

Speaker 1 ([00:12](#)):

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.

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

Welcome back to the journey on podcasts. This is Robyn Schiller, and we have a special treat for you this week. My original podcast thought was to do like a call-in show where people would call in with their questions and Warwick would interview them and give them the answers. And, you know, horse training related obviously would cross over to the human stuff. But this is one of the times when I'm really glad work, didn't listen to me. And he went on his own journey with the journey on podcast, and we couldn't be more thrilled with how it's worked out. But I do think that there is some opportunity to do this question and answer type of podcast session. So what we did, so this is kind of our compromise is we asked our Facebook group, what questions would you have for a podcast? And so we got inundated with questions and what we're going to do today is we're going to ask work some questions and he's going to answer them.

Robyn Schiller ([01:40](#)):

And we came up with out of what was given to us. We chose 22 questions and they're all kind of grouped into four broadly defined answers. And so that'll make more sense once we get to answering them, but that's what we're going to do today. And we hope you enjoy it. If you do, there is a lot of opportunity to do this more. We won't stop with the fantastic guests that we have had. We have plans and invitations out to many more inspirational people for future journey on podcasts. But today we're going to get to some questions. The first set of questions all fall under the category of creating connection with your horse. So here's the first question. And this is from Zoe, from Georgia in the United States. She said, soon I am beginning my journey with a wild Mustang and would like some pointers Warwick. What would be your starting point with a feral untouched horse that is afraid of people envision the horses in a round pen with six foot fences. I have an idea, but would love your input on where you would start the relationship path with a totally unhandled horse,

Warwick Schiller ([02:56](#)):

Great questions, Zoe, you know, the about Working with any horse to do with connection. It's about being aware of their threshold and staying underneath that. So where to start from you know, some people might, I mean, a good thing to do with F with a feral or, or untouched horse is to, you know, feed them in their pen. Let's say you just, you know, you just got an untouched horses on feed them in their pen. On the other side of the pen, away from wherever the humans are until they're comfortable eating over there. And then you might, what you could do is you could sit in a chair on this side of the pen and feed them over there and then sit on this side of the pen and let them eat and do that for a few days. And then the next time you feed them, feed them one foot closer and then sit over here while they eat.

Warwick Schiller ([03:46](#)):

And then one foot closer and sit over here while they're eat, until you can get to the point where you can put the hay just through the fence on this side, you know, on this side of the pen where you've been sitting and the horse will come up, put their head down and eat the hay while you are just outside the pen there. And then what you could do from there is start instead of putting the hay inside the pen, you keep the hay on your side of the fence and you break off pieces of hay, wisps of hay and stick them

through the fence and have them eat out of your hand. And that's something I think a lot of people will do with, with kind of wild horses, but certain types of horses that won't work with because that is too far over threshold.

Warwick Schiller ([04:31](#)):

And I'll tell you a quick story. I went to a Mustang sanctuary last year and to help them for a couple of days with their horses. And one of the horses they've had, they've had in there for over a year and he just doesn't seem to be getting any better. And he was in it. They put him in a pen and it was probably maybe, you know, a hundred feet by 50 feet, maybe a bit bigger, maybe 150 by 75, something like that. And it was up near the barn where all the activity is, and it's right beside the road. So, you know, the, the ATVs drive past all day taken, you know, pay to horses and people walk past there and all the vehicles when they drive into the ranch drive past there. And you know, there's a lot of activity, people walking past there all the time, and this horse just does not seem to get any better.

Warwick Schiller ([05:19](#)):

And they were telling me about this horse and we were at the barn, we're kind of inside the barn, but I could kind of see that horse over in the distance. And he was kind of standing there in his pen. And I said to him, okay. And I was talking about connection and staying under threshold and letting the horse know that you're not just staying under threshold, but communicating the fact, you see thresholds, you see where their concern starts to rise. And I said, so here, I'm going to start working with that horse over there. And so everybody got up like, okay, let's go. And I said, no, no, no, no. I'm going to start working with that horse over there from over here right now. He's not aware of me. He's just kind of standing there. And so you guys stay sitting here and I'm going to start to walk towards him.

Warwick Schiller ([06:02](#)):

And so I just walked from the barn. I maybe walked five feet. And as soon as I walked five feet from the barn and I'm still probably, I don't know, maybe 80 feet from the fence of his pen, the side fence, so that the long side I walked about five feet from the barn and his head shut up in. And he looked at me and I stopped and stepped back a second. And I said, what I did right then was I told him, I saw his level of concern rising from that far away. And I stood there until he went back to his relaxed posture that he had before I walked at five feet. And then I walked another five feet and his head kind of went, I'm like, what are you going to do? And as soon as his head went up, I stopped and took a step back and kind of relaxed my energy and just kind of chilled there.

Warwick Schiller ([06:51](#)):

And I said, once again, I said, I just let him know that I saw his concern from this far away. And then I got closer and closer and closer. And they eventually got up and I climbed over the fence into the pen. And he still had not run off to the back of the pen yet. So he hadn't, I hadn't got him over threshold. He was aware of me, but he hadn't walked off yet. And I got, I dunno, I probably got about maybe 20 feet from him, 25 feet, something like that. And you know, he's, he's he's tension level went up and I stopped and stepped back. And I turned around, I had my back to him and I was looking back at the bottom and I was saying, so you can see, you know, blah, blah, blah, blah, blah. I'm telling them the story.

Warwick Schiller ([07:34](#)):

And while I'm talking to them, he walks up behind me and sniffs, me and this horse in the whole year, he'd been, there is not a walk-up. And I don't remember the whole story. So maybe he has sniffed a

person or two, but it's not common for him to do that. And you know, I didn't try to touch him or anything right then. But the, so that the thing I'm trying to get across here is there is no, yes. Put your horse in a 60 foot round pen and stand outside it because that might be too, too much. Like I, what I told him to do with this horse, I said, what I would do with this horse is get a pan as far away from all the activity or a pasture, whatever on this place, as far away as possible. And one person picks up the poop and one person feeds this horse, and it's not about one person it's not about, oh yes, we're going to make him a one person horse.

Warwick Schiller ([08:28](#)):

It's about that one person's job as they're approaching that panel, pastoral, whatever, from as far away, as you can see that horse, you need to stop and pause when he becomes aware of you when he's head pops up. And he's his break pause there until that little bit of tension that just built up right then until that, until that goes away. And then you can approach again. So you can't go over there and go, okay, I've got 30 seconds to dump this. Hey, cause I've got to go and feed all the rest of the horses on the place. Every time they go anywhere near this horse, they have gotta be working on that. You know, that sense of attunement, as it's been explained to me, you know, Sarah [inaudible], who was a previous podcast guest says, it's the sense of being seen, being heard, feeling felt, and getting gotten okay.

Warwick Schiller ([09:20](#)):

And that's that, you know, it's, it's, it's being aware of their concern and letting them know you see their concern. So a way where you start, I don't know. I mean, I don't know, you know, this is, you said you've got a wild Mustang. It hasn't been handled. Where would I start the relationship path with a totally unhandled horse as far away as possible is where I would start. You know, some horses can climatize almost desensitized to a lot of stuff going on around them. And some can't this particular Mustang at this place I'm telling you about, he's obviously one that can't, he can't kind of block that out, which, you know, cause I think a lot of times things like getting a horse a climatized, what he sensitized to movement around him like that there's a level of shut down in that they're just blocking, blocking stuff out and some horses are block stuff out easy and some horses will not block out at all.

Warwick Schiller ([10:17](#)):

And I, you know, a lot of, a lot of Mustangs that people get a lot of times, I think they the people think they're really quiet and they're kind of lazy and they kind of doubt, but I actually think that those horses, you know, and the gathered from the wild and they put in these holding pens and everything that's going on around them is a bit too overwhelming for them. So they just kind of, they just kind of block it out. Cause I don't think for a horse in the world to be oblivious and just kind of stand there and be DOE oblivious to everything going on around them. They wouldn't notice the things that would keep them alive. So yeah, I'm re I think it's it's really important that that you're aware of their awareness of you. So you communicate your awareness of their awareness of your presence. And I think that's probably the best place to start. So wherever that wherever that distance might be, I'd, I'd probably work on that.

Robyn Schiller ([11:18](#)):

All right. The next question is from Emily, from Perth, Australia, her question is what's the biggest mistake to avoid that you see people do with their new foals and how do you avoid doing it?

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

Great question, Emily. You know, the thing with any horse I think is having a good draw drive ratio. So, you know, if you think about, if your horse had a hundred percent, a hundred percent drive from you, that means as soon as they saw you on the horizon, they'd run off. And a 100% draw from a horse would mean as soon as they saw you, they'd run towards you and quite possibly into you, which we don't want. And that, you know, you, I think people end up one way or the other with their folds, they, their folds tend to other won't let him anywhere near them, or they get running into them and pushing on him and, and things like that. So what I will tell you is what I did with our fall Rupert this year. So Rupert was born while we were away at a horse show, I think.

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

And we have a go Kendall works for us. And so what I had told Kendall was, what I want to do is spend some time in there. This is we'd like to do. So there falls is spend time in the area, just sitting in a chair where Rupert isn't, you know, try to get, try to get them to where, when you're around them, they don't think you want something of them. You're just part of the furniture sort of thing. And if you think about this whole connection thing, it's almost like how you make friends. And we don't, most people wouldn't do this with horses. I mean, how you make friends is you meet somebody and then you hang around them and you hang around some more and you hang around some more. And then at some point, after all this hanging around, you go, Hey, my my son's going to go to the airport at five o'clock tomorrow morning.

Warwick Schiller ([13:07](#)):

Can you take him? And that's a pretty big ask for someone. So you gotta be, you've gotta have the relationship developed a bit by the time you get to that. But a lot of times with horses, the first time, a person, laser eyes on a horse, whether it's a fall or whatever is, I want something from you. I want to do something to you. So like, you know, try this walk, walk around town, just walk up to random strangers and say, Hey, my son needs a ride to the airport at five o'clock tomorrow morning, do you think you can take him and see how far you get? And that's kind of the, the lot that horses are given in life is people just want stuff from him. And so that the thing you've gotta be able to do, whether it's a fall or an older horse to develop the relationship is start to start out by spending time around them.

Warwick Schiller ([13:50](#)):

That's that's undemanding. You're not asking for anything. You were just hanging just like horses and Hertz, do the hang. You don't see horses in herds. Like, Hey, can you guys go and pick up some icons for me or whatever, you know, like they're just kind of hanging together. So that's where we started out with Rupert and I think we were going for a week or so before we got home. And when we got back, Kendall said, Ruby is still not very interested in people. I'm like, that's fine. Let's see how it goes. And so I would go out there and sit in there, you know, and they got a little pasture thing, him and his mom. And he wasn't interested in coming up and saying hi or hanging around. And it was really quite skittish, you know, kind of one of those jumpy. So it's the ones.

Warwick Schiller ([14:31](#)):

And then his mother, Bella, we give her some grain vitamins and stuff everyday in a bucket and we hang it on the fence. And I thought, well, what I might do is sit in a chair and have her eat the grain out of the bucket in my lap. And then he will be hanging around her. And it'll just, just give him a reason to be a little bit closer to us. Well, by this point in time, he had started eating stuff out of the bucket when she eats out of the buckets. So this day I sit down, I got the bucket in my lap and Bella's jumping and, you

know, spill and stuff in my lap. And pretty soon Rubrik comes up and he's eating stuff out of my lap. Okay. He's not running over me or anything. I'm sitting in the chair, he's eating stuff out of my lap.

Warwick Schiller ([15:12](#)):

I don't attempt to touch him. And you know, early in the fall stage, even if they do come up to me, I don't attempt to touch them. They can touch me. I'm not trying to touch them. I'm just trying to get him used to me. And so that was that day with Rupert. Anyway, the next day I went in to go and hang in there and Rupert comes kind of charging up to me and half raring up at me and I thought, okay, well that's okay. I've gone across the line. You know, I had too much drive before. Now there's a bit too much draw. And the thing I don't want to do is have to make a correction and the correction would be, Hey, get off me. Like, like pushing him, bumping him, touching him anything to make him get off me when he's up close, nothing, nothing physical.

Warwick Schiller ([15:56](#)):

I don't wanna do anything physical to the fall at this point in time. And so what I started doing was just ignoring him. I'd go in there. And I, but I D I stopped hanging out in there cause I had too much of one and not enough of the other and the hanging out will create more of the draw. So then I noticed I'd go in there and he wasn't running up to me. So then I started going in and kind of hanging around and then he'd get curious and he'd come walking up to me and kind of sniff me. And so now we're kind of somewhere in the middle. He's interested in me. He's not worried about me, but he's also not ignorant of me. And I just go in there and stand and he'd come up and, you know, sniff me and walk off.

Warwick Schiller ([16:36](#)):

But then he started coming up and he'd do these little drive by where he'd, he'd walk up to me and just kind of rubbed by me with his shoulder. And he's, he's hip kind of like, give me a little bit of a push. And like I said, I don't want to make a correction right then. And as he's gone, boy, if you make a correction, you probably going to get kicked in the leg anyway. And so what I would do is he just started approaching me without CU. He was a bit too bold. Like he is easy to preclean he'd March up to me. He didn't walk up like, Hey, yeah. Who were you? Can I can I come say hi? So what does started doing? If he started marching towards me, I would, as he approached, you know, probably 10, 15 feet away, I would just kind of slept both hands on the sides of my leg, do a little jumping, Jack, whatever, you know, I started out small and he'd like stop.

Warwick Schiller ([17:25](#)):

And the first few times I did that, he'd well, we'd scatter and run off and run around again and do some zoomies. But then if I just stood there, he'd come back. And he came running up and he'd stopped about 15, 20 feet away. And then he slowly approached me and he'd come up and sniff me. And so that's what I did for quite a long time was if he was approaching me and mindfully, if he was just going to March up, like I was, you know, piece of hay or something or other, it's just going to match up to me as he was marching up to me like that, I would do something that, to break that, that thought, okay, I don't want to do a physical risk. I don't want to be actually making contact with him or anything at this time, point in time.

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

I just want to break that thought. And you know, if he walks up, I'm not going to use the word respectfully because I don't think it's a respecting. If he walks up a little tentative, like, Hey, who are

you? Do you, do you think I could maybe come up and hang a little bit? And, and, and sniff view, I would allow him to approach me, but if he approached, because they don't come up to you tentatively and then push you around, they came up to you in a pushing around frame of mind and then push you around. And so if you can break that further back that, and that's what I did with him. And then he ended up he's, you know, he's really quite good somewhere in the Midland. And I think because I spent so long with him working on this stuff, which means it's not work, I'm not doing anything, but I spent so long with this before ever got to do anything else with him.

Warwick Schiller ([18:59](#)):

He was, he got to the point to where I could, you know, pick up his hind feet with him, just standing out. I could walk up to him and pick up his own feet, stand out there in the pasture, even though I'd never really taught him to pick up his hind feet, he'd allow me to do that. And I think I put some videos on YouTube and Facebook of them of doing that. But the earlier on things, if you let them get too close too soon, and then they bite you and then this you're slapping them in the side of the head and stuff, you're starting out with trauma already. The thing I really want to avoid is, is I would re if I, if I had my choice, I'd rather that we're too far away than to close. So if I'd rather, I couldn't catch them rather than they are too close to me.

Warwick Schiller ([19:38](#)):

And I think your question was something to do is what's common mistakes that people make is allowing those folds to get, you know, just get too close and too pushy too earlier on. Not that you ever want to be pushy, but, but let them just get pushing into you really early on. And a lot of times it's because people think the folds cute and they'd love to pet it and they want to pet it. And you've got to, you know, you've got to you know, it's a bit like walking past the bakery. You can't just look in there and go, I would love to eat everything in that front window. I mean, it, it would be very tasty to eat every single thing in the front window of the bakery, but you can't do that because you're going to pay the consequences. And this is the same thing. Having, getting those folds to where they're, they're doled out to you. That's the big thing is you get them doled out to you. Cause if you think about what I was doing, as he was approaching with that pushy sort of an attitude, I let my legs at all. He went, what, what was that? So they're not getting dialed out. They're getting tuned into you more so than doled out. And I think that the first part is, is making sure you don't let them get too close too soon.

Robyn Schiller ([20:49](#)):

This has been kind of an adjustment for me, for all of you out there who want to go in and love on your babies. You know, I was raised that way. My mom had had foals a lot and I wish I had known this earlier. You know, because when you look at chance and you look at Rupert now, you know, you, it's like not eating the stuff in the bakery, or you're going to fit into your pants and you're gonna, you know, you're not going to have diabetes. So use that. Self-Control it's really worth it. I'm telling you. So our next question is from Heather, from south Wales in the United Kingdom. And she, this is kind of similar to the last question she said, this October, I'll be getting to six month old foals one's in American paint. And the other is a Shetland. The painful will be less handled compared to the Shetland as she has been allowed to graze in a semi-wild herd on the Moors of Cornwall. And we've been to Cornwall and we love Cornwall. And if you've ever seen Poldark, it's awesome. Cornwall. Anyway, sorry. So what would you say is the most important type of connection I can do with the falls to teach them respect, but also I am someone to trust.

Warwick Schiller ([22:04](#)):

Great followup question to the last question, Heather. So yeah, I, I, I think the, the answer is, is, is pretty much the same as the last answer I gave, except you kind of starting off on the wrong foot because one of these horses is head not much handling, but the, the Shetland has had more handling and that's, you know, the people tend to think Shetlands Shetland ponies are rotten. Like some people call them chitlins and it has nothing to do with the fact that Shetland ponies are Rutten. Like if you look at a herd of Shetland ponies that are an established herd that lived together for a long time, they don't act any different than established herd of warmbloods or an established herd of quarter horses and established herd of Arabians. You know, the horses are horses, but what tends to be the smaller cuter and fluffy of the host, the more rotten they are.

Warwick Schiller ([22:57](#)):

It's because of just, what I talked about in that last question is from an early age, they get too much handling and they get numbed out to humans. You know, you don't see a herd of Shetlands roaming around and just bumping into each other and kicking each other. And like, they will move around like a school of fish or a flock of birds and read each other's energy, just like any other breed will. So the, the, the big thing with the, I'd say with a Shetland is making sure that this pony does not get pushy with you and you, and I can't give you the right answer. Cause I don't know how pushy that one is, but if you've got a horse that wants to be really pushy in your space, the best thing you do is work with them over a fence is have a fence between you and them.

Warwick Schiller ([23:42](#)):

And so that you're going to interact with them. But if they get pushed, you can turn and walk off. You don't have to make a physical correction. But yeah, I think I pretty much answered instead how I go about in that last, you know, in that last question, but the big thing is what are you going to do from behind the fence is you, you don't have to be defensive. That's funny, defensive behind defense. You know, if that horse wants to push on you, you don't feel a need to step backwards to that and step on your toes or you don't have to step backwards. They don't bite you or whatever. And I think going in with a horse that does those things, they learn to basically herd you around. Whereas if you're on the other side of the fence and you stand far enough away from the fence, that nothing they can do can influence you. I think you can probably start to take away some of that poor conditioning that they've initially had

Robyn Schiller ([24:37](#)):

Another word about, you know, working from, from behind the fence. What we've noticed is that it gives the handlers so much more confidence. So, you know, it's not just for the pushy ones. It's, if you are tentative, you could start that way too. So if you have some fear yourself, even if your horse isn't giving you reason to or whatever you can, you can use that fence to help you with, with some confidence. And we've seen that happen a lot. Okay. Chris, from Ottawa, Canada, boy, we are just continental year aren't we if a horse has trust in someone through the relationship journey, but they also get handled somewhat poorly by others in parentheses, maybe a vet farrier or barn hand at the same time, do they have a setback or delays in becoming completely at ease and trusting with the person taking them through the journey or can they quickly sort handlers out and be one way with some and another way with someone else?

Warwick Schiller ([25:36](#)):

Great question, Chris from Ottawa, you know, I read through these questions before, when I thought I had a good answer for this one, but when Robin read it, then I was skipping through and I didn't realize you added one more word in than I thought it was in there. And that was, you said was if a horse has trust through someone, that relationship journey, but they get handled poorly somewhat poorly by others. Maybe a vet farrier was what I got. So the vets, not very often the farriers, every five or six weeks, I thought, yeah, that's not going to be a big deal. But then you said Bon hand. And that really made me think, because if you have, I dunno what your water situation is, but you know, sometimes people have horses in, in Australia. What you'd call at a boarding. I mean, in America, they call it boarding in Australia would be an adjustment place in the UK.

Warwick Schiller ([26:23](#)):

They would call it a delivery. But if you've got someone handling your horse twice a day poorly, and your hint, so that's 14 times a week and you're handling your horse four times a week, then it can be an issue. The other, the other ones, I don't think that's a big deal. The other ones it's, it's not gonna do that much, but it's, you know, it's about who does the most work. And so, you know, if it's, if it's every once in a while, it's not that big a deal. But but the thing is, the other thing you're going to do too, is, is you've got to prepare your horse to be handled by other people too. I know many years ago I did a clinic in I somewhere in the U S and there was this lady there and she's got this really, she lives on close to the coast, excuse me.

Warwick Schiller ([27:11](#)):

And she's got these really beachy, soft beachy vibe. And she said, well, my horse does not like men. I said, really? And she said, yeah, look, if I walk up to her, she doesn't do anything. But I bet if you walk up to her, you'll do something there that, and so she walked up to a horse and the horse didn't really react. And so I walked up with the same cool beachy vibe, and I always didn't react. And I said, come over here for a second. I'm going to give you a sex change. Okay. You're now a man. What I want you to do is put your shoulders back, poke your chest out, kind of have an angry thought in your head and March toward your horse. Like you want to kill him. And she did. And the horse spooked at her. And I said, it's not, it's not men.

Warwick Schiller ([27:53](#)):

It's a certain energy. And what you've got to be able to do is prepare your horse for, you know, if you've got a real cool laid back, timid, maybe vibe, and the horse is only used to that. Anything more than that, you know, and maybe the only time you ever you energy ever comes up is when you have mad at your horse and you do something, you know it can make them twit anybody with a bit more energy about them is I'm worried by them. You've gotta be able to get to where your energy can kind of come up around them. As long as that energy is not directed at them, as long as your intention is not for them to move. And that's, you know, that's what all the groundwork does. You, you get your horse to where, you know, a flag doesn't bother them, unless of course your energy is directed at the horse.

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

And then you, you know, you just got to teach him what means go and what doesn't mean go. And so I think, you know, I'm a little bit of track from Chris's question here is, but you've got to, you've got to get your horse to where they can handle more than just your baseline energy, whatever that is. Cause we tend to just teach those horses to be good around us and our baseline. You've got to expose them to other things and getting back to what Robin said about the horse through the fence, totally different

subject. This is back on the question before, at this year at the Western states horse expo and in California, I had a 17 hand inventing horse that the lady brought him along because he bites and pushes her around on the ground and you know, all sorts of things like that.

Warwick Schiller ([29:24](#)):

And he did that to her in the arena. When I took a hold of him, I did two tiny little things to him in, and he was really good with me after that. And at the end of the session, I said, come and get him and take him. And as soon as she approached that horse, his energy completely changed. And so I was lucky enough have that horse for two sessions that day. So the second session in the afternoon, I bet I had him put a 12, 4, 12 foot panels into a square in the middle of the arena. And when she bought the horse and he was back to the same way, why is it the start of the day? And then I worked with him until he was relaxed again. And then I put him in that, in that pan. So there were the Holton lead rep and I fed the lead rope out through the fence.

Warwick Schiller ([30:04](#)):

And I'd said to the lady, her name was Suzanne. I said, I want you to hold this lead rope. And you have to be able to stand here and not move, not have any thoughts about your horse. Okay. D it doesn't matter what he does if he gets, he can't, if he paused the ground, ignore it. If he, when he's ignored, if he runs around, he can't run over you. I don't want you to step backwards. I don't want you to be defensive. I don't want to be offensive. I just want you to hang here. And it took her quite a while to where she could get her energy to where, what he did, didn't affect her. Like at one point in time, he was pouring the ground and she was standing still, but I saw her eyes downcast looking at him, pouring in the ground.

Warwick Schiller ([30:40](#)):

And I could just feel her energy was like, why is he pouring the ground? You shouldn't report on a grant. And I said, if you watching, he wasn't doing that. And she goes, yeah, how can you tell? I said, no, I can just feel it. And he can feel it too. And in the, through the session, she got to where she could stand there. He, he didn't intimidate her at all. And he was completely relaxed. And then I got to open the gate and had her and him face-to-face he was completely relaxed. Then I got to walk him around and he walked completely different from her than he ever had. And we didn't correct the horse. Really. I just got the, the owner to have a complete, complete zero, like zero going on inside, you know, no expectations, no frustrations, no anger, no hatred, no, none of that just be completely blank. And the, the, the difference in her horse was, was pretty amazing to, to see in it. And I'd mess with that a bit before, but that was that really cemented to me that, you know, I don't think you have to fix the horse a lot. A lot of times it's the energy of the human,

Robyn Schiller ([31:42](#)):

That energy piece is such a big deal that we have a playlist dedicated to it on our online video library and as well I did a, I made up a course that is also on the online video library that addresses the human factor. So what we're bringing to our horses and how we can identify w w what we're doing and modify what we're doing before we go out and work with them. So we think it's a pretty big deal. So my next question is from Charmaine, from new south Wales, Australia, her horse, she says, my horse often gives me a big nudge with his nose that nearly knocks me over. It's like he wants attention, but he usually already has it. It's when I tie him up or moving around, or if I'm moving around him, putting his boots on,

et cetera, I just stay very aware that he can do it anytime and try to stay out of, but I do go in close and give attention when he's just standing still

Warwick Schiller ([32:43](#)):

Great question Charmaine. And the answer is probably not what you would expect. If you guys listening at home, the answer is probably not what you'd expect either. You know, really learnt to be able to read between the lines, with what people say with things. My horse often gives me a big nudge with these notes that nearly knocked me over. It's like he wants attention, but he usually already has it got that. Then she says, it's when I tie him up or moving around him, putting on his boots, et cetera. So horses are very, very good at reading your mind where your mind is at. Okay. In the things. It seems that he does it whenever Charmaine. I, I think he does it when your mind is not on him. Okay. When you walk up, you turn your back and in your time up, and you're thinking about tying the knot and not being aware of your horse, he's pro is it's like, Hey, pay attention.

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

When you're putting on his boots, you probably focused on doing up the Velcro in your minds, thinking about I'm going to put this boot on and I'm going to go for a ride. I'm going, but you're not present. I'm, I'm thinking that's, what's causing the whole thing. It just, you know, just from what you've said now, the thing is, it's not just that, but it's you said, I stay very aware that he can do it anytime I try to stay out of reach. So I probably wouldn't do that either, because then you've got you. You are not present either. I think you might have this shrinking back Thea type energy going on. I'll tell you what I, I used to horses. I didn't usually let horses rub on me. And, and I used to just kind of give them a, I used to give him something to rub on, say my elbow, like I'd kind of cocked my elbow.

Warwick Schiller ([34:24](#)):

And as I went to Raymond, I just flooded my elbow a bit. Now I wasn't whacking him in the head or anything, but it was telling them don't do that. But what I, few years ago, I took a course on clicker training. And this course was really interesting because I thought they were going to tell me how to click a trainer. And the start of the course had nothing to do with doing the things themselves they had to do with setting, sitting the situation up to where it works. Right? And one of the things they had you do was practice what they call joint locks, which means you put your feet square on the floor, brace your hips, brace your shoulders, hold your hand out flat. Like you're giving a horse, a treat, but brace your elbow, brace your shoulders, the whole thing.

Warwick Schiller ([35:05](#)):

And get your hand to where, if you, if you imagine you're standing there with your hand, yell at that. If I was to put my finger on your hand, I couldn't push it down and I couldn't push you backwards. And the reason they taught that before you start giving the horse treats, cause he's, as the horse goes to take the treat. If they push you backwards or push you around, it makes them pushy. Whereas if you do that, what they call a joint lock and they take it out of your hand and it's no different than taking it off a table, the table doesn't move, then they don't get pushy. So I thought, well, that's interesting. I wonder if works with horses that rubbed their head on you. And so what I will do, if a horse is going to rub his head on me, I will brace my feet, like get wide, sort of a stance, brace my feet, brace my body and let him rub the head on me.

Warwick Schiller ([35:49](#)):

And I've not had a horse continue rubbing their head on me since I've done that. They might rub the head a couple of times cause they're itchy, but it doesn't turn into a pushing you around game. And I just think that whole Charmaine I'm aware of it. So I stay out of his space sort of thing is making that a bit of a game. So two things I'd probably want to do there is one is make sure you are aware of him when you're around him and try to stay really present. And the other one is, as he goes to do that, be aware, he's about to do it and just brace up and let him, you know, he's gonna, it's like nudging a tree. It's not going anywhere. I think when he nudges you, it gives you a bit of a move and it, and I think it might turn into a bit of a game and you know, this whole, all these questions he had to do with connection and that there is kind of what Robin talked about in the course on our online video lobby is working on the connection with yourself, being aware of where your mind is being aware of what your body's doing.

Warwick Schiller ([36:46](#)):

That's, you know, that's kind of step one. We have a friend of ours who has a she's an equine assisted therapist. And she says in any interaction with another human or another sentient being at all, there's four things you need to be aware of. Number one, what's going on with me, number two, what's going on with them. Number three, what's going on between me and them and number four, what's going on in our surroundings or in our environment. And what I've found is most people around the horses are not very aware at all of number one, a number three, what's going on with me and consequently what's going on between me and them. And if you think about this here, Charmaine says, you know, he does this when I time up to the time, tying him up that's environment and he does, this is what he's doing, but there's not really any, a whole lot of thought about what I'm doing, except the fact that she said I'm aware of it. And so I move around him and I'm aware of it. So I think that's more of it's being aware of me, but in a negative way, like having that negative kind of you know, concerned, suck back, worried sort of energy.

Robyn Schiller ([37:55](#)):

I feel like I'm on the Dr. Phil show. Like, here's the problem. And then you go something totally different. Yeah. He, you know, if Charmaine had been here for him to talk to you, it would have really felt like the Dr. Phil show like getting into it. But I do love Beth's four questions and we have, we haven't invited her yet, but we're going to, so she's going to be a guest, hopefully she'll say yes for the podcast. She's awesome. She has a company called the circle up experience and I did a lot of training with her actually in right before COVID shut us down. And she's awesome. You're going to love her just as much as we do. All right. Next question is from Maria, from Finland. I'm a quarter finished, so Hey Maria, maybe we're related. All right. I have trouble getting my horse used to sprays. For example, insect repellent, wound disinfectant. How could I help her with her fear? She is okay with spraying around her, but as soon as the spray touches her, she has spooked. I have tried to follow your advice about desensitizing under threshold, but is hard to apply sprays so gradually. And even the slightest amount seems to be too much because it feels so sudden maybe like a swarm of flies on her skin, I guess.

Warwick Schiller ([39:20](#)):

Great question, Maria. You know, I'll answer that a bit ahead. Last year had an and delusion five-year-old and delusion met here to start under saddle. And you know, the owner had done some groundwork with her and one of the things she said, I cannot get her used to fly spray, and I cannot get used to it being hosed. She just, you know, you can't desensitize it to it. And she was pretty sensitive, sort of a mayor. And what I did, I didn't start out there. I mean, I don't start out with things like that. I developed

quite a bit of relationship with the first, but by the time I got to that, what I did, I had the, you know, I, I got the hose, you know, a long hose out in the middle of the arena or out in the arena somewhere.

Warwick Schiller ([39:59](#)):

So the man has got room to move around and I had a spray nozzle onto the hose. And so I had the, the, the maze lead rope, you know, in my left hand and there's, there's slack in it to her. Then I just got the hose and I pointed away from it. And I just went squirt like directly away from it. And she probably jumped and ran somewhere else, you know, moved around a little bit. And then 10 seconds later, somewhere else, completely random. I went to squirt and she jumped in, did something. And then I went squirt somewhere else. And then she jumped a little bit and I just kind of kept squirting randomly, but not it wasn't, this is not, it's not training. I was trying to, trying to, you know, a lot of times desensitizing, whole, she trying to get them to control the sprayer.

Warwick Schiller ([40:50](#)):

Okay. And so you're not going to take it away unless they do this or whatever. All I was really doing was just being really, really Granum with it. And I'd spray it away from her. Then I'd give her a quick squirt maybe on, on the leg. And if she jumped that's fun and then I'd squirt it somewhere else. And I just, I just kinda had it to where it was a whole random thing, because I think, I mean, a lot of times having a, you know, a, a structured training plan works, but sometimes you just gotta be a little bit random and the randomness of the whole thing got it to where we're, you know, I could squirt away from it and she didn't jump in. I'd squirt towards her. And I actually squirt, and she didn't jump. And once I could squirt her and she didn't jump, then I started working on shaping her behavior.

Warwick Schiller ([41:35](#)):

But you know, that one of the podcasts I did was on the 13th principle, the training, which is relationship before horsemanship. And, you know, in that I talked about, if you're going to desensitize a horse, what I would do is at the first sign of a no, or concern is take the thing away, give the horse control of the situation. So some people might, and I would have been this way in the past would think, well, we could teach them, did you run around or jump or whatever, jump around if you do that. But what you are doing is giving them complete control over it, you know, with, with no caveats, like, yes, I'll take it away. If you do this, that that's, that's shaping, that's shaping behavior. And that comes later. This part of it is it's basically really staying below threshold, even though you're above threshold, but you it's an acknowledgement of a threshold.

Warwick Schiller ([42:24](#)):

You go, I saw that bothered you and stop it. That's what I was talking about in that relationship before horsemanship. This, what I'm talking about here is even one step further removed from that. And it's kind of the same thing where as you stop, as soon as they, they say it bothers them, that you're not doing the same thing in the same place, it's just completely random. And you know, I, wasn't trying to hose her off that day. And it's the same thing. You wouldn't be trying to fly, spray your horse this day, and you wouldn't even have flies brand in the bottle. Cause it's not widespread. That bothers your horse. It's that sensation. And it's probably a bit of the sound too, but yeah, I w I would just be completely random with it and and spend some time doing this, you know, I mean, in one session don't be random for three minutes and then do something. That's just be completely random to it. And it's like, you know, horses and thunderstorms or whatever, you know, the wind things, random things, random things come and go. And they kind of get used to those things after a while, but the wind

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doesn't stop blowing because the horse did a certain thing and the rain doesn't stop and the lightning doesn't stop. You know, I think you could just make it. So it's kind of random. And I think with a horse like this, that's quite possibly the best way to go.

Speaker 1 ([43:38](#)):

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