

Robyn Schiller ([00:13](#)):

This is Robyn Schiller taking over the microphone again this week to continue my special series on the women, behind the men of the journey on podcast. This week, I talked to Lisa King, who is the wife of Patrick King. Lisa. Isn't really behind the man though she's walking alongside of him with her own training and coaching business. I hope you enjoy this conversation as much as I did. So without further ado, here is my conversation with Lisa, right. I'm here with Lisa King, who is Patrick King's now wife. And, uwe're going to get to know Lisa through all of the questions that everyone wanted to know and some of my own. So I'll, I'll let Lisa take it away by introducing yourself and telling us about Lisa.

Lisa King ([01:29](#)):

Oh my goodness. Yes. well, I am also a writer and, you know, a horse enthusiast. I started riding when I was eight and was taking weekly dressage lessons from eight to 18. So it was a very you know, focused development, I guess, in that way and, and was best friends with the stable owner's daughter. And so I got to spend a lot of time, you know, at the barn growing up and, you know, in my teenage years I was exercising horses and doing all that and working multiple stables during high school and just was really, I really got into it. And it was kind of my, my goal right off the bat was, you know, this is what I want to do when I grow up and be an equine professional of some kind. So I graduated high school and I was on a plane the day after graduation was headed to Arizona, going to work at another facility.

Lisa King ([02:39](#)):

And I was kind of scouting out, you know, big breeding operations or big large-scale facilities just trying to get in under professionals. And so, you know, that was kind of what I was doing then after high school was just finding different barns, different opportunities. My parents really wanted me to go to college. I fought that pretty hard because this was my, my focus, but I did, I tried college for a bit and, and I just would end up being at the barn. So yeah, that kind of was, was my pursuit. And and growing up, you know, we, I was really fortunate the barn that I grew up riding in because, you know, my trainer, she was so education minded and she would fly in, you know, the top dressage trainers competitors across the country. And, you know, we were in a pretty small town and we weren't, we were by no means a big facility, but she just, you know, she was really adamant that we would get, you know, the best education we could.

Lisa King ([03:48](#)):

And so I was really privileged that way too, to get that. And that opened a lot of doors for me. Getting into some of these bigger facilities, where was it? Where did I grow up? Where, what state? So I grew up in Wisconsin and this was a little town of new Glarus Wisconsin. So I was around the Madison area, which is the capital city. Yeah. So that, that was a really, you know, I was really fortunate that way to get, to have all those years with that and really get to see professionals at work. And, and, and it really helped me later on. But I, you know, I had under Saraj growing up and, and when I graduated high school, I was kind of like, I want to see what else is out there. You know, I want to see more of the horse world.

Lisa King ([04:33](#)):

And, and we did do some fun things. You know, we did a lot of cross training with, with jumping and cross country and we would go and work cattle and do some fun things, you know, just to dabble. And, but I really wanted to experience more of the horse world in a professional, in a professional way. And so, so I kind of was, you know, I, didn't working with some Rainers at Western pleasure and some fine

harness driving and just, just kind of seeing, you know, what was out there, I guess. And, and long story short, I, I did end up coming back to deciding dressage was, you know, something that I really, really enjoyed. And I enjoyed all my other experiences too, but it was, it was definitely my passion. So so I got an opportunity after all of this, you know, working out all these other big facilities and under these big trainers you know, I, I started working at a liposome breeding facility where it was classical dressage and the protege of Carl mokoka, who was one of the chief fighters at the Spanish riding school.

Lisa King ([05:38](#)):

And so they, they really modeled things after all of that. And, you know, they were very accomplished in that way. And so it was my first experience into classical dressage. And I would say that I rode very more of the competitive dressage. So they're quite different.

Robyn Schiller ([05:59](#)):

Go ahead and tell me what the differences are. Cause I don't know. And I'm sure there's people out there that don't, that don't understand the new.

Lisa King ([06:06](#)):

Yeah. And that's, you know, that's a bit of a rabbit hole conversation too, but it's a lot to do with the movement. The approach, the, the training, the training style and the thing that stuck out to me right off the bat. When I started working, there was my perception of how a horse should be moving, how a horse should be going in contact. The dressage that I had growing up, everything's on the bit on the bit, you know, there's a big focus there. And even in these other barns that I worked at, no matter what it was, whether it was raining or Western pleasure, or, you know, some of these saddle seat bars, there's always a focus on a headset of some kind, you know, there's a frame that we're, we're trying to achieve. And, and to me, it seemed like the horses here were going without a frame and there was no contact and that's not true, but that's what it seemed like to me, that there was a slack in the contact, none, not the contact I was used to.

Lisa King ([07:12](#)):

And therefore, what are we doing? Nothing's getting done. And, but I have had the ultimate respect for the people there in Carl Macaca and his protege who had been studying under him for years. She was a very accomplished herself. You know, they could produce all the areas above ground. You know, so who am I to say nothing's getting done, but it was so different. It was so, so, so different. And I felt like for the first time I felt like a fish out of water because there was just, there was, you know, the, the emphasis was on the natural movement of the horse and then you, you facilitate from there. And so it was just a whole different mindset, a whole different theory, if you will. And then when it re when you really get into those upper levels, you really see the difference in the movement.

Lisa King ([08:07](#)):

And it can be very subtle to somebody that doesn't, you know, to somebody that might be just watching Sosh competitively, they might look the same, but they are quite different. And I know Carl was, was a big voice about that, that he was very displeased with competition dressage and what was being shown at the Olympics and what was being shown. And he was a big founder in a lot of that stuff. So, you know, but so anyway, it was, it was very different. And I was so fortunate to have that experience. And, you know, my goal is, you know, I'm working in these barns and trying to get under these professionals

to be a professional one day myself, my ultimate dream was to get under a dressage trainer and study for a number of years and then be able to be a trainer myself.

Lisa King ([09:00](#)):

And things were going quite well. You know, I was managing this facility. I was they were giving me some horses to take on, to ride. I was working with the driving program there and, and it was really, really, really going well. And I was, I was checking all my boxes, you know, and while I was there, I was dating a guy who also worked at the facility. And we were out one day and he and I was with him and he got into a motorcycle accident and he crashed into a team of horses. And, and I was, I was right behind him in a vehicle right behind him when it happened. And so I was with him and he passed and the horses passed. It was a really, really traumatic ordeal. And I, I couldn't go back to work after that.

Lisa King ([09:59](#)):

I was, I couldn't see horse, if I even saw a horse out in a pasture, you know, driving down the road, I'd full on panic attack, you know, just the flashbacks, the PTSD, the, it was so it like put the brakes on of my, my, my climbing of the ladder in the, in the horse world. And so I was in my early twenties at this time. And yeah, I just, it, it, it just, you know, your early twenties, you're invincible, nothing bad happens to you. So it was a, it was a 180, it was a showstopper for me. And but I was so fortunate because I was such good friends with everybody at the place that I was working. After a few, after some time, you know, just after the incident, I started to get pretty upset that, you know, the universe let's say was, had taken him away from me. And, and now it was taking my horses because I couldn't even look at a horse and it was like full on flashback. And so I was mad about that. And so I, so I, I started to drive out to the barn and just sit in my car for like 10 minutes and then drive away. And then I was doing this for a number of weeks. And then I got to the point where I was able to clean some paddocks outside for a couple hours, and then I'd leave basically desensitizing myself.

Robyn Schiller ([11:28](#)):

I was going to say, it sounds like desensitize.

Lisa King ([11:31](#)):

Yeah. And I got to the point where I was able to lead one of the older lesson horses out of the barn. And I was just shaking. I mean, my knees were shaking. My hands were shaking. I was cold sweat, like, but I did it. And I, you know, got the horse in the paddock and I got in my car and I drove home. And that was a pivotal moment that was like my contact, you know, and, and I worked that all the way until I was able to get back on the carriage again and with a team of horses and, and it was a really, really exciting moment. It felt like I had conquered it, how, you know, but I mean, there was still a tremendous amount of trauma and grief, but I, I just wanted to get the horses back, you know, and I still had a lot of healing to do and a lot of psychological stuff to work through outside of that, but I was able to get back with the horses, but even so I wasn't able to go back to my job because the job at this facility was full on.

Lisa King ([12:27](#)):

I mean, this was a full on breeding, farm CEM quarantine facility. There was a equine reproductive facility onsite. It was, it was, there was a lot of moving pieces and I, I was still having pretty, you know, random panic attacks to the point of blacking out and just, I still mentally and emotionally wasn't able to like work. But I was able to be around horses. So that was, that was big. And, and so I ended up just getting a job at a very small scale local boarding facility which was really out of my realm. You know, I've

always worked at these big places and, and working at a tiny boarding facility was just very different for me, but it was exactly what I needed. At the time, and in that working at this facility, I met this woman who was asked if she could come shadow me and be around horses.

Lisa King ([13:20](#)):

She had to learn about horses for this program that she was in. And I was like, oh yeah, sure, whatever, you know, that's fine. And, and she's following me around. And, and the program she had gotten herself certified through, it was a life coaching program, and she also wanted to use horses in her life coaching and to facilitate that. And so, you know, we're, she's shadowing me and, and she's, you know, as we're doing that, she's talking to me about this stuff. And prior to this, I was not interested in therapy. I was very angry. I was, I was mad at the world. Yeah. I was mad at this accident. I was mad that my dreams, you know, had been shattered and I'd lost all this stuff. And, and, you know, my parents were encouraging me to go to therapists and I was just like, and I'd go.

Lisa King ([14:10](#)):

But I would just, I would have such an attitude, you know, I'd just be like, what do they know? They just read it in a book. They didn't, you know, it was just, I really had a chip on my shoulder about it. So, so she's there and she's talking to me about this stuff and, and just the, the, the way she would present certain things, mindsets point certain things out. I really, it made sense to me it, and I was receptive to it and, and it was absolutely life changing. And she taught me so much and we ended up working together, ended up helping her with her events. And we worked together for like six or seven years, and I would do this on the side of, of the other things that I was doing. But and I eventually went through her program to become a life coach through her company.

Lisa King ([15:04](#)):

So that it was just learning about all that was, was huge. And in this time, you know, as I'm coming back into horses I ended up going out on my own. I start learning some horsemanship stuff. That's paralleling this coaching stuff. And I always, I thought, you know, I was always taught that never judge, you know, somebody yells another discipline or somebody that might do something different until you really understand it, to make an opinion, an educated opinion. Don't, you know, don't be out there just being nasty to people cause they don't do something the way you do it. And I always really took that to heart and kind of wore that as a bit of a badge of honor that I was, I was always willing to learn, you know, different disciplines, different things, different approaches. But there was one thing that I was like, would not learn, which was horsemanship, anybody doing natural horsemanship.

Lisa King ([15:58](#)):

I was like, they're not doing anything. So I was really, really like anything but that, well, everybody can kind of maybe relate to some of this where you, you find that horse that she had, you know, I had this horse that had a lot of emotions and I was just not able to get a lot of things done with her. And out of desperation, I remember looking up one small thing, you know, about standing tide or something like that, or cross ties and, and took some of these natural horsemanship principle or tools and applied it and it worked. And I was like, okay, well, but that's all I'm doing. I'm going to go back to my dressage and do do my other stuff. I'm not doing anything else. Then I had another problem and okay, I'll see what they do about this net net fixed it.

Lisa King ([16:44](#)):

And I was like, okay, but that's all I'm doing. I'm going back to MITRE sash. And then enough of these started happening to where I was like, oh my gosh, this is changing my horses. Like what is, what is happening? And ended up completely abandoning my dressage to solely focus on just horsemanship and really applying this stuff. And I spent gosh, a number of years in what I call my laboratory. And I was training horses at this time for people and doing that full time and doing the coaching, you know, part-time and so applying this to all these training horses and just really invested in it. And I just, every time I tried to bring the dressage back into it, it was just, it was oil and water at the time. I knew they would blend eventually, but yeah, I couldn't, I wasn't in a place to figure it out.

Lisa King ([17:36](#)):

And I had such a long history of training in opposite and the approach of things that I just didn't know how to, how to change that. But I eventually did figure it out. I eventually figure out how to blend the horsemanship with the dressage. And, and now I can't tell you where one starts and the other end it's all just immersed together, but it, it was a long journey of, you know, first having to completely separate the two because it was so different from what I had grown up with and been taught in so many ways. And so yeah, so that was and so that brings me to where I am now you know, doing horsemanship under size and and how I met Patrick. So yeah. Tell us about, yeah. Tell us the story. So yeah, so I'm, I'm, you know, in this, what felt at the time like this, you know, I'm the only person doing this.

Lisa King ([18:36](#)):

I knew of a couple other people in the country that were, but in my area, I didn't know anybody. And, and there wasn't many, even in the country that I knew of at that time doing it. So one of my students went to Patrick King clinic and she was mentioning it to me and, and telling me about him. And I was like, oh, that sounds interesting. You know, maybe I'll tag along. And, and I did, and I'm watching him in the arena and I'm just like, oh my gosh, did this guy have like a camera on me? Like, he's doing everything I'm doing. It was just crazy. It was so wild and, and, you know, bringing the horsemanship and the dressage together and our exercises even look similar. And I was making these exercises up as I was like, hybridizing these two things on my own.

Lisa King ([19:24](#)):

And I w I was, I was blown away. And I was excited that, that I met somebody else that was doing it. And and then I had another student later that year who was going to ride and her horse came up lame, and she asked if I wanted the spot to ride with him. And I was like, oh, perfect. You know, I have a, I have a horse that I need to get off the property and get to a clinic or get to, you know, it would be perfect, you know? And, and so I went to his, went to his clinic with a horse and we ended up, you know, connecting and chatting and, and, and became friends and were messaging each other. And just, you know, it just kinda snowballed from there, I guess. So yeah, it, of course through the horses, but and you were married in, in January, January of this year. Yeah. This year, 2020. Yeah. So we met about, I think it was five years ago. And we got together shortly. I don't know, maybe a year after that. You know, after we started communicating and we were friends and all that, and so I think we've been together four years now. But yeah, it it, it kinda, it was, it was amazing. It was, it was meeting somebody that was on the same wavelength, I guess. So, so, yeah.

Robyn Schiller ([20:58](#)):

And where are you living? So where Patrick in the past has traveled most of the year? Correct. Like, I know he had an apartment and has an address, but he's the

Lisa King ([21:09](#)):

Way a little box. Yeah, yeah, he has been on the road full-time for something like eight years. It's crazy. And prior to that, he had, you know, I think a training facility in Ohio and Pennsylvania before he was on the road full time, but yeah, he's a busy guy he's on the road, like 350 days a year. He's clicking teaching almost every single day if, if he's not teaching he's driving, so there's no downtime. It's a, it's an intense schedule and he, he loves it. He handles it really, really well. Right now we just moved. So I'm from Wisconsin originally. And we just moved to Virginia and Virginia is a little bit more central as far as his traveling. So Wisconsin, we're kind of tucked way up in there in the corner there. But yeah, this is just a little more central to his routes and some of that stuff, so, and it's beautiful here, warmer, warmer winters, so,

Robyn Schiller ([22:12](#)):

Right. And so you have a little ranch or a big ranch or facility at the moment which is beautiful.

Lisa King ([22:20](#)):

We absolutely love it. Main gate equestrian center and we're living onsite here. And it's kind of an event center. It has four arenas and, you know, just lots of a number of barns and different stalling for, you know, shows and different things like that. So for us, it's a perfect facility because it really helps accommodate training horses, and then also clinics and people wanting to haul in for weeks at a time and things like that. So it's, it's really great that way. So yeah, we're loving it.

Robyn Schiller ([22:58](#)):

And so is his schedule still, he's still on the road and then are you then you're at home training?

Lisa King ([23:03](#)):

Yeah. So he's still on the road. The plan is for him to transition a little bit and start coming off the road a little bit more to be home a little bit more. It's and, but I'm here full time training and teaching and, you know, and at home that's what I was doing before was training and teaching full time. So I'm kind of the home home base, I guess. But yeah, so, well, so in the next year, I think he's going to be trying to be home a little bit more, you know, he'd like to bring in some training horses for himself again have a horse for himself again, and just, you know, he loves the road. He's not burnt out by it, but it's better to be off before you do, I guess so, so, yeah. So that's our plan at the moment?

Robyn Schiller ([23:51](#)):

Have you gotten back into the competing or are you,

Lisa King ([23:55](#)):

I, I have aspirations to, but I'm still I don't know. I, I still struggle. I'm getting better about, I struggle going to competitions personally. After learning everything that I've been learning through horsemanship all these years now, I, I have a hard time stomaching the warmup Ravina, you know, and, and just there's. Yeah. There's just things that I'm just like, Ugh. You know, I, Y you know, I personally really enjoy going to clinics. I like to be the student. I like to help others. I like, I like the education. I like putting my money there. And it's not that I wouldn't compete in it. Not that I won't compete, it's just definitely not a priority. I think at the nice test, I like to be able to go out to just do it, but I, by no means hold that to any sort of standard for myself or for the horses. Yeah, there's just a lot of things there that

I, I just, that don't align sometimes with me. So, so yeah, my focus is, is education and, and just being a better rider, trainer, teacher, student, all of those things. So,

Robyn Schiller ([25:11](#)):

And what role, if any, do you play in Patrick's? I mean, have you blended the business together or are you still kind of separate or how does that work?

Lisa King ([25:21](#)):

Yeah, so we are we're definitely, we're definitely we're blended, but we are separate we're our own people. But we do so much together. We have so many shared students and it really works beautifully because him and I both you know, really approach things from the same mindset. We have the same principles. We have the same kind of flowchart, if you will, around things that, you know, when he's giving a clinic or he's got students that he's teaching lessons to, a lot of times, they end up coming to me for that kind of consistency and, you know, helping them through the little pieces and the details and the daily or the weekly, or the biweekly or whatever. And then for training horses for, you know, some situations where it's too much for somebody, or, you know, they're struggling the training horses as well.

Lisa King ([26:11](#)):

So we're definitely blending that aspect of me, you know, as the Homebase and, and people are able to come to me if they need that kind of help and that kind of consistency. And it's really been just natural because it was just, we were just so aligned right off the bat that it was, it was pretty wild. So yeah, so we were, and I, and as we kind of are here now in Virginia, I think we're going to grow that concept even more, you know, especially as he transitions off the road, so there'll be more of us blending together. So yeah, we are still our own people, you know, I still have my own business, my own training, my own clients, but we do blend quite a bit and I think we're going to be blending a lot more.

Robyn Schiller ([26:51](#)):

And what about support staff and what does that look like? So who does, like, who does all the scheduling and taking care of, you know, what is where's clinics are and where your lessons are, and,

Lisa King ([27:04](#)):

Yeah, so he largely does while he, we had a, he had a business manager that was doing a lot of that for him all these years. He has since taken that over and is doing a lot of that himself because he's in that transition spot that it's just easier for him, him. He knows where a lot of these places are. He knows where he's going. But I do help with some of that for sure. And I definitely help with organizing things at home and, and keeping things moving at home. We're fortunate here with the facility that it's a fully staffed barn, so I'm off charter Rudy. Whereas at home I was, I was wearing all the hats. I was doing the chores, training, the horses, teaching the lesson, doing the books, you know, doing all that myself. But here, you know, the chore thing is a huge, oh my gosh, that's, that's a huge load off my plate. So it's really great that I can just now focus on the other pieces and spend more of my time there, but right.

Robyn Schiller ([28:03](#)):

Yeah. I, how many horses do you keep in training?

Lisa King ([28:08](#)):

So that number is so I was keeping anywhere from about four to five horses in training at home, since we've moved and going through that trends that we just moved in may. So we've only been here in Virginia a few months and I'm recovering from some health issues, so I haven't gotten full back in yet. But the plan now is to keep that number even lower, which I'm excited about because it gives me more time to spend with the horses. And so right now we're only taking in, I mean, I'm projecting here into the future, you know, keeping those numbers under five, I would want to and then Patrick might have a couple here and there, but it's just nice for me to be able to keep those numbers smaller. Cause there's no reason to have, you know, I don't need to have that many. So yeah, so we're just kind of taking in little by little. And then also for me, I, a lot of what I do is lessons. So that's, that's a full day, you know, you get a couple of horses going and then you've got, you know, another half day of lessons and, and you only have so many hours, so yeah. Seven days a week. Yes. Right, right. Yeah.

Robyn Schiller ([29:26](#)):

Well, that's good. I'm glad you have some help with the chores. I, I, we hired somebody in January and it's been a huge, huge relief, like half of my day is now freed up. So it's awesome. Okay. Me get into some of these other questions. So what would you say is your biggest strength?

Lisa King ([29:47](#)):

My biggest strength. I feel like if I feel like I always have a strong desire to find solutions to things and, you know a better way of doing something a different way, if there's a problem, you know, I'm always seeking solutions. That's something that I feel like I have a lot of resiliency and, and drive for finding better ways that things, I feel like that might be one of them. I don't know. That's a hard question.

Robyn Schiller ([30:18](#)):

What about Patrick? What is, what do you feel his strengths, our strength, number one, to try to get biggest? Well,

Lisa King ([30:24](#)):

I think, I mean, he, I, I, there's so many and in different categories even, but I feel like one thing I'm always impressed with him about is his, his desire. He's always wanting to be a student. You know, he's always seeking out teachers and coaches that are, you know, doing amazing things in the, in the horse world and, and putting himself in that student position. And he's just, he's really great about that. And, you know, and I love being a student as well, but I feel like he really actively is doing that a lot and just being vulnerable in a lot of ways. And so many doors open for him because of that. And it's really, it's really amazing to watch. And I think he's really, that's, that's definitely one of his strengths, I think.

Robyn Schiller ([31:20](#)):

How do you feel like you compliment each other?

Lisa King ([31:23](#)):

So I, I think it's so interesting because him and I are so similar, which I feel like everybody always says in relationships, opposite opposites attract. And we are like, you know, unlike the first time I saw him working in the arena, I was like, oh my gosh, like this guy is doing everything I'm doing. And, and we've lived such weirdly parallel lives and in such in similar ways. And I think we just accentuate the best parts



of each other and then the parts of us that we struggle with. We kind of, I feel like we both struggle, but we there's an understanding there. And so it's really, it's a really interesting, it's been a really interesting dynamic. And so I, I feel like we just kind of, and then with the horses, we've really, really compatibility, there has been phenomenal you know, with the training and the students and the, you know, just the whole thing. So I don't, I feel like we just kind of were, and that's weird. I don't, I don't, I don't have an exact, an exact thing for that. Other than that, we're so similar, which I always find so strange how similar we are. And that, that could be a problem, you know, but it really seems to, to accentuate the good things for sure. And make, were very relatable, I guess, to each other, that way, when

Robyn Schiller ([32:49](#)):

When he's home, do you guys have any other hobbies, like the outside of the horses? I know that's maybe a foreign question

Lisa King ([32:58](#)):

That is, yeah, because it's like, yeah, the horses are just all the time. And even when we have downtime, we're always like going and finding something to play with, you know, something to do or a tack shop to go to or something. But outside of horses, he loves to cook. So when he comes home, he like goes to the grocery store, he buys all his food any, and he's an amazing cook. And he just makes all these meals. So, you know, he's a cook and the nights that they eat it we, you know, pre COVID, you know, we really enjoyed going to restaurants. You know, when I, when I travel with him on the road, you know, I like to kind of see other places. We do really like to go hiking and, and you know, find trails and different things to go wander around on. So yeah. But there's not a lot of that time, I guess. Right. But

Robyn Schiller ([33:53](#)):

You guys have just been married, so this, you know, I guess over your relationship, it doesn't have to be since you've been married, but how has, how has both of your horse journeys changed since, since you've been together?

Lisa King ([34:06](#)):

I feel like I don't think his has changed at all. Mine has changed as far as kind of absorbing into him a little bit more you know, being able to come here to this facility, that was a huge load off my workload with, you know, having, you know, staff, you know, people not having to do chores and, and manage my facilities at home. And then I think for him having me here, that's going to be as far as the home base that gives him even more ability to, to, to be a benefit and, and have his students really feel like they can continue to progress. But I feel like we've really added some, some bonuses to each other that way that I have, you know, he's got more of a support system in me and vice versa. So

Robyn Schiller ([35:01](#)):

That is one of the questions. What is, who, who are your support system?

Lisa King ([35:05](#)):

So I would say my family is, is a big support system. I, you know, I have wonderful clients and a lot of friends and that way, but I never, you know, you're, it feels like you're on all day long when you're teaching and you're, you're doing all that, that, you know, for me, I have no problem teaching. I have no problem, you know, being extroverted in that way at all, but then I do need that introvert. I need, I need

that downtime for myself. So I don't spend a lot of time with friends, you know, cause I'm just working all the time. So I would say it's always my family, I'm on the phone with them on the phone with my mom a lot. So that's, that's kinda my, my support, I would say.

Robyn Schiller ([35:50](#)):

And is she in Wisconsin? T N yeah. What is the hardest thing about being married to Patrick with regard to his lifestyle?

Lisa King ([36:00](#)):

You don't get as much time together as you'd like. But I also, that's also a blessing too, but that, that is, I guess the schedule is, you know, you don't have the weekends, you know, or the evenings you have that, you know, one time a month that you're looking forward to seeing him, you know, every few weeks kind of thing. And so yeah, that can be hard. I would say at times what's the best thing. And I think the best thing is having somebody that shares the passion, that, that you can sit and have these conversations. I love that I loved, you know, being able to, you know, I can talk about things and he knows what I'm talking about, where, you know, if I try to talk about some of that stuff to my mom or somebody else, who's not into horses, you know, they're just, they don't, you know, they don't have a reference point for it. So I love that. I love, you know, that we share that together because it is, you know, it really consumes your life, which is fine if you enjoy it. And we do. And, but the fact that we understand that about each others is great.

Robyn Schiller ([37:05](#)):

Yeah. What's the best thing. What's the most important lesson that you've learned from him.

Lisa King ([37:12](#)):

I love that he constantly reminds me it's okay to be vulnerable, you know, like the student thing you know, pushing the envelope on as far as reaching out to other people and some of that I can kind of get in my box and, and, you know, I can quickly hermit that way. So yeah, he's always kind of pushing the envelope as far as the vulnerability vulnerability in the student. And also that, and he just said this to me the other day, I, to, you know, on the grading scale, you know, reminding me that, you know, perfectionism, you know, there's no, it's okay to get a, be a matter of fact, not only is it okay, it's probably, you know, and we, you know, and with the horsemanship thing, of course, right. You know, don't have the expectations of an A-plus right out the bat, but I hold myself to that a lot of the time and, and knowing how, letting some things go that it's okay to let some things go that kind of relax with something a little bit more, don't put so much pressure on yourself or, you know, the, the outcome kind of a thing that's been really helpful, you know, reminders that way.

Robyn Schiller ([38:28](#)):

What is the most important lesson that you've taught him?

Lisa King ([38:35](#)):

Oh I would like to think, I don't know, self-awareness.

Robyn Schiller ([39:24](#)):

Okay. Awesome. What about the dynamic of teaching each other? Do you ever find yourself like is ha what is that dynamic

Lisa King ([39:35](#)):

Like? Yeah. That's an interesting dynamic. We have a lot of respect for each other. We definitely do. And it's really helpful that, and kind of amazing. I'm always amazed by how still wildly similar. We are. People think a lot of the times like, oh, you must have spent a lot of time studying with Patrick. And it's like, no, this is, this is all, you know, this is all me and we're yet we're so we're so aligned and it's been great. And yet we have learned a lot from each other, but there is a mutual respect there and he's really good at not if I don't ask for something, he's not going to say anything, you know, and I appreciate that a lot. Sometimes it kind of frustrates me because I will ask, you know, like, Hey, can you watch this while I'm blah, blah, blah.

Lisa King ([40:22](#)):

You know, having those eyes on the ground is always really, really helpful. And, and, you know, sometimes I'm kind of, I get frustrated for, you know, I need more feedback and I think he's kind of like, yeah, no, I know what's going to happen if I give you feedback. So we, for the most part do really well with that, but yeah, it can be, you know, I think just knowing the respect of, you know, I'm my own person, whether you're here or not kind of thing and vice versa. And yeah, I, yeah, I, the dynamic is okay. Other than, you know, sometimes I want him to treat me more like a student and he kinda will refrain a little bit. And sometimes I might treat him a little more like a student than he likes. So I'm the one guilty of unsolicited advice, probably.

Robyn Schiller ([41:15](#)):

All right. I've scrolled through and we've gone through a lot of this without really just asking the question. So let me get to the questions that Patrick answered w from Warrick's list and we'll get yours. So he answered what book do you recommend the most? Not necessarily your favorite book to read, but when you feel everyone needs to read, and he mentioned the Alchemist, and I think he said that you turned him onto that, but he said the one that he gives away to everybody and he even gave us one is called MODOK. So, so, so what would be, would they Alchemist

Lisa King ([41:48](#)):

Be yours or I love the Alchemist. I mean, that is definitely a favorite and it's, you know, MODOK too, you know, they're kind of the story form of you know, they take you through the story, I guess, of, of a journey of connection to the self, maybe. And it's open to a lot of interpretation, but it's just, they're amazing stories. But for me, my life changing book, I feel like my life is, has two parts to it, like before this book and after this book and this was at the beginning of, you know, kind of starting to learn some of this you know, through the coaching stuff that I was learning back in 2011 was the book that really turned the corner for me, or was really eye opening, was Byron Katie loving what is, and it's not maybe the book for, you know, if you're just starting out, but it's, it's absolutely life changing.

Lisa King ([42:42](#)):

And, you know, the, the premise of it is, is based off of our thoughts and, you know, the idea that we are not our thoughts and how to question negative, stressful thoughts, and it's just Eckhart totally, you know, describes it as like a sharp sword to the ego. Like the ego will not survive through this, this journey. And it is incredibly transformative and, you know, really revealing the illusion that we create,

the projections that we create through, you know, our everyday life, the things we look at, but in specifically the things that upset us and stress us, you know, stress us out or trigger us. And some of that it's that book changed my life in so many ways. It's, it's really unhelpful,

Robyn Schiller ([43:29](#)):

Byron Katie loving what is, yeah, I'm going to order that right now on Autobot founds. Like I'm ready for that and in need of that. So thank you.

Lisa King ([43:40](#)):

It's awesome.

Robyn Schiller ([43:43](#)):

I'll let you know. Yeah. He answered what was your biggest failure and how has it helped you? And he, he, his response was more that he looks at failure as feedback. Yeah. So, yeah. But do you have, do you have a biggest failure and how, how it helped you and define failure, however you like? Right, right.

Lisa King ([44:09](#)):

The biggest failure for me, it was you know, it's, it's the biggest blessing. You know, the moment when, you know, like the accident where I was, you know, where, where my life felt like at the time it had completely fault fell apart in, in every way possible you know, losing the one that you love and, and then seemingly losing my entire life dream at the same time ended up being the path that, that put me on ended up being such a blessing and such a gift in a very painful way. But what felt at the time, like I had lost everything or I had failed it, you know, achieving my goals was yeah, it was, it was a redirect into a path that I could have never, ever dreamed. So I don't know if that counts as a failure, but it's it's, and that's, for me, I feel like I can also think of a hundred million other ones too, but it's always like that let down that, that where you didn't achieve or you didn't, you know, something disappointed you, whatever. And, and what is the gift there? And, and you're not always ready to look at that in a moment, you know, but at some point there, it, it seems to be a pattern that it ends up being that way. So,

Robyn Schiller ([45:35](#)):

Great, great answer. What is the most worthwhile thing that you have put your time into something that you've done that changed the course of your life? And for Patrick, he said discovering a little more about myself and digging into the anatomy and psychology of the horses.

Lisa King ([45:53](#)):

Yeah. I would say, you know, the journey of the self was huge because that also led me on the path of the journey of the horse at the same time and being in touch with my own emotions, but also their emotions and the nervous system. And I mean, that is just like the endless pit of, of learning and self-growth. And so I would say that would be my biggest area of transformation is putting my focus into those areas and really have reaped the rewards rewards from, from a lot of that. So,

Robyn Schiller ([46:31](#)):

Great. What have you changed in the last five years that has helped shaped who you have become, and Patrick's response was understanding of the aids or understanding of the application of aids?

Lisa King ([46:46](#)):

I would say in the last five years for me personally, it's really been again, you know, the self self work a lot of that, but there, but for me, the learning, the modalities that work with the nervous system for the horses and for myself, that that was a game changer. You know, outside of technique outside of it really gets you in touch with, I mean, yes, you want to know the psychology and that's, that's huge also. And, but it helps you feel, it, it helps you feel those threshold on a level that I see it maybe as through an observational, you know, waiting for the sign or something like that, or waiting for the trigger or waiting for the, there was a subtlety in the energy of it that I could feel through the nervous system that just, wow. It just brought that to a whole nother all those concepts to a whole nother level. For me in the last five years, I would say,

Robyn Schiller ([47:52](#)):

Where did you, what for the, for the nervous system piece of the human, what, what did you study? Who did you study?

Lisa King ([48:02](#)):

So that was a lot of that stuff was brought to my awareness through the coaching program and, and the woman that I had met in 2011 and a guy named Dr. David [inaudible]. he kind of discovered the body's natural ability to release trauma and tension through tension through the body, but through the nervous system neurogenic tremoring is what he calls it Tre and they use it and they use it with I think they, you know, use it now with like army that's in different things than first responders. and it's, it kind of looks weird because the body actually will tremor organically. without you having to do anything, once you activated, it kind of knows what to do and going through that process and learning how to do that. And I'm letting my opening up those channels in my body.

Lisa King ([48:59](#)):

Wow. That was my panic attacks that I was having with the PTSD completely stopped in a matter of months. And that was so being able to actually experience it. And when I watched the horses now when I'm doing work with them, I can, I know I'm like, I know exactly what that feels like, and I can feel their nervous system through my own nervous system. So my nervous system became really aware, you know, I became to feel nervous systems through my nervous system in a way that I couldn't prior on the heat, you know, because I had gone through the Tre and the neurogenic tremoring process. So yeah, it's just made it all very relatable. I was like, wow, that same thing happens to us too. So,

Robyn Schiller ([49:47](#)):

And is that some, is that a practice that you still do, like daily, weekly, monthly,

Lisa King ([49:54](#)):

The Tre that becomes more of like a maintenance, like he kinda Dr. David, Priscilla kind of all that, you know, taking out the garbage, it just, you know, we, we carry around a lot of baggage throughout our lives when we suppress, you know, and, and we don't try, you know, unknowingly to most of us that we suppress this. And it ends up being the equivalent of not taking the garbage out for 25 years or 35 years or whatever. You have all this stuff stored in your body that the nervous system remembers, you know, it, it, it catalogs it. So the first, you know, as you start the process, there's kind of a lot of that cleaning

things out the body letting go of a lot of stuff. So it took me in a matter of months of, I was trembling every day for, you know, an hour or two a day which is a lot, but I needed a lot.

Lisa King ([50:43](#)):

But for most people, what he recommends is, you know, three times a week, if you do 15 minutes, three times a week, it's enough to make neurogenic changes in your brain and you know, helping to recalibrate that. So just, yeah, and then you can do more, more on top of that if, if you wanted to. And so I at now, I, I can, I can feel it before I need it. You know, my body's already kind of discharging it before I need to go into like a tremor session. So it's very maintenance. It's just like picking up the counter after you eat lunch, you know, it's, it's very, very, very subtle. And yeah, so,

Robyn Schiller ([51:24](#)):

So Dr. David burst, Sally. Okay, awesome. Getting a lot out of this. So what do you do to relieve stress or recharge your batteries? We'll start there

Lisa King ([51:39](#)):

Relief. I would say, like, for me, I really, if I can get like, on a trail somewhere on a hiking trail, I love exercise that way. It's a great way for me to diffuse stress yeah. Going for a run or going for a hike getting out into nature, kind of getting away from everything, whatever the routine is, the barn, the horse, you know, just kind of, you know, if I can get to a lake that's even better. Yeah, I would say that's kind of, my recharge is just getting moving outside of the moving that I do with the horses, but just for myself, I guess.

Robyn Schiller ([52:18](#)):

Yep. And then the second part of the question is where do you find the motivation or inspiration for what you do?

Lisa King ([52:26](#)):

Oh, I it's just so it, it, every, it all just parallels so much, you know, anything that I do on myself, I immediately start seeing it in the horses and vice versa. And it's just, this it's just so intertwined and that the passion there is, you know, so much for my own healing, but the reward that I get that is just, I love the most, I would say is being able to see the changes in the horses, you know, feeling that as much as they give to me and the teachings that they give to me, you know, if I can provide to them more comfort more empathy, more connection that they probably have not experienced, you know, prior to me, unfortunately, a lot of these horses, you know, they might have gone through more of a traditional program where, you know, it just, you know, shut them down while them up and watching.

Lisa King ([53:21](#)):

I always think of it like a flower blossoming, you know, as they kind of at the, of tension, defensiveness, you know, emotion, whatever dissolve, and the horse starts to seek you and the expression in their faces, especially their eyes when their eyes start to get bright like that. And they, and you can just see, it's like the light switch in their minds goes, Hey, you can hear me, you understand me? And they start seeking you and communicating with you through the, just the things that they do, you know, that it's, it's so rewarding. I feel like that they have somebody on their side and not to say at all that I know everything about it, but I just, I, I see that change all the time with the horses. And that, that for me is so

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rewarding because I know that they're feeling better because of that. And like that there's nothing better for me than that. So yeah, that gives me a lot of passion

Robyn Schiller ([54:25](#)):

I can tell by your face. Yeah. It looks okay. Well, those are, that brings us to the ends of the questions. If people wanted to get in touch with Lisa King, how do they do that? How do they find you?

Lisa King ([54:38](#)):

Well you can, I have a Facebook page, Lisa King equine. And you can message me through there. I ha you can email me Lisa King equine@gmail.com. You can get ahold of Patrick at Patrick King horsemanship. He's on Facebook, Instagram, all the things. So yeah, you can, you can get ahold of us pretty easily through most of those, those, those avenues.

Robyn Schiller ([55:05](#)):

Great. Well, it was wonderful getting to know you and I'm sure all of our listeners will be appreciative of, of it as well. And the conversation was great. I've got notes all written down here. I'm going to go order books and look up people. And so thank you very much for your time. We really appreciate it.

Lisa King ([55:22](#)):

Absolutely. Thank you so much for having me. It was very fun.

Robyn Schiller ([55:27](#)):

Great. All right, we'll see you next time on the journey on podcasts,

Speaker 1 ([55:32](#)):

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