

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

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.

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

Good day, everyone. Welcome back to the journey on podcast. I am your host Warwick Schiller, and you know, at clinics these days, when you, when I work with horses and get them to really understand that I, I get them at their level, you know, when you really connect with them and you, you show them that sense of attunement, that sense of being seen, being heard, feeling felt, and getting gotten a lot of times, or not a lot of times, but there's times where those horse, some of those horses will just lay down and have a sleep in the arena. And it, many times it will be horses who the owners will tell me. This horse never usually lays down or never usually lays down around people. And so it, it happens quite a bit, but there's never any intention of trying to make it happen.

Warwick Schiller ([00:01:22](#)):

And, you know, every once in a while I get people ask me, how do I get my horse to lay down? And I say, well, it's not about that. Really. And so last year, my wife, Robin, and I rode a horse show in Southern California. And it was we were there in the trailer. It was about eight o'clock at night and my phone rings and I didn't recognize the number, but I answered it anyway. And there was this lady, she sounded somewhat elderly. And she said, hi, I'd like to, I'd like to come to one of the clinics where the horses lay down and I'm thinking, oh, not another one of those people who just wants their horse to lay down for whatever reason, you know? And I said, well, it doesn't really work that way. She goes, no, no, but I really want to come to one of the clinics where the horses lay down and this conversation went on for probably 20 minutes.

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

And I was trying to tell the lady that, that you don't really do anything. You know, there's no intention of getting the horse laid down. You're not trying to get the horse to lay down. It's just something that happens when you connect with them. And after about 20 minutes, this lady says, oh, by the way, my name's Carolyn Resnick. And I just about my jaw dropped. I mean, Karen, I've known about Carolyn Resnick for a long time. And I known that she has been on the forefront of working in connection first with horses for oh 30 or 40 years. You know, she's written a, she wrote a famous book called naked Liberty, and I'd heard about her waterhole rituals, but I hadn't really seen them in action, but I, you know, I, I kind of knew that it was some pretty cool. And so this week I am very blessed to have Carolyn Resnick on the podcast, along with so Carolyn doesn't teach clinics anymore, but her lead teacher is Nan's in's master and Nan is going to join us on the podcast as well. And I was fortunate enough to go over to a clinic here a little while ago, a couple of months ago, and watch Nan work and learn about the waterhole rituals. And it's just, you know, it's just absolutely fascinating. So I am so happy today to have Carolyn Resnick and Nancy, since Mazda on the podcast. [inaudible]

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

Carolyn Resnick and Nancy Zinstmaster. Welcome to the journey on podcast. How are you guys doing?

Carolyn Resnick ([00:03:33](#)):

Great, doing really Well.

Warwick Schiller ([00:03:36](#)):

And so one of you guys identify yourselves just so, because I've never had two people on here before, just so our listeners can know who's who, why don't you just introduce yourself so they know whose voice is who

Carolyn Resnick ([00:03:46](#)):

Sure. Here I am, I'm Carolyn Resnick and I'm glad to be here.

Nancy Zinstmaster ([00:03:54](#)):

And I'm Nancy Zinstmaster and I'm very happy to be here as well. Thank you for having us Warwick.

Warwick Schiller ([00:03:59](#)):

Oh, this is going to be so exciting. I had in the introduction, I mentioned that I had a phone call from Carolyn a year or so ago. And so we've chatted on the phone a little bit. And then I have actually been in senior work in person. And what, you know, this whole waterhole ritual. I just think it's, it's fascinating. And when I saw it in action, when I went and saw a name, I was just amazed at like, who was the smart person to figure this out? I mean, it, you know, everybody that has a process with horses has a, you know, has a process. One thing turns into something else, turns into something else, turns into something else. And it was just fascinating watching the process that days like, oh, this is, this is not only is it a great process, but it's someone who's very, very clever figured this out. So do you guys want to give me a bit of background on let's start out in case people aren't sure what the waterhole ritual that, ah, why don't we talk about that a little bit and then we'll go backwards from there and figure it out how it all came about.

Nancy Zinstmaster ([00:05:04](#)):

Absolutely. Carolyn, would you like to go ahead and, and talk about that or do you prefer that? I do think

Carolyn Resnick ([00:05:13](#)):

How I would like to, how I'd like to address this is how it got invented.

Carolyn Resnick ([00:05:27](#)):

I, I had a ranch in Sonoma, California, and I had a training operation where I trained horses and, and we had a breeding ranch as well of Arabian horses. And in my training business, I trained the way I normally train, which was at Liberty. I started all my horses at Liberty to when I first rode the horse, I got on the horse at Liberty and my clients who were not interested in how I trained the horse. They were interested in having their horse trained. And I did that for quite a few years. And then the Arabian industry came up with this class called Liberty. And when that happened, the Arabian industry became very interested in what I was doing with horses which I was really glad about because I had, I wanted to share my method with people. And so anyway, they said, well, we want to learn how you do this.

Carolyn Resnick ([00:06:47](#)):

And they were going to give me a clinic in Palm Springs and I had to break it down for that clinic. And it was that clinic that created those waterhole rituals, because I had to figure out what it was that I was doing that was creating the connection that I had with the horse. So it just broke it down at the first thing that you had to have. Well, if you're going to interact with a horse, you have to have about five elements there that are working for you for it to work well, if you don't have any tap and that the horse has to feel a bond at the time that you ask the horse to do something, he has to feel a bond at that moment that you're speaking to him. Then he asked to feel a sense of trust. And then he, then he needs to, he, then he needs to be willing and then he has to have respect.

Carolyn Resnick ([00:07:41](#)):

And if you had all of that, you think, oh, well, you know, I've got everything I'd have to have on that horse. You said, well, no, if you don't have tack you better have his focus. So there were five elements there. So the waterhole rituals were developed out of that. My history with horses was I learned this way of communication that I didn't really break down in this manner for myself was studying wild horses and starting at the bottom of the pecking order and working my way up the ladder until I could communicate with the horse and a horse would just naturally follow my lead. So that's where it originated from, but I hadn't figured out all of the details. And then what happened was I then wrote a book naked Liberty that goes into my childhood and the experience that I had with wild horses that started with the first understanding that those horses were running away from me a lot.

Carolyn Resnick ([00:08:45](#)):

And, and I couldn't understand why that was possible because at home I grew up on a horse ranch. The horses were very well connected to me, but wild horses, you know, they hadn't heard of me yet. So they were just running a lie away and, and, you know, I'm going after them and feeling pretty bad about it. And, and then, you know, like, oh, maybe six, six weeks went by and I'm feeling pretty, pretty bad as horses are running away. And these horses, they were different Warwick than normal wild horses. These horses were, were owned by a, a Hollywood studio that they did filming for. And so they were used all the time. So they learned to run. They were wild horses, but they learned to run as soon as they saw human being. They wanted out of there. So that's what I thought a wild horse was. I thought a wild horse was something that wanted to stay away from a human being. I didn't want to take it personal. So, so anyway, one day the horses are running and I stopped and I felt this deep sense of, of loss and, and a loneliness just crept over me. It was just, it was beyond anything. And when I did those horses stopped running and I connected to the fat that, that horse, those horses at that moment knew that I was a child.

Carolyn Resnick ([00:10:37](#)):

They picked that up. Well, what I did about it is I was smart and knew that I couldn't carry it any further than that. And I turned around and I left and I went and gathered up my thoughts to figure out what I was going to do about that problem. The problem that they're running away from me, how can I study horses when they're running away from me? That was a big thing. So then I realized that why they were running away from me was because I was walking toward them. So I then forgot about the horses. And I just, it was on 5,000 acres and I just walked around the acres and I found out about where they were going, where are the, where are the, their water sources were and where they were hanging out, mainly their main water source. And I went up on it on a hill and just sat.

Carolyn Resnick ([00:11:38](#)):

And it worked, the horses came in, they got the water, they laughed, they spent the day doing whatever they did. And that was how I started getting a connection with wild horses. And what caused me to do all of this was how I developed this, this formula and discovering horse behavior. And the most natural way was from my father. My father had given me the plan and how to approach these horses. If it hadn't been my father, I would not have learned anything about horses. I don't think I had a natural gift, but to learn what I did. He, I wanted to know deeply. What I knew is special about a horse is they have a spirit that we absolutely honor. There's something very special about a horse in the, and the culture of horses. And I wanted to know more about their natural condition in nature rather than, than oh, horse in captivity.

Carolyn Resnick ([00:12:42](#)):

So my dad says, well, he says the first summer, he says, don't think about a horse. Just watch the group as a, as a mobile. Is it just be there and watch the horses as a mobile on, he says, don't try to figure out why they do what they're doing, just watch them. So I did this and I watched the horses. And at the end of the summer when my dad took me home I realized I had learned nothing and I had nothing to say. I couldn't tell anybody about what I had learned. And then when I got back to my own horses, something changed, I was operating differently. I was approaching them differently. They were approaching me differently. And I'm looking at, I said, well, what is this all about? And I, one of the things I think it was about is how much time I spent in presence and just being present, that, that presence caused me to operate differently to things.

Carolyn Resnick ([00:14:00](#)):

So that's where it, all it all began was from that experience. And it was over three years and, you know, and bit by bit I then at the end of the three years, I, I, I made friends with all the horses. They accepted me. I learned how I could ride a horse without having to train one. And that set me on my, my lifelong desire to share what I had learned from horses, the culture of horses and what they have to offer us to be able to bring that to the consciousness of our world today.

Warwick Schiller ([00:14:40](#)):

Wow. That's, that's quite the story. How old were you then? Carolyn?

Carolyn Resnick ([00:14:45](#)):

I started at 10. I did it three summers 10, 11 and 12. My parent, my parents would drop me off at this particular it's in him. Are you familiar with him at lake? Yeah, it's right there at him at lake on, on if you're going to him and it's on the left and then the, the property was on the right. And it was owned by a movie studio and I my dad got permission to to let me be there with the horses and studying them so that it's in garner valley. You're familiar with garner valley.

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

No, but you know, I have listeners listening to this thing from all around the world. So this is Southern California, you know?

Carolyn Resnick ([00:15:30](#)):

Yeah.

Warwick Schiller ([00:15:31](#)):

On the outskirts of LA.

Carolyn Resnick ([00:15:33](#)):

Yeah.

Warwick Schiller ([00:15:35](#)):

So, okay. So you, you got back in, you realized and, and, and I think, you know, this is something that I have changed in the last number of years too, is understanding that when you can be present without judgment and that's, that's hard to do, but when you can do that, the horses are completely different and it's, and it's, and discovering that myself has, has, you know, made a huge difference. And you discovered at the age of 10, I, this government when I was about 50. So I'm a little bit behind the eight ball. So where did the whole thing go from there?

Carolyn Resnick ([00:16:14](#)):

From, from the point you mean, after, after I had been with the wild horses, you mean, what was my next step?

Warwick Schiller ([00:16:22](#)):

Yeah. Yeah. What was your, what was your next step? Because it's a long time between the wild horses and then when the Arabian people wanted you to go and show them how the, the, the naked Liberty stuff works, you know, so what was the next, what was the next part of your journey?

Carolyn Resnick ([00:16:36](#)):

Well, my next part of the journey was training my own horses. I had a an American Saddlebred we got we on the weekends, we went to a Sheriff's posse grounds and did Jim Kaunas and, and that kind of thing. And at, at the rodeo grounds, there was a horse there that, that that was part of a bucking string. And I could see she didn't belong there. I had never seen her a breed horse, a horse with papers, but I could tell she was, and I could tell that she didn't belong there. And I fell in love with that horse. And

Warwick Schiller ([00:17:39](#)):

You're fine. Take your time.

Carolyn Resnick ([00:18:03](#)):

Well, she shouldn't be in a string. And so what I did about it is every night, I wish upon a star And I told nobody, And lo and behold, somebody called and said they had inherited a horse and it was this smear and they wanted to board it at our ranch. And she came to me.

Warwick Schiller ([00:18:51](#)):

Wow,

Carolyn Resnick ([00:18:52](#)):

Well, she was so wild that they couldn't put her in a trailer. And the PASI grounds was like five miles from, from our ranch. And I thought, well, she probably doesn't like that subtle. And I found out the

breed. She was, she was in American Saddlebred. It says, well, we got to get an English saddle. And and she's probably been trained. She's like she was like, at the time, 13 years old, maybe I say, she probably knows about a double bridle. So let's put a double bridle honor. And cause they couldn't load her in a trailer. She wouldn't load, no cowboy could get that horse in that trailer. So this mayor had only bucked and I rode that horse home five miles.

Carolyn Resnick ([00:20:03](#)):

So I then decided that I got her so that I could walk trot and canter on her. And I decided that I was going to show her. I knew nothing about leads. I knew nothing. And I took her to a show in Palm Springs and I had the English saddle. I had the double bridle. I ha I, I bought the outfit. I had everything, but it was the wrong saddle. It was a hot saddle. The outfit I had was a hot outfit who knows what, you know, I just threw myself together and out. I went and after got out of the class, the, the judge came to me and he said, that's a nice horse. You've got. And I said, I know it. And he says, he says something like, you know, you're a good writer or whatever. And I says, I know it.

Carolyn Resnick ([00:21:17](#)):

And he says, well, he says, I want it. He says, I want to teach you. And I said, oh, that's great. And that man drove 20 miles. I don't know, three times a week to give me lessons on how to train that horse so that I could show that horses and English pleasure horse. And I showed that horse in English pleasure for a year. And I don't know how long I showed her a Chuck never set on my horse. The only person that sat on the horse was me. And he trained me how to train her. And so we went to all the shows. She, when I say we, it was me, I went by myself. My parents would drop me off at the show and pick me up 10 days later. And I showed that mirror and I was used to not winning. I was really glad that they just didn't kick me out. You know, like the classes were large then. And, and so they would do a cut where they'd say, okay, you know, you guys, you go, you go out, you know? And I say, well, I'm glad, I'm glad I went out with a group and they didn't kick me out right when I went into the ring. So I got used to that. And then in Del Mar it was it Del Mar horse show.

Carolyn Resnick ([00:22:43](#)):

I got a 10th place ribbon. And I thought to myself, I better get back to the bar and really fast until they figure out they made a mistake. They'll never know where I am. And then I showed an in the next class and I got a fourth and I started thinking, well, Hmm. And then the next class I had, I got a second. So then I knew I was home and all the time were with the same that I knew I was going to get to the top. I knew that I never, I never, in my wildest dreams that didn't think that I wasn't going to get there. So it was just one horse. After another people who had discovered me, I was writing down on, on my Mustang. I was writing my Mustang, crossing a road and a car DRO drove up Gladys foster and said, can you our, I mean, not a complete stranger. So can you show our, our quarter horse for us? And I said, I don't know anything about it. And he says, oh, that's okay. Just come. We'll tell you it was a trail horse. And I never even seen a trail horse class.

Carolyn Resnick ([00:24:06](#)):

And oh, you supposed to hold the reins in your left hand? Not your right hand. Okay. I got it. You know, if you use your leg, you'll go, okay. That's great. You're going to have to jump over a jump. Okay. I got that. So I showed her that was Chubb's melody. And we won the class. We won the champion ship. We went high point on her. Not that I was talented, but I was on a mayor that couldn't do anything wrong if you just stayed out of her way. And that's what I did. And I got to show that mirror for two years. We we

bought, we beat polka boy home in, in having more champions ships of the year. So that was the way it went. It just went from, from one, since I'm the one that people search out, everything has sort of come to me.

Carolyn Resnick ([00:25:10](#)):

So in a, in a, in a magical way like that, it's just, you know, one thing leads to another. And I, and that's the way I approach a horse. I don't ever, I don't, when I, when I approach a horse, I don't, I let that horse discover me. And then I develop what I want. And I know, I know what, how I want a horse to respect me, and I know how to respect the horse. And and that I learned from those wild horses that I observed as a kid. But I, what I wanted to do is I really wanted to bring, I wanted to bring to the world To care about horses more than using them

Warwick Schiller ([00:26:12](#)):

In in the past five or six years. I've kind of gone from being a horse trainer to, well, they're saying I probably use is, you know, these days, I'm less concerned about what I can get a horse to do, and more concerned about how they feel about it. And that sounds a lot like the path you were on, then

Carolyn Resnick ([00:26:41](#)):

That was it is that like, we honor the horse and we have celebrations for them. And when we have those celebrations, the horse is still serving us that same function by doing everything that we ask them to do, rather than saying, we're going to celebrate the horse and have a day where the horse has a good time. You know? So horse has always recognized that in me the, the the next thing that happened to me when I had going, going, and, and as you say Warwick into the next step of my, of my world after after sweetie pie, her name was Mariana margin lane. My trainer was Chuck Travis. There was a horse that what I would do even before I had a sweetie pie, I went to the shows and the shows were long in those days, 10 days would be about the length.

Carolyn Resnick ([00:27:55](#)):

And I would sit there all day. I would go in the morning, India was a big show and I would sit and I would watch those shows that show all day long, just watch class after class, after class, after class, just trying to figure it all out. And, and there was this horse that w it was American. Saddlebred a stallion. That was a prayed horse. And he had one high point of, of the, of the show of all the horses. And I really fell in love with him because he, he was so consistent in his performance. And when I went back to meet him, he was a dangerous horse on the ground. And I thought that was interesting because he was perfect under saddle and very dangerous on the ground. And so I, instead of hanging around my horse own horse at the show, sweetie, by I started sitting outside his stall and I would do that until midnight. And then I would go sleep with my horse and that's all I did. And when they would walk him out to, to after his bath, to, to cool him down the handler said, well, you be sure to stay 30 feet away from the source, because I can't tell when he's going to try to get away from me. So I did that, and that was pinnacle in my understanding of the power of connecting with the horse through really about that animal, because what happened to him is that he stopped being aggressive.

Carolyn Resnick ([00:29:53](#)):

And it was caused from me sitting outside his stall dad, horse changed. And like they, when they led that horse, they had a chain over his top of his gum. And, and I mean, just having to jerk that horse around something, they had to keep a stall close, because he would try to reach and grab anybody who was

walking by. And when I sat with him, I couldn't even see him because he's all locked up in the store and I would sit there and I would look through the cracks and he would see me looking through the cracks and he would run out the cracks and he would just snap at the crack to, to, to try to get to me. And I just kept, you know, I just kept sitting with him because I just admired him so much. And it turned the horse around.

Carolyn Resnick ([00:30:40](#)):

And, and the next thing, you know, guess who's walking the horse without a chain. Me I'm walking the horse around at the shows. And so that's when I realized the value of that. And another horse that was valuable to me was another mayor who had a reputation here in Escondido. That was just, I wouldn't been told about her, this mayor, and this woman came to me and she says, would you train my horse? I said, I don't do problem horses. And somehow we became friends and her mirror had a baby and she had to get the horse with a halter on it her, her baby with a halter on it. And so now she's a friend of mine and she says, well, Carolyn, I've just got to get this horse, this baby. I can't remember the reason why. And I says, well, I'll go look at your mirror. So I went to look at her and of course this Amir was a killer without a baby. So you could just imagine Warwick what she's like with a baby. Right. And so I, I went and looked at her and she would lurch for me. I mean, just try to crawl over the fence to try to get me. And I would jump back and I would just stand and I would wait.

Carolyn Resnick ([00:31:58](#)):

And when she would get her energy would come really flat and comfortable and back with the baby and start eating again and really relaxed. Then I'd move up again. And she keep doing them. And at some point she says, you know, I'm over it that day. I went in and broke that baby to lead one time that, that mayor looked at me and says, you know, she gave me a look and says, I don't know if I'm liking what you're doing. And I think I'm going to take you down for it. I'm going like, Hey, she says, okay, okay. Do you know Warwick? That mayor never was a problem after that with anybody? And what I think happened, this is what I analyzed. What happened to that mirror.

Carolyn Resnick ([00:32:46](#)):

She had to say no enough to where she gave up, whatever was bothering her about her. She was treated in her life, whatever that was. She got to say no. And every time she said, no, she was able to control my behavior. And in one day I got her to give me her baby and teach that baby, how to lead. So that's sort of gives you a version of, of what's going on. I went into the Arabian business cause I liked the fact that people who had Arabians like Taurus, I, my, I, myself really like Arabians, but my main interest is, is dressage. That's a story in itself.

Warwick Schiller ([00:33:39](#)):

Well, we're hearing about stories. So let's hear about your dressage, but something you just said about that mayor being able to say no. And she said no, so many times till she got over it, but I think there's another part of that is she said, no, and you did not let it affect your judgment. You didn't have a negative outlook on what she was doing. It was like, you know and, and you didn't retaliate. And I think, I think that in itself is a huge thing. Allowing a horse to say no, without having a judgment about why they're saying no, or having a you know, an energetic you know, a negative feeling about the fact they're saying, no, they're just, they're just saying no. And I had Leslie Desmond when I wear my podcast last year and she said something to me, it was a great line. And I'm paraphrasing here because I can't remember exactly what it was, but she said something like, what is the value of a yes. If no is not an

option. And it was like, wow. Yeah. That's that's yeah, that's pretty cool. So yeah, I, I, I really, I don't know what your thoughts on that are, but I really think that not only did you allow to say no, but there was no, there was no pushback against what she was saying. You didn't judge her, you weren't mad at her. You weren't sad. You want whatever it was just like, yeah. You're allowed to do that. Yeah. I personally think that's probably the big secret to it. What do you think

Carolyn Resnick ([00:35:24](#)):

The other secret is this? And it's a big seek that everybody forgets it's the most important thing is to wait until the horse gets into neutral. That is absolutely the truth in anything you're doing is can you be a neutral without being held in it? If you can give me neutral and I do not have to control any part of that neutral, then I have a horse that can be read in a receivership in what I say, ask of him next. So we forget to put that pause. In other words, to know when to pause, when to act, when to follow and when delete is, it's all about timing. That is just, that is so important. And then the next thing is the understanding that a horse can't perform, if he doesn't have the right kind of energy in him, if he, if his energy isn't held there and, and keeping for what it is that you want, like, if you're wanting a horse to have high energy, he's got to have that energy in him to be high.

Carolyn Resnick ([00:36:39](#)):

And the same thing is, so if you're training a horse and you're focused on developing the horse's energy, so you're not thinking about what the horse is going to perform, but just training a horse, to have energy, to have energy, to have high energy, to have low energy, and have that energy there, to be able to be expressed when anytime that you wanted. So you break these things down in this, rather than saying, this is what the dance looks like. You don't need to do the dance. All you have to do is dial in these, these, these needs that you need. When you get into a saddle that you have, those needs met and, and understanding that when you get into those, I remember coaching somebody once, and this is how you want to start this horse. And the ride that he got off that horse was tremendous, but it kept doing that same way of warming the horse up.

Carolyn Resnick ([00:37:36](#)):

Well, of course the horse was different from, from day to day. And I find that people basically don't know how to warm a horse up. They don't know how to bring that horse. So that horse is just like, you become into a, a connection that is like it, the horse responds. So you're not even quite sure you sent that message to the animal. That that is so, so important to, to gain that. And I think that, that people don't know, don't know what to ask, how to ask like we learned horses to, to take off the edge.

Carolyn Resnick ([00:38:20](#)):

Well, I want all that energy. I don't want that energy off that horse, but I'm not going to get on that horse. If that horse can't give me the time of day. And that starts back when you put the Holter on him, when you bring him to tack him up, you say, wait a minute. Are we here together now? Right now? Are we here together? Can we walk to the gate together? Are you wanting to be something else somewhere else? Are you wanting to be with me? And how are you feeling? And by the way, are you paying attention to me because I'm paying attention to you. And those are the heart sight felt strings of connection again. And if I have a horse and said, well, I'm afraid, I feel claustrophobic going through the gate. I got a rush through the gate. I'm going to take him back and say, we've got to work with the claustrophobia. Let's get rid of that. And then we say, and I don't care if we ever get to the barn to be

able to ride that horse, because I want to know that every step that that horse takes is mine and that he's happy to do it. And he feels like I'm making his day or her day.

Warwick Schiller ([00:39:34](#)):

The last few podcasts that I've done, Carolyn I've actually instead of interviewing someone I've answered questions and I just put a post out on Facebook and had people, you know, ask questions and I answered them in the the two of the podcasts I did were on a specific subject. I think one was separation anxiety. One was something else. But then the last one I did, it was just a bunch of random questions. And so we didn't have a title for this podcast when I started answering the questions, but I ended up giving it a title and it was cold having a passing grade. And EV turned out that every question in that podcast had to do with people not doing what you just said. Like, if your horse rushes through the gate, you don't just ignore it and keep going, because you're basically out of control right there.

Warwick Schiller ([00:40:25](#)):

And every single problem that the people in those questions had, they would admit that without even thinking about it, they would say, yeah, what we'll like one was like, well, he doesn't like to be brushed. And he doesn't like to be written. And I go, well, if he doesn't like to be brushed, how did you ever get energy of a find out that he doesn't like to be written? Like that's telling, he's telling you right there, stop. Whoa. Things are not things we're not together. We're not on the same page here. And that's exactly what you were talking about. Right there. It's all, you know, I mentioned earlier about when I saw Nan doing the process and like, oh, it's just so simple. And it's just one step turns into the next step, turns into the next step. But you know, you, you can't skip the first step or the second step.

Warwick Schiller ([00:41:12](#)):

I mean, the big as, you know, the big, stuff's easy, it's all the little things at the beginning. That is where the success comes from. Yeah. So you mentioned before a dressage. So when were you doing that? Because I want to get back to the Arabian people, asking you to to teach them how to do this stuff. Because I, I, you know, I I'm quite good at explaining things and the reason I'm good at explaining things, because I wasn't terribly naturally talented at any of this stuff. And I had to really learn it and understand it inside, out and upside down before I could do it. And then by the time I can do it, I could teach it to people because I knew every aspect of it. And some people I know are very, very innate, you know, intuitive in what they do, but to have a hard time explaining it. And you sound like you were probably quite intuitive initially. And then when, you know, when the Arabian people said, so what do you do? You had to kind of sit down and think, well, what do I do? So do you want to talk about how and what that experience is like?

Carolyn Resnick ([00:42:26](#)):

Well, it was exciting. I want to tell you what the clinic was like. Cause that's really, that was really amazing. I'd never been, you know, in the public eye at all. And I had to figure out how can I explain because it's one thing, it's one thing to put me with a horse at Liberty and just watch me do amazing things. But what I knew or WIC is that what I do, anybody can do, I could not take it as being a something special that I had. I couldn't accept that. As I said, I wouldn't have done what I did. If it hadn't been for my dad, how he put me how he chose to put me on a horse, how that, so that is, that is a key that I really, really liked to share. When my, I started, I had my first store. So when I was three and his name was strawberry and strawberry was a real babysitter. He was 21 when I got him and he would do anything I wanted him to do. He had a great gas pedal. He had a great break. He had a great everything.

He had a great, I could, I could crawl around under his legs. He could drag me with me hanging on to his tail. Nothing scared that horse.

Carolyn Resnick ([00:44:05](#)):

So I didn't know that horses could be difficult. And then he got too old and you know, then my, my father got me Mustang and that's what started my interest in wild horses. And he, he had 90 days of training on him, but the trainer, whoever trained him, trained him really quite well. And that horse was at my Beck and call and would be there for me. But he wasn't the poorest like a strawberry in that it took more skill. So my dad just kept putting me on horses that I could easily handle. And so therefore, when I did get to riding more difficult horses, I always knew that what was in that horse was that strawberry Roan. And I can pull it out of any horse, but you have to know that strawberry round to be able to pull it out. It's in every horse, you meet any horse that I look in the eye, I know there's a strawberry Roan there.

Carolyn Resnick ([00:45:16](#)):

I know that. And I won't accept anything else, but that, and so that was from writing many, many horses that were not that I never felt fear. I never felt that fear. So that was a good thing. And I, at the age of 10 years old, decided that I wanted to have a training business and I'd never trained a horse to do anything. But when you're a kid, you don't think of you, you don't think of terms of, of you don't think in terms of the fact that you don't know anything. Cause you're a kid. It just, that I knew I wanted to be a trainer.

Carolyn Resnick ([00:46:03](#)):

So my dad picked out a horse of many horses and says, here's, this is the horse you're going to train. And what the problem of the horse was, what the people wanted was the horse was a buckner. And I was to take the buck out of the horse. Well, I don't know that I'd even sit on a Buckner. So I was happy because I got paid and I got to dress up like a trainer. And I got to walk down to the bar and then I got to feel really big. And that was really good. I liked it. But I said, I don't know what to do with him. And my dad says, Carolyn, he says, what are you not afraid to do? Was that horse? And I says, well, I'm not afraid to lead him. He says, well, lead him out in the desert for 30 minutes and lead him back and call it training.

Carolyn Resnick ([00:47:02](#)):

I says, I can do that. And that's where my career started and everything, everything that ever happened, my dad say, what are you not afraid to do? He says, there's your entry point of connection right there. That's what you want. And you look at a horse and you say, where's the easiest path into that horse. There it is. And you build off of that. So that was some more foundation. But back to, to when I did that clinic in Palm Springs, they advertised to me on the radio every 20 minutes that I was going to be there. And it was fun does I'm in Palm Springs and you know what, I'm going to stores and they've got the radio playing and you know, here's this, what do they call me out? I can't remember what they call me. Something like Dr. Doolittle of horses.

Carolyn Resnick ([00:47:57](#)):

And I had told them, I had told them, I said, well, go pick me 35 horses. And I says, and find the most difficult horses you can. I said, anything you want, just bring it to me. And that was my first clinic. And I went through those horses, like a crash. What's incredible. And, and my, when people came to that clinic, there was, I had an audience of maybe 150 people and the audience just kept growing. And by, by the third day, there was maybe 300 people had come to see that to me work with that horse. And after

the clinic, what, the other thing, whether it was a horse, I can't remember his name now, but he was, he was sent to me from San Diego zoo. They were, they were trying to figure out the intelligence of horses. And they saw that maybe this horse was not, that this horse did not have the right IQ to be testing him. So they wanted me just to tell him what it was. And I said, yeah, he's different. He stayed with me for a week and there was a difference. And the difference was is that he was a horse that was very intelligent. And so that was really interesting. And a long story about the intelligence of horses.

Warwick Schiller ([00:49:53](#)):

So Carolyn from that clinic, was that, was that kind of where maybe the waterhole rituals came from or the naked Liberty book? What was that, what did that clinic actually spark in you? What was the next step from there?

Carolyn Resnick ([00:50:08](#)):

Well, that's what I wanted. I would always wanted a clinic. And that was it. That's what I wanted. I wanted to teach what I knew about horses and, and when, especially when it had to do with Liberty. So

Carolyn Resnick ([00:50:28](#)):

I hadn't really, I was teaching some Liberty before I did that clinic to a couple of clients. And when that happened, I had to come up with what I was doing. I had to figure it out and I figured it out. And then the gal that I was teaching said, well, we want to put on a clinic for you. And we want you to explain what you taught me. And so that's, I had to dial that in before I ever went to that clinic. And that's what I did. It was the pressure of being on the clinic to really break down. In other words, when I approach a horse I want to, when I work with the Liberty horse, what I want to do is I want to show that horse, that anytime he walks away from me, that he has his freedom to do so that the horse is always free.

Carolyn Resnick ([00:51:18](#)):

And, and, and so you can't say, hello enough, and they're not going to approach a horse in hello, unless he looks at me. If he looks at me, he's got to look at me with both eyes. If the horse looks to the left, well, maybe I would step to the right to bring his head, head back to me. If I step in the direction, he, he he's looking, he'll turn in that direction. So you just learn that position positioning. So, so anyway, that was, that was what carried me on to the next step. In other words, really identifying the water who rituals and it, it, this story was a little different than, than, than it happening while giving the clinic. I knew what I was going to do.

Warwick Schiller ([00:52:11](#)):

Did you start doing more clinics after that? Or did you sit down and think I need to get this down on paper and write the naked Liberty book?

Carolyn Resnick ([00:52:20](#)):

No, my, my my work teaching Liberty just exploded from there. I was just one clinic after another. And what, what was interesting is that I had several people approaching me, wanting to give me clinics all over the world and, and billing me as gifted. And I wouldn't buy it. I said, no. I said, I don't want to do that. I says, this, this is something that I, this is what I wanted to do. I want to teach this because it's simple to learn. It's simple. We need to take, we need to take the culture of horses to, to a, to more consciousness. And that's what I'm here. And that's what I want to do. I always wanted to do it from

when I was a young child. It was what I want to do. I wanted to change the way we approach horses. And surely the more, the more you don't hit resistance, the less ability you need.

Warwick Schiller ([00:53:30](#)):

You know, one of my favorite quotes is actually an Elsa Sinclair quote, and she says, good leaders only ask yes questions. And yeah. And it's, it's all about asking yes questions. Yeah. And if you can ask you ask questions, you don't, you don't really need talent because you, you haven't created the problem in the first place.

Carolyn Resnick ([00:53:49](#)):

That's correct. That's correct. So you don't need, you don't need talent. You just, you, you just need to know where, like, when I operated that training center, when I was a kid, my dad said, what are you not afraid to do with a horse? Like, going back to that, the next horse that I had, if you went into a pinch, you chase you out. And she was unhealed her bro. She was not holding holder, broken Warwick. And she would attack you. That was my next door. So I hadn't training. I would, I did. My dad says, well, what do you not afraid to do? And I said, I'm not afraid to sit in that horses manger, because she's eaten is eat and she's not going to pay any attention to me. And I was right. And I got that horse halter broken by sitting in our manger. So I think the answer to to life is really taking the time to find the answers for yourself.

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

You know what I was going to ask you, you know, thought about it about 10 minutes ago when you're talking is, you know, you said you did that first clinic and you, you didn't know exactly what you were going to say, and you had to sit down and figure it out. I have found that ask if you've noticed this and Nan, it might bring you in, in this too. Have you ever had the experience of doing a clinic and because you are explaining to people what you were doing as you were doing it, so you have to verbalize what you're doing that did you ever, did you ever come across a deeper meaning than you already had a deeper understanding of what you have, what you already had of what you were doing by explaining stuff like I've had these like, oh, I just said that I, you know what, I didn't even think of it that way before, but yeah. Now that I look back, you ever have that happen to, or do you have it all the time? You know, be quite a bit. Yeah,

Carolyn Resnick ([00:55:51](#)):

Always. Yeah. I mean, always, that's why, you know, like I'm a child, you can see I'm a child, I'm an 80 year old child. Okay. I've always stayed right there because when I go out, I'm looking for something that I don't know about yet. I mean, I don't approach a horse and saying, oh, yes, here I am. Again, I don't, I approach that horse saying I have signed my blogs. What is it that I signed? And then I say, stay on the lookout for new horse and human sightings. So that's what I do. I go out there and I look like one time I went out and I had this stallion. That was a young, he was young. And, and, and you wouldn't want to go in his paddock and neither would I, and I'm looking at him and he went and got his ball and he threw his ball over the, over the fence. And I threw it back. You took that ball and he threw it back to me again. And that went on for a long time. If I hadn't been cognitive to saying, I wonder what he's going to do today, he would have never picked up that ball.

Carolyn Resnick ([00:57:11](#)):

So in that, in that, throwing that ball back and forth gave me time to get to know him in time to, for him to get to know me. And I think that when you, when you approach a horse, if you can approach your horse, not with agenda, what Nan can explain trainer's mind, because this is what I teach in my courses. In other words, we have to be careful not to get into trainer's mind. Yeah.

Nancy Zinstmaster ([00:57:46](#)):

Yes, absolutely. Yeah. that's a big thing. We, we see more and more that that's the big hindrance I think with students is they start to think more about the performance than the connection, and then they just lose it altogether, you know? So if we can stay in connection and stay in the wonder, like a child and you know, this didn't work, let's try that and stay out of an end goal. Usually we get there a lot quicker.

Warwick Schiller ([00:58:14](#)):

Yeah. It's funny. You know, I, I trained horses for a long time and I kind of had trainers mind. And since I've started working on connection first, I found I don't have to be near as good a horse trainer because I realized that having that, that lack of true connection is what causes the issues to arise for you to have to be talented and, and be a good horse trainer to work through those issues. Like, you know, it's yeah. It's, it's, it's it's an amazing place to get to when you, when you can get to it.

Nancy Zinstmaster ([00:58:46](#)):

Absolutely. And when things aren't working out and you realize it quickly, you can usually find that you're in trainer's mind. Right. And say, well, got to go back to connection.

Warwick Schiller ([00:58:56](#)):

Yeah. You know what, but, you know, I, wasn't the kind of trainer that you're going to do, what I say kind of thing. It was always being about fluid and, and changing things, but it was more about, you know teaching the horse to do a certain thing rather than having that connection first. So that the listening first or the, the ability for that horse to say, no and it's just a nerve, it's not, they say no. And then I've got to do something to fix that. No, it's like, it's, it's a, it's, it's an acceptable thing for them to say no. And so that, that, you know, I've found, it's just made a world of difference with horses, but, you know, I think the whole, the, the, you know, Carolyn, you said that, you know, you're, you're not talented or whatever, but the things that you did as a child, and these are the things I think a lot of people these days can't do is like, when your father said, just go out there and be present with those horses, you know, these days we've got these, you know, these phones here and we've got busy lives and we've got this and we've got that.

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

And for the most part, a lot of people don't ever spend much time at all in their life being present. And if you don't have that, that skill, if you haven't developed that skill, if you haven't developed the ability to do that, it's really hard to you know, to do what you're talking about. But the other thing that's so great about horses, I think you know, I've got this over the years is a lot of people will tell me, you know, what, I, it's just amazing since I've been doing what you've been talking about. It's just amazing. My horse is better, but I get along better with my husband and my kids and whatever. And a lot of times these people have probably wanted to get along better with their husband for years and never put that much work into it or their kids or their boss or their coworkers or whatever, but people love their horses and they are willing to do the work. And when you can guide them in the right direction to have them, you know, be present nonjudgmental with this sentience being, and they want to do it because I wanna, I

wanna, you know, I want to develop a connection with this horse. I think it just carries over to, to the worst of, you know, the, every other sentience being on the planet. And it ends up getting to what you mentioned here, a little girl, a little while ago, consciousness.

Nancy Zinstmaster ([01:01:20](#)):

Right? Absolutely. Well, I think that's one of the things that I love so much about the method that Carolyn put together is that it gives people, like, we call it a magical map. You know, it gives people a way to be able to step through you know, developing what we call five heartfelt strings of connection. Right? So a lot of times you go out there and you say, I want to be president. I don't know what to do. You know, I'm trying to be here for my horse and what do I do next? So, you know, it certainly helps to have the ability, a training ability with the horse to be able to do Liberty, you know, so we know we can move a horse, we can stay safe around a horse, but basically this gives people a way to create these five heartfelt strings of connection, a bond with a horse trust, respect, willingness, and focus in a horse. And when you have all five of those heartfelt strings in the moment is when you have this magnetic connection with, which is science-based, you know, and so it's a brilliant how Carolyn brought all this full circle for us to be able to identify which string is missing when we're working with our horses. And the fact that 50% of the program is about just sharing territory, doing nothing with your horse, and you can bring a horse around like that, like she did with Palomino Peavine, Carolyn.

Carolyn Resnick ([01:02:41](#)):

Yeah. You know, that pause is so important. I think when I had my first training center I had noticed we had, I was not around horseman that weren't really fabulous trainers. I was not exposed to to what I hear is out there famous trainers. And one of the things that I noticed with, with these trainers is they are their horses tied up every day. And so I tied my horses up every day. I didn't know why. I just know that good trainers did that. And, and that's so important to understand getting into that place of feeling comfortable with pack on, you know, I've always doesn't have any chance of, of feeling comfortable, doing nothing with tack on to then having tag on and having to do something. So there there's there's stages that are, are so missed at the time.

Carolyn Resnick ([01:03:57](#)):

I didn't know why I tied a horse up. The other thing I discovered about having a horse tied up doing nothing is that they don't shy when you ride them. I never had a horse shy with me and I, when I tied a horse up, I tied up a horse so that I take him time up under a tree for as many minutes as he could take maybe five minutes in the beginning, three minutes, two minutes, take them off, take them up there every day, tie him up. I didn't, I wouldn't let any horse struggle.

Carolyn Resnick ([01:04:36](#)):

And that horse learns should respond to that rope. And he learned how to, how to center himself under the tree with that rope hanging down just the way he wanted it and take a nap and be really comfortable with it and be, you know, it was it, wait a minute. When is it my turn? Put me under the tree. Come on. You do that. Okay. You're under the tree. So if it's good for a horse, it's good for us to just be present just, and the thing is, is you could be in present and, and in that presence, your mind can be like, thinking about a whole bunch of stuff.

Carolyn Resnick ([01:05:22](#)):

What you have to do is get in a state of neutral and a real state of neutral. And I've had a lot of students feel that I don't want to be in a state of neutral. I want to be happy. I say, well, be happy and be in a state of neutral. And I said, well, you know, who wants to be in a state of neutral, it lacks energy? And I says, well, think of it this way. A state of being at zero plus one, a higher state of consciousness, not influencing in any way up or down and get comfortable with doing that. And if you watch, like, I watch trainers, horse trainers that I admired and I watched them and they're all slow moving and they have a presence about them. You can pick out a top trainer anytime you want. There's a presence about them. That is, that is lingering. You're just aware of it. And that is by being present. I, I don't know if you've ever heard of Ray Hackworth. Yeah,

Warwick Schiller ([01:06:33](#)):

Yeah. Actually I'm sitting at my desk and on the wall, across me is a poster from the California rodeo Salinas. And it's the 1988 version. And it's a painting of Ray Hackworth, circling a cow, running a hackamore horse so that you get

Carolyn Resnick ([01:06:50](#)):

Really well. Ray and I were very good friends and we wrote together and I didn't know what I was going to say about Ray, but really had a, oh, I'll tell you. What I learned from Ray is a part of my course. I learned this from Ray. I had gone on vacation and I took a horse with me by myself. That was when I had my training business. I just had to get away. We had some, some some foals that had died from warmers that had been given to their mothers. It's been taken off the market, but I went through trying to save those foals lives and, and it didn't work. And I, it had been like three months of trying to keep them alive. There was five of them. And so I took this horse on vacation and we went to Ray's ranch. I didn't know Ray at the time. But anyway, that's where I met Ray. He had, you know, I would see my horse and I would work him and, and Ray, I just thought he was, I didn't know he was a trainer, but anyway, that's how we got to know each other. As he saw me training my horse. And, you know, so he started thinking who is SMS escalating.

Carolyn Resnick ([01:08:29](#)):

So in those days, trainers are not going to tell you anything. And he had this, he brought the, in this stallion that didn't like people very much. And I to watch him with that horse, I had to hide and watch him. So when he didn't know he was being watched and what he did was he had walked past it, walk across that paddock where that horse was, it was a small paddock, and he'd moved that horse out of the way. And he'd go over and pound a nail into the fence. And then he'd walk across that paddock again and move the horse out away. And he just kept doing that for an hour. Sometimes he'd walk around that horse and sometimes he'd move the horse out of the way. And I figured out he was moving out of that way when the, when he felt that the horse needed to understand, he had to listen to Ray and move. And when that horse got his sense of, of listening to Ray, he'd walk around that horse. And I'd say, Ray, you're training that horse. He says, no, he says I'm fixing the fence. So the next thing you know, he had that horse out and on him and writing him and all in that paddock. And I brought that to part of my method.

Warwick Schiller ([01:10:06](#)):

Yeah. There's a lot to be said for that. That's yeah, that's pretty cool. So tell me, when did you, when did you actually decide to write the naked Liberty book? When did that come into the whole process?

Carolyn Resnick ([01:10:20](#)):

Well, that came after I had been doing clinics for some time. You know, everybody said to me, Carolyn, you needed to write a book. And it was hard because I couldn't write, I couldn't read, write or spell I could, but not very well and really not very well. So that took 20 years of my life to write it. And it was handwritten. And the hard part about that book was how do you write a book where there were no words? And I was not a wordy person, I'm wordy now, but I didn't basically, I, you know, I, I did my clinics. And then after that, you weren't going to hear from me.

Carolyn Resnick ([01:11:22](#)):

So I wrote that because I thought, do I want to write a, how to book? And I thought to myself, that's what I'm trying to get away from. I don't want how to, I want experience. I want people to lead themselves into their own story and their own adventure. And I can tell what I did. And I know that when I wrote that book, I was hoping to find a book like what I wrote. I was hoping that I'd walked down a trail and I looked down the path and there would be a book I could pick up and read, you know, that would tell me something. So I said, well, I guess I'm going to have to write that book. And so I did, and it was all the lessons that I learned. I don't point out the lessons, but they're all the lessons that I thought of were valuable in that book. So I think, I think I think that book was maybe 2008. It was, it was published and, you know, it was it w it was a long journey in writing it.

Warwick Schiller ([01:12:34](#)):

I'm about three years into writing a book now, and I don't feel so bad. There you go. So let's so you don't do clinics anymore. Nan does all the clinics. So let's how did you, how did you guys meet, let's get into that story, cause I'm sure

Carolyn Resnick ([01:12:50](#)):

That's the best part. Okay. Okay. This is so exciting. I just, let me say this. So all I know is Nan walk a wide zap in my online course. How, how is it, how is it that you known Nan?

Nancy Zinstmaster ([01:13:10](#)):

That's how I'm, that's how it was. I mean, it was a journey to get here to Costa Rica. That's another whole podcast, but yeah, I rescued four horses that were shut down and emaciated and very sick. I was a mayor and a little Philly and two other offspring and I couldn't do anything with them. And I, I had been with horses my whole life, and I didn't have to ever think about what to do with them. I just kind of did what felt right. And this was really difficult. So I started bringing in like-minded clinicians here to Costa Rica that I could put these retreats together. Cause we had a property management business here. So we had all the beautiful homes where we could put people up and it was really fun. And I learned a lot, but some really, you know, top trainers came and people couldn't get to my horses.

Nancy Zinstmaster ([01:14:01](#)):

And one day my girlfriend said, have you ever heard of Carolyn Resnick? And I said, yeah, I have, I should reach out to her. She goes, yeah, you should. So I did. And she sent a, and within about five days, my horses started checking in and it was mind blowing to me. I just, I couldn't believe it. It was just, it was crazy. And so I contacted Carolyn by getting on her online course, which we teach now it's our masterclass, but then it was, you know, a hundred people on instant teleseminar line. And well, I'll let

you tell it, cause it's better coming from you, but it was quite an interesting ride on her, on her course, getting to know myself with horses pretty much.

Carolyn Resnick ([01:14:44](#)):

You want to say something about, well, I guess what I want to say about is how Nan took to it. That was really funny. So I'm watching her with her horses and how I usually taught in classes. I'd watch the video somebody's video. I'd watch it maybe three times before I would make a judgment of what I wanted to say to someone. So then I would write down the notes about what I saw. And I would mark between 10 seconds and 15 seconds of the video this happened, and this is, you know, this is really good and you want to keep that up and you might try adding this and so forth and really detailed in helping people put their horses together. And, but with Nam, I'd say nice. And I would not tell her anything. And she saw it. I didn't like her.

Nancy Zinstmaster ([01:15:48](#)):

Yeah. I wanted to, I wanted to be coached. And I was like this, she must not like me. She must think I'm so bad that that's not like I'm not even worthy of being coached or something. She's not saying anything to me. And so I was moving along in the program though. And I was, you know, I didn't particularly know what I was doing cause she likes to keep us in that state of finding our own way. And eventually I found out later that she just really didn't want to touch me. She, she liked what was happening with my horses. And she felt like there was something magical going on that if she had started to coach me that she might have, you know,

Carolyn Resnick ([01:16:27](#)):

The best way to describe it. Isn't many people who are artists will go to school to study art and they lose their talent. Have you ever heard of that or what? Yeah, yeah. Yeah. Well, I knew what I knew. I had a hold of something really valuable here because I saw a connection with her horses that I was really impressed with. And I had to be very careful and not losing that. And so I didn't want to say do this or do that because if she could so easily abandoned her gift and go off into some direction that would, she wouldn't be able to return it to it. Did she wouldn't be able to return to it? She cause she didn't even know that she had this ability. So I was very careful with her. I mean her horses, you know, her horses are safe in her charge.

Carolyn Resnick ([01:17:23](#)):

Incredible. You know, we're seeing horses in there. You know, I think I'd mentioned when I called you. It was something that, that I was, I was aware of this, this business where a horse will come in and lie down next to your chair. And her horse is relying all around her. And I did, I surely didn't want to disturb that. Cause that was something that I felt was very valuable to work from that and not lose that. I don't want to lose that. I want to keep that we're going to go on, but we're going to keep it because we could have back those horses up terribly. One time I was, I did a, a friend of mine a a cutting horse person did a clinic and she said, oh, those horses are never going to be trained. And if I take those horses, they're going to take me six months.

Carolyn Resnick ([01:18:21](#)):

And I don't even know if I can get them under the saddle. And I talked to the woman who had the horses and I said, well, tell me about your horses. And she did. And I said, I don't think your horse, you need training. I think you just need to get on him and ride him. And she did. And she had no problem. She's

riding her horse ever since, but they could see what was going on with that horse. The horse knew how to stay off the porch. Didn't have any fear of anything couldn't shy that wanted to and had a gas pedal. What write it. So that's what I saw going on with Nan.

Nancy Zinstmaster ([01:19:02](#)):

So I was pretty interesting though. I didn't, I had no idea that that wasn't normal. Like I thought everybody's horses did that. And what was interesting though, those horses, those four horses, I didn't have that connection with. It was that's what was so different for me. Like, I didn't know what to do. I didn't know what to do with that because we lived with our horses. My grandfather had a breeding farm. We know, we just kind of, we're always with them and we just, I don't remember ever training in them. They would just wear the way they were from us being with them. And so this was really difficult. And I remember when I finally saved up the money to go, to get with Carolyn, to actually get one-on-one training. I was so inspired by this method and what it did for those horses that fast.

Nancy Zinstmaster ([01:19:50](#)):

I mean, I'm not kidding. When I say five days, Apache actually jumped into my arena. It was locked because I made it the sweet spot like I was taught to do. And I had such, I was so on fire from this method, from that clinic to the point that I actually got with Carolyn, which was probably about a year I was working with her and in her class online, but not, you know, one-on-one, but I was so inspired by the method and what it brought to me personally, you know, the self realization that came with this method and the awareness that all of a sudden everything looked different to me. And I was already on a spiritual path, but this just brought it full circle. And all of a sudden, I just, I felt like there was so something so much bigger than myself going on. And it was obviously, you know, as divinely guided to this method and to Carolyn and it's, you know, it's just become my passion to, you know, carry this on and bring this method forward to the world. So that's kind of what, why I'm here. Carolyn, do you want it to say

Carolyn Resnick ([01:20:59](#)):

Yes. Could you explain what that divine mini guided program was from you from, from Florida? Would you go back there?

Nancy Zinstmaster ([01:21:13](#)):

Yeah, that's a crazy story. That's an amazing story. Really. You know, I was thinking, you know, what was the luckiest thing that ever happened to me? You know, I was thinking about that and I thought, I think the luckiest thing that ever happened to me was meeting my husband XE, which you've met him more wig. And he's a very special, special guy. He's very cool dude. And he was on a spiritual path many, many for many years before he met me. And I was just starting to tap into some things that I didn't know were even happening. And so I started this beautiful journey with him. And one of the things that he said to me when we first met on our first date was I have a couple things I want to talk to you about. And I'm like, sure. And he said, you know, I have three children that I love unconditionally.

Nancy Zinstmaster ([01:22:03](#)):

I play poker on Wednesday nights and I plan to retiring Costa Rica. Do you have any problem with any of that? I said, I don't even know if I really like you yet. So I'm good. Like, whatever, whatever you want to do is cool. Well, about five years into our relationship, he said, you know, that Costa Rica park, like I was serious about that. We need to go. And I said, okay, let's do it. So we went on this trip and I had never

been here. And we went through so many places and I was so tired and the roads were terrible and we're driving. And he said, I feel we just have to keep going. Let's just keep going. And I was like, oh, this is no vacation. Like, okay. So we keep going. We get to this magical spot where we live now. And when we drove up onto the top point of this property, I was emotionally just like gun.

Nancy Zinstmaster ([01:22:55](#)):

And he too, we both were in tears, not talking. And just looking at this majestic volcano in this big, beautiful lake. And I said, I feel like I'm home. This was a very interesting emotion. And he had it too. I looked over and he had tears as well. So we thought we can't just jump into buying a property here, but we were looking around, you know, so we went home, we came back a couple of months later and we ended up buying this property. And about three years later, hurricane Wilma hit Florida and it completely wiped us out. I was a designer at the time I had a big design center, the only one in south Florida. It completely wiped our store out and it wasn't actually the hurricane that wiped us out. It was the surge the day after the hurricane. And nobody had flood insurance, believe it or not, you know, on this island zero sea levels.

Nancy Zinstmaster ([01:23:49](#)):

So we weren't covered. So we had this option, you know, we were like, my daughter was in 10th grade. My other daughter was in college. I'm like, I can't leave. Cause we could eat, we could bail. And we could go to Costa Rica because we already had the property. And that's what we were going to do as soon as my daughter graduated. But we decided to try to save the ship a bit. So I said, let's just do what we can do to put our lives back together for a couple of years, get her through high school. And when she goes to college, we'll go to Costa Rica. So by the time we ended up being ready to come here, we had spent so much of our retirement savings and business was horrible because everyone was trying to put their lives back together. And key west, nobody was having custom draperies and furniture made, you know, so we decided to do it anyway.

Nancy Zinstmaster ([01:24:37](#)):

And it was a huge, took a lot of courage to do it because I was scared to death, but I knew it was the right journey for us. And he did too. So we just let it all go in the states and we're like, we're going to go for it. So we, we finally moved to Costa Rica and we rented this little house in the village and we would go up to our property and just dream because we didn't have the money anymore to build that big house and all the things that we wanted to do here. So we would come up on the weekends and just sit here and plan what we were going to do. And shortly after that one trip I took to visit my very close friend, Terry Newton, who actually introduced me to Carolyn's method. I had bought a horse from her when I first got here, by the way, that was one of the deals I made with my husband.

Nancy Zinstmaster ([01:25:23](#)):

If we go to Costa Rica, I get to have horses again because we didn't have him in Cuba. There was no place to put them. So I go to visit her and this lady was selling this huge Moroccan tent and she had this art gallery and it was in this tent. And I said, how much is that? 10? And she said \$2,000. And I said, honey, we got to get the 10. And he's like \$2,000. It was magnificent. It was like 800 square feet. It was all Brocade. And she had this outdoor art gallery and she would move from place to place every four years and sell the tent and buy another one. She had a connection to Morocco and I said, we're getting the tent. We got the tent. And we brought it here and we put it up on top of the mountain and my design skills started to kick in.

Nancy Zinstmaster ([01:26:11](#)):

And every weekend we would come up and I'd be fixing up this tent and doing all kinds of stuff to it. And it was our weekend thing, but we only lived like half a mile away from here. And so all of a sudden it turned into this beautiful year. And I said to my husband, we're getting out of that house in the village. We need to go live in the tent. He's like, you want to live in the tent? Like he said, you know, I said, it's a year. It's not a tent. He's like, okay, well, whatever you want to call it, let's do it. So we did, it was an amazing journey. But because of that fast forwarding a little bit, we were on this beautiful property and I had two horses now by now. And we could be with our horses. So horses were here by themselves.

Nancy Zinstmaster ([01:26:55](#)):

They weren't, we weren't here. So we would come more just to, you know, take care of the horses and everything. Now we're on the land with the horses. And we run in to this situation where we needed a new saddle. And I said, Hey, let's drive to San Jose three hours away. There's this saddle for sale. I know it's going to be great. Cause it's hard to get things where we are. We're in a rural place and on the way to get the saddle, not on the way actually, when we got there to get the saddle is where we found these four shut down emaciated horses. So my husband and I looked at each other and we're like, oh my gosh, what are we going to do? Well, the guy there had said that these people had just kind of left him. He was a caretaker for the property and that they weren't sending enough money.

Nancy Zinstmaster ([01:27:41](#)):

And we didn't know, cause we didn't know him. So we said, okay, no problem. I called a friend here and I said, you need to get a truck and work, pick up horses for me tomorrow. And so I just told the people, I'm like, I'm taking the horses out of here. I'll figure it out later because this is wrong. So he called the owner and she was in the states and had, she was very kind of not right by then. She was having some health problems and mentally health problems. And she, I said, I really, I need to take these horses. And she said, okay, you take those horses. That's I agree with you. So my husband, I bought some horse food, left it in the car, drove there for a couple of days until we could get the truck. And we got a hotel and we fed the horses and we brought them home.

Nancy Zinstmaster ([01:28:21](#)):

And that was the beginning of the journey because all of a sudden, you know, about eight months into vet care. And I thought I was going to just adopt them out. That was my plan. I wasn't going to have six horses. We got attached. And then they were unified herd with my herd. And it was just like, what are we going to do now? So I started doing the equine retreats and that's what brought me to Carolyn had I never met my husband. I would never be Costa Rica. I would have never went for the saddle and I never would've met Carolyn and I feel so much gratitude.

Nancy Zinstmaster ([01:29:00](#)):

I feel so much gratitude to Carolyn and to this entire method because of what it gave to me, the, the, the magnitude of it is I can't even put into words, but it is absolutely what I should be doing and am doing with my life. I've never been more passionate for anything else ever. And it was never about business. My whole life was about business. I was a business person from the time I was like 10 or something, you know, selling mice or whatever. I knew truthfully, I knew that this was different. And, you know, I knew it was going to be a journey and it was going to be, you know, a, an awakening. And I wasn't going to make as much money as I was, but I was going to go for it. And I'm just so grateful that I'm here. I'm so grateful that I'm here with you today talking to you or Rick about this.

Nancy Zinstmaster ([01:29:54](#)):

Because I think that when we are guided to this place in our lives, sometimes we choose the easy path and I definitely didn't do that. I didn't know that's what I was doing actually, when I started off, but it's not been easy, but it has been the most rewarding thing I've ever done in my life. And now here we are with a real house on the mountain and beautiful herd of horses that I didn't have to adopt out who are connected to me and they're my heart and soul. And we have a beautiful retreat center here to share the method with the world. So I feel very grateful.

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

You know, one of my earlier podcasts was on manifesting.

Nancy Zinstmaster ([01:30:43](#)):

Yeah.

Warwick Schiller ([01:30:44](#)):

And I feel like, you know, both of you have ended up where you ended up because of a lot of that manifesting, like Carolyn's story about, you know, I wished upon a star and, and I, I just think that, you know, forget all the other great stuff you guys are doing. I think sharing that message with people that, that, you know, manifesting is possible and you do control your own destiny and what you focus on matters. And yeah, it's, I mean, you know, that's, that's as well as all the other really cool stuff you're doing, but there's just so much manifesting in both of you guys' story.

Carolyn Resnick ([01:31:32](#)):

I really, I, yes. I really, really Nan believes that way. I've lived my whole life that way, like with, I mean, every step, like when I, when I met my, my husband he had, he had no money at all and I was working for \$2 an hour and I wasn't with horses at the time. And we he got a job in San Francisco and we decided that where we wanted to live was in mill valley. Neither one of us had any money. And we, we had to stay in hotels, which didn't, you know, we couldn't do that long. We were going to be in the car. He had a job. And what I did is I said, we can't live like this. And I started knocking on doors, going to a house and knocking on a door and saying, I'm looking for a position to, to would how sit Warwick. I only had to do that three knocks, a man opens the door and I say, we're looking for it. He says, come in. He says, I'll take you. He says, I've got, gotta leave. I'm packing my bags. Here's the keys. I'll see you in three months.

Carolyn Resnick ([01:33:04](#)):

What, how, how does something like that happen? You know, it's just an incredible, and then, okay. So I had done horses for awhile and I hadn't told my husband anything about the fact that I did anything with horses. It wasn't my husband at the time. And he says, why are we always carrying the saddle around? And I says, well, if anybody asked me to ride a horse, I've got to be in my own saddle. My saddle fits any horse. Anyway. So anyway, I look in the paper cause I needed a job and there's a job as a nanny. And I call about the job. And this is we've had 50 people have interviewed for this job. So I guess I'm a little late. Well, thank you very much. And they said, no, no, we want, we want to interview you anyway.

Carolyn Resnick ([01:34:00](#)):

And I thought, well, I don't seek. So I says, I don't have any, I don't have any experience nannying. And I says, I'm an only child. I said, well, we want to interview you anyway. Well, I got the job was amazing. And what the job included was going out immediately buying 300 jumpers to train their children out, arrive. How does something like that fall in your lap? And the same thing, like I became, when I came down here to Escondido, a woman called me and she says, I'm looking for a position. I said, I don't have a position, but I says, what do you tell me about yourself? And I had always come down to Southern California to be able to get involved with the dressage community and be involved with a top writer and, and, and help that top writer. And so this woman, she was, she was the top junior writer for the United States, Laura Lauren Ogden.

Carolyn Resnick ([01:35:14](#)):

And I got her a job because she says, you can't get a job in San Diego. There's too much. There's too much competition. I said, oh, don't be silly. I'll get you a job. I didn't know who she was. And I got her a job. And she then lost that job because they moved out of town. And then I got her another job. And she says, well, she says, I really want to know what you're doing. Well, the next thing you know, I'm coaching Gunter. So Dell in, in his dressage horses and that's what I wanted to do. And that's why I came down here. But I didn't, I didn't reach out. How do you explain that? It was not, it was not who I knew or what I did. It just, it fell in gutter. Gutter was coaching her and I was coaching or he noticed a change in her. Jesus, you're changing the way you're writing. She says, well, I'm riding with Carolyn. And that's how I got to know Gunter.

Warwick Schiller ([01:36:16](#)):

When you're on your path, the universe will provide for you.

Carolyn Resnick ([01:36:20](#)):

Yes. Are you familiar with that book, Nan magic?

Nancy Zinstmaster ([01:36:26](#)):

What is it all? I love that the magic shop, the magic shop

Carolyn Resnick ([01:36:31](#)):

Magic shop

Nancy Zinstmaster ([01:36:31](#)):

Into the magic shop.

Warwick Schiller ([01:36:33](#)):

Yes that's. That's isn't that the guy he was he's a psychiatrist. I think isn't he, but

Carolyn Resnick ([01:36:41](#)):

He's a brain surgeon,

Warwick Schiller ([01:36:42](#)):

Brain surgeon. That's what he is. Yeah. Great book. Very, very good book into the magic shop.

Nancy Zinstmaster ([01:36:48](#)):

You know, I just thought of something. I mean, I didn't just think of it. I already knew it, but I didn't say this when I was telling my story. But when I was young, before college, I wanted to be a horse trainer and, or jockey. That was my thing. And my parents were like, no, that's not happening. You're going to college. And you can do whatever you want after college. And I was kind of bummed about that because I really wanted to go in that direction. And I think it's interesting how full circle it came to me, you know, in my fifties to be able to come back to that. So that manifestation, you know, that just doesn't go away. Once we put that out to the universe, you know, it might take a while, but it does come full circle. Doesn't it?

Warwick Schiller ([01:37:32](#)):

Yeah. A good friend of mine from Wales has a saying, she says intention at tension, no tension. And so you put the intention out there, you pay attention to the, the things that come your way, but you also, and this is the hard part for most people is you've got to have no tension about when it's going to happen. You can't be like, well, why isn't having it, why isn't having it, because it, it won't come. If you, if you have that conflict or that tension about you just gotta be, you've just gotta be open to things. And when they come, they come

Nancy Zinstmaster ([01:38:05](#)):

And you have to be clear. You know, it's funny because when I first had my foot, when the girl came here and taught this clinic Carolyn's method for me. But when I first saw it immediately, I was like, my brain kicked into needing to share this with everybody. And so shortly after that, when I was practicing the method and getting all these great results with my horses, I was telling this woman that I, you know, she was a past trainer, Carol, as I said, I, I really want to teach this. And she's like, oh gosh, don't tell that to Carolyn, because she likes people to be the student first and not focus on being the teacher until they can be a good student. So time went on and I was like, oh gosh, now I really want to teach this method. So when I finally decided that I wanted to work one-on-one with Carolyn and I called her, Linda had said to me, do not say anything about she and I had become close.

Nancy Zinstmaster ([01:39:02](#)):

And I, she said, do not say anything about wanting to be a teacher. So I said, hi, Carolyn, this is Nan since master. And I've just wanted to get in touch with you about coming to do private clinic. And she said, oh, Nan, I've been wanting to talk to you. She goes, are you interested in being a teacher or are you interested in just coming for your personal use? And I was like, oh, well, now that you said something, but I know I manifested that one because it was continually in my brain that the world needs to know this method.

Warwick Schiller ([01:39:35](#)):

You know, this is podcast number 50 something or other, I don't know how many I've done. And it's just in all the amazing guests I've had on here. There's a whole lot of an undercurrent of that in every one of them. So, you know what we might do here. I think it's time to get to our questions that you guys chose. You guys ready for question time? Oh, sure. Okay. So the first question you guys chose was, and we may have covered quite a bit of this already, too, but yeah, I think so. Yeah, that was question was what's the most worthwhile thing you have put your time into something that has changed the course of your life?

Nancy Zinstmaster ([01:40:14](#)):

Well, I already answered that this for me is the most worthwhile thing I've ever put my time into

Warwick Schiller ([01:40:23](#)):

Carolyn

Carolyn Resnick ([01:40:24](#)):

Mine's writing the book.

Warwick Schiller ([01:40:27](#)):

Perfect. Okay. Next question. And this one might be this, we might've covered this one too, but what accomplishment are you most proud of?

Carolyn Resnick ([01:40:37](#)):

What was that writing my book. I

Warwick Schiller ([01:40:38](#)):

Think it might be the same as the last, you know, there's no right or wrong answer here, but yeah, that sounds,

Carolyn Resnick ([01:40:46](#)):

I mean, that was some accomplishment for me to write that book and I really honored anyone that could write. And you know, when I wrote the book, you know, people said, oh, it reminded them of Pablo Coelho who wrote the Alchemist. And I was told that I was, yeah, I was told that I was a good writer. And I said, no, I'm not a good writer. What I do is I get into it, you know, you roll up your sleeves and you get into it. And if you really put your whole soul in it, everybody will read that, you know, to, to be really truthful not try to, you know, just like how you approach a horse. You, you don't try to guide the words, the words come out of you and you take your time. I wrote my book maybe five different times and it was picked up by penguin and I had the best I had the best editor. What was the name, if you've ever heard of a book called lake will be gone? No I can't remember who wrote that, but if it was a very famous book, well, anyway, I had that editor and when, when she started editing my book, she sent back, you know, several of the chapters and it was horrible.

Carolyn Resnick ([01:42:22](#)):

And I said, we can't continue. This is no good. They said, well, we know what we're doing. We know that it is. And I said, no. I says, if it doesn't interest me and it doesn't interest my students, it's not going to interest anybody else. And I backed out and that costs me a little bit of money to get out of that one. So I had to really look for work if why that happened to me. So here's a failure for you. Okay. So what went wrong? And that was me being smart enough for the reason that she could not edit that book for me is because I hadn't written it well enough. And I rewrote the whole book and did another editor. I then another publisher came along and picked up the book. So it's that thing it's understanding. Who are you writing the book for yourself or for others?

Carolyn Resnick ([01:43:19](#)):

And that's hard because what happens is how do you write a book for others? And that you're happy with what you wrote. Cause that's hard, that's a battle. You know, you write the book for yourself, but you write the book for others. And how do you, how do you meet that? And that took, I don't know how many years of me rewriting the book again? So yeah, it, it turned out to be a good book. Well, it should, you know, anybody who spends as long time as I do, you should have something for your effort. So anyway, that's it.

Warwick Schiller ([01:43:59](#)):

Wow. That's a great story. So Nathan, what about you? What accomplishment are you most proud of?

Nancy Zinstmaster ([01:44:05](#)):

I think just being able to listen to my intuition in that time in my life, that was probably the most difficult time in my life, losing everything, you know, and coming to the other side of it with determination and grace and gratitude, and being able to pull up my bootstraps and really not feel sorry for myself and just to continue to know that everything was going to be okay to have faith and put one foot in front of the other. And and just know it's going to work out.

Warwick Schiller ([01:44:39](#)):

That is quite the accomplishment. Yeah. The next question is an interesting one because I stole these questions or borrowed these questions from Tim Ferriss's book, tribe of mentors. And this question is what advice would you give people about to enter your occupation? And then in parentheses, it says, and this might be a bit of a weird question given that most of you don't have a regular occupation, you know, like in his book. And that's, I think that's the same thing here because you know, I, when I travel, you know, travel internationally and when it says occupation, you know, at the airport, when you got to fill out the little thing, I'm like, sometimes I put, sometimes I put teacher, sometimes I put entrepreneur, sometimes I put, but yeah, it's, it's difficult, but anyway, so what you first you'll have to give me. So what advice would you give people about to enter your occupation and then you guys one at a time we'll have to quantify what you think your occupation is.

Carolyn Resnick ([01:45:36](#)):

Yeah.

Nancy Zinstmaster ([01:45:39](#)):

Carolyn

Carolyn Resnick ([01:45:42](#)):

I got it. I guess I've got to say that my occupation is teaching self-realization to the training horses

Warwick Schiller ([01:45:56](#)):

Right there.

Nancy Zinstmaster ([01:45:59](#)):

That's our tagline. It is.

Carolyn Resnick ([01:46:06](#)):

So what is your occupation?

Nancy Zinstmaster ([01:46:09](#)):

My occupation is the same thing. Hello, we're in business together, but what I think we should answer is what the first question was. Right. What's the advice we would give to somebody about to enter the occupation?

Warwick Schiller ([01:46:23](#)):

Yes. And quantifying this here. Okay. So let me rephrase the question. The occupation is, what advice would you give people about who we're about to try to teach people so realization through training horses?

Carolyn Resnick ([01:46:38](#)):

And do you want to take that?

Nancy Zinstmaster ([01:46:40](#)):

Yeah, because I feel like I, you know, I'm close to it because I went into the field with this dream of going, going into it. And I think that the most valuable thing I would give advice, which I actually did for myself, was to come with an empty cup, to just completely immerse yourself in the connection with the horse and the knowingness that you have to you know, find that place of consciousness within yourself, that you would be able to connect to a horse to find neutral, but coming with an empty cup, not being judgmental, not trying to fix a problem, not, you know, not discrediting anyone else cause in the trainers' world, we know there's a lot of different aspects. And I think that, you know, all of them can have great, wonderful things about them and all of them can have things that don't work. So coming in with an empty cup and being open-minded to me would be the most valuable thing someone could do if they wanted to start this profession.

Carolyn Resnick ([01:47:40](#)):

I like to add something to that is spending your life being sure that your cup is empty, really taking the time to clean up the cobwebs, to clean up what you know, and set that on on a table someplace and being really, really, really present to the day that you've never had before. That is so important to, to keep that so that you aren't burdened with facts.

Nancy Zinstmaster ([01:48:29](#)):

One of the reasons that I feel that that's important to me, the empty cup thing is because of the way Carolyn is, you know, she's been my mentor. And you know, when you ask her a question, like, what do I do about this? My horse is doing that. She's like, I don't know. You know, you need to figure that out, try this there's ways to try, but she always comes from a place of empty cup, you know, let's bring it in with the horse and see what works, always finding our entry point of connection. And you know, when we do that magic happens.

Carolyn Resnick ([01:49:07](#)):

Yeah. And then the next thing is I like to get people to feel comfortable, to know that there's 50 ways of getting a positive response and 50 ways of getting a negative response. The chances that you're going to

hit a positive response are very good if you're in my program. Yeah. Because you know, you know what not to play with.

Warwick Schiller ([01:49:32](#)):

Yeah. It's about that. Only asking yes questions. Yes. Okay. So next question here, and we might have covered this in that little bit too, but the other quick question you chose was what do you feel is your true purpose in the world?

Carolyn Resnick ([01:49:48](#)):

For me, I really want to bring awareness to how we go about learning anything we learn and how we teach. That's it. I want to see, I didn't like the education system, the way I experienced it. And I'd like to see that changed. I would like that the student has an ability to direct and develop his, his own, his own process for learning. And that's what the waterhole rituals brings to the table. It isn't, it isn't something, you know, poke here, touch here. Do that. It's not about that. It's about having a real experience, you know, like years ago, what did you do? What happened? You know, when you're learning a trade, you know, you work with the tradesmen that that's education. That's real, that, that keeps you in touch with your true nature. We don't have our true nature anymore. We're, we're educated, we're educated.

Carolyn Resnick ([01:50:57](#)):

And you know, like a child learns so much faster than an adult cause they don't need to know the details, but an adult, he said, well, how does that work? What does that mean? I don't understand this. What is this? I, you know, I've got to understand it. A child, you say, go put a gas pedal on that horse. They don't ask you how they're out there putting a gas pedal on that horse. They don't want the details. And you say, well, now I'll go out there and stop that horse. Well, did you stop the horse? Did he know didn't but they're having fun. I don't know how many days later got the horse stop. However, it was, it's an experience. And if we can just lather yourself through the experience of what you're doing, you know, if you want it, you don't want a career in something that's probably the wrong way of looking at it. You want to, you want to say, I might as well have a career because this is what I'm doing. I think that's the way it needs to turn around.

Warwick Schiller ([01:52:02](#)):

Yes, most certainly. And then what about you? What do you feel your true purpose in the world is if you have

Nancy Zinstmaster ([01:52:08](#)):

Teaching Pete. Yeah, I pretty much already did, but basically just teaching people, you know, this communication system so that they can learn it, to be able to better understand their horses, giving horses a better deal and helping humans heal and find themselves through the way of the horse, you know, helping them find the value of what horses have to share with us.

Carolyn Resnick ([01:52:28](#)):

I had that, that saying just what was it two weeks ago? You said stepping on,

Nancy Zinstmaster ([01:52:37](#)):

Oh, that's right. I wrote a blog on that, that member, that Warwick at my clinic, when that girl said, I love your method because you step into the horses world, not on the horses worlds, and that's become a significant phrase that I keep going back to. I love that.

Warwick Schiller ([01:52:56](#)):

So that was where you got that same from wasn't it? When, when I was at the

Nancy Zinstmaster ([01:52:59](#)):

That's yes, it was at that clinic when angel stepped up and I said, what were your ahas? What, what did you get out of this clinic? And she said, I love this method because you step into the horses world, not on their world

Carolyn Resnick ([01:53:13](#)):

And stepping into the horses world means you wait till the horse comes and find you.

Warwick Schiller ([01:53:23](#)):

Yes. yeah. And that's, you know, it's, it's kind of developing empathy, isn't it? One of my earlier podcasts, guests was Rupert Isaacs and the guy that wrote the horse boy book and made the movie. And we got to, he was, he lives in Germany now, but he was visiting the U S he recently. And we got to have dinner with him and his son Rowen. And one of the things he talked about in the podcast was being with the shamans in Africa and he mentioned shape-shifting okay, I'm really excited about all that sort of stuff, but he didn't really go into it kind of hinted on the podcast. That's possible. So where he's in the kitchen, when we can have dinner and he's in the kitchen, cook, cooking this fish, and I'm like, tell me, I'm all excited. Tell me about the shape. You're thinking about the shape, shifting any, he stops. And he looks at me and he goes, well, if you think about, on the simplest level, empathy is a form of shape-shifting. I was like, whoa. And then you went into the actual shape-shifting part that the chairman's can do, but that that's, that's like your that's like your entry point, you know, like putting yourself in someone else's shoes. And I think that's, that's the whole thing with these horses is I think when you can put yourself in their shoes and see things from their point of view, it, I don't know. That's I think that starts to change who you are and how you viewed the world.

Carolyn Resnick ([01:54:53](#)):

Absolutely. That's true. That's absolutely true. It's how we shape ourselves for others. That's built that's our character. That's that's who we are. We, we are, we are ever changing wherever flowing. That's what, let me to say, just getting information and having that slow you down. You're in the flow, you're in the flow of connection with others. That's so important.

Warwick Schiller ([01:55:23](#)):

I think the whole thing comes down to connection. Not just like life itself, you know, it's all about connection.

Nancy Zinstmaster ([01:55:32](#)):

Yeah.

Warwick Schiller ([01:55:34](#)):

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Well, it's been a wonderful couple of hours chatting with you, ladies. If if people want to know more about what you guys are to where do they, where do they find you guys?

Nancy Zinstmaster ([01:55:46](#)):

They can go to our website, Carolyn resnick.com and they can find out all about our courses and what we do there.

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

And where, where is the book available still?

Nancy Zinstmaster ([01:56:00](#)):

It is, you can be, they can buy it on Amazon. They can also buy it through our website, but easy on Amazon. Right.

Warwick Schiller ([01:56:06](#)):

Everything's easy on Amazon one. Everything's

Nancy Zinstmaster ([01:56:08](#)):

Easy on Amazon, that's it? Yes. It's a must read.

Warwick Schiller ([01:56:13](#)):

So it's been great talking to you guys. Do you guys have any parting words that you feel like you haven't said yet?

Nancy Zinstmaster ([01:56:23](#)):

I would just like to thank you Warwick, basically, just for having us on here and being able to give us the platform to really share our message. And it's always a pleasure to speak with you. So I'm very grateful for that. Thank you.

Warwick Schiller ([01:56:34](#)):

Thank you.

Carolyn Resnick ([01:56:36](#)):

Yes. Thank you for having me. I have watched you know, many, many of your videos probably in the range of a hundred and,

Warwick Schiller ([01:56:52](#)):

And if you've watched them over a period of time, you would have seen a big change in the way I go about things too. So yeah, pretty much.

Carolyn Resnick ([01:56:58](#)):

Yeah. Well, I, I was just absolutely. It is my joy to watch your work, a horse.

Nancy Zinstmaster ([01:57:07](#)):

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I agree with that.

Warwick Schiller ([01:57:09](#)):

Well, thank you. Thank you very much. That's a great compliment. Okay. We better finish up there. So thanks for joining us and you guys at home. Thanks for joining us on the journey on podcast and we'll catch you on the next episode.

Nancy Zinstmaster ([01:57:22](#)):

Thank you.

Speaker 1 ([01:57:25](#)):

Thanks for listening to the journey on podcast with Warwick Schiller. Warwick has over 650 full length training videos on his online video library at videos.warwickschiller.com. Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.