

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

Welcome back to the journey on podcast. I'm your host Warwick Schiller. In 2015, I was asked to go to New Zealand to present at a horse expo. They're called equi-days. And when I was at equi days that first year I met three amazing sisters, The Wilson sisters Vicky Kelly, and Amanda, and every year. Yeah, since then, except for last year, I've been invited back to that horse expo. So I got to have, I've got to hang out with the Wilson sisters quite a lot and we've become quite good friends. And in this episode of the podcast, I am very excited to be interviewing Kelly Wilson. And so what was really interesting was when I first met the Wilson sisters, they were not well known or famous. And in the year, since then, for instance, Kelly now is a number one best-selling author, award-winning photographer, reality, television star, wild horse Tamer, motivational speaker, equestrian, and adventurer. And so in the years since I've met them, when I met them though, were filming a reality TV show called keeping up where the commander was. So the commander watt is the wild horse of New Zealand. And when I was at that horse expo, I got to judge a competition, which was called the commando, our stallion challenge.

Warwick Schiller ([00:02:04](#)):

And these were horses that were wild stallions. They were mustered out of the wild and they were gilded. And then there was a competition to train them. And everybody came along to this horse expo with these previously wild stallions and, and did a competition with them. And I got to judge that, and that was the first time I actually got to see the girls in action. And, you know, it's just been amazing following their journey since then. They, like I said, they were not well known then, and now they, you know, now they're are pretty much a national treasure in New Zealand and a lot of people around the world know them well as well. So I'm really looking forward to having this chat with Kelly. Let's get her on the podcast.

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

Kelly Wilson, Welcome to the journey on podcast.

Kelly Wilson ([00:03:00](#)):

Thanks for having me, Warwick.

Warwick Schiller ([00:03:02](#)):

No worries. I'm on your little website here and it says number one, bestselling author, award-winning photographer, reality, television star, wild horse time, a motivational speaker, equestrian and adventure. That's quite the quite the list of accomplishments you have right there.

Kelly Wilson ([00:03:20](#)):

It is quite a few. Yeah. It's been a full on life, especially the last five years.

Warwick Schiller ([00:03:27](#)):

Yeah. It's been funny. We met about, I must be, I think it's almost six years ago now. Really?

Kelly Wilson ([00:03:33](#)):

Yeah. It would have been just, I think we were filming our television show, keeping up with fair. It was

Warwick Schiller ([00:03:38](#)):

Yes. So I met you guys at the equities in New Zealand and you were just filming that you were competing in the commander while stallion challenge. And I happened to be judging it. And funny story about that when I was with start there, as they, you know, I'm presenting at this horse expo in New Zealand and they said, Oh, can you, can you judge the Camino stallion challenge? I'm like, okay, whatever. I have no idea what a command wire is. I've got an idea where to stay in these, but so I go over and there's three judges and this is bigger arena. And they bring in obstacles and people are going to go over obstacles. There's something there other, and I've got a judge, has she done it? You've got to score them like from one to 10 on this and that and something else. And so the first horse comes in and goes over a few obstacles and does a few things. And I'm like, yeah, okay. That's like a five year, whatever. It's not very good. And it goes on and after about three or four horses have come in, then they putting some more obstacles up. So they'd taken a while to set up different obstacles. And I said, so what, what is a commandment? What's, what's the deal with these horses? Why am I judging this? And they go, well, commanders commend MRIs of the wild horse of New Zealand. And these horses have been out of the wild for how long was it?

Kelly Wilson ([00:04:45](#)):

150 days.

Warwick Schiller ([00:04:46](#)):

But these horses were stallions in the wild 150 days ago. And when they said that, I'm like, Oh, give me the judges sheets back. I want to change my scores. I think this is bloody amazing. And that's where I've you were competing there and Vicky, your sister was too wasn't she? She was cause she, she should've won it. Was so there's another sister. Amanda was a Mandarin.

Kelly Wilson ([00:05:10](#)):

Yeah. She wrote us down in goodness cow.

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

Okay. Yeah. So that was the first time I'd met you guys. And I remember you came in dressed as a butterfly. That was pretty cool. But remember your assistant Vicki came in and she was riding this a gray horse and she rides him Murray. She's got like an English saddle on and like the jodhpurs and a rope holder, which I thought at the time was that it was an interesting combination. I wasn't used to seeing that at the time she rides her hand and she's got a one made a jump set up in there amongst all the obstacles and she does a bit of stuff. And then she takes the bridle off and she can't as a figure. Right. Does a flying lead change both directions for no bright line. And then she jumps this jump with no bridal line. I'm like, Holy cow, she just blew me away. It was, yeah. It was pretty amazing. You also blew me away.

Kelly Wilson ([00:06:05](#)):

Thanks. All right. That was it.

Warwick Schiller ([00:06:07](#)):

So that was, that was when we first met. And I was actually doing a clinic after that, up in your neck of the woods, in New Zealand where you guys live and you guys invited my wife, Robin and I to go on a, what you guys call it a trail ride on the beach. It was four hours of craziness. As far as I was concerned, my wife afterwards said, that's one of the top 10 things I've ever done in my entire life.

Kelly Wilson ([00:06:34](#)):

It was. Yeah. So we've been up with you obviously ride with the wild horses out there and it's definitely not a trail ride in hindsight. It's, that is a Beatrice across that kind of terrain, as you can get. So glad we opened your eyes to New Zealand style riding.

Warwick Schiller ([00:06:52](#)):

It was pretty cool. And both you and Vicky were riding the horses that had been in the, in the competition. Vicky was riding Argo and you were riding, what was your horse's name? And Zach that's right. And so Vicki's riding in a rope halter bareback on this horse at 150 days ago was a wild stallion. And there was, Oh, there must've been 12 of us, I guess.

Warwick Schiller ([00:07:18](#)):

And at one point in time, we came to the top of this sand dune and it was so steep. I actually thought it was a cliff and no one could get their horses over the edge of the cliff except Vicki rides up on her horse. Who's been out of the wild for 150 days, bareback in a row, halter and heads off over the edge of this thing. Like the man from snowy river and then all the other horses followed it. But yeah, it was just an amazing, an amazing day. And it was a bit of a amazing introduction to you. Wild and crazy New Zealand girls.

Kelly Wilson ([00:07:48](#)):

That's a good bit of fun. We love it up there. And I go definitely was a horse of a lifetime.

Warwick Schiller ([00:07:55](#)):

Yeah, he was pretty cool. So that was when I first met you guys and you guys, what it's been funny to see, you know, when I met you guys, you were just three girls from New Zealand and you didn't really have a high profile. You know, obviously horse people probably knew who you were, but they filmed the, the, the television series keeping up with the comment. It was part of it was filmed at that, that horse expo. And that was probably the start of you, B girls becoming a lot more high profile. How have things changed since then, at least because of that, let's start with that bit. That was before you started writing the books.

Kelly Wilson ([00:08:34](#)):

I, no. So the book, my first book came out before the TV show. I was the number one best seller. And that was like our original autobiography of our childhood, right through to taming even wild horses from the 2012 master, which was actually two years earlier. And then the, the TV show really catapulted it. And since then there's been 15 books. Most of them would be salaries. And then from our work with new Zealand's wild horses, we got invited over to compete in the extreme Mustang makeover. And I placed top six. And then from there we got invited to compete in the Australian Brumby challenge. And I got top six again, and then Vicki, my oldest sister was scouted for the road to the horse, which is a world

championships of cult status in which she went in 2017, 2018. And yeah, that's sort of where it all began from like the kind of wild horse side of things, but obviously shy jumping at top of the boat from pre world cup or ever decade as well.

Warwick Schiller ([00:09:44](#)):

Yeah. So you're, you had all that background there, but it's, it's so much like you guys, or I dunno, ready to be thrust into the spotlight without, I don't know w was, was because I've had this conversation with different people, like I've kind of ended up a bit that way and it wasn't, it wasn't my plan is just the way things kind of worked out. Did you, did you, you know, was that a childhood dream to be like that, or it just, you just took advantage of the opportunities that showed up in front of you?

Kelly Wilson ([00:10:18](#)):

No, absolutely no plan. And if we tried to recreate it, we absolutely couldn't. So the TV show came about because Amanda had filmed a documentary about our work two years earlier with wild horses. And then it was seen by TV and Viet, and they actually came to us and said, we'd love to create this into a TV show. And for months we actually said no, because we didn't really want to be in the public eye. We didn't want the distractions of film crew around by the China's tame, wild stallions. Cause obviously the more distractions, the least safe it is. And it took us a long time to actually agree and say yes, because we realized that two years earlier, when we became involved with new Zealand's wild horses, we had no idea that the horses had been going to slaughter and we had quite a, you know, knowledgeable equine family. So for us to like, not even be aware of what's happening in our own backyard was quite shocking. And we realized that for these horses to be saved, they actually needed the whole nation to fall in love with them and become a weird, they fight. And so eventually we see these ads to try and save the horses

Warwick Schiller ([00:11:28](#)):

Well. And so that whole stallion command, my Stellan chin challenge thing. So what they'd been doing up to that point in time was they would master the horses and they'd re-home the mayors, is this correct? They'd renamed the mayors. And then they slaughtered the stone, does that what they were doing.

Kelly Wilson ([00:11:43](#)):

So up until our involvement in 2012, it was almost, it almost never happened that a horse over the age of four was saved. So they were saving the foals dealings, two year-olds and pretty much any mature horses were going to slaughter because the general stereotype was that they were too old and difficult to time. And in that 2012 master, we took a live and mature horses. And one of them was a 17 year old stallion. So within six weeks out of the wild Vickie was cantering major the 17 year old, be back down the beach and a rope holder with eight other horses. So that absolutely shattered that stereotype. And we've had a lot of success with mature horses over the last seven years.

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

Well, is this yeah. So let's get back to this, keeping up with the commander wise thing. So that was the start of probably quite a bit of publicity. What was the, what was the general consensus when the, when the show came out, like, you know what it's like, I, I actually got, had some producers come up to my life a few years ago now I want to do a reality show with me. And they filmed a pilot for it and looking at the, the direction that we're trying to take, the whole thing, I walked away from it. Cause I'm like, these

guys are just trying to create drama where there's no drama. How much did you guys have much say in the production of that, of the editing, anything like that?

Kelly Wilson ([00:13:15](#)):

So we made some pretty funerals right from the start. One of them was that it was never allowed to be more than two people on the property for, you know, filming sound producer. So it was a very small team working with us because we just wanted to be on a focus on the horses. And then the other thing that we were pretty strict on was that we would never repeat anything, especially for the camera. Cause we'd made a mistake a couple of times in the past where you'd have a young horse was that you were starting and you'd have a face Cantor and you'd miss a photograph perhaps. And then be like, okay, let's just kinda one more time for the photo. And then you get backed off. So we were like, if something's happening or it goes wrong or it goes right, you can't share it on film where you just miss out completely.

Kelly Wilson ([00:13:59](#)):

And it was quite stressed writing for them for the first week because a lot of things were happening and they weren't necessarily having a camera in the right place to capture it. And we were like, don't worry if you miss something, there will be plenty more happening. And they quickly realized that it was just constant action or drama and they got some phenomenal footage, but when it came down to it, we were so fortunate that the team totally got asked and they understood why we were working with the horses. And it was like a real passion project for us. And ultimately we were there to advocate for the horses, welfare and to raise awareness about their flight and we're pretty genuine and how they edited it and produced it. So we were stoked.

Warwick Schiller ([00:14:45](#)):

Well, that's, that's cool. So how was what happened? What happened in the life of the Wilson sisters when, when that show aired?

Kelly Wilson ([00:14:56](#)):

So when the show aired, we were actually in America timing the Mustangs for the extreme Mustang makeover. And the night that first episode came out was we'd been driving in, you know, going through the grand national park. And we actually, there was a first time. We couldn't find a place to sleep for the night cause we'd been on a 5,000 kilometer road trip with our Mustangs. And we ended up camping in a broken down corral in the grand national park and sleeping on and stuff that night. So it actually never felt like the TV show came out because during the time it was airing, we were overseas. And so when we came back to New Zealand, it was just like trial by fire. So my first day back, I was in my pajamas jetlagged and at midday I'd woken up and decided to go out and see my horses.

Kelly Wilson ([00:15:45](#)):

So I was just in my pajamas going out to say hi to them. And a car turned up and they tracked down a dress and were coming to see us. And it was like that for, I mean, even now even the supermarket and stuff will be recognized and it doesn't feel like with famous or, or like it never happened to us. And so for people to still recognize us sort of six years later is crazy, but it was watched by one in every eight new Zealanders. So it was the most it was a hit right in the show and the most watched of its time spot every week.

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

Yeah. Well, I'd even add in Australia too. Cause I know I was there doing some clinics one night and I was staying with a friend of mine and not their husbands in the living room. He goes, Hey, come in here, you're on TV. I'm like what? And I went in there and it was the, the, the, the, the competition part of the state and challenge. And I was judging and I just appear in the background there a couple of times, but yeah. So it's aired on TV in Australia as well as anywhere else,

Kelly Wilson ([00:16:49](#)):

UK America. I think, I think Canada as well. So pretty global. Yeah.

Warwick Schiller ([00:16:57](#)):

Wow. That's pretty cool. So that was the start of it. So then you guys went to, while that when that came out, you guys were in America doing the, the Mustang may go, but then you guys made a movie of that. And you know, let's, let's assume people haven't seen that movie. It's a great movie by the way, but tell us about some of your adventures there, because you know, you guys just re-upped up here not knowing anybody and just kind of went on a road trip and slept in the horse trailer. And like you, you guys are the, I just interviewed your good friend, Chloe Phillips Harris at the day. And Chloe was saying, when they went to the Randi people in Northern Mongolia, they didn't know anybody. They just took upline to the region and Gaddafi got off the plane. And like, here we are, wonder if anybody knows the reindeer people you guys almost did in America just rocked up and like, Hey, let's do this.

Kelly Wilson ([00:17:52](#)):

Yeah. So America was spontaneous to say the least we flew into America at 7:00 AM. Got a taxi straight to the road that had all the car dealerships by mid David bought a four wheel drive that afternoon. We bought a trailer the next day we picked up five wild horses and we actually had our sort of ranch sorted for the time that we were there and got into taming the horses and just found that we were bored. So at home we have, you know, countless horses in training and we only had one each because there were the three of us sisters and two friends and just nothing to fill in the day. And so we decided to sit off on a spontaneous road trip with our wild horses. They'd been in training for 28 days. So one of them had just had a first canter and then a couple of still weren't being written.

Kelly Wilson ([00:18:47](#)):

And we had no idea what we were going to stay each night. We would literally drive past the property and be like, Oh, those bins look high enough to hold our wild horses. And we'd knock on strangers' doors and ask if we can stay the night and obviously sleep in our trailer. And we rode through a national park. So we were in Bryce Canyon, Yellowstone the Tetons and just head an Epic 5,000 kilometer road trip and just made VBS memories. And that was our horses preparation for the extreme Mustang makeover. So to train for obstacles, we actually wrote them through playgrounds and over skate park obstacles and through towns and things like that.

Warwick Schiller ([00:19:27](#)):

Yeah. So what, what that, one's called timing wild.

Kelly Wilson ([00:19:29](#)):

Isn't it? Oh, sorry,

Warwick Schiller ([00:19:32](#)):

Sorry, sorry. Mustang ride. I'm thinking of else's thing. Mustang road. Yeah. That's that? One's great. Now didn't you, did you guys make another one as well?

Kelly Wilson ([00:19:41](#)):

So that was our last one, but we did originally in 2012, make a documentary called when Dieter's eye, which was based on our original work with the wild horses.

Warwick Schiller ([00:19:54](#)):

Why was this? So okay, so you got all those movies under your belt. What about the books? Tell us about your, your books and your writing.

Kelly Wilson ([00:20:06](#)):

So I that 17 year old stallion, I mentioned earlier that he timed he actually passed away five months into his training and he was such a storybook, a storybook kind of horse with what he'd accomplished and just as personality. And so I wrote a memoir of his journey in his life to so we would always remember, you know, the impact it made on us. And a few people read it family members and a couple of friends and say, this is actually phenomenal. You should see if you can get it published. And I knew nothing about the publishing process had never planned to be an author or write a book. And so I rang up a few publishing houses, kind of found out the proceeds and they read it and got back to me. And they said, we absolutely love the story and your writing style, but we don't want to just hear about this one horse.

Kelly Wilson ([00:21:02](#)):

We want to hear about all the living horses then your guys' life in general. And so that got commissioned and became my first number one bestseller for the love of horses. And even then I was of the mind that I was kind of an accident or author, and I just thought it was a one-off kind of thing. And then when we got the television show a year later, they commissioned the behind the scenes book, which was called stallion challenges. And then it just never stopped. So the next year two more books came out, which was a Mustang ride and also a children's picture book. And since then I've published two or three books every year. So it's been pretty full on.

Warwick Schiller ([00:21:42](#)):

And most of those have been since then have been more of the children's book, haven't they?

Kelly Wilson ([00:21:47](#)):

Yeah. So eight of the books are a children's check to series, which is based on our real life events as kids. So the first book I'm seven Vicky's nine and Amanda's five. So it follows at eight years of our childhood with like a significant pony from each of those years. And basically traces back our childhood roots and been as well as that another two, three, another three big nonfiction books. So one about our work with the Australian Brumbies, a tame in awhile, which is kind of like a, how to guide how I work with wild horses and then wild horses of the world, which has been a massive two month, a two year project. It was about two or three years of research. And then two years traveling the world, living out with wild horses to observe body language of horses and sort of see and understand how wild horses are managed internationally.

Warwick Schiller ([00:22:47](#)):

Well, tell us about all that, the trips you took for that. Cause I know you traveled quite a bit tight because you did all the photography for that too, to you.

Kelly Wilson ([00:22:54](#)):

Yeah. So the photography, it was my first large format photography book, which is what was so exciting. So the book was originally pitched for my photography to to capture sort of the landscape and the horses internationally. But it became way more than that. So it's supported by 55,000 words, which takes you into these locations, have horses and manage what we witnessed and really broke down the wild horse behavior we saw on each continent. So I did four trips to Australia. The first one within to the snowy mountains, straight after blizzard, we spent almost a week living in the mountains, sleeping under the stars and in snow and the negative conditions. And then I returned twice more to the so in the Australian desert is over half a million wild horses. And that was that was really just a massive sharp in comparison to the Australian Brumbies.

Kelly Wilson ([00:23:59](#)):

Cause I went into this trip. I mean, I've worked with wild horses for I mean five years almost at this point in you know, taming them. And then also observing the wilds command. I was in the Rangers a couple of times and I, I still had a storybook view on what wild horses were like. So in the snowy mountains, even for that trip, it was just magical and it was horses galloping through snow. And there were times where the horses have a take flight in gala path or stallions would stop fighting. And it would appear to me as if it was heading out of the blue. And quite often I was missing it on on my camera. And I guess I'd never stopped to consider the extreme conditions, wild horses truly live in because in New Zealand it's quite an ideal climate.

Kelly Wilson ([00:24:50](#)):

And even in the stone mountains, it wasn't too bad. But over in the divot, it was just so extreme. The horses were living in conditions up to sort of negative 40 negative positive 40 50. So really harsh summers in a bad year up to 70% of the herds can actually die from our starvation or dehydration. And these horses are headed into travel. Some of the ones that we were tracking had GPS Khalid after 157 Columbus between coming back for water. And the most, a horse was documented going without water was five days. And I remember my first day in the desert and we found 10 wild horses and nine of them were dead. And when I, the first band that we found, we I'd been seen a skeleton beside a waterhole. And I said, stop, stop. You know, cause I'm quite fascinated with skeletons of horses, cause it tells you so much, there's so much story.

Kelly Wilson ([00:25:54](#)):

And I like to observe the hooves and the condition of the teeth and things like that and try and determine how and why they died. So we went over to see this and it wasn't just one skeleton and there was about five. So this, this entire van had died at the water hall. And as we were toying in a way to leave, we actually about 50 meters from this water hall came across another entire band that had died probably within the last 48 hours. And I think the only horse that we found that day that was alive was bachelors down in who was just in skin and bone condition. And I remember looking at the environment and there was just so much grass around and I was, I couldn't figure out why he was starving. And I wondered perhaps if it was because you know, his teeth were bad or something else was happening, but later on found out that the grasp that he was standing in was actually toxic. So even though it appeared

to have a lot of grass, if it eaten it, he also would have died. So it was just a really shocked, but I mean, obviously I found healthy horses too, but that first day was, was quite heartbreaking.

Warwick Schiller ([00:27:01](#)):

I bet. Where, where was that?

Kelly Wilson ([00:27:03](#)):

So that was, we flew into Alice Springs and this was sort of near Holmesburg, so probably four or five hours from the end.

Warwick Schiller ([00:27:14](#)):

Yep. And then where did you go from there? You went up into the Northern territory, didn't you?

Kelly Wilson ([00:27:19](#)):

Yeah. So I know we I'm headed down to Kings Canyon and photograph the horses there. In total I spent about two weeks and flew home and I had all the photos, I had stories, but I didn't have scientific backing and I didn't have like a history of these horses. And so I did a lot of research, found a professor, Chris Paula, who had studied and filmed the wild horses over there for a decade. And I got in contact with him and I said, look, I would love to interview you, find out more, get your sort of historical insight into these wild desert Brumbies. And he said to me, he said, I'm actually going out to the desert to film the final scenes for my dessert Brumby documentary next week. And you're welcome to come with me and I'd landed back in New Zealand that day and straight away I got to fly. And a week later was back in a couple of weeks later was back in the desert with him and spend another two weeks photographing and filming horses again.

Warwick Schiller ([00:28:26](#)):

I bet that was fascinating picking his brain.

Kelly Wilson ([00:28:28](#)):

Oh yeah. Like absolutely phenomenal. So he's the one that has he helps run the Australian Brumby research unit. So he's got all the tracking collards and a lot of these insights. And to the point, those plants herd structure, herd behavior, body language was really influenced by the observations we made as we traded wild horses with them. So that was amazing and really vastly different. So sometimes we were on the ground tracking them other times we wait for five hours. At one point we tracked one specific Brumby who they were trying to dart for. For of there, they actually were trying to recapture it because they had had been tamed three years earlier and then escaped and the owner was trying to recatch it. And then also spent two days in a camouflage hide observing wild horses come to water hall.

Kelly Wilson ([00:29:27](#)):

And these days at Brown bees were among some of the wildest audiences saying, so in New Zealand, snow mountain, some of the horses in the desert, I could quite comfortably get, you know, within a few hundred meters to photograph them and sometimes even closer, but these horses, even from a kilometer out, if they saw us or heard us would bolt. And so we were having to be kind of flagged even like GoPro camera that was on a tree was camouflaged and the horses were still speaking off this tree because they can send something was different about the tree. And then often you don't ever want to

get at the photo. And then the noise of the camera would make them bolts. So I truly wild horses out of these regions where humans aren't visiting.

Warwick Schiller ([00:30:11](#)):

Wow. That's that must've been pretty amazing. So where else you went all over the world though? Where else did you go filming, taking pictures of the world hoses?

Kelly Wilson ([00:30:20](#)):

My next stop was Canada and we were very, very fortunate to again, meet up with a biologist. So we were over in the British Columbia Chilcotin with a biologist who studies beer that had also been documented in the wild horses for a decade. Wow.

Warwick Schiller ([00:30:43](#)):

Rest one second. Kelly, for the rest of you English speakers in the world, she S she meant to say bears. She said bees, but this guy wasn't an alcoholic. He actually studies large animals with big teeth and claws bears. Okay. Continue on Kelly. Sorry.

Kelly Wilson ([00:31:00](#)):

Thank you. Thank you. All right. We actually had to add subtitles to some of our documentary for you for the Americans to understand some of what we were saying, I guess. So he was a phenomenal resource, Wayne McCourt McCory. And we went in and stayed with the first nations. The honey honey tried, and it was just an incredible experience. So same thing. We were tracking horses and it was the first country that I'd been in that was controlled solely by predators. So it was kind of like the lion King, the full circle of life. And unlike other countries, they're not having to be managed by humans because the balance and the ecosystem is working in their favor. And so some of the observations we made, we were starting to see a baseline and universal baseline for why, how wild horses behave and how forces in general can behave.

Kelly Wilson ([00:32:05](#)):

And then also starting to see dissimilarities. So in Canada, at one point we came across a bachelor band and again, these were really wild horses. So in the burnt forest, which had burned in 2017 we were lucky to get within a kilometer of these bands because they were just so flighty and it was just me on foot tracking them alone with a lot of patients and really reading their body language. I could probably get within 500 meters of some of these bands, but often a lot of observations were made at a greater. And so we came across these three bachelors that were at a waterhole, and I remember we stopped the four wheel drive hopped out and the horses bolted, and these were quite flighty. So I would have expected over in Australia, they would have like bolted and just disappeared from sight.

Kelly Wilson ([00:32:57](#)):

But these ones are made out for about maybe 200 meters. And then they turned around and faced us and they were snorting and everything about their body language showed extreme tension. And I couldn't understand why they were holding their ground because from what I was observing, they shouldn't have had that comfortable. They should have kept that flight response, and they were sounding an alarm. And within the next three minutes, as we observed 44, 43 other horses galloped into the clearing and surrounded them, and it was just mind blowing that these, it was actually eight

individual bands, which we worked out you know, from tracking them for two days, but they'd come together in time of emergency, to work for the unit to protect each other. And they actually remained as one unit for the entire time that we were with them. And there was one, once, two stallions that really made an impact on me.

Kelly Wilson ([00:33:59](#)):

And it was one that had a broken hind leg, which you know, was obviously pretty difficult to see and he couldn't keep up and he was dragging his leg and he had a bachelor buddy that was obviously you know, had paired up with, and you could see the absolute distress with that sound bachelor because he felt safer being with the 47 but was constantly coming back to check his broken legged friends. So he would prance beside the engine stallion for maybe five, 10 minutes. And then he'd Gallop ahead. Spend some time in the mob vineyard, Gallup back, hang out with the injured one out because the source obviously couldn't keep up. And on one of these times that he galloped to hear that he another stallion came out of the trees and started fighting with the engine stallion and the the HealthEast Dahlia and heard the sounds of distress from his injured wine. And he actually got back and fought on his friend's behalf and drive off the other stallion and it remained with them after that. So it was pretty incredible. Obviously you read books about stallions that will fight to the death to protect their family, but to see two bachelors you know, doing it from a friend kind of perspective was you know, one of, probably the most profound moments that I witnessed around the world with the wild horses.

Warwick Schiller ([00:35:28](#)):

I'm having a bit of a moment here hearing that story?

Kelly Wilson ([00:35:31](#)):

Yeah. It was pretty, pretty tough to to witness. And I mean, I guess one of the things that I really kind of understand is that nature really is, I mean, it is tough, isn't it, you know, for these wild horses to survive, they're really often had to go through quite a lot.

Warwick Schiller ([00:35:54](#)):

That's my heavy breathing. Wow. Well, I could just, I was just picturing that whole thing. That's that, that must've been such an amazing experience to, to, to see all that stuff, you know, cause a lot of the, a lot of the let's call it dogma that we get taught about horses is based on interactions between domesticated horses in small areas, with limited resources, you know, piles of hay, you know, one water and stuff like that. And then we get told, you know, this happens this way and this happens this way, but to be actually see that you know, better observe that behavior in the wild, especially with the horses that like that, that sound like they're completely wild. Must've been amazing.

Kelly Wilson ([00:36:36](#)):

Yeah. So another moment that really stood out and it actually was even in every country in New Zealand, there was a band of, I think about 10 horses and quite often there's two or three stallions in each band. And I'd seen it, you know, in Australia. And it was just, you know, I hadn't really thought beyond it. And then in the Australian desert, I saw it again and it was a stallion that was skinny stressed. Absolutely wasn't tolerated by the stallion. He was shadowing in and he was really beaten up. So I couldn't understand why the stallion was showing loyalty to another stallion that obviously didn't want him around. And, you know, there was obviously a lot of anxiety and this horse, he was Cabot and bite marks and you know, the other stallion really wasn't fond of them. And we kind of made a few

assumptions you know, with the professor and it wasn't until I'd witnessed the same thing in America and then New Zealand and had photographs of these horses that go back several years, that I was able to piece it together.

Kelly Wilson ([00:37:43](#)):

So quite often, multiple stallions in a band come from horses that were bachelor buddies. And you know, they grew out as mates and then one of them got the strength to win a mirror of his own. And you know, the stallions just remain together with one of them keeping the mirrors. And then I pieced together another reason why stallions have multiple in a band. And I was able to track back that the same situation had happened in New Zealand. There was a really healthy stallion with all these Mays and falls. And then it was this really beaten up battle Scott engine stallion that tracks them. And he was never allowed to be at the meters. He wasn't tolerated, he was skinny. He was often anxious and three years early at a healthiest Dahlia. And ahead one, this oldest stallions Mia. And so this injured, his loyalty wasn't to the other stallion, his loyalty was to one of the stallions Mia's who used to be his mayor. And so for three years had been tracking this band from a distance because he didn't want to wear this Mia out of sight. And I'd seen the same thing happened in America with a cloud in the prime mountains and then another stallion called white spirit where these stallions don't have the strength or the soundness to maintain their own bands. But they just shared over the last years that they had,

Warwick Schiller ([00:39:06](#)):

Wow, it's almost like mating for life sort of thing.

Kelly Wilson ([00:39:11](#)):

Yeah. In some of these instances, it is. So I've got you know, one stallion in New Zealand who we've documented for, you know, over a decade and he still has his original mayor. So when, as a young bachelor stallion, he won his first mayor. She still has lead me today.

Warwick Schiller ([00:39:32](#)):

Wow. I, that I did not know. And what other countries did you go to? You went to Australia then to Canada.

Kelly Wilson ([00:39:39](#)):

So after Canada, I spent several weeks in America living up in, in prior mountains and observing that heard, which was a phenomenal resource. So in terms of how wild they are, they, they didn't, I mean the authentic wild behavior of the desert Brumbies and this the Canadian horses and wasn't at that level because they've obviously been habituated by humans because that's a band that's been documented by photographers for over 20 years. And so there were very habituated, but it meant that I had a front row seat to every facet of equine behavior. So they weren't authentic in their horse to human behavior of what a truly wild was capable of, but they were so authentic and horse to horse and directions. And because I was close enough to be able to observe it, and it had these, you know, 20 years of research back in them, I was able to, you know, make so many factual observations where in other countries it had been guesswork.

Kelly Wilson ([00:40:41](#)):

So for example, in the prior mountains, there was a bachelor stallion who had his hindquarters you know, massive scar on his hind quarters. And by going through his records, I could see that a year earlier, he had been injured in a bachelor fight with another stallion. And he had actually at the age of I think three and a half, four years, he ran back to his mother's side and lived within his band for another six months while he recovered before he'd been ventured back into the bachelor world. So to be able to see that kind of observations was amazing. And it's something that I've spent the last year recreating in the New Zealand hoods. So I've spent hundreds and hundreds of hours going through a decade worth of photos and making those same connections with our own Wildwood and New Zealand.

Warwick Schiller ([00:41:30](#)):

I'm having another moment here after hearing that story. That's pretty cool. So I went back to his family to recuperate.

Kelly Wilson ([00:41:39](#)):

Yeah. As a, I think it was a four year old stallion. It's been six months with his mom.

Warwick Schiller ([00:41:46](#)):

Wow. Is this that I'm having a full-on moment from that. Wow. And then, okay. After America, where'd you go

Kelly Wilson ([00:41:58](#)):

After America? I flew to Portugal and I'd been told that these were, there were a thousand wild horses and they were the population was managed by wolves quite similar to you know, Canada. And they wouldn't, no one would really tell me where the mountains were because they wanted it to be you know, secretive and they didn't want it publicized. And you know, I spent a lot of research and the language was a barrier. And so I kind of went over there on a pant didn't really know what I was getting into. And I actually never included it in the book because they were not my definition of wild. So although they might be very wild by European terms in comparison to every other country I'd studied, they just didn't measure up in terms of how wild they were within their environment and how wild they were by behavior.

Kelly Wilson ([00:42:55](#)):

So although I spent two weeks there, I I didn't include it in the book and actually has been most of my time at the beach on holiday. But I mean, it was, it was still, I mean, just to put it into context, you'll, you'll appreciate this story. So I arrive in the mountains in Portugal. I found my first band of wild horses. And I mean, there, Africans rocks, there's fans, the wilderness, I mean, it was, everything was ticking, ticking, the boxes of the stallion, several meters and falls at foot. And the stallion had the most Nali Wolf attack scarring on his hind quarters. So I was like, okay, I've got this right. There are wolves that are wild horses. This is going to be Epic. And then a couple of minutes later, I'm probably photographing from maybe 100, 200 meters because I've got massive lenses that I need to be that far back to be able to capture the entire band.

Kelly Wilson ([00:43:51](#)):

And anyway, a car drives past and pulls up to the side of the road and a tourist tops out. And he has a cell phone with them and is, takes a few photos with his family of these wild horses. And then it gets his

family in front of the camera. It has the wild horses in the background, and I've seen this happen in Yellowstone with the Buffalo where, you know, the tourists get closer and closer and closer to see if I can get a photo with the horses, with the backhoe. And they were doing the same thing with the horses. So they take a photo, they'd go 10 meters close to take another photo. And anyway, it got to the point where these terrorists were photographing the family, maybe 20 meters in front of the horses and then 10 meters in front, the horses. And I was like, I mean, I was just sitting there cause I'm from my research and they were supposed to be wild. And I had my South tried to get close to this band. And anyway, this guy picks up his two year old kid and he walks up to one of the mirrors that had a fall at foot and he places his kid on the horse, not kidding. I got photos of it. And and then he walks away and starts photographing his two year old riding this wild may of the fall. And I was just like, absolutely

Kelly Wilson ([00:45:04](#)):

Mind blown. I just couldn't understand. Like I was just like these horse of the wild it's will protect max on this horse. Like I, I just, honestly, I had no idea what was happening. I was so confused and I was like, out of these tourist, like magical horse whisperer is. And and anyway, then the tourist took it off and they drove away and ended a couple of minutes late and the band turned around and actually the horses were all branded. So I was like, okay, so they've kind of wild, but they're not wild. And I think of, I mean I saw over a hundred, 150 wild horses in these mountains. And I think I only started about eight. They had no brands and a lot of them were ear tagged. And I found out later that although they run wild, they muster them in and they take the follow the dealings, oftentime them, and they're very heavily managed.

Kelly Wilson ([00:45:47](#)):

And so for me, they didn't fit the definition of wild, which is why it was discounted. And then from there, I obviously spend time with new Zealand's wild horses. So I did, I ended up doing the top four populations of wild horses around the world. So in order it's Australia without two, 1 million wild horses, America with 120,000 wild horses, CB of those 70,000 of those live in the wilds, 50,000 holding yards, the next highest population is Canada with about three and a half thousand and in New Zealand with about 3000. So I, New Zealand was a pretty phenomenal experience because I, everything around the world I'd compared that to New Zealand. And, you know, I was getting little pieces here and there of how I could better manage the New Zealand wild horses and you know, how the department of conservation with that and came out of here to choices and the whole way around the world, New Zealand was looking pretty good.

Kelly Wilson ([00:46:46](#)):

I mean, we have ideal climate and compared to the Canada whose horses are having to just survive in like actual negative 35 degree conditions and the desert in Australia where it's up to sort of positive 50. And it was a shock because although the New Zealand came Manor was had every good thing that I've witnessed around the world. And it's all, there were things that we could improve on and lots of ideas I got from different places that we've imply put into place over the last year, but then there's another band of another herd of wild horses in the fan or within New Zealand, the ones that we took you out to see where there's up to two and a half thousand wild horses out there. And a lot of The bad things I saw around the world were happening in my own backyard. And it was something that I hadn't been aware of. So that was actually quite shocking for me to come to terms with

Warwick Schiller ([00:47:44](#)):

Bad things as far as management.

Kelly Wilson ([00:47:47](#)):

So management overpopulation the summer I photographed, or we were going through one of our worst routes on record and the horses were literally starving today. Some of them were in terrible condition. Others were healthy. I'm in the stallions I made around the world, every single population that I saw that was overpopulated. So the dessert Brumbies, and then the New Zealand horses in the far North it's a stallions that are in healthy condition. The falls are in healthy condition, but it's the yearlings and Amir's with falls at the foot. They're the first to suffer. So this was in New Zealand you know, a lot of illegal poaching and hunting off them. So bands that were being shot

Warwick Schiller ([00:48:36](#)):

You know,

Kelly Wilson ([00:48:37](#)):

There were so while I was out there, I came across a Mia with a broken and knee. So she had a broken knee on one leg. The other leg had developed mechanical laminitis from bearing the weight. So she wasn't able to put any weight on her good leg because you know, this had obviously overgrown for a year or two. So she'd actually been like this for a long time. And she was amazing hated. And the foal at foot, every time it tried to nurse the whole mirror, his body would just shut it in agony. And there'd been a few times around the world, you know, with the boat, broken stallion, broken, broken legged stallion in Canada, and a couple of other places where it was a struggle to walk away because I can see the suffering in those horses. And because I was in New Zealand and had the resources in this instance, it wasn't something I felt that I could walk away from.

Kelly Wilson ([00:49:33](#)):

And so I actually got the department of conservation on board, the SPCA, and we had a team come in and assist the mayor it's observed. So there was two meters. We actually got checked. One had been shot and she had a bullet hole that was had been festering for several months and the second meal with a broken knee. And the decision was made to put the mirror down with the fall foot. And it was something that I knew was the right thing to do, but in the decision was made that because the foal was too young to wane, they would go and had to put the fall down as well. And so I said that I would try and tame the fol. It was probably about you know, I think it was about two, two months old at the time.

Kelly Wilson ([00:50:21](#)):

I said to try and time the fall in the wild and try and get them out so that, you know, he could be raised a hand raised. And I, my preference was to take him while the media was still alive, because I didn't want the horses first impression of humans to obviously watch his mother be shot. And so I the team agreed to it. I got it one, two, one day to work with them. So we hit an app. It was based on low tide, high tide, because this is the area that we took you out on that horse ride. So it's all tied dependence. And so we took four wheel drives down the beach and we had to, yeah, by the next tide. And so I realized that to be able to work with the fall of first, after in the trust of the mother, because, you know, although she was crippled, she could still move when she needed to.

Kelly Wilson ([00:51:21](#)):

And and I spent 45 minutes working with her and, you know, basically every single time I'm working with wild horses, I am essentially taming them to get close enough to get the photographs that I need for my book. So I'm constantly reading the horses, body language. I'm aware that as soon as they become tense, their first instinct is obviously, you know, flight or fight, but you always normally flight because you know, they're not in the yards or in a situation where they can't take flight. And so use it, everything that I've learnt from taming, wild horses, and then also observing wild horses. I started working with this mirror in the wild and after about 45 minutes, it got to the point where I could hold out my arm within a few centimeters of her neck and she was feeling relaxed about it. And so I started working with the foal and he was having none of it.

Kelly Wilson ([00:52:17](#)):

And he would just Gallop off and was, you know, yelling in circles around his mother. And after about 10 minutes, I was just like, Oh my gosh, this is way too ambitious. I can't see this working. And then after about 15 minutes, there was a moment where it clicked. And basically what I was trying to teach him is all of the initial taming of what I would do with a wild horse in the yards. And so when I walked towards them, I'm looking for him to look at me when I back away, he should approach. And so after about, I think after about 40 minutes, he got, he understood this concept. So he I'd walked towards him. He'd look at me and he'd come up to me. And so I think by the five hour Mark, I could rub them all over his body. I had a rope around his neck and I was starting to teach them to lead.

Kelly Wilson ([00:53:03](#)):

But in the, before that I think I was about two hours in. Yeah. And the Mia just lay down yeah. In front of me. And she let me work with her phone for about an hour and a half, just lying on the ground, watching me. And at times I was having to step over her legs to follow this bowl around. And I kind of felt like she was on the Baton to me and knew that her time was over and that she was trusting me with this cult. And yeah, it actually got to the point where, although he was saying to understand the concept of giving to pressure and leading, I didn't have the totals because I'd been up in the far North on holiday for new year's when we discovered this injured horse. And and I just didn't, I didn't, I couldn't do it justice.

Kelly Wilson ([00:53:50](#)):

I didn't want to put a Holter lead rope on this fall because we're surrounded by, you know, sand dunes and cliffs. And I was concerned that, you know, if he bolted and got loose and went off a cliff, you know, by putting gear on him, it could be risking his life if we couldn't keep him with us. And so we because of the time constraints with the tide, we actually had to leave and the mirror was put down the next piece the next day by the SPCA. And they agreed to leave the fall alive and just leave them whole fender if I returned and carried on working with them. So I came back two days later, hoping that I could find the foal in the same region. And I came across an actually in a band of eight. So there was stallions meters and other falls.

Kelly Wilson ([00:54:34](#)):

And I was like, Oh my gosh. I like, if I do anything wrong and he's within a band, the band is going to take off and he's going to follow them and act, actually my chances of being able to attain them are going to be severely limited because with his mother, with her being tripled, obviously they couldn't travel as far. And so I bought up Chloe Phillips era. It's actually your last guest on the podcast. And I'm also Western guy who could lesser if needed. And he just looked at me and said, there's no way I'm even going to get my last so up in the ear cause there's band will bolt. So just do what you've been doing. And see if he

remembers what you've told him. And so I walked towards the foal, he looked at me and he walked in the opposite direction and I was like, Oh, well, this isn't going to go as planned.

Kelly Wilson ([00:55:25](#)):

And so I really walked towards them. He looked at me and he kept walking in the opposite direction. And I kind of got the impression he was taking me somewhere. And I've had that feeling several times on this trip, around the wild around the world. And other times stallions have led me to the falls, which was sort of hidden in canyons. Another time a band led me to a hidden waterhole. And so I just started tracking this foal and he left the band of eight behind and he made me ride up the Hills into the sand dunes. And he took me straight back to his dead mother. And for the next day and a half, I, I worked with them tandem again, within a couple of meters of this Mia that had been put to slate. And it was just incredible. And I mean, it was devastating, but the trustee place to me, and it was obviously that safe with me and her.

Kelly Wilson ([00:56:12](#)):

And it was very similar situation to where I'd been taming him when she was alive, because obviously she'd been on the ground for a lot of the time that I'd been taming him. And it got to the point where we hold them. We let them for a kilometer down the beach, and then we actually had to sedate him, put them on the back of the four wheel drive and drive them for 45 minutes down the beach to get him to where our whole strap was. So that was a pretty incredible moment. And he's a pretty awesome horse. Now

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

I have another moment. So you still have,

Kelly Wilson ([00:56:49](#)):

Yeah. So his name is lion and I mean he was severely depressed in the wild when we came back when his mother was obviously not with us anymore. And those first two weeks, we actually had to do a lot of trauma work with them. And then he kind of sparked up again. And I started seeing the personality I saw in him that first first day of we'd seen them in the wild and his mother was still alive. But he was just the happiest, most loving Colt he's now just over a year old.

Warwick Schiller ([00:57:23](#)):

Wow. you know, all my podcast guests, I send them 20 questions and they send me some questions back and I, the ones that they want me to ask them, and I think let's tech, let's start the questions now, because I think the first question I'm going to ask you, the answer has something to do with you just said right there, and I want to get into that. So one of the questions that you asked me to ask you is what have you changed in the past five years that has helped shape who you have become?

Kelly Wilson ([00:57:58](#)):

So one of the one of the biggest changes happened in 2018, I tamed 19 wild horses that winter, and one of them was a stallion and called a Concord. And up until that moment, you know, obviously tamed a lot of wild horses. I was getting very good results, but I couldn't have told you how I miss a simile tamed them. It was sort of intuitive and I change a lot for every horse as needed. But Concorde was a challenge that I just didn't see common. Every single thing that I had worked with in the past was kind of

successful, but also the progress was minimal. If not non-existent. And I quickly came to the realization that for this horse, I would have to be willing to forget everything I knew and just completely let him be my teacher. And the journey that horse took me on has changed everything I do with horses sentence.

Kelly Wilson ([00:59:10](#)):

So one of the major ones is that 100% of the time I had to be observing his body language in the moment, any sign of tension happened, I was having to respond accordingly. So a lot of what I learned observing the wild horses for my book around the world was sort of put into play with this guy. And then I had to break it down into sort of decimals. So I couldn't just do this date and then go to this step. I was having to go from like 0.01, one to 0.01. And then sometimes we'd go back a few steps. And he really taught me the pattern of taming wild horses. Like not just step by step, but like a hundred little steps in between each dip and ending every single step based on body language. So a hundred percent of the time ensuring that every stage of his training was founded in relaxation.

Kelly Wilson ([01:00:07](#)):

So the moment he became unreleased responding accordingly, allowing him to return to relaxation and then asking them a new question once he was back in a relaxed state. And even with all of this in consideration, I just felt like I wasn't even working with a horse at times, almost like he was on the spectrum or he wasn't able to respond authentically, like what I'd come to expect from horses. And it was very obvious that there was extreme trauma for him from the master process from interactions with you know, mean, I mean, nothing that had gone wrong, he'd been trained very gently. And from the first moment he arrived in the ads, he was difficult. And I mean, looking back, I mean, it could be that he, you know, witnessed another horse being put down by the army. So I mean, very rarely does it happen, but if there's a horse with a broken leg out in the ranges, it will be put down.

Kelly Wilson ([01:01:16](#)):

And I couldn't quite understand why this horse, his reactions were so extreme and why he wasn't able to retain information. And when I'd work with them, he actually would cry. And I know that scientifically, that isn't a thing, but he would just have tears running down his face. And a lot of people say it's just by, you know, a tear that door you know, something like that, but there was just so much emotion in this horse. And I put a photograph of him crying on social media and talked to, Oh, and then I had actually someone contacted me and said, look, I'd love to have, I do a lot of trauma work with zoo animals and with people. And I, you know, I think they this lady could help your horse. And at this point I was open to anything because although he was making progress, I could see how much he was struggling and struggling to the point, even with all the empathy and the patients in the world,

Kelly Wilson ([01:02:24](#)):

He was still struggling With the taming process and the idea of humans in general. And so I rang this lady and she did work with them with the emotion code. And basically the emotion code is when you identify sources of trauma that triggering negative behaviors like anxiety or frustration or fear or things like that. And then you remove the trigger. So basically so let's say like in a human version, that would be, I have a fear of

Kelly Wilson ([01:03:06](#)):

All right.

Kelly Wilson ([01:03:06](#)):

Or causes me anxiety or anger. So I don't know, maybe it's, you get triggered by things not happening when this vo-tech and you need structure. And so if that is unstructured time, you would become stressed and anxious. And then after the emotion code is done, it's like, yeah, you kind of, it's like, rather than being like, Oh, that makes me angry. It makes me sad. Or it makes me frustrated. It's just like, ah, there's just no negative reaction. And you're like, Oh, I can't believe that used to be an issue for me in the past. And so we did a lot of work with Concord, obviously because he's an animal I have to identify what could be causing the triggers. And then I give other sort of situations or topics to this lady to work with. And it made a significant difference, but it also, I couldn't necessarily pinpoint that was what was making the difference, or I couldn't necessarily come to terms with the fact that it was making a difference because obviously it was a concept I'd never worked with in the past.

Kelly Wilson ([01:04:10](#)):

And so I was like, well, he's also been on ulcer treatment at this point. He's also, you know, had an extra three weeks of training since we first started it. He's also, you know you know, there was just so many variables that could be improved in him. But I couldn't deny that it likely had out. And so there were three times during this training where he got completely stacked with the, the emotion code at each of those times. And there was enough improvement for me to not discount it. And so I started introducing it to some of the other horses that I was taming, and then still couldn't understand why it worked, but felt confident that it did work. And so I talked to the lady and I said, can you do the emotion code on people? And she said, yeah, absolutely. That's, you know, what it was originally designed for and you know, to benefit humans.

Kelly Wilson ([01:05:01](#)):

And I said, well, can you do it on me? Cause I feel like if you did it on me and it worked, I can't, I will understand how and why it's working. And so at that point, you know, I probably, I actually would only thought I had maybe two topics of trauma or, you know, something like that for her to check and I sent it, I can check this and can you check this? And she wrote back and she's like, sure. And she did the work. And I kind of wasn't sure if it had helped, but felt like ahead. And it kind of took away some layers. And I said, well actually, can you check this and this, and can you, rather than a situation or like something that I'm fearful of, Oh, something has been traumatic. Could you check specific people? Cause obviously there's always people in your life that can cause negative emotions.

Kelly Wilson ([01:05:55](#)):

And so she's like, yeah, a hundred percent you can do that. And so we just started going through different you know, topics and issues. And I think by the end of it, we must have covered 80, 90 significant topics and removed about two and a half thousand trapped emotions from myself. And the difference was phenomenal. Like absolutely couldn't discount it. And so I had carried on using it with some of my horses and probably the most profound horse that I used it on was actually in America. So I went over in 2019 and visited my American Mustang that had tamed in 2015 for the extreme Mustang makeover. And she had sold to the most amazing home, very, very well-meaning people, but she had never transitioned, I guess you can say to work with new people. And they were of the mind that she was just a one person wild horse that must've bonded to me and that she had struggled to get used to them.

Kelly Wilson ([01:07:03](#)):

And in the four years, since I hadn't realized it, but they'd never been able to ride her the K two professional people try and re start her and should Bront both of them off and got to the point where everyone refused to work with her. She she couldn't have picked up and had missed the data by the bits, but the bits were scared of her. And so she was only getting a beat down every six months. And this was a horse that wasn't like my pride and joy. She had been the best trained horse ever worked with in a hundred days, she was so safe there. My mum could ride it through the mountains. You know, she plays top six and was just so awesome in the Hammond and conditioning class. I just had the rope over her back, picked up all four feet crawled under her stomach.

Kelly Wilson ([01:07:51](#)):

And she, I mean, she just was so safe and easy. And so when I heard all this, I was just devastated. And I went into the paddock to work with her and catcher and it took me 45 minutes to get close enough for her to sniff my hand. And on my last day in new, I'd been on a beer back and a Holter, I can drain up the Hill and stuff. And I mean, it was heartbreaking for me. And I was in extreme anxiety night feeling for this horse. So it had been so trusting and phenomenal for her to be so anxious and just not the horse of it bind. And so the next day I spent at two hours working with her to be able to touch on her neck, down her neck, down a shoulder to her hoof on just one leg. It took me two hours to to work with her on that.

Kelly Wilson ([01:08:42](#)):

So the training that I do because of Concorde actually heals a lot of trauma in and of itself. So there's a lot of combat, it releases lots of your knee and, and relaxation. And so normally I spend a lot of time the next day, half the time then the three or four sessions and the horses are just relaxed about what we would, what I'm doing with them. And, but unfortunately I had to go up to Canada that next day to, you know, stay with the first nations tribe as part of this wild horse of the world tiller. And so I actually couldn't stay and carry on working with her. And while I agreed, so I shortened my Canada trip so that I could come back and spend a week at this property and Karen with them with their two weeks later. And while I was gone, I actually got the emotion code done on her from New Zealand, so remotely and gave her a list of topics that I had to identify in the horse that were causing her severe trauma and anxiety.

Kelly Wilson ([01:09:40](#)):

So one of them for example, was she absolutely, if you look at a horse horse's body language, it tells you so much. And so from how she was interaction, I could see that she was incredibly fearful of her two paddock companions. So we had her checked for that we had a checked for me made, leaving her in America her new owners, the transport situation from Idaho up to where the owner had her. They transported them, loaded her. So pretty much just any situation that could have triggered these negative emotions in her. And I came back two weeks later, she hadn't been handled at all. So the owner had actually been away for the 10 days that I was gone. No one had caught her, no one had interacted with her. I walked into the paddock, caught her, brushed her all over, picked up all four feet, trimmed them.

Kelly Wilson ([01:10:38](#)):

Actually, I was like, well, actually she's going to be fine to trim out. I'll if I go to the store, I'll just get all the fare equipment myself. So I got a hoop stand farrier, rasp, Clippers, everything came back, she just put a hoof in the hoop stand, like a school mistress turned around. She was perfect. And the next day I was trying to be an X with the woods you know, in a holder. So that was probably like the biggest

transformation that I've had with that kind of trauma work and absolutely just 100% radically their horse, which was just for numbers sake because she so desperately needed to be able to be relaxed and at ease again.

Warwick Schiller ([01:11:21](#)):

And that's, that was all done remotely. Wasn't it?

Kelly Wilson ([01:11:25](#)):

Yeah. So the emotion code with the animals has done remotely.

Warwick Schiller ([01:11:28](#)):

So now we're getting into the true spirit of the journey on podcasts. We always get into the weird stuff. Everyone thinks, well, wait, I don't even think it's weird anymore. But so the emotion code, the book was written by Bradley Bradley Nelson. So if anybody's interested, it's a book you can get, you can get an audio book and it's called the emotion code. And so that's the only difference in that horse. Wasn't it? Like you went up to Canada, they did the emotion code remotely. Then you went back and everything was fine.

Kelly Wilson ([01:12:00](#)):

I mean, I've probably worked with her for an hour until she was like, so a lot of how I handle also helps overcome trauma, but so within an hour I was hopping on her back into that first session, again, be a back, just lying over there. But yeah, totally different transformation, a different everything about her energy levels was different by the time I returned and was back in the yard, but there

Warwick Schiller ([01:12:29](#)):

Pretty amazing story. I knew there was going to be a good story behind that because you had told me about the motion Curt. I think the last time I saw you, you had told me about that. And so then I looked into it as well, and I've also had some emotion code work done. So that's a book. Yeah, it's a book. So one of the other questions you wanted me to ask was what book do you recommend the most? Not necessarily a favorite book, but a book that you mentioned to people because you think it's important, they read it.

Kelly Wilson ([01:13:02](#)):

So I think anyone that's interested in sort of the behavior of horses and considering the horses, well, they're not even humans. There was a profound moment in America, actually. The owner of my Mustang works in Afghanistan in the species, he's an advisor for the special forces. So it used to be an FBI agent and and he trains using the Hunter combat program where traditionally veterans and soldiers were taught that a bomb has gone off. There's been an explosion. Now we react, we try and identify who sent the explosion, why it was sick, you know, who the target was. And so they're always right of bang. So if there's a linear line, the bang is in the middle. It's an ex everything afterwards that they do is right of bang. And so his background that FBI as an investigator investigating crimes and stuff completely changed the mindset.

Kelly Wilson ([01:14:22](#)):

So rather than waiting for the explosion to go off, trying to become lift of bang and anticipate where and explosions going to go off and then respond to prevent the explosion going off. So basically you're on the defense that you, you know, you're not responding to what goes wrong and you're able to prevent becoming wrong. And when I read the book it resonated with everything that I had learned from horses in the wild. And I mentioned earlier in the snowy mountains, the first time I observed wild horses for my book, I I couldn't tell when stallions were about to fight and I couldn't still tell when the horses were about to bolt because those moments, those explosions caught me out of the blue, and then I was react, Oh my gosh, I missed the fight, left my camera at try and capture the photo.

Kelly Wilson ([01:15:19](#)):

And I was always, you know, behind the ball game. And as I traveled around the world and spent more and more time than mountains, observing wild horses, I had got to the point where I would leave to bang. I could read and observe the body language, pick on the intention of the horses. And I could tell from very small body language shifts that our fight was about to happen. And and this book lift a bank pretty much summed up everything that by default I had observed and came to understand. And if you just ex just sort of interchange the word human with horse, it is 100% how horses can communicate with us and how we can keep ourselves safe when we're working with horses, but also keep the horses from going into a T state and feeling the need to take flight fight or freeze.

Kelly Wilson ([01:16:12](#)):

So ultimately my style of training is to prevent the horse from ever feeling unsafe to the point where it needs to go into that survival mode. And that was one of the things with the Concord. The stallion that cried was that he was constantly in a state of tension. And when you're in a state of tension, you're in the survival mode. And when you're in the survival mode, you're not able to retain information, not able to think rationally. So basically the human equivalent you've been in extreme anxiety or depression. So these are all the negative emotions that prevent you from seeing situations in the world rationally. And so by getting a horse into its thinking brain, which is when it's in a relaxed state, you're able to actually train it at a heightened a level of awareness. That's able to retain information, that's been able to progress much faster.

Kelly Wilson ([01:17:07](#)):

So that's ultimately what I'm looking for when I'm working with offices. And what I loved about the better bang book is that it summed up what I was doing intuitively, but I didn't realize I was doing it or that I knew it. And I think it's a really powerful tool, not only to observe wild horses or to tame wild horses, but I mean, even for riding, like we, in our coaching, we often get a lot of very nervous adult riders or kids, and they are anxious because the host them off out of the blue or the hose kicked them out of the blue, or they got bit in it and didn't see it coming. And those kinds of things, they actually don't happen out of the blue. There are always indicators that happened well in advance that war knew that the horse is about to get to the point where it needs to resort to these ways of trying to communicate something to you or to, you know, predict itself.

Kelly Wilson ([01:18:08](#)):

And so the lector band book tells you, you know, rather than waiting for the explosion to go off, if you can pick up the subtleties of a horse flicking its ear or its eye going from sort of a open, aware state to like a closed, depressed state, you can anticipate things before they happen and therefore prevent the bad things happening. And it definitely has kept me so much safer working with horses but it's also

influenced how I interact with humans. So being able to pick up their body language and you know, I guess understand at a silent level, a whole level of communication that most people aren't picking up in interactions with either humans or horses

Warwick Schiller ([01:18:57](#)):

You I've got a question for you cause you the fo that led you to his mother. I was going to ask you about that. You said intuitively, you felt like he was asking you to follow him when you, when that happens. Cause I think that's related to this bit right here. You're talking about when that happens, you actually feel something in your body is there. Cause, cause I've been stuck in my head all my life. So I think about things. I don't feel things, but I'm reading a lot of books about intuition and I'm reading a really cool book right now called radical wholeness. But it's about getting back into your body. Like your heart has a brain, you got has a brain and getting that your, your brain and your heart and your gut, all communicating with each other. And a lot of it has to do with feeling in your body. And do you get, you get bodily sensations when you have intuition, do you get it in your body? Okay.

Kelly Wilson ([01:19:56](#)):

So I have had several times where I intuitively felt that I was unsafe. I was supposed to be somewhere or doing something. One of the times was in the Australian desert on my final day, photographing the wild horses. I got five hours towards my destination cause I was going to a new band and realized that I had my camera batteries behind and aye. And we had two days photographing where I was hitting before I was supposed to fly out. And I was like, well, if I drive back and get the batteries and then I come back and wasted 10 hours, but at least I'll still get one day photographing. So we decided to make the return trip. And in the moment I turned the car around, I was filled with absolute white coat and Australia. I pulled the car over and I just turned to my friend, who'd been doing this trip with me.

Kelly Wilson ([01:20:54](#)):

And I just said, I absolutely feel like leaving those batteries behind and saved my life. And and I turned to look at her and she was absolutely ashen in the face of well, even before I spoke and said that and she just looked at me and she said, I a hundred percent feel the same way. Yeah. And w we made the decision to not return and get the batteries. And we also made an their moment, the decision to not go where we would go in to photograph the wild horses. And we drove straight to the airport, checked into a hotel and we did not leave our hotel room for two days because we found that compelled that we were in an unsafe situation. And it's happened a few times where you know, that kind of feeling has come about and I have learned not to ignore it.

Kelly Wilson ([01:21:40](#)):

And and we got back to New Zealand the next day on the news in the same area that we had been going in a family of four, had died within a couple of kilometers from the car because the car overheated and it hyped for how, and then died from [inaudible] suspicious circumstances. And you know, I honestly, I still feel to this day that those batteries being left and overrule is rock you know, was not by accident. And I was over in Canada you know, six months later and the beer biologist is very much of there. Same understanding that you can develop a sixth sense for dangerous situations. And he also has had situations where he's felt that he'd said that he's ignored that feeling twice, and both times almost died once it, you know, at the hands of human and once that, you know, buy a beer attack.

Kelly Wilson ([01:22:44](#)):

And he also has learned not to ignore that feeling. And so I can pick up a predator mode and humans and horses now, like in 2020. So last year I was taming a wild horse that had come out of the wild two years earlier and no one had been able to tame her associated become aggressive, had a lot of issues. And she got bought out to me in a stock truck and I wouldn't be able to touch her or handler. And the first day in the yard, she would just charge at me. And I think a couple of years earlier, I probably would have run for the edge of the round pen and scrambled up at to get away from her. But as she was charging at me with his pen back and you know, TB, and I just didn't get a predator vibe from her.

Kelly Wilson ([01:23:39](#)):

And I just held my ground and how my arms up and just cross them in front of me. And she skidded to a stop about a foot in front of me. And she just looked at me, twisted her head and laid down at my feet. And I just, I mean, I was just like, even I was confused. I had it happen once with a stallion. And I backed away and gave her space and she stayed on the ground for quite a while, looking at me. And then, you know, she got up and I started working with her again and it just kept happening. She would try to attack me and then just skid to a stop and lie down. And we were 10 minutes into the session. We'd been filming it and my sister managed it. She said, Kelly, you cannot keep working with this Mia.

Kelly Wilson ([01:24:25](#)):

She has called him. And I said, I don't, I don't think she is a, I think it's like a cathartic release from extreme tension and that may be in, in the yard, but there is triggering her. And, and and then she's finding relaxation when she realizes I'm not going to do anything. And so anyway you know, this has happened maybe 20 times and in the end I was like, okay, maybe you're right. Maybe she has collagen. Cause she started, she was rolling as well. And and so we actually lit around the round pin into a paddock and straightaway eating, no colic symptoms, brought it back into the yard, same thing was happening. And we just realized that she was just bleeding out extreme attention from two years of anxiety. And you know, within a week I could just walk up and hold her and open the yard and let me, it was you know, amazing. So yeah, that sort of feeling that I get from horses is definitely influencing the way I now interact with them.

Warwick Schiller ([01:25:29](#)):

Yeah. And I, I also think it goes both ways. I think how you showing up in the world is definitely influencing them too.

Kelly Wilson ([01:25:45](#)):

I hope so. I mean, yes. I mean every single horse that I've interacted with here is teaching me something new and pretty much anything I know is a case study of what an individual has has imparted with me either in the wild or the ones that I'm taming. So it's been a pretty incredible journey.

Warwick Schiller ([01:26:04](#)):

You know, it's funny, it's been this the whole time. I've known you girls. When I first met you, there was like, you know, Vicki was the really horsey one and you were like the artsy one. And then Amanda is the funny one and now you've really gone down the whole down the whole horsey path full on. I mean, you're always horsey a better man, you know?

Kelly Wilson ([01:26:28](#)):

Yeah. I know what you mean. Like, so I grew up riding. I actually gave up for several years, several times. When I was younger, I gave up and I got back into it when I was 13. And then when I was 17, I gave up again while I was at university. And often it was actually quite hard to live in the shadows of my sisters. You know, I competed for and was, it was successful, but you know, they were like at a whole different levels. So Amanda and I would often compete and Becky would win the horse grand Prix and they'd be like, okay, now in the ring is Vicky Wilson's youngest sister. And let's see if she can live up to their family expectations. And, you know, often I felt like I couldn't. So that was quite a struggle for me.

Kelly Wilson ([01:27:15](#)):

And it's possibly why I you know, pursued so many of my creative talents. So I went to university and studied graphic design and advertising and mind in photography. And then, you know, I've obviously done a lot of writing sense, but for me, although I always loved horses, it wasn't until I worked with the wild horses that I really found my passion. So I, I resonated with it a hundred percent. Like everything I do with the wild horses is just totally me. And it's not, you know, it's not thinking Amanda's passion. They still love you know, show jumping and rehabilitating saw horses and coaching and so many other things. But for me it's the wild horses that I really love.

Warwick Schiller ([01:28:02](#)):

Funny. You said you were the, you know, you were Vicky Wilson's youngest sister was, I was when I was kid showing horses, I was Stephen Shiller's younger brother.

Kelly Wilson ([01:28:11](#)):

Nice. You can relate then.

Warwick Schiller ([01:28:14](#)):

Yeah, most certainly. Okay. Next question is, and I think you've kind of covered this because I know what your answer here is, but we'll talk about it. What's the most worthwhile thing. You've put your time into something that has changed the course of your life.

Kelly Wilson ([01:28:29](#)):

So obviously the wild horses and the trip around the world has been life-changing, I'm serving wild horses and their natural habitat. But the answer is completely different. For me, the most life changing thing that I ever did was actually a university project in 2008, I think. And it was a really abstract brief with a professor I didn't really get on with. And I, wasn't excited about the about doing the paper. And so I interpreted it in the most abstract fashion and spent three weeks creating a backup list of a hundred things I wanted to do in my life. And, you know, he pulled me up and he was like, this is not. And watch this this project on this brief was meant for, and I said, no, but you can't tell me that it can't be interpreted in this way.

Kelly Wilson ([01:29:32](#)):

And and so he conceded and let me do this project. And so I spent three weeks listing, pretty much anything I'd like to do at some point in my life before I died. And then I went out and started doing them. So a couple of things that I did in that time period was I jumped a meter 50. So I don't need to jump up for me to 30 at that point in my life and borrowed one of my sisters, grand Prix horses and jumped in the meta 50. And I thought it was terrified and I never want to jump that high again in my life.

And I never have since but it was an awesome moment to realize that I actually had no ambition to compete at the highest Heights. And then another thing I did was I flew a plane for a glider plane, which is pretty awesome.

Kelly Wilson ([01:30:20](#)):

And then I also went skydiving and skydiving was quite a big one for me because I was absolutely terrified of Heights and was get into the point where I felt limited by my fear. And so I decided that I'd come up with the thing that's in the scariest, which at that time was jumping out of airplane and that I'd just do it. And so I tried to convince you know, family and friends to come with me and everyone said, ah, no way. I'm not not doing that. And and then I was like, okay, I'll ask my friend's dad. Who's like, you know, covered in tattoos. He rides motorbikes. He is just like the toughest guy I knew at the time. And I said, you know, do you want to come skydiving with me? And he said, no way, like, you can pretty much do anything, but I'm not skydiving that terrifies me.

Kelly Wilson ([01:31:09](#)):

And I'm like, well, I'm already terrified. I don't need you guys. I'll tell him how to, you're fine. This is going to be your really weird feed me out. And so in the end I actually went skydiving by myself cause I couldn't convince anyone. It was a great idea. And I'm in that moment when I stood in the plane, obviously about to jump out, it was for sure tear fine, but the seconds later we're just exhilarating it. And I absolutely loved it. Totally cured my fear of Heights. Since then I've been, you know, ice climbing places bungee jumping rock climbing on table mountain and just so many, you know, things and just never affected by Heights since

Warwick Schiller ([01:31:51](#)):

Forgetting you're forgetting one. Oh

Kelly Wilson ([01:31:54](#)):

What else have I done at Kenyon spoon?

Warwick Schiller ([01:31:58](#)):

No, no,

Kelly Wilson ([01:32:03](#)):

You gotta tap me on here. Oh, wait. Yeah.

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

Walking ring a bell. So when I had Chloe on the podcast, we talked about that and you were one of the, the wing walkers. So if you guys don't know what wing walking is, it's when you are standing on the top wing of a biplane and it takes off and flies around the sky with you standing on the top wing of it.

Kelly Wilson ([01:32:23](#)):

So yeah, so that was probably one of the unsafest things I've ever done. It wasn't like legit designed for wing walking, but this guy had just welded like, you know, one of those furniture, removal, trolleys, and yeah. So he just welded that to the roof of his plane and the kind of headlights, some straps that you put over your shoulders. And I was a thousand feet up in the ear and the straps fell off my shoulders and I

was like, wow, this is really unsafe. But actually wasn't scary. It was kind of just like fun. So yeah, that was quite extreme. And obviously that list you know, doing these things really catapulted me out of my comfort zone. So before those, and before that list, I would say I wasn't very adventurous. I didn't really have any goals. I never pushed myself outside of my comfort zones.

Kelly Wilson ([01:33:19](#)):

And I was a bit of a princess and I was hitting towards you know, live in a city life and working like a nine to five job in the city, you know, at this point on like pretty much given up horses. And that list really awakened my adventurous spirit and has taken me around the world, doing crazy things. I've been you know, scuba diving and sleeping on the mountains on it. I had published a book on, I also had, you know, live out with wild horses for a month. Just really apex staff learn how to snowboard and it totally changed my life and taught me to face my fears head on and also challenged myself to do things that might never have interested me prior to that. And some of the things I did like jumping to me to 50 that I never want to do again. And other things like tame, a wild horse, which was on there, I absolutely loved, and I've just, you know, grown and become more passionate about those things. So it really helped me discover who I was as a person, what I love, what I don't love. And I'm just challenged every single second of my life to live it to the fall.

Warwick Schiller ([01:34:33](#)):

And how many of them have you not done?

Kelly Wilson ([01:34:36](#)):

So that original list had a hundred. I have done about 95 things, all net. And since then, I've added about another 200 to the list and I've probably done another 150 things.

Warwick Schiller ([01:34:47](#)):

Wow. What are the five from the original one you haven't done?

Kelly Wilson ([01:34:51](#)):

So one of them is a rescue a dog and that didn't happen because he actually gave me a dog for my birthday. And then another one I haven't, I haven't got married that was on the list and see the live museum in Paris. I think I pronounced that wrong. It was a couple of little things like that. So some of the things aren't necessarily important to me and that's why I've never done them, or I just haven't had an opportunity to do them. But there's quite a lot of things on my new list did that definitely am working towards at the moment.

Warwick Schiller ([01:35:30](#)):

Well, what's the craziest ones

Kelly Wilson ([01:35:34](#)):

The craziest ones. So suddenly I would love to do is tame banned wild horses in the mountains. So I feel like that experience working with the mayor and the full lion sort of set me up to be able to interact with band and, you know, spend months observing and tracking one specific band to see what their lives are like. A couple of other crazy ones are, I'd love to show jump at course, bridal lists. So I've got a horse that during lockdown last year I made a four week challenge to train one of my show jumpers to go

bright and less within three weeks, they for jet round full courses. And so I'd love to actually do that at a competition where I jumped around broad lists you know, and lots of obviously unhealthy ones too, but pretty extreme and benches that you just get more and more extreme as my idea of extreme keeps expanding greater.

Kelly Wilson ([01:36:34](#)):

So one of my things on the list actually was ride a camel across the desert and sort of in my mind, I was like, you know, in Australia, I'll go for like a one hour terrorist ride on a candle. And then in 2017 Chloe she contacted them and she goes, Kelly, do you wanna ride a camel across the Gobi desert with that? And I looked at my lesson on that. It sounds, you know, extreme and you know, I'm not really, you know and then I wrote, I did write a cross, the divot, I didn't write like ride a camel in the desert. And so I said, yes, and I booked my plane tickets. And then I found out it was an active conditions and it was, you know, cause I was thinking I camels do that. It's going to be like heart and Sandy. And it was like Arctic cold and snow and for 300 kilometers. So it's been two weeks, obviously you've done the trip and you've interviewed Chloe before, but it was the most extreme and one of the most life-changing trips in my life.

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

Yeah. Well, you know, you had told me cause after we Tyler and I, my son, Teledyne great to go on this trip. I talked to you at equitize in New Zealand and you said, okay, so after about day four or five, you're going to be as cold as you've ever been a Sergeant ever been as rubbed raw as you've ever been. And you just want to curl up and die. You want, you want the clouds to open up in the hand of God to come down and pick you up and take you somewhere else. But after day six or so. Yeah, it's not too bad. And so I was, I was pretty much petrified about that happening. It was actually, I was actually doubting my ability to get through that.

Kelly Wilson ([01:38:23](#)):

I think I was lucky cause I was ignorant going in the trip had never been done before. I was one of the Guinea things on the pioneer and trip. And so I didn't have any information. I had no idea what I was getting myself into.

Warwick Schiller ([01:38:34](#)):

Yeah. And luckily it wasn't near as cold for us as it was for you. Like the week before we were set to go, the, it had been bitterly cold. It had been like minus 45 or something crazy. But no, we lucked out and was, it was pretty good. I mean, you know, at one point in time on your trip, didn't you wake up one morning and there was a bunch of frozen sheep outside or something.

Kelly Wilson ([01:38:58](#)):

Yeah. So our first night in the Gobi, we were staying in a girl, which is like a canvas nomadic tent. And someone had left the door open overnight if it had gone out to the bathroom and it just never been shot. And we, at one point in the night, I'd woken up and my entire from the shoulder down was just numb. And I just remember punching in my arm for about 10, 15 minutes trying to get feeling back and do it and just being the coldest I've ever been in my life. And this is what the multiple optics to optics sleeping bags. And and I'd been wearing like layers of thermals that night. And we woke up the next morning, got out of the gear and there was a cow and four goats that had frozen to death overnight. And so it wasn't just cold. It was life and death cold. And I remember just, I mean, I think it was maybe a month after I returned to New Zealand that I felt warm again. And that was negative 43 degrees. So to

put it into perspective, like an active crossing in the North or South pole is normally, you know, negative 35 degrees that it's called us. So this was extreme weather.

Warwick Schiller ([01:40:11](#)):

Yeah. And you get really sick to him.

Kelly Wilson ([01:40:13](#)):

Yeah. That first day, you know, I'd been warned by I think the son of Sam admin, Hillary, who I had you know, got advice from before I went. Yeah.

Warwick Schiller ([01:40:24](#)):

Well let's back up, you got advice from the son of sir Edmund Hillary. How, how did, how do you just, do you just ring him up and say, Hey, I'm going to Mongolia. I hear it's bloody cold. How do I do that?

Kelly Wilson ([01:40:35](#)):

Yeah, it was we had one of the writers that we coach knew him and they'd put us in contact and yeah. So the advice that I'd been given is no matter what, you cannot sweat because as soon as you sweat, you'll chill. And so that first day they just piled us with outfit that outfit. And I think by the time we hit it off on the ride, cause it was so cold and we were like white Westerners and they were worried for our wellbeing. I think I must've had nine layers of clothing. So thermal, thermal, thermal, you know, down jackets, I had an 1200 down jacket, which is 30% warmer than any other jacket in the world. And then on top of that, I had the Mongolian sheepskin deal. And so I was on the camels. We would try to, and you know, the Jocelyn I could feel myself starting to get really hot.

Kelly Wilson ([01:41:29](#)):

And I was kind of at the back, I think, and the only people around me with the Mongolian herders and they didn't speak English. I was trying to tell them I was too hard and I needed to stop, but I couldn't really control my camel and I just needed to take some layers off and it never happened and I could feel myself starting to sweat. So by the time we got to the half a halftime, Mack I'd sweated chills and was pretty much hypothermic. So I ended up going into a support vehicle and having to go on a four wheel drive across the desert. Cause I wanted to get me a fire to a fire as quickly as possible and wrap me in rugs. And unfortunately that four wheel drive got stuck in the sand dunes. And so I spent six hours in freezing conditions in the back of the vehicle while they were trying to dig this folio, drive out with spades. And in the, in another four wheel drive came through, I hopped into that vehicle, but then like a kilometer further that also got stuck in the sand dune. So I spent six hours in pretty bad conditions. And and then that night when we finally got to the base a doctor had arrived for 30 kilometers on a camel to come and check me out.

Warwick Schiller ([01:42:39](#)):

You're lucky to have a doctor only 30 kilometers away. Cause you're basically, you know, when you're out there you're 600 kilometers from a hospital basically.

Kelly Wilson ([01:42:48](#)):

Yeah, yeah, no it's, I mean, it was pretty extreme and I was actually okay. I mean, I was, I think that night I was wrapped in so many layers of clothing. Then I had a survival blanket against my skin. I had a heat

packs in front of a fire. I mean, yeah. And then I was able to ride, so I think I missed about 50 kilometers of the ride and then I'm finished to finish and, and it was phenomenal and about every minute of it, but there was definitely some hit and miss moments,

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

You know, we were lucky to have your experience because you know, we sweated the whole way, but I didn't take anything. We didn't take anything off, you know, like you'd get to the girl at nighttime and you'd peel stuff off and all your thumb was, were just drenched. Like it was, yeah, we sweated all day. We were never called really? Actually,

Kelly Wilson ([01:43:44](#)):

No, it took me a long time before I felt warm again. And it starts even a year or two later. I bet that went numb that night would still go numb frequently. Really? Hm.

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

Wow. Was this, yeah, it was a, it was a pretty life-changing thing for us too. And it was pretty cool. Okay. So the other question that you wanted me to ask and so far, no one has not requested this question and I think you've covered it, but it's, and it's been so good hearing all the different answers, but what is your relationship like with them?

Kelly Wilson ([01:44:19](#)):

Yeah, so I'm pretty good with fear and in flight, you know, I face it hit on. So when I had fear of Heights, I went skydive and it made it better. I developed a fear of snakes when I was in America. I'd been searching for an Island. I'd been kayaking and got lost. And so I came back to shore and asked someone if they could point me in the direction of the Island, where there was a party. And while I was asking them a snake came out of the woods and down onto the sand and started chasing me. And so not knowing anything about snakes, cause obviously in New Zealand, we don't have snakes. I ran into the Lake to get away from it and I had no idea snakes could swim and the snake must have been about a meter and a half long and big black one.

Kelly Wilson ([01:45:10](#)):

And it just said coming after me in the water. And so I swam to a Boulder, I managed to pull myself up and the snake just circled me. So that instills in me quite a terror of snakes. And then I came across a few rattlesnakes when I was out riding and you know, things like that. And it got to the point where I would have panic attacks and just be sobbing and just hysterical if I even saw a photo of a snake or a snake and a film. So I'm into being in the movies, in a comedy and one of the scenes, the snakes drops out of the tree and I was just screaming hysterically in a crowded cinema. And then another time a photo on Facebook came up with one of my friends, holding a snake at a zoo experience and just full on panic attack.

Kelly Wilson ([01:45:56](#)):

And and then when I was over in Africa, we were in the Kruger national park. And the guide that we were with said, you know, one of the most dangerous situations is when the really massive snakes, which can be sort of up to five meters long out across the road because it appears to be like a pipe, but then if you hit them with your car, they can recoil and end up in the Jeep with you. And so obviously the

story was like not something that sat well with me. And we were coming back at desk after photographing lions and elephants and the like, and I just soar in the dock, this black thing, stretching across the road. And I started screaming and the, the guide slammed his brakes on the four wheel drive and his cane to stop that two meters and in front of a black Mamba snake and it read its head right up to like eye-level with us in the vehicle.

Kelly Wilson ([01:46:54](#)):

And I was her scene and the guy chats the vehicle into reverse and backed up rapidly. And I mean, this all happened within about 20 seconds and and the guide's back was just slick with instance with, so obviously the situation had been you know, very dangerous. And I was at the point where I was like, wow, I actually have some severe issues about snakes. So I on our drive out the next day we stopped at the snake sanctuary. And my challenge to myself was to hold a snake and there's side of a tiny little ones and I was too scared and all these little kids were holding the snakes and not visiting my sister and friends were holding these little snakes and I just could not bring myself to do it. And then we got into another room and there was slightly bigger snakes and everyone was holding it.

Kelly Wilson ([01:47:47](#)):

And you know, I was like, I've got to just, I've just got to do it. I've got to hold the snake. And so I, as soon as my fingers touched it before the other guy that had go, luckily I was just, I screamed and I dropped the snake, but I hadn't been holding it. Luckily he he still had it, so it was fine. And then I built myself up to the pinpoint where I could hold this sort of medium snake. It must be about two feet long. And then by the end of it, I could hold a massive boa constrictor in my arms. And it was like wrapped around me and I was fine. And since then, I've been totally fine with snakes. So those were probably my two biggest fears, but obviously there are a countless other fears that, you know, impact how we live life.

Kelly Wilson ([01:48:31](#)):

And I've been very fortunate that in the last five years I have been studying horse body language and a horse behavior and working with horses that are going through trauma, but in the same time period, my sister Amanda has been studying human trauma. And so she's looks into human body language, human behavior, human, human trauma. And as part of her discovery, she has worked out how to identify and release fears so different to the emotion code, but ultimately the same result in that once the fear is released, it no longer triggers you in any adverse way. So you don't get any negative emotions from being exposed to your fears. And those fears can be in effect to a fear of failure, to a fear of a situation or a person or something traumatic that's happened in your past. And so by seeing her radically transform form her life by identifying and releasing her own fears and she must've done, you know, hundreds by now I've learned from her had also released my own. So I'm at the point where anything I might have found fearful or caused me anxiety or stress in the past is now neutral. So rather than something that might cause me stress, I'm like, Hmm. You know, that's, you know, something that may have caused me a negative emotion in the past, but now it no longer impacts me in any negative way. So it's either not a positive thing or it's neutral in my life. So that has profoundly changed how I interact with people and just life in general, which has been pretty phenomenal.

Warwick Schiller ([01:50:26](#)):

So with you with the, like the emotion code, you know, there's a book, you know, Bradley Nelson wrote this book what the stuff Amanda's doing, is there a particular modality she's studying?

Kelly Wilson ([01:50:36](#)):

No. So she she discovered it by trial and error and totally by her own findings. And it was probably a year or two before I worked with the emotion code on the horse. So obviously Amanda can release her own fears but to be able to then help my force releases beards, wasn't something that could be done or that she knew how to do. So the emotion code has been phenomenal for the horses. And you know, I also did it on myself, but since then I can see the benefit to it before then. I didn't understand what Amanda was doing or how, how significant it was. And in, through all this, I can absolutely 100% see how vital it, and then his work has been. So I've now learned demand as way of releasing fears. And I'm able to identify and release things as they happen rather than allowing it to fester. And, you know, obviously if something negative happens and you don't process it, it can become like a bad mood. And then if you don't, if the bad mood lasts long enough, it become, you know, a personality trait. So rather than becoming angry or sad or stressed about something, dealing with it, you know, in the moment that it happens. So that the fear that in the Mattoon acid,

Warwick Schiller ([01:51:59](#)):

You know, what I find is amazing about you guys is so you guys run these, these camps and have a lot of, a lot of kids and stuff they don't change.

Kelly Wilson ([01:52:08](#)):

Yeah. So yeah, we've done about six or seven since new year's where writers, we do edit ones and our youth ones as well.

Warwick Schiller ([01:52:17](#)):

I think that's amazing because the stuff that you're talking about, I'm pretty deep down that rabbit hole too. And I really feel that's what human kind needs is, you know, his influences to look into that stuff and help solve that stuff because coming out the other side of it, we're completely different human beings. And I, you know, you get a lot of young girls at those camps and I think just being to influence them in this way, this early on in their life, I think is just a magical gift for them.

Kelly Wilson ([01:52:51](#)):

Yeah. So everything that we've talked about today, we kind of had these discussions you know, at you know, in our evening talks and, you know, horsemanship clinics. And Amanda does written clinics where she went to circles with behavioral issues. And then we obviously coach and they get lessons each day. And then the evenings, you know, one talk is about our work with wild horses and what we've learned from them. Another talk is about a goal setting where I talk about my bucket list and the goals that we've made over the last sort of decade. And then Amanda also does now a talk on trauma. And then I sort of support her and fill in the gaps of how each of her situations with human trauma then crossover to horses as well. So it's been an awesome thing we've added in probably in the last six months, which is again, a huge positive feedback and you know, really leaving a lasting impression on, you know, the people that attend.

Warwick Schiller ([01:53:50](#)):

Yeah. Because this is not there, maybe in my circles now it's talked about a lot, but you know, this is not stuff that was talked about, not that many years ago. And it's, you know, it's, once you understand that everybody has trauma and you, it holds you back at it, it, you know, it's a part of you and it's, you know,

it gives you limiting self belief and all those sorts of things. And when you start to unravel that and you start to feel free you know it's just a, it's just a magical gift, I think.

Kelly Wilson ([01:54:25](#)):

Yeah. I you know, I had a friend that we did some work with and I actually threw the emotion code for her because she was you know, on the checklist of suicidal tendencies that, you know, there's psychiatrist, girl, she was failing 30, one of the 36 options. And two weeks after doing the drama work, she came to me and she said, no. I said, you know, has it worked for you? Like, how do you feel? And she said, I realize that I've never been happy. And I was like, Oh my gosh, that is not what I want to do to, you know, realize from this recommendation that I gave you to try this. And she said, no, I realized I've never been happy because for the first time in my life, I am joyful and genuinely happy. And I realized I had never felt this way before.

Warwick Schiller ([01:55:18](#)):

Wow. Yeah. That's yeah. That's, that's the stuff. So it sounds like you guys doing great work with that. Got one last question for you. This was an optional question that you added, but I want to, I want to hear about it. What's the luckiest thing that ever happened to you?

Kelly Wilson ([01:55:35](#)):

So I actually, the luckiest thing that ever happened to me, it's probably Vicki breaking her arm in 2012. So at that time I was living in the city working for a magazine. And, you know, I would say now I did work in for an advertising agency, live in the city life, completely different to where I am. You know, now if Vicki hadn't, the band was filming a documentary, they had to live in wild horses. Vicki was supposed to tame all these horses and men who was filming it. And a weekend Vicki broke her arm in a totally unrelated accident. She was teaching a show, jumper, had a jump and trotted over a pole and it tripped and she fell off and broke her arm. And man, Nick said, you know, I have all of these wild horses in the yards, no one to attain them.

Kelly Wilson ([01:56:28](#)):

You know, it's kind of a disaster. And I said, Oh, you know, I'll come home and tame them. And they just all looked at me and laughed because I had not, you know, I hadn't done anything with horses for a long time, and I'm never one to turn down a challenge, as soon as they said that I probably couldn't do it. I was like, no, I will do it. And so I moved home, quit my job. And how tame there's living wild horses. And I certainly wouldn't be where I am today. And potentially not even working with horses if it hadn't have been for that moment.

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

So good on Vicki for breaking her arm.

Kelly Wilson ([01:57:04](#)):

Yeah.

Warwick Schiller ([01:57:05](#)):

Well, thank you so much for joining me on the podcast. It's been an absolute pleasure to catch up with you again, and I'm sure everybody listening got as much out of your stories as I did.

Kelly Wilson ([01:57:16](#)):

Well, thank you for having me. Honestly, it's been so much fun and I can't wait until you can come back to New Zealand or I can come across from the airfare to catch up in person.

Warwick Schiller ([01:57:23](#)):

Yeah. We usually get to get up once a year. And a couple of things happened last year. The horse expo that I usually present, it is no more. And we had this COVID thing going on. So not a lot of traveling happened right now.

Kelly Wilson ([01:57:39](#)):

That's right. We have a new expo, which is as good if not better. So once the borders open up, we'll have you back for that one. Yeah.

Warwick Schiller ([01:57:46](#)):

Yeah. I'd love to come back for that. That'll be fun. So once again, thanks for thanks so much for being on the podcast. I, I think you, you know, I, I seem to get these sorts of people on the podcast, but you I think you're an inspiration to a lot of people. And I think what you're doing is just affecting the world in such a positive way. I just think it's amazing. I think you're doing a great job.

Kelly Wilson ([01:58:15](#)):

Thanks. All right. I absolutely love what you're doing too. And obviously it's a huge inspiration, so awesome to meet and talk to people that are on similar paths.

Warwick Schiller ([01:58:24](#)):

Yeah, most certainly is. Okay. Thanks everybody at home for joining us here on the journey on podcast, and we will catch you in the next episode.

Kelly Wilson ([01:58:37](#)):

Thanks for listening to the journey on podcast with work Schiller Warrick has over 650

Speaker 1 ([01:58:43](#)):

Full length training videos on his online video library at videos dot Warrick, schiller.com. Be sure to follow Warrick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.