a long bed, amazing chat with the one and only Stacy Westfall.

Warwick Schiller ([00:02:34](#)):

Stacy Westfall. Welcome to the journey on podcast.

Stacy Westfall ([00:02:38](#)):

Thanks for having me.

Warwick Schiller ([00:02:39](#)):

Stacy Westfall, Whats Up!This is going to be so cool. I'm so excited to have you on here for outside reasons. I'm excited to be here. Yeah, I was super, I was glad when we connected on, on clubhouse and kind of got to start talking again. Yeah. The clubhouse is, Is a new, I don't even know how to describe that thing. What, how would you, how would you describe that? It's a media.

Stacy Westfall ([00:03:07](#)):

Yeah. When somebody was saying to me you know, you should, you should check out this new thing. And I was thinking, the last thing I need is another social platform really? And so I did some Google searching and I listened to a podcast cause I'm a huge fan of podcasts. I listened to a podcast and somebody said, it's kind of like when you used to be able to like pick up a phone and listen, like maybe, you know, you had like, maybe you had several phones in the house and you'd, you know, several of you could be on there and you could be listening to a conversation that other people were having now, hopefully that was like illegally, like you were supposed to be doing that thing. But anyway, it, it is, it's a

lot like listening to a conversation and then you can raise your hand or whatever and actually move up and talk. And, and I do think it has a lot to offer as a unique platform.

Warwick Schiller ([00:03:56](#)):

Yeah. It's pretty cool. I, you know, it's, you've got to be invited to be on it at least at the moment. And so I think the audience is limited. So for me, it's, I'm trying to use it a bit, not so much about being the guy at the front of the room, doing the talking, but being at the back of the room, doing the listening. Cause you can get on there and listen to guys like Gary Vander, Chuck, and you know, like, like real people, you know, like big time influences of, of people's thoughts and stuff, you know? Yeah. So it's, it's pretty cool, but yeah, it was great to, it was great to catch up with you on there. And what, one of the things I'm really excited to chat with you about today at some point in time is you maybe have started to head in the same direction I'm heading or I'm heading in the set. I've discovered that I'm heading in the same direction that you have already headed on Mount Sinai. When did they first, but that whole that whole beyond horse training stuff that, that, that listening to horses, that communication that letting them know that you see those little things. It's yeah. I think it's not only the future of getting along with horses, but I think in order to start doing that sort of stuff, you kind of got to change who you are and if everybody does a bit of that, we might actually change the world.

Stacy Westfall ([00:05:21](#)):

Yeah. I definitely, you know, for me, it's a little bit like returning to my childhood because that piece of me, my mom was really big into now. She didn't have the training to necessarily like have the educated, okay. So for example, we had no idea, like if a horse wouldn't load in a trailer, we didn't know what to do, but my mom could really accurately read that the horse was stressed. Now she didn't know what to do with it, but she could really accurately read animals in general. She's one of those people that it's interesting. Like I went up to visit her a few years ago and the dog she had at the time was, I mean, she's like a person that's accidentally trained the dog to identify 20 different toys by voice in conversation. Hey, Mr. Moose, go over and get me the newspaper. Good job. Can you put away this good job because she's very intuitive and, and creates really good feedback loops with all animals. And so I think I was really blessed to have a foundation of that type of thinking.

Warwick Schiller ([00:06:23](#)):

Wow. have you ever, you know, the dog skid boot in the dog, skid boot there's a guy from Texas named David wig and his lovely wife, Barbara, you, you may have run into somewhere at a horse show. She shows autism. But David had this, this dog called skid boot. He's been on Jay Leno's shows on David Letterman. He's been on Oprah has been on and he was David could tell skid boot to do anything he wanted to do. And, and I don't know if you've ever read a kinship with all life. Have you ever read?

Stacy Westfall ([00:06:54](#)):

I haven't, but I'm going to, I keep taking notes every time I get near you about things to, to read. Yeah.

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

It's one of the few books that Tom, I think it's one of the few books that Tom Darren's actually ever recommended. And basically in this book, it's called a kinship with her life. But the story is mostly about this guy and this dog, and he doesn't train it to do anything, but he talks to it like it's, it can understand him. And he has, there's an emotion behind what he says and you know, he can get this dog to do anything. And, and yeah, I just skid boot was he looks good boot up on, on YouTube. Like the dogs are

amazing. I say, yes, you had that background. You know, it's funny. I grew up on a farm in Australia and my father, you know, without any formal education, no clinics, no mentors, no whatever. He could get horses to do stuff.

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

And I have, I'm starting to figure out how we can, how he figured out. But like back in the back in the day, like he could train a horse to do the Western riding. So if you guys are listening to know what the Western writing is, it's been able to do multiple flying lead changes on a loose rein on a engaged or, you know, it's, it's had an, I remember when I was at pony club, dad did a demonstration of the Western riding one day there. And there was a lady standing there watching, who lived in our area and she was shortlisted for the Olympics in the dressage. Her name was NEDA, McCauley, lovely old lady. I'm sorry. She was older at the time. So I was thinking of her as an old lady because I was a kid, but dad had this question riding thing. And so when he gets done and he says, anybody got any questions? And Nita said, I'll get a question. Can you do that again? You know, it was like, that was

Warwick Schiller ([00:08:56](#)):

Cool. But she had this formal education in the structure of kroners. Dad could just train horses and, and you know, I I, at, at the time I had no idea how he did it. You know, like you had no process, you hadn't read any books or I think he might've had, I think he might've had Hackamore Rainman by Ed Connell. Maybe that's it that's the only like instructional book. I remember sitting in the house. So, so you had that, that sort of a mum that's had that. And so you had that, that childhood that kind of gave you a bit of a background in that stuff. And you just said, you've kind of going back to that.

Stacy Westfall ([00:09:35](#)):

Yeah. As you know, it was kind of interesting for me. You'll, you'll remember some of these pieces, you know, like when I get to the part where, so the brightest writing ends up being this thing that I'm kind of most known for at one point. And so it, for me, my, the quick overview was, you know, grew up a little girl in Maine that loved horses. My mom and I would trail ride all the time. And, you know, one day in high school, some my math teacher, when I'm a junior says to me, you know, he has an extra 10 minutes at the end of class and he's literally just, he's just going around the classroom saying like, what are you going to do? What are you going to do? What are you going to do? I say, I don't know, I guess go to school for accounting or something.

Stacy Westfall ([00:10:23](#)):

And he says, well, why is that? And I said, well, cause all I want to do is ride horses, but you can't go to school for that. And he's like, get up right now and go upstairs and look through the college books until you find one that offers horses. And I do a great, like teenager, I roll and go upstairs to like prove him wrong and find out you can go to school for that. And that's how I ended up at the university of Findlay. So I had this background of growing up with my mom and the horses and just kind of the love of it and the danger that was involved in not knowing enough, but the love of it and a lot of great experiences too. And then I went to Finley and the way that it worked out in my mind was it was like, my mom had given me this foundation.

Stacy Westfall ([00:11:06](#)):

However, we want to label it with kind of the understanding, the emotions and that kind of stuff. And then when I went to the university of Findlay, they gave me what I could identify pretty quickly as the

nuts and bolts. Like you move this shoulder, you move this hip, you're going to create a lead change. You do this, you do that. They step here, they step there, you know how to apply these AIDS. And so I could feel the dance between the two, but not real clear I could feel. And actually to me it felt like a tug of war. It felt like one was conflicting with the other and you know, without the way to verbalize it, you know, I was doing the best that I could, but basically in 2003. So I graduated in 97 and Jesse and I got married and started like the traditional training business.

Stacy Westfall ([00:11:56](#)):

And in 2003, at that point I'd had all three boys. So mother of three small children, because they were born in 98, 99 and 2001. So in 2003, they're little kids and I am crying every night. We have a house, we have a truck, we have a trailer, we have an indoor arena. We have a waiting list and I am crying myself to sleep every single night. My husband is pretty sure I've had too many kids too quick. I'm having an emotional breakdown. He's just like, what is wrong? Like we have everything. And I kept saying, I hate this. I want, when I was in college, I worked at McDonald's and I said, I would rather quit everything and own one horse that I love than to do this. Cause I feel like I'm training robots because the math of the profession in the way that we were doing,

Warwick Schiller ([00:12:54](#)):

Everybody stand up Stacy West for all a round of applause right there.

Stacy Westfall ([00:12:59](#)):

So the, the math of the equation, what we were doing, like we were training so many horses, you just felt like you had to get on and off and on and off and on and off. And so, but this is the most amazing thing because I was literally, I was like, I am, this is I'm ready to be done. And that gives me goosebumps because when you are finally like right there, ready to be done, if you don't quite give up, you then like crazy full body goosebumps. Cause I'm like reliving it that's the year that I did my first brightest ride in 2003, because I was like, anything goes, I mean, if I'm Ready to quit all of it, if I'm ready

Stacy Westfall ([00:13:38](#)):

To quit this horse training as a professional completely, then you know what, if I go out and make mistakes, doesn't really matter because I'm going to wear it back to work at McDonald's anyway. So I'm just so done with this. And so at the time we were, you know, we're, and we're still young trainers trying to pay the bills. And so we were at the, we were at a horse show and I was showing the mare CanCan, Lena that my husband had bought and trained. And then he had shown himself out of the limited open division. And I was still limited open eligible because I really didn't like showing. And so he was like for the good of the horse, you need to show her because she'll get more money on her and be more valuable as a brood mare. And I was like, you know how to phrase that, didn't you for the good of the horse, I need to do this fine.

Stacy Westfall ([00:14:26](#)):

And so I went out and I was showing her and I was showing, I remember I was in Painesville, Ohio at a show. I was like the last draw or very close to the end. So you knew what the scores were knew that my ability to score on this mayor was in that range. So I'm doing all these things. I go in there and I show last maneuvers are the horseshoe of stops around the top, you know, up around the top. So I run down, there's three stops. I run down first one rollback rundown, second one rollback. She's right where you want her. And I take the reins, you know? So when I'm running down, I'm like walking down the reins a

little bit shortening. So when, when I say, Whoa, there's a little bit of rain pressure. I say, Whoa, we do the roll back right after the rollback, I go to shake the reins loose, like shake them, to loosen them, to show that she is staying with me and I'm not having to hold onto her.

Stacy Westfall ([00:15:14](#)):

And I throw the right rein on the ground. It slips out of my fingers and I, and the right rein is now dragging on the ground. And I'm trying to run the entire rule book because I'd gone to the judge's seminar. When I was in school, I'm trying to run the whole rule book through my mind. And I put my left hand behind my back. I'm still holding the left rein with my, you know, the one rein is still in my right hand. I'm trying to not touch the neck. I'm trying to not touch with a second hand. I'm trying not to get disqualified while I'm loping up around. I reached down, grabbed the rein. That's dragging on the ground about, about at the top, as I'm coming around the top of the horseshoe, I've managed to finally fish it out of the air. And I run down to my last stop. And my, my left rein is crazy draped loose. My right rein is like direct. She slides stops. I'm just like, yes. And I have no idea that this entire time the judge has been standing up screaming stop. Cause it's really not safe. It's really not safe to be doing any of this. And they

Stacy Westfall ([00:16:11](#)):

Apparently, I'm not the only one that thinks like this because they actually changed the rules between the time that I had gone until the time that this happened, that you're immediately disqualified. But if

Stacy Westfall ([00:16:23](#)):

The rein touches the ground while the horse is in motion, I done. Yeah. And I had gone to the school before they changed that rule before enough of us like, cause it's a terrible idea. Don't get me wrong. Like in a logical frame of mind, which I was not, I, I wouldn't have done it. But the amazing thing was I got disqualified. I went up and sat in the stands. I'm beating myself up. How could you do this? The owners paid the money. You've trained the horse. The horse deserves this. You, what did you do? Why did you do this? How could you let this happen? I'm just beating myself up. And people are walking by. And they're like, That was amazing. You're like laying on her neck and you've got a hand behind your back. And you're like fishing the rein up and she never lost a stride. And she still nailed the star.

Stacy Westfall ([00:17:04](#)):

And your reins are so after like two hours of a combination of beating myself up and the, and everybody being like that was freaking amazing. I went

Stacy Westfall ([00:17:13](#)):

Home and was like, you know, when I was a freshmen before, but when I went to see Finley, I had seen raining for the first time. The year that I, when I was a senior in high school was the first time I'd ever seen a reining horse. And when I flew out to see Finley and then Finley took us to the freestyle raining when I was a freshmen and I was like, someday, I want to ride in that. And I want to do it bridal this. And so this was literally 10 years later, 10 years later, I am in the stands. And I'm thinking, you know, since I've already decided to it all out there, you know, I can go home and figure this out. And I went home and tied the reins up real loose and started messing around and figured out how to create the entire brightness.

Warwick Schiller ([00:18:02](#)):

The first time I think over saw you was at the writing for charity when you did the freestyle and you, you were riding Ken Catalina and you did the ghost riders in the sky one. Yep. That

Stacy Westfall ([00:18:16](#)):

Was about three months after the drop rain thing.

Warwick Schiller ([00:18:22](#)):

Yeah, that was, I think my wife might've been in the same freestyle back there, but yeah, that was the first time I'd seen you. And then I don't know how long after that you have the, you have the, you know, the white dress. Yeah. A couple of years later. Yep. Incident. So let's, let's talk about that. Cause that's, that is, that's a big part of what I want to talk to you about. So for you guys who don't know, Stacey did a bridal, this bareback riderless freestyle at, was that the Congressman? I did it twice. And then the Congress. Yep. But the Congress was the video that went viral. It wasn't yet. So Stacey, it is a bareback, bridal lists, a freestyle in a white dress and it goes viral. You probably would say it when you

Stacy Westfall ([00:19:19](#)):

Yep. It was early days of viral, but yes, it kept crashing everything.

Warwick Schiller ([00:19:24](#)):

You, from that you end up on the Ellen DeGeneres show. Is that right? Yep. Tell us about, well, let's, let's talk about the whole, the whole thing from the beginning. Cause I mean, this is an amazing story.

Stacy Westfall ([00:19:41](#)):

Ooh. Where does it begin? Basically, you know, I did that 2003 ride with CanCan, Lena that you saw out there, the ghost riders in the sky and, and then people were immediately saying, how are you going to top that? And that wasn't in my mind, like topping it wasn't really a thing because if you think where I was coming from, it was more just like, I have got to have fun and enjoy these horses. And this has to be an extension of who I am versus, you know, just training robots and, and they just can't do this. And so there needed to be some expression of, of that. And so at the time when I started riding Roxy, so I started her as a two year old and then I still, I really didn't like showing that much. And my husband took her and showed her in the fraternities.

Stacy Westfall ([00:20:28](#)):

And when he was done showing her in fraternities and things, then I started riding her again as both a freestyle horse and, you know, in regular competition. And, but she was so much smoother. She was so much smoother to slide. I did some back bridal us on the CanCan, Lena mare, but she was had pony stride and in the stops, it was just so I was like, I'm going to get hurt. Like it hurts. It almost hurts in a saddle, let alone, you know, bare back. But yeah, so the, the bareback bridal, this was just kind of, I started looking at it more like personal challenges for me. And what's the craziest thing which you'll remember like, so in 2006, when I did that, when I did that bridal list ride into the bareback brightest ride in 2006, going viral, wasn't a thing. It didn't even go viral until 2008.

Stacy Westfall ([00:21:24](#)):

So it went viral two years after it was done to say that I'd never expected to have any of that happen was totally true. Like I thought the people in the stands were going to experience what I experienced

and then it was going to be just like any other horse show. I mean, yeah, there's a video that's out there. That's there was no, there was no, you know, going viral kind of thing. And so it was two years later. So it was on a big delay by the time that really hit, which was probably a blessing because I was already going through quite a lot of emotional things that year in 2006, I won road to the horse in the spring. And then then I was prepping for what I was going to do with the Congress. And then my dad died and I'm showing the horse and I'm dedicating. And, and I was, it just, I told Jesse he was going to have to take me to the doctors after Congress because I probably had some kind of like Lyme's disease or something. Cause every joint in my body hurt. I was just like, I think I was just processing so much and riding bareback and bridles is really physical. So the combination of all of it, I was just like, Oh my gosh, it just, so it was a blessing that it didn't go viral for two more years.

Warwick Schiller ([00:22:35](#)):

So I've got, I've got some questions about this. So what I really would like to know is, cause I think you're a little bit like me to where, you know, you kind of ended up being an unplanned public figure and you way more than me, but I've experienced a bit, but, but this was not my plan. And it sounds like being, you know what my question is, how do you go from being Stacy Westfall to Stacy Westfall? And how does that, how has that affected you? Because I remember I was at you went to Equitana in Australia, which is a big horse expo there in maybe 2012, maybe 2010, 12, maybe. And I have never seen or have seen a certain Holland once last year, two years ago, I've never seen at a horse expo that many people lined up to get someone's autograph, just so excited to get a piece of it.

Warwick Schiller ([00:23:37](#)):

Two years ago in Holland at a horse expo there, I saw there's a, a young Australian research writer. That's like a Instagram influencer and he had more people than you. They're all about 13 years old. But so there was someone who topped the thing here, but that was the thing at the time, like, wow, look at all these people and you and Jesse, you're in the, in the booth there and you get your kids and you got your, you know, your thing of DVDs and like people bond stuff and your son, but they all just wanted to get a piece of that. How is, how is that going from, you know, raised in Maine, living in rural Ohio, go to horse shows to that, and then we'll go into the Ellen DeGeneres show after that. And anything else that is a part of that, but that's, that's quite the, you know, it's not like you grow up in like, you know what, I want to be a famous actor actress and not people will know who I am. It's not that wasn't your, that wasn't your plane. So do you want to talk a bit about that whole journey?

Stacy Westfall ([00:24:41](#)):

Yeah, that was shocking. That was, it was shocking. The first time that it really happened was that the road to the horse was the first time that I really had that like whoosh, that like what is happening moment? Because so many people were lined up to ask questions. And the short story is, you know, at first it was, it was just really overwhelming because especially not expecting it, like you said, I mean, I think if you set out to the career goal to be that there would be a prepping process that would happen with it versus that kind of just boom, there it is. And you weren't expecting it. The way that it worked for me was, I mean, the blessing of it was that everybody who wanted to talk to me loves horses. So I just had to remember to take a breath and talk about horses and that's easy for me to do, you know, it's not about becoming something I'm not, although you can easily feel the temptation.

Stacy Westfall ([00:25:50](#)):

And that, for me, when I was doing Facebook much later, like in you know, in like 2000, you know, I started, I blogged every day and I think I started that in 2013 to 14. And so, but by the time at one point I'd been on Facebook, like, and I was doing stuff every single day for several years and near the end of it, like, so say around, I don't remember when, but just pick like 2015 or 16. So a couple of years into doing every day, I could feel a stronger and stronger pull to please the, the Facebook numbers to post, whatever would make whatever would, would make Facebook happy. So that, that feeling, which I think a lot of people can identify with that is a version of what I could feel early on. Like that temptation to be something you're not, but I was blessed to be in the horse world and live face-to-face with people which made it easier to feel the cycle of like, I'm just me explaining what's going on with horses and I'm me.

Stacy Westfall ([00:26:56](#)):

And it doesn't even mean I have all the answers. It just means I've got lots of ideas and I'm going to share my ideas with you. And then you're going to have ideas because of my ideas and, and we're going to kind of go on, but it was that ability to recognize that pull away from the more authentic me, the same thing I then experienced. It's not like your experience at once. Well, at least not for me. It hasn't been something I experienced once and then never again, like I remember experiencing that pole early on. And then I remember like the, the most heightened one was after I'd been posting daily on Facebook for years and the metrics were changing and they were getting more, you were getting more and more feedback as to like what was quote unquote working or not. And at one point I was like, okay, yeah, this is turning it. Like, like I can, I can post videos of something cute and fuzzy, but what do I want to do? I want to educate people. So if this, like, if it's, if it's, if it's coming from an educational standpoint, that's what I want to stand for. And so again, it's just this, like re-evaluating who you are, which is a thing, a never ending challenge because you're always growing and learning and changing, hopefully, which means that you're constantly reevaluating yourself always. So I'm not quite sure if that nailed the answer, but

Warwick Schiller ([00:28:15](#)):

Yeah, I think the cause I've experienced this growing while being under the spotlight, you know, you know, like having people being aware of your, your growth. I don't know if it's challenging for me. I don't know if it's a challenge, but it's, you know, it's something, not everybody gets to X variance. You know, I went to a it was a three-day men, what was called men's emotional resilience retreat last year. And I've talked about this in the podcast before, but what are the part of the, the weekend was based on a book called King warrior lover, magician, and it's like the four archetypes sort of thing. And every one of those archetypes has a, a shadow side. And the King. So the, if the King, he does things for the good of all, but the shadow side of that is the Prince who does things for external validation.

Warwick Schiller ([00:29:21](#)):

And for me, what you were just talking about right there for me, that's, that's kind of the, the, the balancing act in this. Like when I, these days when I get to do something, I, I first, you know, if I go to post something or whatever, I first have to stop and think, why am I doing this? Am I doing this for my purpose? Which is, which is, and I don't think my purpose is really about horses. It's helping people with their horses and giving them some insight into some other stuff. Is it for that? Or is it because I'm going to get a certain number of shares, likes comments, whatever. And, and you know, that, and that's what I was asking you before about how do you go from being Stacy Westfall in rural Ohio horse trainer to Stacy Westfall? Because no one prepares you for this stuff.

Warwick Schiller ([00:30:17](#)):

You know what I mean? There's, there's no, you can't take a course on how to, how to handle that sort of thing and how to handle your internal dialogue about what's going on, you know, like the whole King versus Prince energy. So it's I think I was probably having that conversation inside to some degree, without even knowing I was doing it. But when I went to this, this, this retreat thing and they talked about that, and then it's like, gave it a name, you know, it gave it a, it gave it a name. So yeah, I think about that all the time. So do you, is that what you were talking about before you kind of struggle with the re you know, well, you've had to think about the reason you're doing it. Am I doing it for the right reasons or am I doing it for the wrong reasons?

Stacy Westfall ([00:30:58](#)):

Yeah. So I think when the, when the, whatever you want to label it, the fame or the popularity or whatever hit, I've definitely felt unprepared because I didn't expect it. And it wasn't something I was aiming for. And, but I, I do love sharing. Like w w what I remember is being a little girl in Maine who loved horses, who wanted to know everything about them. And that was the place that I chose to operate from. So when I looked at a person coming up to my booth, when I looked at it didn't matter what age the person was. So a woman walks up to the booth and she's, you know, 56 years old. And she's asking me a question about her horse. I can still hear pieces of me at some earlier part of my life when all I wanted to know was, you know, at the end of it, I like it was, it was kind of interesting because one of the, one of the, one of the questions, when, when, when we were prepping for this, one of the questions that you'd asked was something about, like, what did, what did you want to be when you were a little kid?

Stacy Westfall ([00:32:06](#)):

And I was like a horse, like, literally I just wanted to be a horse. I mean, I remember like crying when I was probably around the age of like six or seven, or whenever that idea of reason is what I was like, what are you talking about? I'm not going to become a horse. I can't, or around on my four legs. I want to be a horse. I remember being mad about the fact that I couldn't become a horse. And so the next best thing was to like, just fall in love with them, head over heels. And so when I, when, so I know the comfortable energy that I have in my, I know my grounded energy, when I'm with a horse, I've known that energy for as long from the years when my mom would be like my, you know, we would set up, we'd take little soda, pop cans, and put a stick across some.

Stacy Westfall ([00:32:51](#)):

And that was my big jump on my pony, you know? And I'd go, I'd go cantering up there, bare back. Cause I didn't have an English saddle in the Western saddle seem like a bad idea and I'd go to jump it and she'd just stop and eat grass. And I'd fall off her neck and I'd be crying. She hates me, and this is all terrible. And I don't even want a pony anymore. And my mom would be, well, why do you think she did it? And I'm like, cause she hates me and you know, and she'd be like, well, where's my horse and where's the barn. And do you think she wants to grass? And you know, she'd go through all these different things. And I just remember when I couldn't, when I realized I couldn't be a horse and then I started to realize, I really could communicate.

Stacy Westfall ([00:33:29](#)):

I was just totally in all in fascinated, people will ask in interviews, they'll say, what could you do if you could to do horses? I'm like, I don't understand the question. They're like, well, what if you, what if you,

what if you couldn't ride anymore? I'm like, I would write, I would talk. I would, you know, what, what made me not able to ride, like, explain exactly what level of, of something has happened to me where I can't be, because the only thing I can picture is like, I'm completely disabled apart where I can't speak. And then I don't know how to answer that question. So why are we even having this conversation? The answer is, yes, horses are going to be in my life because my sanity comes from the lessons that I've learned in the barn. It is where I'm the most balanced.

Stacy Westfall ([00:34:10](#)):

And when I feel myself in the public eye or shifting, I just have to go back. And thankfully for me, most of the time, that means I'm, if I'm in the public, I probably have a horse like within reach. And that, that is how I can regroup myself as just drop back into that. And I think that goes back to that. At the beginning, when we were talking about the dogs and you were talking about skid boot and that ability to me, what I do well with horses and what makes horses do well with me is that ability to drop fully into who I am and feel, and experience what's right there in that, Oh, we'll just label it emotion. So I have an, I have emotions that I allow up and down. That's what the dog, when my mom is giving the dog, when, when she's like, you know, go get the newspaper or put away the Kong or whatever it is that she's saying to the dog, she's got all those non-verbals that are speaking that are, I would describe it like this.

Stacy Westfall ([00:35:12](#)):

It's like playing the game, warmer, colder, you know, when you're a kid, it's like, it's like warmer, warmer, colder, colder. And when I let my emotions go up and down like that in this, we'll just call it in a healthy range. We get when, when I let them go up and down like that, the horses are like, Oh, I can totally read that. That's like any day in the herd, the dog is like, Oh, totally got that. And so, but that also means that me, I got to totally get that. I've got to be aware, like you said, when I go to post something, where's this coming from?

Warwick Schiller ([00:35:52](#)):

Yeah. you just touched on a couple of things. Then one of them was you said that what we, you know, like what level of incapacitation would I have to have to not be around horses? And I thought about that. So when your video went viral, one of the versions of the video that went viral was people saying that that she's a blind, you're blind and deaf, I think, is that what you,

Stacy Westfall ([00:36:18](#)):

I have several there, it grew, it grew as a, as it went. Yeah.

Warwick Schiller ([00:36:22](#)):

You know, people would share the video and then they would say, Oh, you got to watch this. This lady is blind and deaf and has polio or

Stacy Westfall ([00:36:31](#)):

Yeah. Yep. I think at one point I trained the horse in 30 days and there were all kinds of different versions of it.

Warwick Schiller ([00:36:38](#)):

Yeah. Yeah. That's that's, that's pretty funny. So what you were just talking about then with the whole emotions thing. So I've talked about this a lot in the podcast. I'm not sure if you're aware of it, but in the last, probably four years, I've become aware of the fact that I have been pretty much in a state of shutdown, I'd say most of my life. And so I've had no internal energy, none whatsoever. And so when you're training horses for the public, it's probably a really good way to be because you almost teach them, don't pay attention to energy, just to pay attention to cues, pay attention to the physical things. And then you can hand them over to somebody who has some weird energy going on, nervous or scared or whatever. And they can, they kind of learned to just shut it out because there is no energy involved with it.

Warwick Schiller ([00:37:43](#)):

And you know, in the past few years I've been working on getting that stuff to work. And where was I going with this? Oh yes. So, you know, one of my old YouTube videos, it was called talking to your horse. And in that YouTube video, I go, don't talk to your horse because your horse doesn't listen. Everybody I've ever seen, who talks to their horse, thinks their horse, the horse listens to him. It doesn't. And I tell her a story about a lady at a clinic. One time when I was saying, don't talk to your horse, your horse doesn't listen. This lady, she was on her Arabian mayor. And she goes, my horse listens. When I talk, I'm like, really, what can you tell your horse to do? She goes, Oh, walk truck care to stop back up. I said, well, seeing you sitting right here, let's see you verbally ask your horse to back up and let's see what happens.

Warwick Schiller ([00:38:37](#)):

And so the lady shortens the reins Paul's on the reins, rocks, her weight back in the saddle and rocks back was avoidance. And back, back back, and you know what? Miracle miracles, the horse does take a couple of steps backwards. And I said, well, that's, that's kind of cool, but seeing your horse listens to what you say, let's put the reins on your horses, Nick, and see if it works. And she goes, okay. And then she rocks her weight real back in the saddle, really, really hard and goes back, back, back. And eventually a horse does take a step backwards. I'm like, well, that's, that's amazing. But because your horse listens to your voice, you said your horse listens to the voice. She didn't say horse listens to your seat. Can you fold your arms, close your eyes and sit perfectly still and ask your horse to back up.

Warwick Schiller ([00:39:26](#)):

And she looks at me and she goes sure. And she folds her. She folds her arms closed. Her eyes sits perfectly still. And she goes back, back, back, back. And then she slaps the mirror in the neck and she goes, Oh, Celeste, why aren't you backing? And I tell that story in his video, I said, most people who think their horses listened to their voice are actually listening to something else. You happen to use your voice at the same time. And I said, I'm not saying you cannot teach a horse to operate off voice cues. And then I'm riding a young horse at the time. Who's going to be a rhino. And I said, let me show you the first step. Like when teach them to stop off the word. Well, let me show you the, the first step in doing that. So I said, I'm going to walk down the fence here and I'm going to say, Whoa, and then I'm just going to tip them into the fence and go the other way.

Warwick Schiller ([00:40:12](#)):

And I'm going to repeat this over and over. And I do it over and over. And then at some point in time, I walk along. I say, well, he stops anticipating the turn into the fence. And I also said in that video, you know, I don't think you should talk to your horse because I, the very best horseman I've ever seen are

silent. They don't talk to their horses. And so for the longest time, and the people had seemed to be the people that talk to the horses most had the most out of control horses. So the way I'm looking at it is, you know, Tom Darren's, doesn't talk to his horse and the people who are having the worst horses do so by a process of elimination, let's not talk the horse, but these days I talk to him all the time because it's not natural for that energy to come out of me. And so in order for that energy to come out of me, I have to go, Hey, good morning. How are you going? Are you having a good day? And it's not what I'm saying, but I feel like I don't project that, Hey, how's it going? Having a good day type energy, unless I say it, I don't think you need to, but for me, I need to, because I'm not practiced in that. You know, that was well a well articulated. That was very well well-described. Cause yeah, I

Stacy Westfall ([00:41:34](#)):

Didn't know exactly where you were going with it, but that is, that is well-described because I think it helps that my mom worked in a school system with K through three. So she worked with young kids. And a lot of times when you're around young children, a lot, you get big with your body. You're verbal, there's ups and downs in your voice. I mean, you think about people talking naturally to little kids. Most of the time, they're very up and down with their voice. How are you doing? What are you, what up there's ups and downs. And so I think that also played into, into that, that, because I know a lot of times when I'm teaching a clinic or something, if I see that somebody is kind of stuck like that, a lot of times I'll get silly, big, like, I'll just exaggerate it.

Stacy Westfall ([00:42:19](#)):

I'll be like, I'll say like, what do you think your horse is going to do? If we run up to it and like, run, like you were a little kid and this is the first horse you've been able to see. And you just pulled away from your mom and you're like running and you're like horsey. And you like throw yourself on their neck, like, and I'll act it out. And you know, and it's like, and they'll watch me do something like overblown and silly. And then they feel a little more open with their own body and their expressions. But I think you're totally onto it because I, I also remember a similar stage where actually, I think I was even told that professionals don't talk to their horses, you know? Cause I went through years of schooling and different things. And so you had a lot of people's opinions and yeah, that would be a definitely a common opinion that professionals don't talk to them and that, you know, that you're, but I talk, I trail ride and I think, Oh my gosh, people must think I'm crazy. Like I talk, I go out in the morning, I'm like good morning everybody. And like, yeah, there's, there's a lot of times I don't talk, but there's plenty of times that I, that I do for exactly, exactly the reason that you articulated is that, especially if I feel like I need to bring something out in my body that then, then that's what I'll do,

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

You know, comb the story on vets to can tell you right now, call me crazy. But yeah, just call me crazy. We just Robin and I just went to Arizona for three weeks. We went down, went to the sunset. I could school then spend a week road, try riding in the desert. And then we're there for the cactus running class. And during our rides in the desert, we didn't see any animals. And the last day I was rotten. The last day we rode in the desert, I'm riding along. And have you ever seen like a Bush or a tree to where there is no breeze blowing, but there'll be one part of that Bush that's moving. Like there's a Brisbane. So I'm riding along and I'm right along through all this cactus and Sage brush and stuff, the cactus don't move, but there's these scrubby bushes there. And I noticed one of them, Pat of it was waving and the rest of it wasn't and I just call me crazy, but I just kind imagined that the Bush was waving

Stacy Westfall ([00:44:32](#)):

To me.

Warwick Schiller ([00:44:34](#)):

And so I'm like, Hey, how's it going, Mr. Bush? I'm grinding along talking to the bushes. Yeah. And I dunno if it's related, but then I start to notice and maybe I'm just more present. But then I start to notice these little black birds that had been around all week. But when I watched them, they'll be in a tree in front of us. And as we approach it, they fly away, but they don't fly away and flee. They fly a little bit further along the trail and sit in another tree and these birds would just stay in front of us. Like they've got 360 degrees. They can fly off in and they just stand in front of us. And then after, Oh, it might be five or six different leapfrogs from one tree to another, and then they'll fly off. But then another one comes along and I'm noticing this stuff on. I'm talking to the birds, a little wild light away riding along. And right. They're not very far from us is a buck, big buck, hoes ate in the grass and he sees us, I need prompts off. And I'm like, that was cool. I got to say that I had been out here. Awaken, haven't seen that, but I wasn't talking to the birds and the bushes. Oh wait.

Stacy Westfall ([00:45:42](#)):

I do. Yeah. It's interesting because the property we bought here in Ohio is because it backs up to a state park. So we have 98 miles of horse trails out, back behind us. So we were really close to thinking about moving to Colorado or Arizona because of the amount of public land that you can ride on. And then this property came up for sale. And so I go out back and ride in the park every day that it's safe enough. So that's my goal is to be out there. So I was out there yesterday and I'm riding a greener more immature horse. And it was so fun. Just listening to you, describe what you were doing in the desert. Because I was thinking you're describing my childhood. That was every trail ride with my mom. You know, that was the, that was the making up the stories.

Stacy Westfall ([00:46:37](#)):

But it, it is a very, it is a very good way to bring yourself into a very present awareness and drop everything else. If you are noticing all the little things and that, cause I'll go out and people will say you ride. Cause there's, you know, there's a there's a three mile loop and a five mile loop and a seven mile loop that are the closest ones to me. And then, then, then it gets a little bit more committed to go further than that. So I ride a lot of the same loops over and over again. And people are like, aren't you bored? I'm like, no, it's never the same. I I'm, it's never the same between me and the horse and the day and the animals and the, and the whatever's going on and making sure I love it, that I dropped out of cell phone service.

Stacy Westfall ([00:47:19](#)):

Like I drop, once I go down over the Hill, you're just gone and there's, I'll send a text and be like, if I'm not back in two hours, this is the trail I left on. And and so, but it is exactly what you just described. It is being present and aware. And it's what my mom taught me back in the beginning. It's being, it's going along. So the other day I'm riding down the trail and I know there's a campsite straight ahead. And I'm riding this young horse that I tend to want to think doesn't make the best decisions, pay attention to that phrasing. I tend to want to think he doesn't make the best decisions straight ahead of me. There's a big campsite. There there's three or four people they're stringing up. You know? They've got a Highline type thing for the whole, like the man-made the, the tent.

Stacy Westfall ([00:48:07](#)):

That's not really a tent in there and they're, and there they're making a fire and they've got all this stuff going on and he's not looking at it at all. And I'm going Presto, could you please focus straight ahead for just a minute so that you're not surprised by the fact there's a major setup of, you know, campers up here, but he's looking over to the left and I'm thinking, Oh my goodness, like, how add can this horse be? Yes, this is going on in my mind. And so, and then, so I, so I ride them up a little bit further. I even manually turn his head once and he flicks and he's like, Oh, Oh, look at the campfire. And I'm like, well, this is a good reaction to have. Cause sometimes in the past, when you've first seen something, you've done something bigger than that.

Stacy Westfall ([00:48:47](#)):

I'm not sure why you're obsessed with watching the water today. You've seen the water a hundred other times, but anyway, so we walked further up and my focus is purely on the camp and the potential problems is a dog going to come running out. What's going to happen. Like how many people? I think people think Stacy Westfall going for a trail ride, totally peaceful. There's a piece of me that is like also aware of everything that could go wrong. Like if he rolls back, I remember, you know, these things that could be whatever. Cause there's that little piece of me that's still going on there with him and I'm aware of it. I'm not fighting it. I'm not freaked out or beating myself up on it, but it's there, but we go down and I'm still like, I've now I've kind of let go of the idea that he was looking at the river.

Stacy Westfall ([00:49:32](#)):

We go into the river, we go to cross it. You know what comes from our left-hand side, which is where the river was two Arabian horses that are riding up the trail that he was clearly pointing at when he had been looking off to the left. And if it had been any of my other horses that I give more credit to, I would have, I love riding on the trail and being like, Oh, like they'll flick an ear and I'll be like, Oh, there's a deer laying down over there. That's decided not to move. I love reading them, but because I choose or chose to discredit his ability to whatever, I, I blocked my experience of the trail that he was trying to share with me just by simply looking in a more intent way over to that side. So every day is different for me out there. It's amazing.

Warwick Schiller ([00:50:23](#)):

That was beautiful. Thank you. I'm glad you shared that because yeah. People tend to think Stacy

Warwick Schiller ([00:50:28](#)):

Westfall, whatever, you know what I mean? So something else I want to get into before we get too much further along is, you know, because of the whole viral, the viral thing that, you know, the bareback bridal is white dress, deaf, blind mute, whatever you were freestyle, you were invited, you were invited out to Los Angeles on the Ellen DeGeneres show and you actually got to put Ellen on a horse. Can you, can you tell us about that experience?

Stacy Westfall ([00:51:00](#)):

Yeah, that was quite the shock. I think the backstory is just a tiny bit funny because of especially, you know, everybody knowing more now, like with the internet and stuff. So anyway, long story short, 2008, I redid my website and I went out to the equine affair in California. And so I was out at the equine affair. This new website had just launched lady that was working for me at the time, calls me while I'm out

there. And she's like, website's down totally crashed. Won't open up. I'm like, what are you talking about? Like, this guy is supposed to be like really good. He's out of Columbus. He does all this stuff. She was like, I don't know, but we're phones ringing off the hook, blah, blah, blah. I call him and I'm like, what's going on? And he's like, I have no idea. And so he, this is 2008.

Stacy Westfall ([00:51:45](#)):

I did the ride in 2006, launched the website. And this is just like a week after. And so he now keep in mind, there's no YouTube, YouTube. Wasn't the thing like whether it existed or not, it was definitely not mainstream. And at 2008. So he had put my bare back brutalist ride on the website, but it, it ran off from a server, you know, that was attached to my website. And so I call him or, and tell him what's going on. And he says, I have no idea. Let me take a look at it. And so I get back and he and you know, in the process of long story short, I'm like, what's going on? And he's like, your website's crashed from traffic. I'm like, what does that mean? And he's like, you have, you had, you know, you had 200,000 people try to visit your site yesterday.

Stacy Westfall ([00:52:31](#)):

I'm like, is that a lot? I don't know what you're saying. I know nothing. And, and, and he's like, yes, that's a lot. And I was like, okay, well, he's like, well, we need to shut off the video. And I said, I don't know a lot about this, but it seems like if they're coming for the video and that's a lot, it seems like shutting off the videos is a terrible idea. And he's like, well, w there's we didn't build it on the right platform to do this. Like we had no idea. And I was like, well, you do what you do. I don't know. But so he is struggling to keep it up. And like, now he's now we're having like daily conversations. She's like 500,000 people hit your website today. He's like this he's like, these numbers are insane, Lee large. And I'm just like, Oh, okay, well, this was the version of it going viral.

Stacy Westfall ([00:53:15](#)):

But it was so frustrating to people that it was crashing, that somebody somewhere somehow, you know, people started pulling it down, ripping it, you know, doing whatever screen recording of however it happened. And it started going out there through emails. And then if you were tracking on the backside, you could see wherever the emails were going. Cause you could see the traffic pattern on the globe, around the world, watching the analytics. It was crazy, but it was a crash course in the internet. We'll hear about, let's say a week after I get home in one day, George Strait and Ellen degeneracy as teams, both call the same day. They're like really what is happening? I'm I'm over here. Like, I don't even know what numbers are bigger, small, although I am very aware that DVD sales are going through the roof, like what is happening and, and you know, and this thankfully that the guy who did the website was actually really good at doing websites thankfully, but he just, we were all unprepared for, you know, who could have predicted that.

Stacy Westfall ([00:54:17](#)):

And so the millions of views that happened before that ever went on. And then the first time that I, when I finally could put it on YouTube, I put it on YouTube. It would hit a million and then be content taken down. It would be taken down because at the time you couldn't associate it with the music rights to the person or whatever. So it would roll up to a million and then YouTube would take it down and we'd put it back up and we'd say, we don't own the content, blah, blah, blah, it roll up to a million to get taken down. And that just happened like on repeat. And, and so, but yeah, so the same day they both

call and it was, and they wanted to, they wanted me for the same day. So there was no, like, it was like you had to pick one,

Warwick Schiller ([00:54:58](#)):

What did George Strait want to do? It's not like he has a TV show or something.

Stacy Westfall ([00:55:01](#)):

No, but he does a, you know, he's into the horses and he puts on events and he had an event scheduled and wanted as an entertainer, kind of like showing up, wanting me to come as an entertainer. And so, yeah,

Warwick Schiller ([00:55:14](#)):

You know, it's funny. I was talking about skid boot before Barbara, the wife was telling me a story one time to where the phone rings one night, David's in the bath, the phone rings, and this guy says, Hey, can I talk to David? And she's like, sure. She goes in the bathroom, bathroom and hands David the phone. So he sit in the bath and go on the phone. And she said, she just sits on the toilet. And she's listening to the conversation. This guy sounds like they're talking about dogs or something or other anyway, David hangs up and looks at her and goes, that was George.

Stacy Westfall ([00:55:43](#)):

Yeah. So yeah. So ended up, you know, going to, going out to Ellen. Well, there was a, they wanted, they wanted us right now and, you know, with horses and I'm in Ohio and we're trying to go to California and I was booked to be at the Nebraska horse expo in like a week and a half. And so we said, you know, I know you want us like right now, but the best we can do is go to the Nebraska horse show expo and then go from Nebraska and make the rest of the trip out there. And so they agreed to that. And so it was, it was, it was amazing. And like, there was no contact at all with Ellen. Like I wasn't allowed to talk to Ellen before the camera's rolling. So when she comes walking into the Elliot equestrian center and we meet on camera, that is the first time we've ever met.

Stacy Westfall ([00:56:31](#)):

And it was really interesting because the whole time away on the way as, as we were ramping up to this, I kept saying, I'd really like her to ride my horse. And they were like, well, we never know what's going to happen. Like Ellen just rolls with it live and whatever happens, happens. And I'm like, well, I really want, I really would. I mean, I would love it if she would get on, but you know, and so, so this kept going on and on. So in the back of my mind, I kept thinking, well, I don't know whether or not she'll get on, but I probably should prepare for it. And as you know, with a reining horse, like the pros and cons of it, like if you're going to put somebody on a reining horse, the easiest maneuver to really wow them with as a spin.

Stacy Westfall ([00:57:09](#)):

And so I'm thinking, okay, if I, if I, if she does agree to get on the horse, the spin is the one thing that I would love to focus on. So then my mind, what's the worst case scenario in a spin. Well, the worst case scenario to spin is that they keep going faster and faster and can't stop that. That is not go well with a first time spinning person. So, so I started, so I'm like, okay, so now I've got the problem. Now I've got, now I need a solution. So I said, well, the solution I can come up with is I'm going to make her autopilot.

So she already stops when I say, Whoa, when I'm riding her. But I'm aware that my body language, even if I try not to do anything else, I'm also aware that there are other things happening.

Stacy Westfall ([00:57:50](#)):

So I tuned it up with me. And then I started putting every person that came on the property that would get on the back of a horse. And I started with people that could ride and could ride fairly well. And I'd be like, okay, here's the deal you're going to get on. You're going to ask her to spend, sit there. Like you don't know anything. And then I'm going to say, Whoa. And if she doesn't stop, when I say, well, you stop her. And, and so I did this with like, say I did this with a few people that were like, you know, friends that road, but they obviously felt different. And then I just kept moving it until I could finally put like anybody on it, be like, I can be anywhere. You can't even, I've got auto. She is just like, I hear what I am done.

Stacy Westfall ([00:58:27](#)):

And, and so that was solid. And so it's actually really funny because on the video clip that's on, on the, on the internet, you can see when she spends her the first time in Ellen's body, there's kind of that question. And that hesitation, she asked her to spin and it turns, and Roxy does it, but she does it like a horsemanship pivot, like very step, step, step, step, cause there's a hesitant hesitation in Ellen's body. And then she stops and she goes, I want to do that again. And I mean like, you could just, you can even hear it in her voice. She was like, I want to do that again. And you can feel that she's more all in, and that's the one where she moves her hand and Roxie goes, Oh, and it's like one, two. And then Ellen says, Whoa, you know, and I say, Whoa. And so it's like it. And she stops. And I'm like, yes, did not kill the TV personality. This is like, this is a total win.

Stacy Westfall ([00:59:21](#)):

So the most nerve wracking was though we recorded at the LA equestrian center the first day. And then I had to walk onto stage the next day. The like, I know what it kind of feels like to max out my nerves because I've done it quite a few times in my life. And I was so sick. Like the, I like my, my, the thought that I was aware I was not useful, but I was also fighting to shake was I'm going to fall flat on my face. I'm going to walk down the steps. I'm going to trip and fall flat on my face or something like, can I even get my goal is to make it to the chair upright on my own two feet. And so I was like, Oh, this is terrifying.

Warwick Schiller ([01:00:03](#)):

Yeah. And and how was that experience? Like actually being on the show, not just the, doing the thing with Ellen at the LA questions in it, but actually, you know, being in the one of, I call it the room. Yeah.

Stacy Westfall ([01:00:18](#)):

Those are the, they were, so it was, it was, it was amazing. And, and thankfully at this point, you know, this is now 2008 and I'd had my major, you know, it had my major Congress disaster in 2003. We didn't talk about that. But 2003 I showed at the Congress after I dropped the rain and decided to do bridal lists, I showed at the Congress before the raining for charity. And I went in to do the same exact, the plan was to do exactly the same ride that you saw at the reigning for charity, but in October at the Congress. And I went in there and I was sickly, nervous, like same thing I'm describing, like right before I go on to Ellen, I was so, so just sick and nervous. In hindsight now I realized what the pressure was that I was putting on myself.

Stacy Westfall ([01:01:08](#)):

And it was actually very similar to the pressure I talked about when I dropped the rain. And I sat in the stands of beat myself up for a couple hours, you know? And I was like, you know, why did you ever think you could do this? Who do you think you are? All those self doubt kind of things. So they were, they were kind of like, if you take that dial and you just take the, I love the old fashioned dials, like on my, on my monitor, on my, on my mixing board for my podcasting stuff. And you can just twist that knob. I was like all the way at a 10, my mom was there at the Congress and she was like, you need to eat. And I'm like, there is no point I will throw it up. I can barely keep down water.

Stacy Westfall ([01:01:45](#)):

And, and so it's no wonder that, like, so for me to do that first bridal list ride, I had gone to paid warmups, which is basically like, if you don't know what that is, it's like when you go to a raining show and you go pay to enter a class, well, you go to go in and pretend you're in a class. So you can school your horse and find out whatever problems might be happening. That the horse is anticipating. I had done all of this bridal lists. So I had tons of evidence that this could work. I was so sick when I was in the warm-up pen to go in for the Congress freestyle bridal lists. I was warming up bridal lists when I started, when they called, when, when Jesse was like, you need to come up into the waiting area because you're, you're on deck.

Stacy Westfall ([01:02:27](#)):

I was walking up and people were running from the side going, she's really gonna do it. Come on, follow her. She's really gonna do it. Like, this is the energy falling. And I'm just, it's so funny. Like, I, my stomach's getting upset right now. Cause I'm like really putting myself back in the moment. It will make me feel like I'm like, I need water. I can't swallow. And so I'm walking up there and I was so nervous that when I went in, it started out the way I wanted to. But when I, I circled and I stopped in the middle and I was so tense in my body. And that mayor was so tuned in. And like you said, you know, when you said earlier that maybe it's a blessing when they are not aware of you will this mayor. And I, we, she was aware of me, but I wasn't me.

Stacy Westfall ([01:03:09](#)):

I was having an out-of-body experience. So she was like, and I'm completely alone in the middle. And her legs are stiff. I think this is a rollback because typically if I stop, it's either I stop and relax and that's going to be settled or I stop. And I kind of hold tension in my body and then I cue and then that's the roll back. So she doesn't release the tension. Her body will, I was nothing but a ball of tension. And so I'm stopping in the middle and she rolls back. And from then on, in reality, it was probably three and a half minutes for me, it was like three and a half seconds. And I just started trying to randomly, like, I like it was all just gone. And so I ended up not doing the required lead change because I had been going to the left and now I'm going to the right in my mind, I've somehow I've gone from left to right.

Stacy Westfall ([01:03:59](#)):

Which, you know, so long story short, that total crash failure there was for me, the, that was the, for me, that was the most intense convergence of all of these things and true to myself. I went home and took the VHS tape from back in the day and put it in the TV and watched it over and over and just beat myself up. And it was, it, my husband watched me do this for a couple of weeks. And then he was like, he he's like stepping over me because I'm literally sitting on the floor in the bedroom, like watching it. And I'm like, replaying it. And he's, and he steps over one day. And he's like, have you ever considered going to

the raining for charity and doing the freestyle there? And if looks could kill, like, I don't even know what gave him enough courage to say this, but if looks could kill, I'm like where you at the Congress, what makes you think I could do the reigning for charity?

Stacy Westfall ([01:04:55](#)):

I've never even shown at the reigning for charity. And so he yeah, so I ended up, you know, thinking about it for a few days and thought, well, how much worse can it get? We're already here. And so maybe there's something else. And so, so the shift in me about releasing the outcome and realizing how much I'd been beating myself, that's the shift I had to make. That's the shift that enabled me to go from that total failure to the rainy for charity and be able to be, I don't know if you remember, but they actually did the million dollar rider introductions right after the freestyle. So I was the very last ride and I'm coming out and bill horn is standing in the alleyway and he says, that's the most amazing thing I've ever seen. And my husband is like, do you know what he just said? He's like, shaking me. He's like,

Warwick Schiller ([01:05:47](#)):

Yeah, if you guys are done, bill horn is he's like the, the, you know, the original and the best sort of thing. Yeah.

Stacy Westfall ([01:05:54](#)):

Yeah. And so he's, so my husband is just like, but I was so as you would say in the zone, I was so just like, all I'm going to do with this show

Warwick Schiller ([01:06:04](#)):

Is do exactly

Stacy Westfall ([01:06:06](#)):

What I know I can do at home. It doesn't, I can't control who enters. I can't control where they place me. I can't control anything except the fact that I'm going to do exactly what I came here to do, that I know I can do at home. That mental shift, there is the only thing that enabled me to be able to stand backstage at Ellen's and have them being like, are you excited? Are you excited? And I'm like, I'm going to throw up. And they're like, are you excited here? You're ready. You ready? 10 more seconds, nine more seconds. You ready? And I'm like, seriously, I'm going to throw up. I just want to walk out to the stage. I'm not gonna sick. And but it's, it is a harder battle for me to do that without the horse present, because I have trained myself to do it with the horse present, but I'm getting there. But yeah, the, that was amazing when once I, once I seriously, once I sat in the chair, I was like, all of this is icing. I have now achieved what I meant to, which was walk out here without fall.

Warwick Schiller ([01:07:04](#)):

Was she pretty cool? She was very cool. She was

Stacy Westfall ([01:07:07](#)):

Very cool. I ended up on there for three segments, which was, so I was actually sitting on the stage with her in between. And it was, it was really cool because first of all, they really do come out to touch up your makeup that they've put on you. And I had, I remember scratching my face at one point and being like this looks like a lot of mud under my nails. Do I have big marks down my face? And they really do

come out and check that, but she turned to me and she, you know, I just remember she was like, she just turned and she just kinda kept up the, she was just conversation. She was like, so are you prepared for what will happen after this comes out live? And I was like, to the best of my ability, I am trying to be prepared for what could happen when this comes up a lot. You know? So she was, she was very engaging,

Warwick Schiller ([01:07:49](#)):

But in all honesty, can you prepare for that? I mean,

Stacy Westfall ([01:07:55](#)):

Well, I wasn't, but I was trying, and I think, you know, the thing is, I think all you can do is the best you can do that day. So the question almost ends up being like, could I do better now that I know what I know now? Well, that's hopefully always true that I hope that I can do tomorrow better than I can do today. Because if I don't, if I'm not careful I could get done with this interview with you and beat myself up over the, some phrasing that I use somewhere. I mean, I've done that over the years where I have hashed rehashed and hash hash re re rehashed things. And there's not really a benefit if I'm, if I'm here and present and doing the best I can. And if that's falling down on the stage, then I guess I'm going to learn how to live through falling down the stage. And if that's phrasing something quote, unquote wrong, or wishing I had done it better than, I guess that's a life lesson that I can hopefully carry on until tomorrow. And so I was doing the best I could. And I think there's moments in life when you're aware of your inadequacies. And that's where it gets really interesting to be kind to yourself when you're in that, that you can see both sides. So clearly,

Warwick Schiller ([01:09:08](#)):

Yeah, that whole being kind to yourself. I was talking about that a men's emotional resilience retreat I went to. And you know, those are interesting group of men there. Like one of them was a former UN hostage negotiator who is now like an executive coach, but every single, when you got kind of the guts of it, when you really get into the whole stuff, every single one of us there needed to admit to ourselves that we were enough and we all had to be talked into it. No no matter what level of success they have, we all need to be talked into it. So I think it's, I think it's pretty common. And I think, you know, I think people, and I'm glad you're talking about this. Cause I think people think, Oh, Stacy Westfall. I mean, she, Stacy Westfall, like I've got some, I got some issues, but she's got her together, basically.

Warwick Schiller ([01:10:11](#)):

You know what I mean? And I, you know, there's a really good saying a quote from Jim Carey, where he says, I wish everybody can be rich and famous so they could find out that it's nothing you'd never want. You know, that's not the meaning of life. That's not, that's not, that's not going to complete you and I have talked on the past, on the podcast about a book, I read a lot of books I've read, but a book I read a number of years ago, it was called backbone. It was like a men's self-help to self-mastery whatever. And in that book, he says that most men spend all their life trying to get four things at the same time, material, wealth, vocational success, health, and love. And most men are like, yeah, if I could just get that, I'd be fine.

Warwick Schiller ([01:11:07](#)):

And really do it. Does anybody ever get all four of those at the same time in lifetime? And so you just think, yeah, that's the reason I don't feel good enough because I don't have all that. But he says, if you

are unlucky enough to get all that, then all of a sudden the truth hits you in the face. Like, okay, I've got everything I ever wanted and I don't feel fulfilled. What else is there? And so he goes on to say that you, you this is leading into my next question for you. He says, number one, you have to know what your purpose is. What's your purpose here. Number two, you have to have a deep and authentic spiritual belief. It doesn't have to be religious, but you have to, you know, have a connection to something bigger than you are. And number three is you've got to get rid of your. So I'm not going to ask you about getting media, but I'm going to ask you the question of what is your purpose? What do you think your purpose here in this world is?

Stacy Westfall ([01:12:11](#)):

You know, it's, it's interesting because when I think about it, I do think everybody is kind of hardwired in different ways. And for me, it's about being an example of what's possible. And for me, the way,

Warwick Schiller ([01:12:27](#)):

And that we're standing now that standing ovation, the Stacey where's font.

Stacy Westfall ([01:12:33](#)):

That's awesome. And so if I'm, if I'm trying to be an example of what's possible, I happened to be hardwired to keep trying new things. It's, it's what shows up in that dedication in that ride. And it's just this, like, it's, this really, it's a hunger for learning, but the fascinating thing about learning is that to be a learner, you have to be in the learner's mind and to be in the learner's mind means you have to be open to the mistakes that learners make. So on some level I've, without the words of knowing that I've always loved learning. And in my mind, a lot of this has been learning about horses, but horses for me are the way that I view life. So when I had parenting problems, I would be like, if this was a horse, if, if I, when I, when I have challenging moments, the best for me is to relate it because I understand life through the lens of horses.

Stacy Westfall ([01:13:33](#)):

So horses are helping me understand the life outside of horses. And so for me to say, the, an example of what is possible just means what is possible for me. And all I can be is me. So how authentically me can I be? And if that's authentically me talking on my podcasts about the fact that I'm still leading my horse up the road, because this spring, the way he's acting, I'm going to lead him and I'm not going to ride him and talking about that and realizing that there's some little part of my brain in the back. That's like saying to me things like, like, well, you're Stacy Westfall. Even if you experienced it, should you really say that? I mean, are you going to just help whatever, like, it comes up with my brain, the back, there's a part of my brain that comes up with all that crazy stuff.

Stacy Westfall ([01:14:18](#)):

I'm just way more aware that it's optional. Now. I didn't know. It was optional much earlier in life. I thought it was just like the truth being broadcast from the back of my brain. That, that if I said these things, this was going to do whatever. And it's like, no, if I say something on here and people don't like it, then they know me and, and I probably triggered something in them, you know? And, and that's okay. Like that's part of the human experience. So if I get a horse, the most fascinating horses for me tend to be really challenging ones, because those are the ones that they don't seem easy. They're the most likely to trigger something for me nowadays, it's usually curiosity, but for sure when I was growing up and you know, my mom and I were in Maine, we'd try to, we'd read magazine articles and try to figure

out like, you know, what to do when the horse didn't want to load in the trailer. Because my other option was I ended up riding her like 10 miles to the new boarding stable, because we couldn't get her in the trailer. So it was like, well, I guess after school, before it gets dark, you better ride fast.

Stacy Westfall ([01:15:22](#)):

So, you know, it's, there's this dance that happens for forever. And I think it's just the beauty of having that awareness of, I'm still hearing the, those things my brain wants to offer me, but I now see them as optional.

Warwick Schiller ([01:15:39](#)):

You know, you said something there a second ago about you were open to, what did you say you're open to

Stacy Westfall ([01:15:46](#)):

Being a learner and having the open to the experience that learners have. And that a lot of times is, is, is failure. I mean, a lot of learning is, is not the prettiest stage of something.

Warwick Schiller ([01:15:57](#)):

You know, I, something I wanted to, I thought about, you know, I've been thinking for the last few days about what we're going to chat about what I want to bring up, but something I wanted to point out and you'd know this or want to point out a way listening is, you know, you are, you are now Stacy Westfall, you know, it's a, it's a big deal, but you are only, you went from Stacy West falter, Stacy Westfall by saying yes to the opportunities that arose. And I think for me, I'm a, I'm a yesterday, you know, everything, all the great things that have happened to me, if not, because I'm a great planner or anything like that, I'm pretty much a, a wander. I just, whatever pops up in front of me, I'll go, I'll say yes to, and, and, and I think that's what you've done is you've said, cause you could have went, Oh no, I was just doing the freestyle.

Warwick Schiller ([01:16:50](#)):

And I'm not interested in, in, you know, taking this stuff any further or, you know, you know, you've told your web designer, Hey, you know, we've got to got to have the thing on the website. You know, you just basically said yes to your obviously, you know, you're given this opportunity and you have said, yes, I would imagine it every turn. And I think that's, you know, that's a, I think it's a great lesson for, for people who look up to is, you know, being able to say yes, instead of playing it small, you know, I think that's a bit of a gift.

Stacy Westfall ([01:17:25](#)):

Yeah. That's an interesting, that's an interesting line of thought because because you're right, that I have said yes to a lot of things. And it's interesting because I naturally am more reserved, which it's kind of funny to say that, because if you look at my track record, like just on paper, you wouldn't see that. But if you see me in life in general, I'm the person that walks in and you know what they're going to order. Cause I ordered the same thing on the menu every time I do. There's so many of my things that are so predictable that, that it's a little bit, it almost looks like a contradiction, all the stuff that I've done, but my best yeses have always been ones that came from that curiosity and learning because I've also said yes to things that I, that I, that I wanted to say no to, but I said yes, because it, it seemed writer,

somebody else told me it was right, but there was an underlying no in my body that I wasn't willing to, that I wasn't willing to acknowledge.

Stacy Westfall ([01:18:35](#)):

And so, so it's been a long process of, of of dancing with those two things. Just to go back to that example of, I said yes to my husband, when he said, will you show this horse? Cause it would be better than her, but it was kind of a conflicting. Yes. It was like, I could do the yes. From the point of view of this is better for the horse. But inside of there, there was a no, because I didn't want to be in the public. I didn't want the pressure from the owners. I didn't want the pressure from myself about what the owners might think. I mean, they didn't even have to talk to me and I could feel pressure. So, so it was this. So it's been those conflicting nose and then to be able to slow down enough to say, okay, where is this fear of where like, so where's this fear of showing coming from, you know, and that kind of got revealed to me when I was going through that whole process, getting ready for the, for the reigning, for charity in 2003, after the major failure, it was like, I'm hanging a lot on the outcome.

Stacy Westfall ([01:19:36](#)):

My fear is that the outcome won't be what I want. So then it's not like, it's not really about the showing anymore. It's about what I'm placing on the showing. Does that make sense? There's like a dance of how I'm viewing it.

Warwick Schiller ([01:19:50](#)):

Yeah. And that kind of leads me to my next question for someone who, who doesn't like the pressure of showing now, when you're showing a riding horse for those who don't know, you never winging it. Okay. We are very prepared people. We have dotted all the I's and crossed all the T's. So if you've got that hesitation about showing a horse that you've dotted all the I's and crossed all the T's on and you know, basically you've covered all the options. How is road to the horse for you?

Stacy Westfall ([01:20:24](#)):

You know, the, that was an interesting thing. And it was another one of those blessings in disguise because

Warwick Schiller ([01:20:32](#)):

Can I just interrupt you for a second? Sorry. In case there's people who are listening to this podcast who have no idea what road or the horses road of the horse is a it just happened again this year, just last weekend, it's a cult starting competition. So you've got, is it three days?

Stacy Westfall ([01:20:47](#)):

It w it's it's changed over the years. So when I did, it was, you had the horse for two hours the first day, one hour, the second day, and then obstacle course right after that.

Warwick Schiller ([01:20:56](#)):

So this horse has never been written before and you've got to get that stuff done in, in three hours. And there's a lot of, you know, some people think it's great. Some people find it very contentious you know, starting them in that amount of time, but let's not get into the judgment of the whole thing. What I want to know is for, you know, some people are pretty gung ho about proving to everybody that they

know what they're doing, and you know, it doesn't sound like you're with that person, but then you get thrown into this situation and you say yes. And, and you're, and you're not, you're not like a cult starter, you know what I mean? That's not your thing. I mean, obviously you've started horses before, but it's not like, you know, you're like this big time coats thought, I think, which is kind of the people that ended up in road to the horse sort of thing. So you've said, yes, you show up there. This is not what you are known for. How is it, how is it going into Rhoda, the horse being Stacey, the Stacy Westfall that you are, you know, how was that,

Stacy Westfall ([01:21:59](#)):

That wasn't, it was an interesting adventure and time in my life because what so knowing that I don't, didn't like showing and that Jessie and I got married and we were training horses and I was having kids. I didn't like showing, I loved Colt starting and problem horses because, and a lot of those. So in the horse training world, a lot of times you've got show horses, which tend to be like the long-term customers, because somebody will pay for a horse to be in training for a year or two or three. So those are kind of, they're, they're really great for paying the bills and for a whole bunch of other reasons, but just from a financial aspect that the longterm of them is as a stabilizing effect inside of your business. But then you get a lot of 30, 60, 90 day horses, which tend to be cold, starting a problem, horses.

Stacy Westfall ([01:22:47](#)):

Those were all the ones that I wanted to take because I loved the creativity that's needed for both of those. That's one of my strengths is creativity. And, and so, and I love that. I didn't have to show there was zero pressure to show the horse because it was there for 30, 60, 90 days to overcome whatever problem it had or to get started. So it kind of checked all the boxes. So from the time that we got married pretty much until 2003, I did as little showing as possible, like 2003 I'll bet. If we pulled up my NRA record, that's probably the first year that I really took off showing because I was avoiding it, if at all possible. So behind the scenes, I was like, Hey, I can stay home with the kids. I can start Colts. I can do problem horses. I love it.

Stacy Westfall ([01:23:32](#)):

I'm in my element. And so actually went to a a meeting about redesigning the website and different, this was earlier than the, than the second guy. And they were like, well, you know, we w what story are we telling here, blah, blah, blah. And I sell exactly what I just said. I love starting Colts. I problem. And they're like, you like starting Colts. I'm like, yeah, I love it. And they're like, have you ever heard of road to the horse? I'm like, no, I haven't. And there, they were like, well you know, would you be interested? I'm like, I don't know, what is it? You know? And so they sent me DVDs and they were like, we make a videotape of you starting a horse. And so the next horse that came in this two year old style, and that was getting started for raining.

Stacy Westfall ([01:24:15](#)):

I'm like, okay, let's try this thing. And we put up the round pen and set a video camera on a tripod and hit record and went for an hour. And, you know, and so I just basically videotaped doing it and sent that in. So it was interesting. Cause that was definitely one that was, it was coming. Like, it was definitely a yes. Coming from like that openness and that curiosity and just that, like, I don't doesn't matter to me. So then they're like, well, what do you think about being the first woman to woman to compete? And I'm like, yeah. I mean, I love starting Colts. I don't, I'm not really seeing the downside. Okay. Having said

everything I said, can you imagine what happened to me? Like when I walked into road, I'd never been, I'd never seen the event, except for that one DVD.

Stacy Westfall ([01:24:56](#)):

I walked in, I'm like, Whoa, I am obviously not prepared for like the star factor side of this, this, and then I called 2d. So we, I sent in all those videos and stuff during the summer, she called me to tell me that I was in and going to be like the mystery rider or whatever. She called me as I was mounting up to show at the Congress in October. Like I am in my chaps. I have like, I have just about I've actually. I remember I'd swung up on my phone, rang, Jesse handed me. My phone told me I wasn't allowed to tell anyone. I swung back off, had somebody hold my horse. They're all like, what the heck is that? I take Jesse out behind like the tent barns in the Congress thing. And I'm like just, they just set him in for the road to the horse.

Stacy Westfall ([01:25:42](#)):

And then I literally had to like go show, like right now I'm headed to the show ring. And so, but then when they finally, when they announced that I was the person that was, I was the mystery rider, they people started calling me and they were making this huge deal out of the fact that I was a woman doing this. I was honestly blindsided by the fact that like, this was a huge deal, that I'm a woman doing this. And I'm just like, and the most frequent phrasing of it was how does it feel to represent all women? And I'd be like dead silence. I'm like, not only are these, my first interviews, I'm also dead silent for like, I don't have no idea how to answer it. I finally, I called 2d. I'm like, can I see the contract again? Because I do not remember the part where it said I'm going to now represent all women.

Stacy Westfall ([01:26:31](#)):

So this feels a lot like this is a lot of pressure. So when I finally get to road to the horse, the biggest blessing that happened at road to the horse was when Martin got on his horse in the first 15 minutes, if you watch the video, he brings his pony horse in. He ropes that other horse. And he, I don't know how it happened because I was like in my pen doing my own thing. He is on his horse in like 15 minutes. And I was like Craig, Cameron and van Hargus. And, and so like, he is on his horse in like 15 minutes. So even though like, I'm doing my own thing and I'm working like out of the corner of your eye, that's not hard to see that there's somebody else on their horse. And I'm like, well, that is not something I can do.

Stacy Westfall ([01:27:16](#)):

So you know what I should do, I should do me. And I do me. And so at at 40 minutes in is when I first touch my horse, I have one hour, I have two hours now I'm getting now I'm getting my hourly thing confused, but I'm 40 minutes in whenever the first and I'm 40 minutes in. And I, and it was the first time that I touched the horse way is one hour, the first day, two hours, the second day, then the round pen. That's how it went one hour the first day. And so 40 minutes in, I first touched my horse at like 30 minutes in this lady. It's all like a pin drop because there's so much happening in the rings. And this lady in the stands stands up and actually yells get going Stacy, because I'm so far behind because I didn't rope my horse and I'm doing like kind of classic round pen, you know, like turn, get the horse to turn to the inside, kind of that technique.

Stacy Westfall ([01:28:11](#)):

And and I'm doing that. And it, it literally, I don't touch the horse until 40 minutes in. And people are all like, she is insanely far behind, but as soon as I saw him on his horse, I'm like, I, I, it was such a relief in a

way, because it was like, all I can do is what I can do. And it was awesome because the first day I'm going to have to rewatch this video. Cause I haven't had, I haven't relived this for awhile, but the, but the first day I managed to get the halter on, get the bit in his mouth, but, and you know, and, and, and bend him a few times. But the big thing to me was that I got him to choose me. So he was coming to me. He was choosing me. And, and even though it was not very visual on day one, as soon as day two open, you could see it was a game changer because on day two, the other horses are trying to duck away from being roped. And mine goes around the pen, like three or four times turns come straight to me and says, what are we doing? And I was like, okay, game on. And from that point on, it was just, it was, yeah, it felt fairytale ish in an exhausting kind of way.

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

You know, you remember when you were at Equitana in Australia and you were judged for the way of the horse and I was the inner inner commentator. I don't think it was that year, but it might have been the two years before that there was the first day they, I think it's over three days, but the first day they had it, there was one guy didn't even catch his horse. One guy was riding his horse around and one of the announcers is like a TV personality sort of guy. And he plays polo. So when it's bit about horses, but he was the guy with the good voice, you know, kind of like this microphone does from my voice, you know, and we were having a beer afterwards and he guessed, Oh, that one guy he's useless. He hasn't even caught his horse yet.

Warwick Schiller ([01:29:58](#)):

My money is on the guy that's riding his horse. That's really good. And I said, eh, that guy hasn't caught his horse yet, but he's, he's got a whole lot of stuff going on that you haven't seen yet. The other guy, he kind of got his horse pretty flooded pretty quick. And by the end of today, he kind of had him kicking out when he was trying to get him to go forward. I said, so my money is not on the guy who's on his horse. It looks like it's all impressive, but it's the foundation to go forward with. And there's not a whole lot of foundation on that one. Whereas the other one that hasn't been caught yet. And so the next day, when they come back in the guy who hadn't caught his horse within five minutes, he's got the halter on, but he's got like, like you did, you've got all that, that underlying relationship going on that you can build on that.

Stacy Westfall ([01:30:46](#)):

[Inaudible]. And I think it was interesting because I told Jesse when I got accepted, I was like, I don't know what to think about this. So I want to buy the horse and find out what I wanna buy the horse and finish this experiment to figure out what's going on. And so I actually bought popcorn sat on the first day, like on Saturday, I bought him when it looked like I was crazy far behind. And it makes me wonder if that didn't in a way almost, it was a different level of commitment with, or without the outcome. It wasn't like I bought him after I won. I bought him. I bought him because it was like, okay, dude, we're going to go through this together. And we're going to experience this together. And then we're going to go home and we're going to unpack this experience together because the only one that I can figure out was going to tell me what the experience was like, is you the horse? That's in the pen with me. So that, I wonder if that didn't have a mental effect that I never even considered.

Warwick Schiller ([01:31:44](#)):

So road to the horse, is that after Ellen?

Stacy Westfall ([01:31:49](#)):

It was no, it was before cause road to the horse was in 2006. So we had rode to the horse in the spring of 2006 and then bear back bridal list live like you were dying ride in the October or the fall of 2006. And then we don't jump to Ellen until 2008.

Warwick Schiller ([01:32:06](#)):

So you did road to the horse before the live, like you're dying. Yes. Oh, I was thinking it came afterwards. Wow. So

Stacy Westfall ([01:32:17](#)):

I did really cool demonstration. So basically when I did the coolest, I so wish there was a video in it, but I did, I rode to amazing grace on Sunday morning, bareback in bridal lists in the Coliseum as like one of my, you know, I'm doing all these prep things for the bear back and bridal lists. It was at road to the horse Sunday morning. It was so cool because you could hear a pin drop in that Coliseum. And it was just so eerie, the whole music and, and the bear back in bridal lists. And yeah, what I wouldn't give to have that video,

Warwick Schiller ([01:32:52](#)):

You know, you can go a lot of places and hear a pin drop. But I think like in a situation like that, not only can you hear a pin drop, but there's an energy in the air that, that adds to the whole thing to, you know, you can go on an empty house and hear a pin drop. You go into an old cathedral in Europe and you walk in there and it's silent, but you can, you know, can kind of feel the energy of everyone who's been there before you sort of thing. So, yeah, there's that, that, must've been a pretty amazing moment.

Stacy Westfall ([01:33:33](#)):

I liked that you brought that up because you're right. I think maybe that's what makes those moments, especially in a room full of horse people with a horse involved. I think maybe that's what makes those moments extra special because I live in Ohio. And so the bareback broad list ride that went viral, my odds of running into one of the 5,000 horse people that were in the stands is relatively high and I'll meet people that were like, I was there that night. And so the video, the video is good, but the video is nothing compared to the energy in the room of 5,000 horse people, knowing

Warwick Schiller ([01:34:09](#)):

What you

Stacy Westfall ([01:34:11](#)):

Know, like I think that, and I think that's why the bareback bridal is freestyles went so viral was because you see that it has to be built on a foundation of relationship and understanding to some degree, because this is not what normally would happen in a room with this much energy, with a horse. And so there is this contrast that I think horse people are aware of when they're watching this whole performance.

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

Yeah. Cause at the, you know, the freestyle at the Congress, the stands are packed and the energy in that is almost like a really rocking bar. You know, you're going to the bar and like, you know, it's that

true, strong energy. It's not that silent connected sort of any, it's just like, no, you're having a good time energy. And then you come there and do that.

Stacy Westfall ([01:35:00](#)):

And the dedication to my father right before. So you took all the energy of, you took all the energy of that, of that rock and roll kind of you're right. I mean, it is like a party in the house, like, and we were just, Jessie was playing a raining video and I was like, it is kind of funny if you're not from this industry to realize how much of the hooting and hollering and that kind of stuff, that there's just an energy, but then they are even the announcer because I didn't, I didn't give him the, I didn't give him my writeup beforehand because I didn't want, I just, I didn't want to feel it. I didn't. And that's why I think I got labeled a deaf mute early on, because when, if you watch me in that video, I'm sitting in the aisle way and I'm talking with people around me and I'm using my hands a lot because what I am doing is I am aware that I'm trying to fully put myself into the conversation.

Stacy Westfall ([01:35:50](#)):

So I don't hear the announcer read what I just handed him because I didn't hand that to him. He wanted the, he, the face, he made it me because I ran that up right before, like I was draw three. I ran that up when draw one was in the pen and I handed it to him and you're supposed to have already turned that in earlier so he can practice, but he just rolled with it. And that's why his voice breaks because he hasn't read it before he opens up the opens up to read it. So his voice breaks and you take all the energy of that, that party. And then you take that energy and instantly turned it. I never saw, I didn't see that coming. I wasn't doing it. I can see it after the fact what it did. But for me, the reason I'm sitting there talking with my hands so big is because I don't want to hear it. Cause I need to stay in the zone where I am. I can't go where the announcer is going to go and where whatever else could go. I just got to be me right here. And so that was,

Warwick Schiller ([01:36:48](#)):

Yeah, that was Keith Bradley. Wasn't it? Yeah. The voice. Yeah. Yeah. Wow. What a, what a ride that must've been not yeah, the freestyle, but I mean, Roger, the horse that Ellen then where, w where did, where does one go after that? I mean, what, what, what happened after that? Where did you life? What turns did it, did your life take after those things? Because of those things, because, because the thing is you like road to the horse has a different audience than the freestyle to Congress. And then there's, then there's the Ellen show. And that's a completely different one. You know, like you you are not just hitting the same group of people. You are becoming, you know, an overnight sensation or whatever that is to a lot of different audiences. So where do you, where do you go from there? Where did you go from there?

Stacy Westfall ([01:37:46](#)):

You know, you know, sometimes it's interesting cause I look back and I think I, I was having this really interesting conversation. So I was inducted into the cowgirl hall of fame in 2012. And so I get this opportunity to go meet with this amazing group of women that are in the hall of fame. And I'm sitting there the last 2019 when I was down there for the, for the induction ceremony. And I was sitting there at the breakfast and I was saying that, I feel like when I look at my life, it feels like chapters or books. And so like if I think back to, to high school, that feels like a book I have to like take off the shelf and remember, so sometimes it's completely different book. Like, so you graduate from high school. And to me it like is a close of one book and then the opening of another.

Stacy Westfall ([01:38:32](#)):

But then there are other sections of life where it feels more like chapters. So when I look at my children or the way that I view my children, that's like a book that's still being written. Although maybe there are those big subsection E pieces. So when they all left the house, it's like, we're, it's a trilogy or it's some kind of a longer series of books. And so that book is still being written, but there are chapters inside of like my children's life that are they're complete. And that's the story. That's the way it went down. And so I pack a lot

Speaker 6 ([01:39:05](#)):

Then, like some days I look at my husband and I'm like, thank you for just cause I,

Stacy Westfall ([01:39:12](#)):

I am I'm, I do pack a lot in. And so some of the things that we've done after that were, you know, we sold our house in 2014 and traveled for a year. We lived in a motorhome, homeschooled, the boys and towed a horse trailer behind us and drove from Ohio to Maine, from Maine to California, from California, back down through you know, Alabama back up there. So we've had some pretty crazy, you know, things that we've done. And, and then more recently, like when I was in when, when, when I was in Kentucky, so my husband took a job at Asbury university, teaching horsemanship and Kentucky. And so I was there and I'm like in Kentucky. And I was like, you know, I have always wanted to know more about dressage. I took lessons as a kid and then, you know, headed down the road that I did. And I haven't, I never did do that. I want to take some dressage lessons and it's kind of cool how the weird relationships you create over the years. So I knew Jane Savoy from an expo. And so I sent Jane Savoy a message and I say, Hey, do you know anybody around Lexington? That's not going to have a heart attack if like a seriously, like Western kind of person shows up. And I'd really like to just use my Western horse and I'm going to make a total fool of myself, anybody

Stacy Westfall ([01:40:32](#)):

I could tolerate that around here. And so she's like, sure, Reese would love you. So He sends me to Reese Koffler Stanfield, who's just outside of Lexington. And Reese was amazing because I could be, she'd be like, okay dude, dude, blah, blah, blah. And that'd be Like, yeah, I got nothing. Can you either demo it or like, tell me a little bit about the body position and she'd be okay. Flip the crest.

Stacy Westfall ([01:40:54](#)):

And I'm like, what are you talking about? How, what are you, what are we doing here? Like, and I'd be like, I'm pretty sure that if you can show me what you're saying, I can do it, but I don't have any idea what your language is. And it has been such a fun, cool adventure. I remember I made some videos in there on YouTube and stuff, but I'm standing outside the pen and I'm doing more of like the selfie outside the pen. So note to self ORIC. It's not a pen when you're in the dressage world. And if you want to know all your, they would laugh. They were so fun behind the scenes. I remember showing up one day and being like, Oh my gosh, it's a pajama party. And I didn't know, like I'm there in the morning, like two hours ahead of the S whatever the show starting so I can braid my horse.

Stacy Westfall ([01:41:36](#)):

And I'm like, it's a pajama party. What do I not know? Well, they're all wearing like pants over there, white breaches, because they're, so they've all got like these, they look like pajamas, you know? And I'm

like, Oh my gosh. Like, and they are, they were just, they ha they were the most fun group of people. And I was, you know, people had been like, Oh, they're going to be, you know, stuck up and they're going to be blah, blah, blah. And they would, they were like, you are the most entertaining person we've had here. You call it a pen. You want to know about the arena. You want to know about the you're, you're going to the ring. You want to know about what look like. And I was like, I couldn't imagine a world where they told you what time you're going to ride. And they were actually there. So it'd be ready, like two hours early. And they'd be like, what are you doing? I haven't had so much fun. So yeah.

Warwick Schiller ([01:42:21](#)):

Bring it all. So the dressage you were just talking about, are you doing real dressage? You're doing Western dressage. You doing, [inaudible] what it is that you're doing?

Stacy Westfall ([01:42:29](#)):

Well, I, I wanted to do real traditional classical dressage. So that were, that was the lessons that I started taking in Kentucky classical dressage. And people kept saying, why aren't you doing Western dressage? And I was pretty open about it. I was like, well, first of all, it's really new. And they say, it's about building the foundation. You know, that the classical dressage does. Plus I grew up in Maine and I, my mom and I had taken lessons and I won. And Mike Poulan was one of our Olympic riders. And we had gone up and taken a few lessons at his barn back in the day when I was like, I think my mom told me I was in the fifth grade. And so it was just like classical dressage was something I always wanted to know more about. But then when I moved, so I took, I took regular lessons.

Stacy Westfall ([01:43:17](#)):

And then when I moved up here to Ohio, I was like, okay, I really want to go towards the Western dressage because this would fit a lot of my horse's movement. Like I'm, I'm, I can watch what's going on with the video stuff. And I can see the athletic differences between my, my quarter horses and some of these warm bloods. So I think for the horses sake, there's some stuff that could, like, I think the Wester would be fun like that, but everybody says that you can train, like any of these breeds to, you know, you can maximize their learning through doing the traditional dressage. So I started so I, so in 2000 I decided I wanted to go to the Western dressage world show in the fall and my path there was through the traditional dressage all year. So I actually earned my S my bronze metal using my little raining pony.

Stacy Westfall ([01:44:06](#)):

I earned my bronze metal in three months, three months in the beginning of 2019, by just going to, I just kept going to traditional shows, traditional shows and being like, you know, I'd, I'd go in and I'd ride a test. And that had come out and I'd be like, it says, I need more bend in my loops. And they explained to me, I'd be like, Oh, I didn't know. That was what I was supposed to do. Okay. Let's try that again. And then, you know, and it, but it was just such an adventure to go in and be totally I re it was like having flashbacks to those memories of being like standing outside the warmup arena, being like I'm afraid to go in there. Cause I do not understand the traffic pattern in here compared to a raining show, all the little things.

Warwick Schiller ([01:44:48](#)):

So, you know, there's some questions I have to ask you here, but my wife has actually given me a question to ask you, and it's along the lines of this. We, you know, she has just last year bought two really nice reigers. One of them was really quite shut down, like very, very shut down, like very robotic,

you know? And so we've spent a lot of time with over the relationship, bringing them out of that and she's, and we want to go, she's wanting to go to the big shows, but have to go into the, I have to go into the last big show we went to she's now, like, I don't know if this is really my path anymore. And so her question was how, you know, it's w what she wants to know is she still wants, she still has that competitive desire, but is it the, really the raining? And so she, her question for you was, is, is that a good step away from the writing to go to the, like the dressage or the Western dressage or whatever, be, you know?

Stacy Westfall ([01:45:57](#)):

Yeah. I think the Western dressage and I'm, I'm, I'm, I'm really happy. So when I started it, I went to the judge's school, not because I wanted to be a judge, but because I understood the importance of understanding the rules when you're going to go compete. And so I went and I've really gotten to know the people that are involved. And I really like a lot, it has a lot to offer. I definitely see it. I've been encouraging it for sure, as a stepping stone on the way up to raining, because raining has a high bar of entry. I mean, you've gotta be able to spin slides. Like

Warwick Schiller ([01:46:31](#)):

What holds it back worldwide. Yeah.

Stacy Westfall ([01:46:33](#)):

It's got like you don't, there's no lower level. That's like walk trot only. My kids used to be like, is there a walk, spin class when they were really little like, no, not yet, but, but so the Western dressage has been amazing, but so my little, my little mirror, my little rainy mirror is a little bit hot. She's a hotter kind of a horse. And I could tell that by doing the dressage, I was helping her brain experience. The fact that we were going to do some things that were more intense. And then there were going to be walking like, like a long walk across the diagonal. It was going to happen in the middle. So I think there are really cool things that can happen for both the horse and the rider in both the classical and the Western dressage because of the, the, the, you know, what the hardest thing to do was the hardest thing to do was to let myself free my body up into what I would traditionally call more of a training, kind of a body I wanted to, I wanted to like, sit there and look like I was doing nothing, which does not give you a good score in the riders.

Stacy Westfall ([01:47:40](#)):

Correct. And use correct and clear use of AIDS, or like, or, you know, like, so you're supposed to show that, you know, how to guide and hold and handle. And that was the hardest thing coming from the Western world, where kind of, sort of, when we show, we might sort of do what you said, which is, hold our breath a little bit and maybe try, like, try to have it right there. And there's not that, that constant you're, you're in the dressage, you're being encouraged to do all of this. And that was hard for me to break free, but I think it helped the horses a lot too.

Warwick Schiller ([01:48:14](#)):

Yeah. You know, I was just thinking when I was asking you that question, there's a podcast that one of arguably one of the world's best Rainers does he's not born in the United States. That kind of gives you an idea who he is. And in that pod, one of his podcasts, he was talking to someone who he had worked for. So if you know who I'm talking about, the first person you'll know who the second person was. And they were both, they were both saying, both of them said, if I wasn't this far into what I'm doing, if I

could start all over again and start trying and cutting horses, because they're completely different, they're not just robotic, they're, they're interacting with the world around them. And it was really interesting for me to hear that podcast where two of the best guys in the reigning world kind of said, we'd kind of, didn't like what they do.

Warwick Schiller ([01:49:06](#)):

And, and I'm really at that. I'm not at that point, but I am. I'm trying to, trying to get those horses to be bright eyed and Brighty and trying not to, you know, anyway, it's it's, it's, it's a bit of a you know, I'm, I'm only going to the running shows now because Robin still has the desire to compete. I have no desire to compete anymore. And I think it's because I realized I was competing for all the wrong reasons. And now that I, you know, probably look at the world a little bit different, I, I don't really feel a need to do that, but anyway, we're spending lots of time here. I've got some questions I need to ask you. Can we get to those? We can get to those Stacy Westfall. What is an unusual habit that you have?

Stacy Westfall ([01:49:54](#)):

Well, that would be my morning breakfast. I am obsessed with ZQ bread toasted with Smucker's peanut butter and my coffee. And I carry it with me. I'll make it on the road. I carry it with me everywhere and I'll eat it in the morning and I'll be like, this is the best meal ever. And my husband is like, I don't know how to compete with that. He's like, do you want to go out to dinner? And I'm like, give me a minute. I'm enjoying my peanut butter and toast with my morning coffee. And we were going out to a friend of mine, flew in from Florida. And she was here and we were headed over to the Amish area to have pancakes over this really famous place. And we're getting ready in the morning and I'm eating my peanut butter. And she was like, aren't we going out to breakfast? I'm like, yes. And my husband's like, just let it go. Like, she is not going to miss her peanut butter and her coffee. I'm like, that's right. I'm going to eat my peanut butter in coffee. And then we're going to go to breakfast. It's an hour drive. We'll be fine.

Warwick Schiller ([01:50:49](#)):

You know, if you guys listening from other parts of the U S or maybe other parts of the world there is a, quite a large Amish community in Ohio and Pennsylvania, I guess, too. But it's so interesting when you go to an Amish town, like you're driving drive along and there's horses and buggies everywhere. And I remember being in Ohio one time and the, the car wash is not the carwash. It's the car and buggy wash. And there's people have got their horses pulled in there and they're, they're hosing off the buggy that they're washing the buggy. And it's just you know, it's a glimpse back into an older time sort of thing that you don't. A lot of people don't get to see them. And I remember the first time, and I know presenting it equine affair in Ohio, I'd say every fourth person is Amish there. It's really kind of cool. You know, and, and these are people who, you know, work, use the horses as farm implements. They wear them all the time, but they come to the demos and sit there and watch. And, you know, you can see they're taking stuff in. So it's pretty cool.

Stacy Westfall ([01:51:50](#)):

The Walmart over in Millersburg has a big, long shed to tie the horses in. So they built, instead of just having the hitching rails outside at this point, they've got like this covered shed for them to bring the horses into. And so whenever we head over to that area, we're always like, Oh, we gotta remember to hit the Walmart. And people with us are like, why are we going to Walmart? We're like, yeah, you'll just have to see. And you pull in and there's a sign that says hitching rail and like it pointing to the right and

you drive around and there's this big, it's gotta be a hundred feet long, this big shed for all the horses to be tied in. So it's really funny.

Warwick Schiller ([01:52:25](#)):

Yeah. I'd say, you know, any horse people from any other countries, you probably don't think of that when you think of America, but if you ever get a chance to see it, it's, it's pretty cool. It's pretty cool. Okay. Next question. Oh, this is a good question, too. What advice would you give people about to enter your occupation? And these are stolen from or borrowed from Tim Ferriss's book, tribe of mentors. And in the book, when he asked that question, then in parentheses, after that, it says, knowing that your occupation might be something that's completely out of the ordinary, because what is Stacey Westfield's occupation? Can you, can you, you know, I'm kind of the same way. Like, what do you do? Like sometimes like flying, you know, when you get to come back into the country, you know, you gotta put occupation. I just put all sorts of stuff there. Sometimes I'm an entrepreneur. Sometimes I'm a teacher. Sometimes I'm a life coach.

Stacy Westfall ([01:53:17](#)):

Yes. That's funny that you say that because that was the first thing that I did when I was, I was like, well, we're going to have to declare that I'm coming at this from the angle of a horse trainer, which I just basically like reached back in my life and was like, because I think when I say that I'm coming from horse trainer, you can apply that to like professional horse trainer, or you can also, you can still hear the answer of what that means for you. If you've got your own horse in your backyard and you are training your own horse. And so my answer to it is, you know, figure out, figure out you figure out what fits you, figure out who you are right now. So a lot of times there's a lot of times when, when I look back, but even when I look forward right now, it's the same thing it's like.

Stacy Westfall ([01:54:01](#)):

So I think it's easy for somebody to say, if when you're a little kid or even right now, well, what's something you want and you can throw something out there. You can say, I want to become a world champion, blah, blah, blah. You know, fill in the blank in the horse world. Or you want to say, I want to make whatever I want. Like whenever you throw that out there, I think the next step is to say, who is that person? And I think that's why sometimes people will look up to role models because they'll say, I want to become like, so-and-so, you know, so what you're kind of doing there is you're trying to figure out like what that end game is. You know, you're trying to figure out where you're headed, but I think it's really easy to lose yourself when you're doing that.

Stacy Westfall ([01:54:42](#)):

And just, you're trying to become something you're not now, there's a dance between who you are right now today and who you want to be. But I don't think enough people recognize who they are today. Today. This is the person I am. This is how much energy I have. This is how much I'm willing to do. This is where I draw my lines. This is where I get energy from. This is what takes energy from me. Any of the, about you, who you are now. And then when you look into the future and you say, say, you, you put me out there as a role model or something. You put somebody out there as a role model. Well, then you have to look a little closer and be like, wait a minute. I can't even tell exactly what she does. Like you just said, you know, like w w which, which vein of that am I even admiring?

Stacy Westfall ([01:55:23](#)):

And then do I really want to do that? And that's one of the reasons why on the podcast or the YouTube videos or different things like that. It's one of the reasons why pretty early on, I started putting out the stuff. That's the not so fun stuff that happens. Because when I did the Stacy's video diary, Jack, I basically just documented training a two year old stallion from the first day. I touched him until for like one year. And so he's going around and we went to the first horse show and stuff. And so I'm documenting that. Well, there's a big, there's a six week period in there where we do nothing, because he's a little bit off. And I just give him a time off, but people don't, that's not like sexy to like, how do you post about that daily? Still sore, still off, still whatever.

Stacy Westfall ([01:56:06](#)):

So it's like to me, that, that whole of like, be an example, it's not just the, the ups, it's also the downs. And so when you're looking into the future, make sure whatever you admire, that you want the ups and the downs of that. And then you'll be all in. It's easy to go all in when you're willing to accept, this is the same recommendation I give for people buying a horse. I'm like, you're looking at it all wrong. Look for the thing that's going to drive you crazy. And if you're willing to live with that, and it's got bonuses on top of it, that you really like buy it, you know? So like, don't look at this like, Oh, it can spin a plus one and it can, you know, and it can slide, but I really can't stand how it is when I lead it back and forth. And I have kids at home and I want to be able to be comfortable with them feeding when I'm gone. Like, Oh, no, look for the worst. First. You're going to obviously look for the kind of good things, but then you just, the fast shortcut look for the worst things. Decide if you can accept them and live with them. There you go.

Warwick Schiller ([01:57:00](#)):

There you go. That's not a way of looking at things I've thought of before, but that's a, that's a very cool outlook. Okay. Last question for you. Everybody chooses this question. I have not, I've had one guest I've had, this is like podcast 33 or four or something. Rather. I had one guest who didn't choose this question. And I think it was Patrick King and it wasn't, he was avoiding the question. It was just, he thought the others were more fascinating, but you've chosen it. Like everybody else says, what is your relationship like with fear?

Stacy Westfall ([01:57:36](#)):

I was like hanging, waiting to figure out which one of these questions it was. I was kind of leaning towards this one. And I have a theory why we're all choosing fear. I was trying to explain to somebody who wasn't so much in the horse world, like a version of this answer with fear. And I was like, I think the reason that we're very in tune with fear is because that's one of the primary emotions we see reflected in horses. So we basically get really skilled at fear. Like we see fear, like fear is one of the things that we see over and over again with the horses. So, so I think that, I think that, that, I don't know, maybe it's front of mind for a lot of horse people, but I think I've kind of, sort of answered it through some of the questions when we were talking about, you know, overcoming the things with like the Congress and stuff.

Stacy Westfall ([01:58:24](#)):

But for me, there was a big, like, it was a relief to recognize a couple things. It was a relief to recognize that there's a difference between fear and danger. So that was actually my very first podcast was fear versus danger because I think for a lot of people, like my Mike customer that typically comes to my clinics and stuff, they're a little bit confused that there's a difference between fear and danger. So I'll

look at them riding, and I'll be like, you are in danger. Like, Hey, you need to get off and they'll be like, get off. And they're so in they're so convinced that they need to push through it or do something that, that they're basically they're teaching themselves not to listen to the fear. And I'm like, that is fear pointing towards danger. That is like, that is like getting in a car.

Stacy Westfall ([01:59:09](#)):

Like I drove my friend to when I was in college, my friend needed to fly home, wanted to fly home. And so I, she drove us down in her car. I got in her car at the Columbus airport, went to drive back to Finley two hour drive before I left the parking lot. I was like, I am in terror. When you put your foot on the brake, the brake was pulsing and there was this grinding. But as a passenger, I hadn't noticed it. But as the driver instantly, I was like, Oh my gosh, this is going to be a miracle. If I make it back and alive to Findlay and no cell phones back then. So this was just like, okay, here we go. So I get back. She didn't recognize that she was in danger. I instantly recognize fear and danger. And I think for the horse world, you have to remember that both are possible.

Stacy Westfall ([01:59:54](#)):

This is a big, giant animal. You can get run over or hurt when you're riding them bucked off, dumped whatever, to the point of danger, like life endangering dangerous. So there's a, I think we walk a different line where if I decided to take up painting, I love art. I love painting. There can be fear in painting, but there's not as much danger in painting. So my relationship is is again, it kind of goes back to like, I use fear to when I, when I feel fear, I want to know what it's pointing at. And then if it's pointing at danger, I'm not pushing through it. And if it's pointing at something where I'm a little tender, because I'm afraid how somebody might view me or judge me, or you know them like those, those I need, I can, I can learn something about myself stepping into that fear.

Warwick Schiller ([02:00:49](#)):

I had a guest on the podcast a while ago. Who's a writer. So she's very eloquent about what she said and bad things. But when she answered these questions, she said, I think there's two kinds of fear is the fee you should listen to. And the fear you should not listen to. You know, like the fear you should listen to is the danger. And, and I see a lot of people with horses, they don't listen to the danger fear, but they listened to the other one all the time. And it's not. Yes, yes. Mm. Yeah. Like when you say you need to get off that horse, like why it's like, because he's about to lose his mind and you're gonna be in the middle of it. Yeah.

Stacy Westfall ([02:01:24](#)):

There'll be like, you want to get on? I'm like, no, no, I should go on and you shouldn't be on no that's, this is a bad idea. Like you have no breaks. Like this is not good. The breaks of posting and grind breaks are pulsing and grinding. It's not good.

Warwick Schiller ([02:01:38](#)):

Wow. Good answer. Well, I think this might be one of our, my longest podcasts because I'm not sure too many of them have been over two hours, but it's, it's been such a pleasure chatting with you. Stacy. People want to know more about Stacy West for a week and they, where can they find you?

Stacy Westfall ([02:01:55](#)):

Well, I think my best content is on my podcast, which is train your own horse with Stacy Westfall and my website, Stacywestfall.com.

Warwick Schiller ([02:02:05](#)):

And that's it. That's pretty simple. You got any like social media platforms?

Stacy Westfall ([02:02:09](#)):

Oh yes. I'm, I'm across different ones. But I'm definitely, you know, I've kind of dialed back how much time I spend in, in some of those areas. So my podcast is for sure, my main focus, cause I just love the depth. As, as you've accessed, we've just experienced here. I love the depth that conversation can take you into. And so I've really just gone head over heels there, but I'm definitely, I mean, I'm on Facebook and YouTube and Instagram and in those different places, but, but the, the, the deepest content is on my podcast. And then I definitely see more. I get so many messages through so many of the platforms that a lot of times it's easier to like leave a comment on the blog overall, you know, on the website. Because when you leave a comment there, the volume is just low. Somebody has to be really committed to go do that. So numbers are lower and it's easier.

Warwick Schiller ([02:03:03](#)):

They're structuring some stuff right now. Yeah. Yeah. Well it's been, thank you anyway. It's been absolutely amazing to have you on here. I, it's a good connecting again. I just love your energy. Like I'm energized just talking to you have this, this cool energy that it's, it's, there's a lot of energy, but it's a good energy that comes out of you. It's just, it's fun to be around. I think you not only an inspiration to a lot of people because of your fame, so to speak, but I really think you're doing the world a huge favor because you are starting to use that to help people, you know, experience a bit of personal growth, do a bit of introspection, do a bit of thinking about yourself and who you want to be and how you want to show up in the world. So I thank you for basically making the world a better place.

Stacy Westfall ([02:04:04](#)):

Well, thank you for all that you're doing. It's, it's been fun to watch you, you doing all the different videos that you do and sharing, sharing, you're sharing your, whatever you want to label it, growth, change journey. I suppose that would be the best word. And that's been really, really helpful because I think it's when we, it is, it's like it's opening up to that and sharing it that then I think gives people permission to open up and, and, and continue that journey. And for me, I know that one of my, I was really willing to open up to horses, but I look back and I think, well, I was teaching people in a very, kind of closed down way because I remember thinking, well, they don't want to hear that about me. Like they don't, they don't want to hear about that. They, they just want to know about how to get their horse to load in the trailer.

Stacy Westfall ([02:04:52](#)):

And so I was doing it, but it was more indirect like for me and the horse, it was all in there, but I wasn't vocalizing it because I remember like, I am actually naturally very introverted and I was the super shy kid growing up, like just really kind of shy. And I remember being like, people kind of scare me horses. I'm fine. But like, people are kind of like my scary point, but as I've opened up to that, they're nowhere near as scary as I thought they were. It's been very, very rewarding for both, both sides of it. So thank you for having me on here, even though I was a little scared to come because I still feel bad.

This transcript was exported on Apr 02, 2021 - view latest version [here](#).

Warwick Schiller ([02:05:37](#)):

Well, thanks for being honest about that. Okay. Well, I got to get it because we've got a big day ahead. I'm sure you do too. Thanks again for joining me and few guys listening at home. Thanks for joining us on another episode of the journey on podcast and hopefully get you back here next time.

Speaker 7 ([02:05:52](#)):

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 Wark, schiller.com. Be sure to follow Warrick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.