

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

Magic lies with the trails. 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 ([00:00:36](#)):

Welcome back to the journey on podcast. I'm your host Warwick Schiller. And today I want to talk about another principle of training. So back in episode 27, I did that on the principles of training, which was originally it's. I did it as a TV show that ended up being, um, broadcast here in the U S on a Roku channel called farm and ranch TV, and, uh, in, uh, Europe, in the UK on horse and country TV, and the principles of training where there's some principles are, you know, over the years doing clinics and stuff, and you'd help somebody with their horse and to solve an issue. And then you'd help somebody else with their horse to solve an issue. And the two issues might be completely different. But when you looked at the principle behind how we dealt with the issue, uh, it was the same.

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

And so as I was doing clinics and also, you know, watching other trainers and things like that, I started formulating these principles in my head. And, um, you know, I think, well that, that exercise there falls under this principle and that what they did just then falls under that principle. And I kept, you know, come up with these principles and it maxed out at 12 principles after, while I could not, uh, you know, I could, I could watch, uh, you know, world-class say show jumper or whatever, or dressage rider, whatever, give a, give a lesson or give a clinic and everything they'd said, thank you. Well, that falls under that principle. And that falls under that principle. And that falls under that principle. And I kind of ran out of principles, but recently I've come to believe there is another principle that I didn't include in there that covers a great deal of the work that I've been doing for quite a while.

Warwick Schiller ([00:02:21](#)):

Now, in that principle, I'm going to call relationship before horsemanship. And so if you think about, you know, if someone said, ah, that guy's a really good, that guy's really good at horsemanship, or that goes a really good horsemanship clinician or anything like that, you think, well, that guy is really good at applying techniques in such a way that makes sense to the horse and it works and you get a positive outcome out of it. And so that's the horsemanship part, but really what I've been doing for quite a while. And it's just amazing how that works is working on relationship before horsemanship. I kind of came up with that, that name because I couldn't, I had a guest on the podcast a while ago, her name's Sarah [inaudible] and she's from Canada and she's a trauma therapist and she wrote a great article on her.

Warwick Schiller ([00:03:11](#)):

Her website was a blog on her website and it was called connection before concepts. And that's what I'm trying to get at across here. But, uh, that Sarah's saying, so I'm gonna, I'm going to call it a relationship before horsemanship, just because I'm a host midship guy, but it really doesn't matter what to call it. The whole thing's really about giving the horse a sense of being heard before you start to try to shape their behavior in any way. And probably, yeah, the, the, you know, the most, um, obvious way of doing this, this is developed and developing a relationship with a horse before you try to train them to do anything. So, you know, last year when this whole COVID thing quit, quit, started. Sorry. It hasn't quit yet. When this whole COVID thing started, I put a series of videos out on YouTube and the whole point

was, you know, over the years I've had, since I've been doing this relationship type stuff, I've had a lot of say competition writers who say, yeah, I'd like to do that stuff, but I don't have time.

Warwick Schiller ([00:04:12](#)):

I've got to, you know, I've got a horse show in a month or I have a horse show once a month. So, you know, I don't know. I can't take the time off to do that. And when COVID hit, I thought, well, people are gonna know there's not going to be horse shows. No one's going to be going anywhere. And so I did a series of videos on YouTube and it was, um, I did it for my sponsors, Weaver leather, and they asked me to do some videos. And so I didn't, and the whole series was called reconnecting with your horse during coronavirus. And it was all about, okay, you've been given a gift right here. I know this is a global pandemic and it's not a good situation, but we've been given a gift with our horses to where we don't have to keep them ready for something or other.

Warwick Schiller ([00:04:50](#)):

We can take a step back if that's your, the mindset. And we can take a step back and we can take the time to connect with them. And we'll reconnect with them if we ever had connection with them. And the first exercise that I suggested people too was to go at in a pasture with your horse, take a chair, go out there and just sit and sit in a chair. You can read a book, you can meditate. You can sit there and listen to the birds. You can sit there and scroll through Facebook. It really doesn't matter. Um, the whole point of this was because these horses tend to think when you show up, you're going to yeah. Ask me to do something and think about, think about making friends with people. Like the first time you meet someone, if you said, Hey, can you borrow a hundred?

Warwick Schiller ([00:05:43](#)):

Can I borrow a hundred bucks off you? Hey, can I borrow your lawn mower? Hey, I'm going to move. How soon can you come over and help me move my furniture? You know, that would not be the way to make friends. When you first meet somebody and you become friendly with them, you, you, you share time together, share experiences together, but it's not asking for anything. And if you think about what we do with our horses, every time we show up, you know, some, some horses, the, every time a human shows up, if they don't show up with food, they are showing up to get that horse to go and ask them to do something. And so it's just a, it was a time to change that, you know, put a bit of paradigm shift in that, to where you show up and you do absolutely nothing.

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

You don't ask them to do a single thing. And it's funny, I recently went to a Carolyn Resnick clinic. So Carolyn Resnick has this thing called waterhole rituals and Carolyn doesn't teach anymore. Uh, she's got a lovely lady named Nancy since master, who does all the, all the clinics now. And it was so I wanted to go and see this thing because Carolyn Resnick's been doing relationship work with horses for 30 years, and I'm, I've just recently stumbled across it in the past few years. And the bit of the stuff I've been doing, it's, it's been mindblowing, the, the, just the responses and the changes in these horses. And so at this, uh, Carolyn resinate clinic, she has this thing called a waterhole rituals. And this, I think there's seven rituals, but the first one is you go take a chair, go in your horses, pasture, and you sit down and you are the meditate read or journal, I think.

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

And all of those things that are put you in a, in a certain mindset. And I think she might even have some suggestions about what you journal about, but, you know, so that's putting you in a certain mindset. You know, when you read you're in probably a beta alpha data, probably in, in alpha brainwaves, if you meditate, you probably can. If you're good, you can go into, into beta of brainwaves, but it just keeps you out of that beta mindset where that monkey mind, that chattering mind sort of thing going on. But even if you went out and that's really good, I think that's a good thing. But even if you went out there and got on your phone and scroll through Facebook for half an hour, it wouldn't matter. You'd still be making an impact because you have shown up and you were sharing space with them with no thought of any outcome.

Warwick Schiller ([00:08:18](#)):

You're not trying to get them to do anything. So, you know, think of it. Worst case scenario, you get on your, you get on your phone and scroll through Facebook. Um, at least right there, you are not, um, you're not asking anything of your horse. You're just being in their space, even though they would realize that you weren't very present. Um, oh, then you could go in there and you could just sit and you can meditate. You can do all sorts of stuff, but that's, that's the big, that was the beginning of that, um, series that I put up that was reconnecting with the horse during, during COVID. And that's the, basically the first thing that they do in Carolyn Resnick's a waterhole rituals thing. And that that type of connection or relationship is what you do before you to train on the horse. But there's a, there's another type.

Warwick Schiller ([00:09:11](#)):

And this is the type that was basically in, uh, Sarah's art, Nicole who blog on her equity. Yeah, I'm a website. And I want to talk a bit about, I want to go over a bit of that, but there's another type which is creating the connection during the training. So before a lot of interactions, you can, you can have, you can create that connection with that relationship in the process, the training. So, you know, if you think about the most, you know, the one I've talked about the most along this line is actually the story of the Mustang in, uh, the, at the clinic in Texas. So if you think about that, that, you know, you know, I talked about this quite a bit in one of the earlier podcasts, and I've talked about it quite a bit in, on YouTube and all sorts of places.

Warwick Schiller ([00:09:59](#)):

But if you think about that major change that had with that bolting Mustang that, you know, that was four years ago and he hasn't bolted since. And the only thing I did was step back when he turned his head and said, that concerns me. I really did. I really did nothing else. And it's a, that was where I really discovered, but this, this thought, but, uh, yeah, you know, what I might do right now is read you some stuff from, uh, Sarah Schlotzky's website. So she's got a website called Equis Soma, Q U U S O M a and her blog on this actually comes from her work with, um, you know, equine assisted therapy in what they're taught to do with, with horses in the, those situations. But let me read you something from there, because I think this, uh, you know, really ties into what I'm talking about here.

Warwick Schiller ([00:10:50](#)):

So this is directly from her, her blog, and it said what I was first taught in a number of approaches in the equine facilitated, whatever field, a great deal of emphasis is placed on how one approaches a horse. This isn't true of all approaches, of course. And there remains a large number of horse human interaction programs where the animal does not have much of a say or a voice. However, in the ones

where the is needs a prioritized, I learned early on about the importance of releasing pressure at the first sign of a no, this FALive is in the face of what most people are taught. But from an attachment standpoint, this is crucial, crucial attachment theory focuses on the importance of providing safe Haven conditions in relationship, which are foundational to the development of trust. The primary way Kate give is do this is through the accuracy and the responsiveness of their attunement in combination with their ability to provide co-regulation when we are seen and heard, feel, felt, and get gotten by another individual.

Warwick Schiller ([00:11:51](#)):

And that's her paraphrase of Daniel Siegel's, um, thing that said, you know, he says the chairman is being seen, being heard, Sarah has added to it and said, attunement is the sense of being seen, being heard, feeling felt, and getting, gotten our nervous system begins to settle, and we begin to feel safe in relationship. When we feel safe, as polyvagal theory suggests many more things are possible, a deepest sense of intimacy and connection, uh, capacity for play and creativity, the attention and focus necessary for learning and other higher order brain functions and the ability to rest and digest effectively. Our nervous system can do all these things because it's in a state of sustainable physiology that is conducive to experiencing those said things. That is how a lot of that's a lot of, uh, technical talk right there. But what she's talking about there is, and I've talked about this quite a bit on the podcast is, is attunement that sense of being seen, being heard, feeling felt, and getting gotten.

Warwick Schiller ([00:12:48](#)):

And that's her saying? And I actually did a podcast. The podcast number two was actually about polyvagal theory, which talked about a lot of this stuff. And you know, what's funny is I'm not a scientist by M a call myself a dot joiner. I don't do the research on all this scientific stuff. I just take all the dots and join them together. And really I'm an educator and I'm trying to help people get along with their horses better and make better decisions about the things they do with the horses. And when I really started, you know, like the instance with the Mustang and all that sort of stuff, when I really started basically allowing the host to say no, like when that Mustang turned his head and he says, no, I don't want you to go down there instead of me saying, Hey, move your head.

Warwick Schiller ([00:13:36](#)):

I want to go down here and disengage you. I stepped back. And I said, I see that. And once I started doing that, and then I did that, and then I started doing it in other situations, it really made a huge change in, uh, the horses. And, and so I was trying to encourage people to think this way. And then I read about polyvagal theory, which, which really tells you that that sense of being seen and being heard that sense of community puts the brakes on and slows everything down and stops you being worried about stuff. And so I really started to, to talk about polyvagal theory in a way that helped people make better form decisions for their horses, because it, because it seems to match up with it. If you understand, if you understand polyvagal theory, yes, as it's written, it will help you make it better decisions with your horse.

Warwick Schiller ([00:14:34](#)):

And what's funny is there's every time I posted like a YouTube video or something on polyvagal theory, there's a number of people from around the world who will send me this long involved email telling me how the polyvagal theory is a load of crap. And it hasn't been proven and this and that and something else. And what they don't do is they don't offer me, uh, another explanation as to why doing those

things that way works. And I really don't give two hoots if polyvagal theory is right or wrong. I mean, you can, you can take scientists that you can take any scientific subject and you can have people on ones. You can have scientists on one side of the fence and scientists on the other side of the fence, you know, I'm, I'm big into the, the woo sort of stuff. And I did a podcast quite a while ago on books that have influenced me.

Warwick Schiller ([00:15:26](#)):

One of those books was a book by a PhD guy named Dean Raden. And, uh, it's called, uh, real magic. And it's basically, it's not slight of hand magic. It's how you can actually manifest things, Hagen cause things to happen. And, um, he has actually quantified it to where he's, he's done a lot of experiments and he's pretty much got it down and we can quantify this stuff. And, but some of it, he can't quantify yet, but he's almost on it. But in the book he says to a group of scientists, I could prove this stuff, this stuff, and told me if I could prove it to you in a scientific way, double blind studies, all that sort of stuff. If I could prove this too, would you believe it? Then if I could prove it to you, would you believe it then? And they all said, no, like there, their scientific mind cannot wrap their head around that that could be possible.

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

And so, you know what I'm saying here is on, on every side of the fence that, you know, in any scientific thing, there's probably two different ways of looking at it. And, you know, we used to think the world was flat and the, the, you know, the sun revolved around the earth and all sorts of things like that. But what I'm saying here is I don't care if polyvagal theory is right or wrong. I mean, as far as my personal experience with what it's saying and like my childhood and the I ended up with and what I've been doing with horses, it seems to make sense. And if it makes sense then, and I tell people about it, then it causes those people to make a good decisions with their horses in the management, the horses and their approach to the horses. Then for me, it works.

Warwick Schiller ([00:17:05](#)):

I don't care if it works or not, but, but that, that science seems to back that up. So if you're listening to this and you're not into polyvagal theory, um, that's, that's fine. Um, I, I hold nothing against you, but, um, if you can give me a better, a better, uh, explanation as to why this stuff works, uh, go ahead. But, uh, yeah, if you're not in the polyvagal theory, that's not a big deal. Like I said, I don't particularly care if it works or not. It helps people make better decisions about their horses. So I'm going to go back to Sarah's blog here for a second. She says, coming back to releasing the pressure on a horse says, no, if a horse is refusing something, pinning is, is not allowing someone to approach. And so on, I was taught, this might be a sign of either a relational or a boundary rupture, typically as a result of misattunement or mistreatment horses experienced these kinds of misattunements all the time where we ignore the body language and attempts at telling us that they're in pain, they're uncomfortable, they're scared.

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

And so on. We forced them to do things not ready to do often at great cost to them for our benefit. It's not always big things. Most often it's repeated misattunements that create the biggest disconnects in turning a blind eye to what the horse is communicating to us. We in turn, communicate something powerful, powerful to them that we don't see them or get them. And that's, you know, something, you know, this whole rabbit hole I'm down came about because of a horse called Sherlock. And he was shut down. Okay. Very, very shut down. And he, I think he was shut down. You know, he came from a very, he was a reining horse and he came, he was trained by two of the best running trainers in the world.

And they do a great job. They turn out great, amazing horses all the time. And so what are they, what did they do to this one?

Warwick Schiller ([00:18:58](#)):

Well, the thing about Sherlock is I think he is super, super, super sensitive. And, um, you know, when you are, when you are really sensitive and some things happen that might overwhelm you a little bit, you don't complain about it. You go inside your head. So I don't, you know, I don't think he had any mistreatment, but the, the, you know, your training training is really quite structured and quite repetitive. And, you know, it's possibly a little bit like being in, in, in the army, so to speak. And so Sherlock, he was, he was shut down probably from that, but you don't really even have to go through all that to cause a horse to shut down, like Sarah said, and that thing, you know, it's often repeated misattunements that can leave to the biggest disconnects in turning a blind, either what the horse is communicating to us.

Warwick Schiller ([00:19:49](#)):

We in turn, communicate something powerful to them. We don't see them or get them in a, and this, I know this really happens in human relationships. I'm very guilty of it there. But, um, so this is, this is the part where we, we start to work. You know, this, this is all related to when you're training a horse and I'm going to read you a little bit more from, uh, Sarah before I'm going to give you some real life examples here in a bit from clinics all around the world, but I'm just gonna read something from Sarah's here. And she says, I was taught years ago to pause at the slightest hint of a horse as attempt at communicating, no, which looks like a rock stepping backwards, half a step, and then waiting for things to settle before, seeing what wants to happen next, both for the horse and for you.

Warwick Schiller ([00:20:36](#)):

It's not necessarily a full stop and backing off to a further distance. Although at times it might look like that in the beginning, especially if we missed earlier signs of no earlier thresholds, but rather it's being mindful of the other's experience and responding to that through training and somatic experiencing, and a variety of attached, focused therapies. I later understood the underlying reasons for this important of this kind of titration from a neuro-biological standpoint. So I'm getting pretty to here, but this is good. This next bit, listen to this, give the horse and experience of consistent attunement first to provide safe Haven conditions in a nervous system state that is conducive to relationships. Then when there is safety in the relationship, you can begin to make requests, requests, or asks or use techniques, but to make requests and use techniques before there is a neuroception of safety built in the relationship through consistent attunement and career.

Warwick Schiller ([00:21:30](#)):

Galatians is putting their proverbial cart before the horse sustainable field physiology involving the social engagement system needs to be in place first. Otherwise you'll be fighting survival and conservation physiology with techniques that will be less effective, or that result in behavior that gives the illusion that the horse is connected or willing. When in fact it may be simply overriding. So right there, that's a lot of technical. I'm not going to call it garbage jargon, let's call it technical jargon that I probably don't really understand all the words there, but read between the lines. That's what I intuitively did with the Mustang in Texas. And, you know, this was before I'd even heard of polyvagal theory, but that's why, you know, polyvagal theory and also, uh, you know, human trauma stuff has,

has, uh, really resonated with me because it, it all makes sense to the things I've been doing with the horses.

Warwick Schiller ([00:22:29](#)):

And I had a horse at a clinic, oh, just before COVID hit, I was in Australia and I was doing some clinics there. And a lady had a horse at a clinic and this horse, it was only new to her. And the lady is a very, very, very good horse woman. The horse was only new to her. And, uh, she said, oh, I said, so what's going on with this horse? And she said, oh, this may, she's like, she really pins her ears at you. And she's been really hard to touch on like your touch her on the side. And she'll pin her is at your carry on. I went, oh, that's interesting. And she was standing kind of in front of the horse, you know, holding the lead rope. There's probably, there's some slack in the lead rope and it's probably, you know, six or eight feet between her and the horse, you know, two or three meters between her and the horse.

Warwick Schiller ([00:23:15](#)):

And I approached this mayor and as I walked towards her, I probably got maybe 15 feet away, something like that. And she pinned her is at me really glad, or is at me and just took a step back and said, oh, she didn't like that. Did she? And so then I took another step. I waited for her to look like she got over that thought. And then I took another step forward and she pinned her is at me. And I stepped back, waited for her to get over that thought and stepped forward again. And she pinned her ears at me and runs again. I stepped back and about this. I said, is there anybody here in this clinic who thinks I'm teaching this horse to attack me? She pins, there is a I step back who thinks I'm teaching her a tech me and there's one lady her hand shot straight up and she didn't say anything.

Warwick Schiller ([00:23:59](#)):

But the look on her face was like me, me, me, me. And I said, you know what? You must be a very experienced horse. She was the only person there's a hundred spectators there. I think she was the only person there who put her hand up. And I said, are you a really experienced horse person? And she says, yes, I am. And I'm like, yep. That's where that comes from. I said, five years ago, I just stuck my hand up and said, this guy's an idiot. And he's about to get his lunch eaten by this horse. But I said, just watch this. Okay. I am stepping back. When she, when I approach her and she pins her ears and they'll just watch what happens now. And then I approached her again. And each time I did it, she pinned her is less and less. And eventually I could walk up to her and she didn't pin her ears.

Warwick Schiller ([00:24:44](#)):

And she kind of sniffed my hand. And I said, see what I was doing. Try not to think about it as stepping back or losing a fight or whatever she is saying, Hey, I have a personal boundary there that I'm telling you about. And I said, Hey, I see your personal boundary where you could go wrong is if you walk towards the, she, Pender is, and you didn't notice the first time she pinned her is, and you kept getting closer and she, Pender is more and you kept getting close. And then she, Pender is more in lunch that you, and then you step back, oh, that would be teaching them to HR. Because what you didn't do was tell her, I noticed your threshold. If you kept going through that threshold. And then at some point in time, her threat got so overwhelming and you stepped back.

Warwick Schiller ([00:25:32](#)):

Yeah. By all means you would be teaching her to each. And they would probably mole you a little bit and bite you or whatever, you know? But the, the big thing is, and it's, and it's not when a horse Penzer is

you step back. If I was standing still and I wasn't anywhere near her. So I'm not trying to encroach on her space. And she made a point of walking across the arena towards me. And as she approached me, she pinned her is I would kind of do like a jumping Jack and slap my legs on my side to just make a big lot of energy there without directing it at her. And she'd kind of, she would have stepped back and looked at me like, oh, there's your boundary. Okay. But if I'm approaching her, then I'm the one crossing her threshold. And she's the one who gets to say where the line is.

Warwick Schiller ([00:26:18](#)):

If she's approaching me, I get to say where the line is. Um, and so once I got through that bit and she didn't approach me, I was approaching her and would just give him that as an example, because I posted this on FA I posted that story on Facebook after I got back to my clinic and I had so many people say, so when my horse walks towards me in Japan's, there is, I should step backwards. I'm like, no, no, no, no, no, no. You will get eaten if you do that. Um, but it's all about letting them know you saw their concern. I understand that bothers you, and I'm going to step back. So eventually I can walk up to her and she's not in the slightest bit concerned about me walking up to it. She doesn't tell me to get lost, anything like that.

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

And so if you think about it, I have, now I have now, um, created some, some trust, a sense of safety around me that no means no. And we've all heard that back about 10, 12 years ago, maybe 15 years ago. I can't remember what it was, but you know, it was about, and I can't remember. I don't remember when it was, if it was in America or in Australia or what was it an ad campaign that read in both places? I can't remember, but it was an ad campaign about, or a whole movement about sexual assault. And it was no means no. Well, it's the same with horses. No means no. And they'd tell you, no, don't come any closer. It doesn't mean don't come any closer ever. It just means don't come any closer now. And you know, that's a little bit like, you know, they, they tell people that alcoholics anonymous that, uh, when you wake up in the morning, you don't have to think, oh my God, I can't drink for the rest of my life.

Warwick Schiller ([00:27:55](#)):

You just have to think I can't drink today. And it's a little bit like that. It's not like I can't approach this horse ever, but I have to honor that threshold right now. And with this med doing that, she gained some trust in me. She realizes not that she has control over me. Like it's not a control issue. Um, that's not to say she has control over me for the rest of her life. But in that instance, I said, I see your concern. And that's that sense of being seen, being heard, feeling felt, and getting gotten, I'm starting to sound like an auctioneer sign that one. And then, so the lady that owns this horse now, she said, but if you touch her on the side, she, she gets real ear penny too. And so then the next thing I did with her is the next step of the things you do.

Warwick Schiller ([00:28:42](#)):

So in, in Sarah's article, she said, there's, there's three ways you can go about, um, applying pressure. And she said, number one, replete releasing pressure. When the horse does what you ask, which is classical negative reinforcement as used in natural horsemanship, et cetera. Number two is releasing pressure. When the horse sows sign a sign of being calm in the face of a feared stimulus or something that bothers them. And she said a version of pressure release, which is operational counter conditioning, where the stimulus no longer extant is aversive, whatever that means used in cat H or constructional approach training for horses. And if anybody's been following my videos, I kind of got into that cat H

there for a while. But I, I found that I found that cat H um, is not applicable in old cases as in this case. And then the third theme.

Warwick Schiller ([00:29:40](#)):

So the second, the first thing releasing pressure, when the host does what you ask, the second thing, releasing pressure. When the horse shows a sign of being calm in something that can use to concern them. And the third thing is releasing pressure at the side of slot sign that the horse is experiencing a version or a note. So what I did with this mayor was I did the number three first. She Pender is I stepped back, did that till I could approach her. Now I'm approach to, I've got through the number three, one. Now I'm going to go to the number two, one, which is releasing pressure when the horse, so shows signs of being calm in the face of a stimulus that used to bother them. And this mayor does not like being touched on the side. And so I would put my hand on her, probably just behind a widow.

Warwick Schiller ([00:30:23](#)):

And when I put my hand behind a widow, she pinned her is at me and I just left my hand there and waited and [inaudible], and then she stopped pending raise and I took my hand away and then I stepped away from it. Okay. I think I stepped back completely away from her. So I've just done. Number three, to approach her relief, releasing pressure at the slightest sign. The horse says no. Then when I got up close to it, I put my hand on it. I did the number two releasing pressure on the whole time show sign in of calm, in the face of something that bothers them, or they perceive bothers them. I did that, but when she showed, uh, like she was feeling better about it, then I stepped away and left you're alone for a minute too. She kind of reset itself and thought about that.

Warwick Schiller ([00:31:08](#)):

Then I approached her again. Now, if I approach her again and she pins a reset and went back to step one, aren't we, okay. We really work on the relationship here, but she didn't penalize me approaching river again, but I stepped back to make sure she didn't. And then I put my hand on it and she pinned her ears at me and I waited and she did. Okay. And she changed her expression. She put her is the softer expression. I took my hand away. Then I stepped away and I did this for maybe 10 minute, I guess. And then I could, she doesn't pin her is I could put my hand on her sides and she doesn't pin her is she doesn't have a bad expression about that. And so that's all I did with her. And then when I stepped away from her, after a while, she just kind of stood there and started licking and chewing on her head got really low when it's like, oh, you saw me and Pete, when I explained this on my Facebook group, in my re it was written word in my Facebook group and a post, everybody said, well, why didn't you take your hand away when she pinned your is at you when you put your hand on that, but you pin, you, you stepped the way when she picked her.

Warwick Schiller ([00:32:10](#)):

Is it when you, when you were approaching her and then the difference? I think the reason I did what I did when I did it, because I'd already gained some trust in her. Okay. I don't think she's going to bite me. And she knows I'm listening to her and she knows I'm not going to do her any harm. So I just, you know, I just left my hand on her side and she pinned her. Yeah.

Warwick Schiller ([00:32:35](#)):

When I didn't, I, I bet if I put my hand on a side and then pinned her, she pinned her is, and I kicked her in the belly. I G I bet. Then the next time I put my hand on a side she'd pin, her is for good reason. Cause

you're about to kick me in the belly, but I just put my hand on the side. She pinned her is at me and I just waited for her to go, oh, that's it. That's, that's all you're going to do. Oh, well, that's not so bad. And their ears came forward and I took my hand away and it's just, you know, there's so much that you can do. I recently had, or last year I had a Mustang mere here that came in with some, um, she had a problem going forward under saddle. The rider would ask her to go forward and the mayor would pin her is and kick out and not go forward.

Warwick Schiller ([00:33:20](#)):

And one of the things I use, one of the tools that I use a lot in, what I do is a flag and I don't necessarily use it to make the horse move. For the most part. I use it to draw the horse's attention to get the horse's attention. Um, and a lot of times when I get their attention with the flag, I take the flag away. And then I'm communicating that I saw your change in focus. That's all connections stuff, too. That's all relationships. Sure. Relationships stuff as well. But I eventually get to where I can move their body with the flag. But when I do their thoughts go towards the flag. So it really puts a really good band in their body without actually touching them with the flag. You can just take that flag back towards their hind end and their eyes and their ears, follow it around their head, follows it around.

Warwick Schiller ([00:34:06](#)):

So they really bend in the middle and they move away from it. And so for me, it's quite important to have that have a good relationship with that flag. Well, this may had been, I think she'd been chased around with the flag to go a lot, but she'd also been desensitized a lot as in wave the flag and not expect it to have any response to it. And so she, consequently, she didn't have a very good attitude about the flag. She would pin her is at the flag actually. And when I first got her, I realized that she was, um, she had separation anxiety. So, you know, she was in her, she was in a pasture outside and I noticed she just fence paces. You know, she was not, she w where she comes from, the lady that owns her, she lives on her own.

Warwick Schiller ([00:34:56](#)):

And when she came here, I put her on her own for a while. You know, I wanted to integrate it with another horse as soon as possible, but I put her on her own and she fends paces back and forth. Well, the other problem that she had when she arrived with that was the owner said she cannot in the trailer. She can't stand still. She just stomps and stomps and stomps and moves around in the trailer. Well, I noticed the first thing when I got it, was she moves around in a pasture, you know, which is much bigger than the trailer, but she didn't often stand still on it. She just pace back and forth along the fence towards no, I'm not sure what it was towards. I think this mayor, it was actually towards where she lives. Funnily enough. Uh, we had a broodmare in Australia one time.

Warwick Schiller ([00:35:39](#)):

Oh, I may, that we bought in Australia, who we bought as a broodmare. And we bought it from a place called, uh, Kara, which is about an hour and a half hour on Australia hours drivers. So from where I grew up was a little town called young, where I was living. And we put this man in Kara is to the east of yarn. And we put this Mariana in a pasture at our place, which was on the, um, probably on the way Western side of our place. And she paced back and forth on the Eastern side of her pasture, which is where the other horses were. And I figured she had separation anxiety from other horses, but we moved around a little bit and she ended up putting in her in a pasture that was on the Eastern side of our place. So all of our place it's up against the Eastern boundary.

Warwick Schiller ([00:36:23](#)):

So all our horses are to the west of this horse and she still paced up and down the Eastern side. And I I'm like, that's exactly the direction that she came from, where she was born. And so I figured, you know, she might be like a bit of like of a homing pigeon. And, and I always thought that, but didn't really have any proof of it. Number of years later, I was reading a mark Rashad book and mark was on the podcast here with me recently. And one of his books, he said he had a horse, did the same thing. And he figured out that it was like a homing pigeon. Like that's where I came from. So this Mustang, marrow head, she kind of did much the same thing. And, uh, I thought, well, I'm going to, I know how to work on this.

Warwick Schiller ([00:37:03](#)):

I'm going to put you in the round pen and I'm just going to use the flag to attract your attention. So you're gonna, you're gonna be walking back fourth on one side of the round pen, I'm just going to wave this flag a little bit. And when you flick your ear towards, I mean, this is a technique I use a lot. I'm not putting any pressure on it. As in getting her to go, I'm actually using the flag in, in a, in a way that would evoke curiosity. Like if a plastic bag was slowly blowing across the ground, I kind of wave it in that little sort of a fashion. And those horses will look at it and I'll take it away. And you can really community Kate to them, your awareness of them awareness doing this. And that's what creates the connection. But with her, I went to do that and she pinned her is when she saw that for actually Pender is at it.

Warwick Schiller ([00:37:47](#)):

And so I knew I could not use the phone flag to help her with her separation anxiety, whether it's from other horses or from where she lives. I don't even show it. And she paces at home too. And I think it actually might have, yeah. When, the way she came from before she came here is north of here Northeast of here. But where she came from before that the reservation or the, the, you know, the BLM where she came from is also like further Northeast. And that's the, maybe it was back to home and ground. But yeah, so what I did with her was I said, I cannot communicate my awareness of you with the flag, the flag doesn't work. And so, but I want to communicate my awareness so that she better about a situation. And what I did was I met steps with her.

Warwick Schiller ([00:38:39](#)):

So when I did that initial video for connecting with the horse through, during Corona virus, the first step was sit out in the park. Okay. Um, and just hang with them until I stop to connect with you. But then I said, the next step you can do is you can get it in the past June. You can match steps with your horse, which means if they're out there grazing, you know, and as horses graze, they put one foot forward and one foot back. And then they kind of eat around that foot in front. And then they put the other foot forward and they kind of take their nose and they eat around that front foot and then back to the middle and they put another foot forward. What you can do is you can go out there and stand a distance from them to where you're not bothering them at all.

Warwick Schiller ([00:39:19](#)):

And just match steps with them, just move your feet exactly. As they move their feet. If they go for a walk, you go for walk and stay the same distance from him, but just match steps yeah. With them. And cause if you look at horses, uh, that graze together, you look at it there, they were matching steps. A lot of the time horses that moved together, match steps. And that's one way that they, um, you know, I think there's things, you know, I've read about things called mirror neurons. And I think it, it fires those, but, and you can do it with people if they, you know, like salesmen will be taught that if you wanna, if

you want to develop a connection with someone you talk yeah. And to mirror their posture, forget one, you know, to get their right leg crossed over their left knee, cross your right leg over there, your Neff, if knee and just, just mirror their posture.

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

It's one way of creating connection. That was the second video I did in that series. And that's, these are still on YouTube. So what I thought, and I'd never done this before with a horse that has separation anxiety, but I thought I'm going to try it with her. So I matched steps with a back and forth in that, in that round pen. And I probably did that for half an hour. And there was a time when she left the fence and came over to me and said, Hey, how's it going? And then she left again. But she did. It did break that pattern of being always my friends, always my home or whatever it was. And then I put her away and then I thought, well, I don't need to do that in the round pen. I can do that with her in our posture.

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

So every day for seven days, I think it was, I went out to the park in the past year with her. And I was probably 30 or 40 feet from her. And when she, she walked along the fence, I walked along the fence and match steps with her. When she turned into the fence, I'd turned the same way. She turned and walked on the other way and matched steps with her. I did that for about seven days before, and she would come and kind of come and say hi, sort of a theme, you know, to check in, but then she'd go back over to the fence. And I think it was the seventh day her, she had two owners and they came down to see her. And I said, okay, I'm going to get her out and put them in the round pen. And I'm going to do with her, what I've been doing, doing, except I've been doing it in the pasture, but I put it in the round pan in the round pen.

Warwick Schiller ([00:41:26](#)):

And, um, she said started pacing up and down the fence. So I went in and I matched steps with her within, I don't know, five minutes or so. She came over and by me and just hung with me. And I said to the owners, you know, this is, this is odd. This is not something that has happened up to this point in time. She's come over and said, hi, but she's never stayed there and said, and look at it. She's just standing right here. And I stood with her there for a bit and I thought, well, she's being good here. So I said, one of the owners, do you want to come in here and try it? So I said, just come in here, stamina. If she walks off, just match steps, but make sure you match steps parallel to her. Try not to cut her off, you know, just pee.

Warwick Schiller ([00:42:02](#)):

And the first owner came in and I can't remember if the mayor walked off or no art, or just hung near things she may have. Yeah, no, they match steps a bit. And then the mayor comes back and Stan hangs there with her. And so I say to the other owner, you want to come in and try it. So she came in and she was in there, oh, not five minutes. And that horse just laid down and had a asleep. And it was really, really cool. I don't think I'd seen a sleep since she'd been here. So it was another, it was another instance of that. And funny enough, there's another Mustang, wasn't it? But it was another instance of that Cody, the Mustang at that clinic. Yes. And I think that was the first part of unraveling her because it turned out she, you know, some of her forward issues had to do with the fact she was quite shut down.

Warwick Schiller ([00:42:47](#)):

Yeah. And you know, the thing about shut Denis, so many horses that, that are lazy, people think are lazy, are actually quite shut down to a level of level of, you know, they kind of have frozen and the reason they don't respond when you bump them with your legs or tapping with your whip or whatever it is you're doing is because when you are shut down and your, your feelings get toned down a bit. Yeah. To the level of shut down that you're shut down. I mean, you know, I went to Africa a few years ago with my son, Tyler. And, um, before we left, I just started, I don't know, looking up YouTube videos of different things in Africa. And I remember seeing a video of a lioness eating a Willdabeast cow alive. So this will these cows being caught and pulled down and she's laying on the ground on a belly, like with their front legs, top tucked under her.

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

So she's kind of sitting on a belly and this lioness is tearing chunks out of this wilderness basis, buttocks and the world, the beast, his head is wobbling a little bit who are as the lion tears, that flesh from her head wobbles. But she is not in any pain at all. Because by, by the time you get into that state, you know, mother nature provides us with all these chemicals in our brain that does flood our body. And we don't feel because, you know, you don't want to, you don't want to feel that much. Um, that much pain, it gets blocked out. It's kind of like when you go into shock and you don't, you don't feel the pain, um, if anybody's ever been shots yeah. Punched really hard or whatever, you know, or when you come off a horse, you, yeah. He goes flat, boom, you hit the ground.

Warwick Schiller ([00:44:20](#)):

There's a big noise, always in your head, but you really don't feel any pain for a little while. Cause your body takes care that, but anyway, so, you know, I think this horse was kind of a bit shut down, which is one of the reasons she wouldn't go forward. And so this was one of the ways of opening up, but this whole story I'm telling you here is about the number two thing, which was about the cat H approach, which is keeping something there until they feel better about it. So that's what I did with the flag with this mayor. She pins her ears at the flag. So what I did with her was, you know, I don't know how many sessions later, but at some point in time, I thought I need to address this flag. And so I put a halter on her and I got the flag and I held it behind me and I brought it around.

Warwick Schiller ([00:45:03](#)):

You know, let's say she is standing at 12 o'clock in front of me. I've got the flag at six o'clock behind me. And I slowly brought it around a 5, 4, 3, and a held it at three o'clock. So off to my side and keep injuries and kind of half ran at the flag and I didn't move it at all and pull it away. I didn't tell it to get away from it. I didn't have it run away from her. I just left it there. It was neutral. And she kind of pinned her ears and had to go at the flag and then definitely I didn't do anything. And then she kind of looked at it for a bit and I waited and her ears flicked forward. And then I took the flag away and then I would bring the flag around to the side of me.

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

So I didn't bring it up to if I brought it up to her, she might've, you know, bid it and struck it. But I th I brought it around slowly to about the side of me. And when she pinned her ears at it, I just stopped right there. So once again, this is communication that I see your threshold, but then she came towards it after that with her ears pinned and I would just leave it there and she would pin her ears and it wouldn't make the flag do anything in. So then she would prick her ears and go, huh, that's an interesting flag. And then I would take it away. So that is that, that, that second step that Sarah mentioned in her article,

which is basically that, that cat H type approach. So once again, I wonder, I kind of recap the two different things I'm going over here.

Warwick Schiller ([00:46:17](#)):

One of them is when you, when you were going to work on nothing but connection, okay. You're not, not trying to change anything. And that's kind of like the going out in the pasture, sitting out there with them, hanging with them, whatever, that's, that's all about connection. But when you get into the, you know, that's all about relationship, but when you get into the training part, every little training instance, I'm trying to have a relationship before training. You know, if I go into catch a horse and I'm standing there and as I approached them, maybe they turn their head slightly where their eyes slightly away, I'll stop and step back. And a lot of times when you've done that quite a few times, then they go, oh, Hey, how's it going? But you know, and that's a training situation. I have a purpose. I'm going to put this, I'm going to catch these horses.

Warwick Schiller ([00:47:02](#)):

I'm going to put this halter on this horse. But so it only might take me five seconds to do that thing. But if you can do those little things all the way along, it's, it's, it's kinda like, um, you know, it's kinda like if you're man and you say to your wife, Hey, did you get a haircut? My gear, he noticed my haircut. That's, that's, that's a good thing. And so the more of them, you can do the better. And I've had so many instances of this at clinics. I had a horse at a clinic in Australia, uh, just before Christmas, maybe not last year, the year before, before COVID and this lady bought the horse to the clinic, it was an Appaloosa any. And so she's going to do some groundwork with him and he just has no light in his eyes. He's he's just dull looking his ears, don't move.

Warwick Schiller ([00:47:50](#)):

I mean, just poor guy looks like he's just really inside his head. He's very, very shut down. And the lady brought him to the clinic and he looked to me like, I couldn't, you know, I wouldn't want to ask this horse to do anything because it would make him feel worse than he already feels. But likely he did something that was, uh, bad, but good. The lady standing there holding him, and as she's holding, you know, she's hanging on the lead rope. She's not holding on to the horses, chin bone. You mean she's holding the lead rope with some slack in it. And he would just turn his head really slowly and then just shuffle off, just walk off. And she would just pick up the lead rep and say, Hey, come here. His name was Jasper. She'd sort of say, Hey, just give me.

Warwick Schiller ([00:48:31](#)):

And I said, okay, what we're going to do with this one is I'm going to match steps with him. So matching steps is all about connecting with them. And, and he, this horse was saying, I cannot connect with you. I actually think I'm going to leave. And so, instead of saying, no, you can't leave. I said, well, let me have the lead rope. So I took the lead rope and Jasper turned his head and just slowly walked off. And when he walked off, I walked off too. And I walked off and I matched steps with him and stayed parallel to him when he walked off. So wherever he, wherever he went, I went, it didn't matter what he did. If he stopped, I stopped. If he turned to the right, I turned to the right, but I just stayed. I stayed the same distance from him.

Warwick Schiller ([00:49:09](#)):

If you think about like a, like a sidecar is to a motorbike, I did that. I was just, I wasn't that close, but you know, if you turn a motorbike around, doesn't matter how many times you turned around the sidecar stays in the same relationship or the same distance from the bike. And I did this for quite a while. And sometimes after, you know, maybe 10 or 12 steps, a horse will connect with you and go, Hey, I saw you, you mentioned steps with me. Like you really get me, don't you, that didn't happen with this horse. And after about 20 minutes of me matching steps with him, I said to the owner, okay, come over here and take the lead rope. But the only thing I want you to do with this horse at this today in this session, this two hour session is match steps.

Warwick Schiller ([00:49:51](#)):

And so that's all she did that day. And that session was over. They, she put him away and she came back in for her session. The next day at the clinic and she didn't even wait for me, which is good. I think I tell everybody, when you come in the second day pick, you know, what you, what knowledge you got from the first day, start to use that, to communicate with your horse. And so she came in and just started matching steps to them and she matched up to them for maybe half an hour or so. And eventually he came to a stop at one point and she was standing there and I said, you know what, I'm going to, I'm going to try something with him that I saw Elsa Sinclair do it at a clinic in New Zealand or at a host expo in New Zealand last year, Elsa was on one of the podcast.

Warwick Schiller ([00:50:33](#)):

If you haven't listened to that, Elsa's absolutely amazing. And so I said, let me have him. So I walked over and I took a hold of the lead rope, and I was going to lead him a little ways to a spot in front of the spectators. And I was going to do, I was going to take the Holter off him and do something. But anyway, I took her out of the lead rope and he kind of turned his head towards me and buckled at the knees and went and went down and went to sleep, just buckled the knees and went to sleep. And he's, he's out to it. And I said to the owner, is this is this normal? And she said, uh, and I don't know anything about this horse at the time. And she, I said to her, is this normal? And she said, I haven't seen him lay down in three months since he lost his pasture mate.

Warwick Schiller ([00:51:17](#)):

And I think, you know, when two horses in the pasture together, usually they'll take turns once then, and God, while the other one has a sleep. And I don't think this horse has had anyone to stand guard for him while he's had a sleep. And so he hasn't been able to get that deep restorative REM sleep and he needs it. And basically what Tracy was the owner, what Tracy United was telling him, Hey, we're, we're aware. We're actually aware enough that if you wanted to have a bit of a nap, we could keep an eye on the place for you. You know, it's kind of like if you own a business or something or other you owner's shop, and you said to someone, Hey, can you keep an eye on the shop for bed? I just got to run down and get something or other, you would want to trust that person.

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

And it's a lot like that. So, you know, that's another example of where that has. Um, I've used that at a clinic and I could give you so many examples of, of it. Isn't, it's not funny, but I might give you some examples under saddle. And so there's something you can do with a horse under saddle to help them settle down. So I did a clinic in Holland a couple of years ago, and there was a girl with a horse there. And this horse is some sort of a, a breed that's used in maybe dressage and stuff. I'm not sure if it was a warm blood or a thoroughbred or what it was, it was one of those looking sort of horses. And when she

got on, he appeared to be not quite anxious, but anxious, you know, like, uh, walking around quite fast and, you know, rapid walking and really looking around here and there.

Warwick Schiller ([00:52:51](#)):

And he looked to me like, if something went wrong, he could explode. Okay. And so I said, can I help? And he was, he was really distracted, like looking off here and looking off there these years pricked. And I said, can I hop on him? And I'll show you what we can do with this. And so I got on him in, you know, she's got an English settled, the English bridal, and I get on and I just turned loose and let him walk. Cause she had been kind of hanging on to him because he's going to do something stupid. And I get on him. I just let him walk. And if his ears were pricked on something and they stayed pricked on something, like let's say it was off to the left. I would just pick up on the right rain, really softly until his ear flicked towards me.

Warwick Schiller ([00:53:35](#)):

Okay. When that ear flicked towards me, I would let go of the rain. Now I accomplished two things there. One thing is when his ear flicks towards me, his thoughts just came off. The thing that he's looking at over there. So if he's looking over the fence at something like, oh my God, I wonder if that's going to come over and get me home. I come out and eat me and I might die. You know, that's like having anxiety. Well, what I did when I flicked his ear towards me was basically like, if you had a breathing, if you suffered from anxiety and you had a breathing technique, you would use to get your mind off the thing that was causing your anxiety. So let's say I've got a box breathing technique. So when you start to get too overwhelmed about whatever's going on in your life, you just go, okay, I'm going to box breathe.

Warwick Schiller ([00:54:16](#)):

I'm going to go in for four, hold for four, out for four hold before. Well, while you were saying those things, you're not thinking about, oh God, I've got to make a presentation in front of my boss tomorrow. I wonder if he fires me, then I'm destitute and I'm out on the street. Those things aren't going through your mind at the time. And so with this horse, just having him flick his ear towards me for a split second, just takes his mind off that, oh my God, what's that over there, what's going to get me sort of thing. So, you know, it takes his mind off that for a split second that's part one of it. But the second part of what's going on there is when his ear flicks and I immediately release aid, I'm sorry. Immediately release. I'm communicating my awareness of his awareness of where his awareness is.

Warwick Schiller ([00:55:06](#)):

So I'm saying, Hey, I am so connected. I can tell what your mind's doing. That's how connected I am. I mean, you could pick up on that rain and when his ear flicks pull him around in a circle and walk him in circles for five minutes, there that'd be five minutes where his mind is not on that. Other thing that you are not communicating your awareness. And the reason horses are, you know, if you ever, you ever catch a horse out of a pasture and lead it away from there, and it's screaming and hollering, wanting to go back to his friends.

Warwick Schiller ([00:55:38](#)):

That's because they're aware that we're not aware, okay. They, they were not providing them what the herd provides for them so that you can do this under saddle. And so I just did the air fleet for quite a while. And after a while this horse started stopped looking around so much. After a while his ear started flicking back and forth, his legs got slower. He started to relax more. He stretched down over his top

line. I think he started to lick and chew. He probably started going, you know, the horses make that noise when they stretch over the top line, which the Dutch actually have a word for that. The Dutch word for that is breezen B R I E S E N. I don't think there's an English word. That means, you know, that thing horses do when they start to relax and they stretch over the top one and they start to go like that.

Warwick Schiller ([00:56:26](#)):

Sorry if I did that in the microphone. But, um, and so that was, you know, that's relaxation through relationship. Um, I had, uh, and I often wondered, would this staff work with a mule? Well, luckily enough, this year I did a clinic in Arizona and a lady came there with this, with this mule. And the mule had fallen in love with the horse that it was beside, within the pen at nighttime. So when she claimed in the year, end of the first day, she's under saddle, this mule is quite attracted to go back to the, to the gate end of the arena, probably one corner. The gate was in the middle and then the corner next to the gate was the direct line back to the French had spent the night with, and even though these two other horses in the arena where there, she's not interested in them, she's interested in her friend and this was causing a lot of issues for them, not bad issues for the rider, but she's the road is riding along and trying to, you know, go to a certain place and the mule trying to turn around and go back towards that corner.

Warwick Schiller ([00:57:25](#)):

And it, it, you know, it's a bit of a bit of a wrestling match. And I said, can I hop on? And she said, sure. So I got on, I let the mule, I just got on and asked the mule to walk. And she walked straight back to that, to that corner and stood there with a head up over the fence, looking back at the, the, her little friend over there. And so I just reached down. I picked up a one rain and winter ear flick towards me. I'll let go. And then she walked off along the fence and she would basically walk from the fence. I mean, from the corner to the gate and turn into the, into the fence, back to the corner, turn into the fence, back to the corner, turn into the fence. And so while, and the whole time her ears would be on the outside of her ears to be pointed to the outside of the arena.

Warwick Schiller ([00:58:09](#)):

And so what I did was one time, I just picked up on the rain away from where her ears were and held my hand out to the side. So I'm, I'm just putting a bit of a feeling that run. I'm not pulling on it at all. And I waited for her ear to flick that way. And initially she might've went up and down a couple of times for her ear, even flicked back towards me. And I, I let go and they did this over and over and over and over and over. And I got to the point where I could pick up on the rain and her, he would immediately flick, which means she wasn't so, so stuck with her friend. You know, I couldn't, when I first picked up, it took a long time for her thoughts to come off a friend. But then, um, after a while, I could pick up on that rain and the ear came.

Warwick Schiller ([00:58:53](#)):

So now we're going to get into the training. The ear flick was not, I was not rewarding, a physical response. I mean, her ear moving is physical, but really it was her mind changing from one spot to another spot that I was rewarding. And then after a while, what I do, he said, walk along and to pick up and she'd flick the ear. And if that ear flicked right away, I just leave my hand there. And, you know, half a second later her head would follow my hand and then her feet would follow. And I just let go. As soon as she even attempted to go in the direction I was pointing her in, I'd let go, and she'd go back to the fence. And I don't know, I probably did this for half an hour or so. And eventually she started getting to where she was.

Warwick Schiller ([00:59:36](#)):

She'd get to the corner. And instead of turning back towards the, where the horse is, she turning start to go up the arena. And, uh, so after a while, I just put the owner back on and had her mess with it. And then probably 10 minutes later that mule walked the whole long side of the arena up the fence directly away from the spot she'd been really attracted to. And it was a nice forward walk and her ears were really flopping. You've ever seen mules get those ears where they really flop back and forth. And the owner said to me, this mules is only ever do that trail riding, who is never do that in the arena. And all of that came down, came down to relationship before horsemanship, I was working on the relationship I was working on letting her know I was aware of where her awareness was and when it changed.

Warwick Schiller ([01:00:26](#)):

So it really doesn't matter if it's horses or mules. You know, they're both mammals as humans are, and a little bit of attunement goes a long way with them. And I could go on and I could give you story after story after story. But, um, I think you've probably got the, the point now, but the big thing is, you know, the relationship before training is not just the initial relationship. It's also about recognizing those little things, whether you're catching your horse or with your riding, your mule, and she's a bit distracted or she's, you know, she gets some separation anxiety or whatever it is that, you know, and in every instance, if there's a bit of an issue, you know, there's a bit of a brace, there's a bit of a no initially reward the note to say that you see the no. And then what you'll find is once you get that little bit of relationship going on there, then the thing you want, the thing that you want your horse to do or mule to do will work because of the relationship you built, allowing them to say, no, but doing this, you have to be kind of careful because you've got to make sure if you're going to allow the horse to say, no, you can only be asking questions that, um, it's not that big a deal if they say no.

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

So there's a, there's a lot of judgment involved in this. And I do think it is a little bit, uh, next level. And in, in both the mindset, you need to do it and the application of it. But I also think it's next level in the outcome with, with the horses. I just think the horses, uh, you know, the there's so much brighter and, you know, they, I think they can be much more like a horse and natural horse than, um, if you were just working on training them. And hopefully this podcast has inspired you to think a little bit about that stuff, but, uh, yeah. Uh, my new principal relationship before horsemanship, I hope you guys enjoyed this podcast and we'll catch you on the next episode of the journey podcast.

Speaker 1 ([01:02:37](#)):

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