

Speaker 1 ([00:00:07](#)):

You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman trainer international clinician, and a whose mission is to help people achieve a deeper connection with their horses through his transformational training program

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

G'day everyone, welcome back to the journey on podcast. I'm your host, Warwick Schiller And today I'm joined here with my lovely wife, Robyn

Robyn Schiller ([00:00:39](#)):

Hi Everybody.

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

And we are so excited to announce that the journey on podcast has received over 1 million download. So this is gonna be our 1 million download episode. So I'll give you a few stats on the, on the podcast. We've had 66, uh, episodes so far, and our first one was July 31st, 2020. And I think that was about the same time that everybody else decided a podcast might be a good idea too, cuz we all realize we're gonna be stuck at home for a while.

Robyn Schiller ([00:01:09](#)):

Also right now is a good time to kind of explain how the whole thing got started. And I want to say thank you Warwick publicly for not listening to my suggestion about what the podcast cash should be, because I don't think we would have a million downloads if you did what I suggested. So my suggestion was to do kind of a callin show where people called in with their questions about their horses and war answered their questions. Well as avid listeners to the podcast, you will know that that is not what the podcast is and it's taken a whole different turn and I know better now to defer, to Warrick for content, cuz he just seems to know what to put out there and it resonates with uh, the most people. So good job babe. So what we decided to do for this special episode that is celebrating our 1 million downloads is we're gonna pull our most memorable pieces from the different podcast guests. Like the things that really resonated with us that really hit us, that really made us go oh, okay. And hopefully, um, they resonate with you also and if you haven't listened to the whole podcast that they are, um, that they come from, we hope that you'll go back and listen to those and you can get the full context if we haven't provided that for you.

Warwick Schiller ([00:02:36](#)):

When we first started on the podcast, the first episode I did was called changes and it was basically me just talking about how I've changed the way I do things with horses in the last five or six years. And you know, that, that goes on to changing how I view the world. Um, the second episode did was once again me on here and it was about the science of connection. It was just explaining more about how the connection stuff works with the horses and some of the science behind it, polyvagal theory, things like that. Then I did one on books that have influenced me so influential books, uh, and then Robin joined me and we talked about our trip to the world of question games and everything leading up to it. The next episode my son Tyler came on and we talked about our trip to Mongolia writing camels across the Goby desert.

Warwick Schiller ([00:03:26](#)):

Uh, the seventh episode was the journey on questions and I had planned to ask a number of different questions of, of the guests. And so I did a whole podcast where I answered the questions myself, but then episode number eight was a conversation with Jane pike. And when we first decided to, um, rehash some of our highlights from the podcast, the first thing, that first thing that jumped to my mind was my conversation with Jane and uh, you know, I didn't, when I started having, you know, wanting to have guests on here, I didn't real. I thought I was gonna, we were gonna be sharing some, I, I thought the guests were gonna be sharing ideas with our listeners, but I didn't realize I was gonna get therapist on my own podcast. And it happened more than once, but this was the first time. And it was when I asked Jane one of the podcast questions, which is what is the, the most worthwhile thing you've put your time into. Yeah. You

Jane Pike ([00:04:24](#)):

Know, I think one of the most worthwhile things that you can put your time into is to really understanding yourself. I know that seems very glib and kind of a little bit idealistic, but I would say the biggest game changer for me of late as well, but also cumulatively leading up to this point has been really taking the time to try and understand how I tick and also how our nervous system functions that has been such a game changer for me. And when I really understood that it's really empowering because you, you start to understand how, what your body is doing to keep you safe and what your body is, um, in response to different things that are coming your way. And it's very easy to get into this mode of operating. And I certainly see it all the time of thinking that there's something wrong with you, you know, like what's wrong with me?

Jane Pike ([00:05:13](#)):

Why do I keep doing this? Or why did this happen? Or, uh, or, you know, I, I, I know that I want this thing to happen and yet this is all the time or where I seem to take myself. Why does that happen? And so when you can understand more about that side of things, um, you can liberate yourself from this idea that you are somehow a dysfunctional model <laugh> and start to work with better understandings that allow you to, um, move in a direction. And I wouldn't say even an easier direction because I don't necessarily think that having that kind of knowledge makes things easier as such, but it certainly makes you more aware and it certainly makes you more alive and it certainly makes you more in life. Um, and being in life isn't necessarily the easy option. Um, but it's the best one that has been probably the, the most profound piece. And I think just of late, I, I love to see where it takes me, but just of late, I've had so much clarity around that and I can see how all the different little pieces coming up to this point, um, helped to facilitate, uh, really good. I understanding of, um, of those elements. Yeah.

Warwick Schiller ([00:06:21](#)):

Yeah. I love what you said in there about you, you get to the point where you understand there's there's that there's not something wrong with you. Mm. And, and I think like for me personally, you know, cause we all have that, what you call that bitty committee. And I think some of us have it so much, we don't even know we have one, you know, it's not like we, you have the good guy and then the guy shows up. If you only have a guy, you, you, you gonna contrast, you're gonna black and white. You can't go, oh, this is, oh, I know who's talking now, if you only have that one. Yeah. And I think along with that, I think along with that comes a lot of, you know, self-judgment about who you are and then who you think you are.

Warwick Schiller ([00:07:08](#)):

And then when you start to understand what you were talking about, understand why you are the way you are and the way you are is perfectly normal for either what's happened to you or how your nervous system is wide because of what's happened to you or even how your nervous system is working because of what chemicals you have in your brain at the time, you know, like all that stuff like you, it, it, because, you know, I'm a big, you probably know I'm a big fan of bene brown, which he talks about, you know, like the difference between guilt and shame in being able to reframe things as they come up. And, you know, I think you've been on that journey a whole lot longer than me, but just starting on it, like, ah, yeah, like you said, it's not easy. It's not easier, but it's better. Yeah,

Jane Pike ([00:07:55](#)):

It is. And it also just allows me, or has allowed me to have so much compassion for myself and for other people. And also this incredible sense of wonderment. I think in that, like the stories that I get through my work just blow me away. I think how does someone survive that, you know, like here I am, I'm, I'm working with horses, I'm working with writers. The stories I get are so far beyond that, you know, like we're talking about childhood trauma abuse, different things that go on in life where I think like the, to hold the email, even, you know, like in terms of like hold space for the email takes a lot, let alone holding space for something like that in someone's life. And so what I've really understood is that all of these, uh, situations or, or learnings or understandings, I guess that we might think of as not ideal, be that like shut down, be that the flight or fight response, be that freezing up, like what a gift that is that we are able to navigate situations in life, that we don't have the resources at the time to be able to hold and to have somewhere, to go, to be able to survive that, you know, like what an amazing blessing that is, that we are able to do that.

Jane Pike ([00:09:13](#)):

And, and what an incre incredible safety mechanism that is of the body to actually decide to keep you safe in that way. You know what I mean? Like it's such, it is a beautiful thing. It really is a beautiful thing. And even like something like where I know that, um, the way that I've had relationship with food in the past, for instance, I've had a very, has been something that I of beat myself up a, a girl. And again, that was in my early twenties and now I think, wow, I can see why that happened or I can see why I responded in the way that I did, because that was my body's best attempt to keep me safe. And so if I approach, uh, my work and my life from that angle, I'm like, wow, this is this survival mechanism that we have is such a gift. But the, the, the transformation is that we just don't wanna stay stuck there. You know? So we needed that. We absolutely needed that. And we are grateful for that, but now we recognize there's a place that we can move beyond that. And that's where, um, we start to soften the edges of our resistance and, and flow in, in different ways.

Warwick Schiller ([00:10:19](#)):

You just changed my life. <laugh> right, right. Then I've never thought of it that way. I've never thought of, since I've discovered that I'm been shut down forever, I have never looked at it like, wow. So glad I had that.

Jane Pike ([00:10:36](#)):

Yeah. That's so glad you had that. What a clever body, you know, like what a clever body was like, you know, little work or big work. This is too much for him. Where are we going to take him? What can we do right now to keep him safe? Let's just make it feel less, you know, or let's just distract him or let's do

something, let's do something. And so if you can just think this has been, it's a real, been very transformative for me in thinking that you, you are never trying to work against yourself. Not ever, not even if it feels like you are, there is always a higher purpose to your behavior and that unconscious driver, that, that is always working in what it seems to be your benefit. Sometimes it's not your benefit in terms of, um, what is happening in the present moment.

Jane Pike ([00:11:23](#)):

But that is only because the information that your brain or system has, has not been updated as soon as you can update that information and go, actually we recognize you're going into this default place. And we all have default places that we go to when we're under some kind of stress, but what if we can actually move in this way that I call embodied discernment, which is like, huh, I recognize that I'm dancing this line. And there's this decision that I have to make between honoring what it is that's presenting and perhaps retreating or recognizing that this is a habitual response of my system in response to stress. So how is it that I can just dive underneath or move horizontally or shift around it so that I can create a different experience in this same situation without overwhelming myself and feeling like I need to retreat or withdraw to a place that feels familiar and feels safe, but isn't necessarily in my best interest now.

Warwick Schiller ([00:12:21](#)):

Well, yeah. You know, people that have listened to me a bit know that I'm very fond of the, the, uh, saying about, um, you know, when you change the way you look at things, the things you look at, I just had a, I just had a sliding door moment. Uh, you know, Bruce Will's sixth sense moment right then to where I have never thought of it as, since I've, since I've identified, I've never thought of it, but as my friend, mm,

Jane Pike ([00:12:51](#)):

Totally. Your friend that was like scooping you up up. Yeah. And it's the same for our horses. It feels like that is the safest option. Right. This is the safest option. If I, if they've been in an abusive situation and abusive can just be, um, unintentional, you know, human. Yeah.

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

You have, you don't have to be enough them at all, but, but thank goodness students

Jane Pike ([00:13:18](#)):

Too. Yeah. So it's a, I mean, I, I think you just have to thank those were the resources that you had and you used them and they got you through, and that's a beautiful thing. And so now I see that's honestly the position I come from and it's switched everything around. I have, when I think of it like that, I have nothing but compassion.

Warwick Schiller ([00:13:37](#)):

You know, I'm a huge fan of the Wayne di saying, when you change the way you look at things, the things you look at change. And that's really what happened there with, with Jane on that podcast that really, uh, made me look at, uh, how my body reacted to things in past completely differently.

Robyn Schiller ([00:13:59](#)):

And for me, you know, I've learned so much from Jane and all of the, about the nervous system. And what I think is just so fascinating is that, you know, your default was to shut down and my default is to be anxious. So, you know, we, I guess we balance each other out that way, but it is about so of compassion. And I think we both need to do a little bit more of that with ourselves. And I guess we can help each other do

Warwick Schiller ([00:14:23](#)):

That. Yeah. Thanks Anne. That's, that's, that's a great suggestion, both on the helping ourselves and helping each other. Uh, so the next magic moment from the podcast, this one really stuck at my mind was when I spoke to Tanya Kindersley, Tanya is an author and she's lives in Scotland, but she's British. So she's got this beautiful, educated, British accent. And, you know, because she's an author she can write, but also she's got this, like I said, this amazing accent. And when she, I could listen to it, she could read me the phone book and I'd think it would sound amazing, but you know, the, this magic moment you're about to listen to here came about when I asked Tanya to tell me, you know, basically how did you get into horses? And the story itself is compelling the way she says it is compelling, but like towards the end of this thing, she says some sayings that have now become part of our, our vocabulary. I think at least around our house, have a listen to this. Do you wanna, let's maybe back up a bit and tell us about your life with horses, where have you've always been around horses, haven't you?

Tania Kindersley ([00:15:34](#)):

I grew up with horses cuz my dad was a steeple chase jockey and then a race horse trainer. So by the time I came along, he he'd retired from riding and he was training horses. So thoroughbreds were pretty much my, probably my first memory was going out, out in the Dawn. It was, um, jump racing in England, takes place mostly in the winter. So, you know, it would be pitch dark and freezing cold. And um, I just followed dad out into the yard, like a little puppy. And I remember pottering around in the stables. It was at that lovely moment. You go into the stable and you turn the light on there's that blinking as they wake up. And um, they were such gentle giants and I just spend time with them and walk under their tummies and give them their feed. And that was my love of the thoroughbred right there.

Tania Kindersley ([00:16:29](#)):

These, these just extraordinary athletes and you think the, a race fit, uh, and yet they were the Gentles creatures I'd ever known. And then there was a lot of pony life and showing and it was, it was, you know, it was all very competitive. The, the pony yard was in competition with the racing yard. So if we won more stuff than they did, they'd all get really CRO. It's really interesting to me now because that idea of winning has just completely gone. But so I was very competitive, very tough. My dad was very physically brave. There was a lot of premium on doing things that scared you. And uh, lot of cross country, you know, all that kind of stuff, real, a huge amount of fun. And that then my life completely changed. And there were lots of my poor mom, lots of divorces and not really a home for a long time.

Tania Kindersley ([00:17:20](#)):

So I went away from horses and I became very urban. And the only connection I had with horses was I just watched the racing and have these wonderful memories of that extraordinary childhood. And then my dad died and that was really oceanic. It was a much bigger shock than I thought it would be. I just thought he'd ran his race. He was 80 years old. He was ready to go. Um, but it felt like the world had turned upside down and I, I find it very hard to deal with. And I suddenly thought about a year after he died. I thought, I know I'll go back to horses and I'll get a thoroughbred. And then I will have that

precious memory with me. And I'll be able to this plan that I would ride out into the Scottish Hills with carrying my dad with me and that I'd sing the Irish songs that he used to sing to me when I was a little girl sitting on his knee.

Tania Kindersley ([00:18:16](#)):

And I just thought this was the best plan ever. And at the time a friend of mine had a XRA who'd gone for polo and she was hopeless at polo and she'd been pretty bad at racing. And I happened to be staying with him and I, I told him all this and he said, oh, well, you know, take that red ma. So I did. And I thought, you know, I haven't had a horse for 30 years, but that's fine. I, I could sit on a horse before I could construct a sentence. It'll all come back. And I got her up to Scotland and she took one look at me and she literally shook her head and she stuck shaking her head so badly. I thought she had a brain tumor I really did. And she didn't want to ride out into the hill. She didn't, she hated the woods.

Tania Kindersley ([00:19:01](#)):

She had no interest in the songs. She didn't want to be part of my sentimental journey. So she started rearing and she had an incredible sickness move, which was going downhill backwards at top speed. And she spooked at everything and she wouldn't walk over puddles. And I was in, I can feel it now, as I'm telling you, I was in a place of such shame and such humiliation. I mean talk about expectation management that I'd had this whole dream. And she just said, no. And, uh, there was a night and you know, this story, I've told it a million times. It's my favorite story. Really? I was sitting in my room in the shame in the humiliation, um, literally crying tears of despair. And I Googled how to have horse and through a series of links, the internet took me to you. And I thought, oh, okay, this bloke sounds like he knows what he's talking about.

Tania Kindersley ([00:20:03](#)):

Also. I love the fact that you were a nausea. Cause I thought that I'm gonna get no nonsense from this fell. He'll just, you know, that good old, old, no crap. Let's just get stuff done. And that's what we did at the beginning. And suddenly we could get stuff done. She stopped rearing and she stopped reversing downhill and the journey went on. And then of course you had your epiphany. And at the about, at the same time, I think Jane pike kind of galloped into my life. Who's someone I know, you know, you work with and, and does all the mental side of the horsemanship. So then we started moving towards what I can only call the super woo <laugh>. So super woo. So I, you know, we can't fight the woo. And then I, I invented, I took all your principles and I took Jane's ideas and I ended up thinking much more important than all the winning stuff and the, you know, the being number one and the silver cups and all the stuff I'd grown up with.

Tania Kindersley ([00:21:00](#)):

Actually what I wanted was I wanted to connect with my horse on a profound level. So we, we spent and do spend huge amounts of time, just standing in our Scottish field, breathing and connecting and feeling each other on an atomic level. And I think of how I made of the ancient remnants of exploded stars. And, and so is she, and I sort of feel myself tip toing up to the very, very edge of the species barrier and just peering across. And she stands there doing all the things that x-rays, aren't supposed to do and all the things that red MAs aren't supposed to do and shes carved out of a Scottish air. You know, she's, it's, she's like a sort of extraordinary statue from ancient Greece. And, um, that's, I cried that the place of peace. So that was your idea essentially about connection and focus.

Tania Kindersley ([00:22:05](#)):

And, and then with a little bit of Jane's idea of letting energy flow through one, which is an idea. I really like, there's a paradox in this stillness, cuz we are so still when we do this and bear in mind, this is, this is next. Rachels in the middle of, I mean, she's essentially, she's got about 30 acres she can wander off into and she doesn't have a halter on. Um, so there we are completely, still completely connected, but there's this incredible feeling of movement as you are in the stillness because you've opened yourself up. Well, we, I have opened myself up to let the energy flow through. So it's a huge opening and yet it's done in absolute immobility and um, sounds quite good actually, doesn't it. When I talk about it like that

Warwick Schiller ([00:22:56](#)):

And she wasn't far wrong when she said it sounds good, like quite good when she talks about it like that. You know, I, I said before I played that, that there's some things that she said that have become part of our vernacular around here and the super woo is one of them. You can't fight the woo is another one. But that part of the end, where she talks about tiptoeing up to the edge of this species barrier and peering across that just, yeah, I thought that was just poetry in motion. What'd you think hon?

Robyn Schiller ([00:23:24](#)):

Well kind of like you said, I could listen to Tanya read anything and or speak about anything. What I, I really find awesome about Tanya. I mean, I feel like we're like fast friends, we've known each other forever, but the reality isn't that you, you heard in her in what that little clip was, you know, she sought out Warwick and she found Warwick before Warwicks had all this change. And so what I find really awesome is that she, what she did with how Warwick used to teach, worked super well for her red mirror. And then she took on board, the super woo, like went down the rabbit hole with us. And I just think that is amazing and a Testament to her spirit. And um, maybe one of the reasons why I just love Tanya.

Warwick Schiller ([00:24:17](#)):

Yeah, she's a treasure, isn't she, you know, another treasure that, uh, popped up on the podcast was a fellow named Ruper Isaacs. So when I had rued on the podcast, it was, I probably, I probably received as much positive feedback from Rupert's podcast than, than anybody else. But so Rupert, uh, is a filmmaker and an author and, uh, and an activist, but he made a movie called the horse boy where he took him, his autistic son, Rowan to Mongolia to visit the horse shamans up there. He wrote a book about it, called the horse boy. He wrote, uh, another book called the long journey home, I think. And that has to do with three other subsequent healing journeys that he took, uh, Rowan on. And also he wrote a book called the healing land, which is about the, of the Kalahari. And as a kid, I was a huge fan of reading Wilber Smith books, which are all about Africa.

Warwick Schiller ([00:25:13](#)):

And I really got interested in all things Africa, but, uh, including the, the part of the, the, uh, you know, the shaman, the basically, which doctory side of the whole thing. And, uh, so I was interested in asking Rupert if he'd ever had any experience with that sort of stuff, but on the podcast, I was a bit concerned about doing it because Rupert and I actually recorded a podcast that went for about an hour long and, and we were talking all things shaman, we got pretty deep into that and it was amazing. And then all of a sudden, all the machine, all the computer, you know, all the, the software, everything just quit while I was talking to Rupert and you know, it took me half an hour or so to get him back on the line. And I said, oh, sorry, Rupert. I dunno what happened?

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

Then he goes, oh, I do. He said, anytime we've been around, uh shaman's and you've got a audio equipment or film or whatever, he said, if you ask the shamans, if you can, if you can record things, they'll usually they'll say yes, but most of the time they'll say, but it probably won't work. And there's something about the energy that interferes with, with technology. So when I talked to rut the second time, um, because the first recording dis period off the phase of the planet. So when I talked to Rupert the second time, I was trying to get the good stuff without getting too close to the good stuff. But I really wanted to hear about, uh, some of the amazing things that the Bushman could do. And I told him a story about actually Jane Pike's husband and Jane's Pike's husband Giles. He used to be a filmmaker for national geographic, and he was in the jungle in the Congo.

Warwick Schiller ([00:26:49](#)):

This is the story that Gil has told me. And they were staying with a, um, a tribe there. And they'd go out with the, into the jungle, with the tribe, filming every day with the, with the hunters filming every day. And they would be in the jungle for hours. And we'd, they'd come back from a different direction, but they'd always find their way back to the village. But there was, you know, the jungle was so thick. You can't tell what's what you can go 10 feet from the village and dunno where the village is. And Giles asked the, I think it was the chief one day, you know, how do you find your way back to the village? And the guy says, oh, well, that's easy. We asked the animals and Gil was like, but I didn't see you talking to any animals. He goes, no, no, not basically.

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

This guy said not, um, vocally, but energetically and mentally, and, and Gil said, you really, you guys can talk to the animals. And he's like, yeah, can't you and Gil said no. And the chief was kinda like, Hey, kids, come over here. This guy can't talk to the animals. And so that's, I think that's something that we've all, we're all born with, the ability to do. And it gets drummed out of us. And later on, we'll talk to talk about when I had, we had Kerry lake on the podcast and she has never forgotten that. So I was really interested in asking Rupert about this. And so I asked him, I said, have you ever seen anything? I told him that story and asked him have ever seen anything like that. And this was his reply

Rupert Isaacson ([00:28:08](#)):

All the time.

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

Correct answer, correct answer. <laugh>

Rupert Isaacson ([00:28:14](#)):

Um, not just with my, with the Bushman, but in my daily life. Um, but let's start with the Bushman and others. All right. So I'll give you an example. Um, I'm 27, I think. And I'm in Botswana. And, um, this, this story is told, I think in the healing land, I think I talked about in the long ride home too. And, um, I'm with a group of Bushman in this area. Um, they've been displaced from, and they want to show me their old hunting techniques and they say, look, ripper. You know, we track like this. So it's not just about tracking. It's about communication with the animal. And we were tracking a HES book, which is a type of ORX with very long, straight horns, which is a notoriously dangerous animal to hunt. Um, cuz it will hunt you back when it knows that you are hunting it and it will come for you.



Rupert Isaacson ([00:29:07](#)):

I, and you know, it's coming for you with two swords. Um, so I was scared cause I knew this, that we were on the trail of this particular antelope. And um, but I also knew the antelope was a long way ahead. We saw him, we glimpsed him, uh, from time to time and uh, at a certain point, um, this guy, Sarah, who was the, the, the, the, the main hunter said, he, he looked down and there was a fresh dropping animal dropping from the hepo that he'd obviously done some minutes before where his tracks were. And he said, okay. He said, he pointed to him. So I said, senior doctor, like this, he's smiling at me. Hees the poo in the back slot to the back track of the, the back, the hen hoof print of the hems book. And then he makes me and the other guys turn around and he goes, okay, shut your eyes.

Rupert Isaacson ([00:30:17](#)):

And we have to stay there like this for about 10 breaths. And he goes, okay, okay. And he turns me around and there's the hepo bull standing exactly. A bow shot away about 30 yards presenting its shoulder for the arrow. These guys are no longer allowed to hunt, cuz they've been displaced. They take these two imaginary arrows and they bow and they mine the shot. And in the time it takes for the imaginary arrow to reach the home spot bull it Flin though it turns, it runs away. And he goes, ah, that was <inaudible>. This was our way. I dunno how many stories like that? I have, I've seen leopards called out of the Bush to the transpires during healing ceremonies. Um, I've seen people say I'm going to become leopard and that happening. And then the person falls down and loses consciousness. And then you see a leopard get up and run away in the, a direction of the place where the heat, the person is knee healing. And then the next per mourning, that person, the swellings and the cancer seems to have gone. I mean, I, I dunno how many experiences I've had like that.

Warwick Schiller ([00:31:40](#)):

So I was fascinated with the hunting story that Rupert told. And then I was really fascinated by the shape shifting story, you know, he alluded to at the end of that, but I thought, you know, this was at the end of almost at the end of a two hour conversation. I, and I wanted to go there, but I didn't want to go there because if we start talking about that stuff and, and that shaman energy messes with our computer, I'm gonna, I'm gonna lose two hours of conversation. And so I thought I'd probably, we never really have the chance to ask Rupert about that. And then he, oh, a few months back now, Rupert came over, he lives in Germany. He came over to the west coast of the us and his son Rowan came out from, um, Austin, Texas. And they spent a week together at another podcast, guest, Joe Al Dunlap at her place. And so they invited Robin and I up there for dinner. So this bit you're about to hear here is actually recorded in the kitchen while, while Rupert was cutting up a fish for dinner. So there is some, uh, kitchen noise in there, but I just, and we re recorded this in our phone. So it doesn't sound very good, but you'll really get the, the, the gist of this. And luckily the phone worked and hopefully this, uh, <laugh>, this recording works right here and, and you get to hear the amazing stories that I heard

Rupert Isaacson ([00:32:58](#)):

Healing is just love. In fact, that's what all shamans Goodham say, but that with a certain training system, you can learn to direct it. By the same token, you could argue that empathy is shape shifting to put yourself in someone else's shoes on the wood with a rigorous several decades, long training system, you could learn to be deliberate and directive about it. What that could mean is I'll give you an of something I've seen. Let's just put these here's an example. Uh, be who's was obviously my dude, um, in the Kalahari, explain to me about why you might want to shake shifting this way or that way. So he said usually awesome. If you're a Bushman, you'll use a big cat and you'll use lion. If you want to do

something heavy, not black magic, but something heavy. Um, but if you want to do something quick, slight, even little mischievous, you'll go leopard.

Rupert Isaacson ([00:34:25](#)):

And he talked to me about it. He talked to me about it and he said, what you, what will happen is you'll dance. You'll dance, you'll dance until you fall down. And when you fall down, you enter leopard's body. Leopard will come. An actual physical one will come. You'll enter that leopard's body. Someone's got to stay with you in your body, cuz you've left to make sure your body doesn't no harm comes through and you go abroad as that animal and do whatever it is you need to do. You, it's always about healing. And then you come back and you come back into your own body. <laugh> you know, you said it to me, began to dance, fell down, his wife and family are there. A Le comes close to the fire and then you see the leper go.

Rupert Isaacson ([00:35:13](#)):

But he's there. He's still unconscious that. And I've seen stuff like that 5, 6, 7 times. And um, that's an easy thing to say casually. What's more interesting is what they say when they come back and so forth. Um, or for example, when we went up the mountain in Mongolia and our sound guy sees this white IBES where IBES are something, you almost notice it B to even know that you're seeing one as opposed to a tar or some other type of mountain goat and they have distinctive performance, but to see a white one, not gonna see that. And our sound guide comes down all free to, I sort of set and the guides all go to this huddle immediately. And they're like, don't know, you know, should we go up there? You know? And they've sort of come back and say, look, clearly the shaman has come down to have a look at us, but he's gone back up.

Rupert Isaacson ([00:36:30](#)):

We have no idea if it's welcoming or not, but he's, he's come down as the white, I be to check us out. That's his way down the mountain it's as quickest way down the, that. So shape shifted to the eye back, go back up. And uh, so we'll have to take the risk. And that night was a very funky night. My, uh, cameraman, um, got afflicted by terrible Giardia and just like vomited and chat all over. And we didn't know if we'd have a camera to get up the mountain to the point that Rowan said his first, why question? <laugh> said said, Michael, why are you spitting on it? And, and they were the was like off the cliffs of the mountain. And, and then wolves came that night and took down one of our horses or at least scared of we never got that.

Rupert Isaacson ([00:37:18](#)):

Once again, we never found that once. Um, and we didn't know one of the makings, we could go on lots of mischief and got over after we'd done the healing. Um, with scrub, I asked ghost who was the shaman about that incident? I, he had a little chuckle and he just said, anything can happen on that map. And I mean, I've just got loads of these, but the thing is, anyone who's worked in those contexts has a bunch of these stories. I'm not the only one, um, where I'm lucky is that I have had, it explained to me a few times, <affirmative> the, the process of it. Why you might do it and why you might not do it. So, um, if you wanna keep it clean, it's gotta be for healing. If you make it unclean, then you can do it like the sort of Navajo skin Walker then where they go out to do each other harm, but that's black magic and that will always kill you in the end. Um, but yeah, it's, it, that's a, there's, there's, there's a long conversation with this, but, but basically everybody does shape shift often. Actually you project yourself into other

people, other forms, other, you just dunno you're doing it, but you can learn to become more conscious of it. That's what that, that's what makes a good horse trainer.

Rupert Isaacson ([00:38:46](#)):

He projects himself into you. He project yourself into him. That's good anthropomorphism or the, from the horse's point of view, they can say, that's good monkey training, but they're both doing it. Yeah. And you know, what's happening, you know, it's a horse train, you know, what's happening. It's like, that's that moment. And that, that moment is not when you exert your win on the horse. That that moment is when it flows and everyone understood hands, everybody. And whatever the thing is that you're trying to achieve suddenly becomes easy. But there has to be a, a meeting. This happens within autism. You know, you're dealing with two completely different ways of looking at the world. If you can meet in the middle, I can become enough of you. You can become enough of me, but with this sort of thing, you can go trans species. And yeah, I mean, anything can be explored to its AGY I suppose. Um, and that's a large degree of all shape shifting Dangy <laugh>,

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

You know, that whole amazing conversation started out with empathy is a form of shape shifting. And, uh, later on Ruper went, we got talking about horse training and he, you know, that, you know, when you are an empathetic horse trainer, you're a shape shifter because you're putting yourself into the horse's shoes. Uh, but the whole, the bit about the leopard by the fire and blah, blah, blah. And the next day, the, the person with the cancer is cured or whatever, but then what the shaman owes you, you know, what was that line? He said, he said, that's not the most amazing part that the fact that happened, but it's what they tell you when they come back about what happened. That's um, yeah, that's the mind boggling stuff, but, uh, yeah. I'm so glad I got to question, uh, Rupert about that in the kitchen while he was cutting up a fish.

Robyn Schiller ([00:40:57](#)):

Yeah. That whole night. I mean, the podcast was great, but the whole night that we spent with, with Rupert and Rowan and, and Joel and her husband that was just unreal and, you know, Rupert is such a great father and seeing them interact was really something special. I'm really humbled and honored that we got to spend those hours with them. And, uh, yeah. So I hope you will go back and listen to that whole podcast.

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

Yeah. That whole podcast with Rupert was one of those before and after moments like there's life before listening to that podcast with Rupert and there's life after at least, especially at least for me, that was the case, but I've had so many people contact me about that podcast with Rupert and just say that guy, something else. And yeah, it was pretty amazing. Another amazing guest and storyteller was my friend Kelly Wilson from New Zealand and she's travel all over the world, photographing wild horses. And some of her, her observations about, uh, wild horses just absolutely blew me away. You know, we're in the horse world, we're kind of taught to not anthropomorphizing and anthropomorphizing is, is giving, projecting onto animals, you know, human emotions or human qualities, things like that. But I think sometimes in the doing of that, we get a bit too far away because we have to remember their mammals.

Warwick Schiller ([00:42:29](#)):

And so, you know, you gotta, you gotta kind of determine, are you anthropomorphizing? Or you ma, if you're mam, you are not saying they're human qualities. You're, you're giving in the qualities of mammals. And Kelly told me three different stories about wild horses that, that the stories are different. Definitely mam. And it's, it's almost, you would think it would be almost bordering on Anor because these are, I don't know, way more, uh, human traits than we ever gave horses credit for. It's almost a bit like when I watched the movie, the, my octopus teacher and you kind of get that feeling from that, but have a listen to these stories. Kelly told me, and I mean, they just, they just blew me away and I'm pretty sure they'll blow your way too.

Kelly Wilson ([00:43:17](#)):

I, yeah, so he, uh, was a phenomenal resource Wayne Macquarie. And, uh, we went in and stayed with the first nations, the, uh, honey honey tribe. And it was just an incredible experience. So, uh, same thing, we were tracking horses, uh, and it was the first country that I'd been in that was controlled solely by predators. Uh, so it was kind of like the lion king, the full circle of life. And unlike other countries, they're not having to manage by humans because the balance and the ecosystem, uh, is worth in their favor. And so some of the observations we made, we were start starting to see a baseline, a universal baseline for why, how wild horses behave and how horses in general can behave. And then also starting to see dissimilarities. So in Canada, at one point, uh, we came across a bachelor band and again, these were really wild horses.

Kelly Wilson ([00:44:22](#)):

So in the burnt forest, which had burnt in 2017, uh, we were lucky to get within a kilometer of these bands because they were just so flighty. And if it was just me on foot, tracking them alone with a lot of patience and really breeding their body language, I could probably get within 500 meters of some of these bands, but often a lot of our observations were made at a greater distance. And so we came across these three bachelors that were at a water hole. And I remember we stopped the four wheel drive hopped out and the horses bolted, and these were quite flighty. So I would've expected over in Australia. They would've like bolted and just disappeared from sight, but these ones only goed for about maybe 200 meters. And then they turned around and faced us and they were snorting. And every think about their body language showed extreme tension.

Kelly Wilson ([00:45:14](#)):

And I couldn't understand why they were holding their ground because from what I was observing, they shouldn't have felt comfortable. They should have kept, uh, that flight response. And they were sounding an alarm. And within the next three minutes, as we observed 44, uh, 43 other horses galled into the clearing and surrounded them. And it was just mind blowing that these, it was actually eight individual bands, which we worked out, um, you know, from tracking them for two days, but they'd come together in time of emergency, to work as a unit to protect each other. And they actually remained as one unit for the entire time that we were with them. And there was one, uh, one, two stallions that really made an impact on me. And it was, uh, one that had a broken Hender leg, which, uh, you know, was obviously pretty difficult to see.

Kelly Wilson ([00:46:12](#)):

He couldn't keep up and he was dragging his leg and he had a bachelor buddy that was obviously a, you know, had paired up with, and you could see the absolute, uh, distress with the sound bachelor because he felt safer being with the 40, uh, but was constantly coming back to check his broken Leger friend. So

he would PR beside the injured stallion for maybe five, 10 minutes and then Gallop head, spend some time in the mob. Then he Gallop back, hang out with the injured one, uh, because the, the horse obviously couldn't keep up. And on one of these times that he Gallop the head, he, um, another stallion came outta the trees and started fighting with the injured stallion and the, uh, the health stallion heard the sounds of distress from this injured one. And he actually got back and fought on his friend's behalf and drove off the other stallion and then remained with him, uh, after that. So it was pretty credible. Obviously you read books about stallions that will fight to the death to protect their family, but to see two bachelors, uh, you know, doing it from a friend kind of perspective was, uh, you know, one of, probably the most profound, um, moments that I witnessed around the world with the wild horses.

Warwick Schiller ([00:47:34](#)):

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

Kelly Wilson ([00:47:37](#)):

Yeah. It was pretty, pretty tough to, um, to witness. Um, and I mean, I guess one of the things that I really came to understand is that nature really is, I mean, it is tough and it, you know, for these wild horses to survive, they really often have to go through quite a lot.

Warwick Schiller ([00:48:01](#)):

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

Kelly Wilson ([00:48:43](#)):

Yeah. So another moment that really stood out and actually was even in, in every country, uh, in New Zealand, there was, uh, a band of, I think about 10 horses and quite often there's two or three stallions in each band. Uh, and I'd seen it, you know, in Australia. And it was just, you know, I hadn't really thought beyond it. And then in the Australian desert, I saw it again and, and it was stallion that was skin. He stressed, absolutely wasn't tolerated by the stallion. He was shadowing and he was really beaten up. So, uh, I couldn't understand why the stallion was showing loyalty to another stallion that obviously didn't want him around. And, you know, there was obviously a lot of anxiety in this horse. He was, um, covered in bite marks and you know, the other stallion really wasn't fond of him. <affirmative> and we kind of made a few assumptions, uh, you know, with the professor and it wasn't until I'd witnessed the same thing in America and then New Zealand and had photographs of these horses that go back several years that are able to piece it together.

Kelly Wilson ([00:49:50](#)):

So quite often, multiple stallions in a band come from horses that were bachelor buddies. Uh, and you know, they grew up as mates and then one of them got the strength to win a mirror of his own. And, uh, you know, the stallions just remain together with one of them keeping the mirrors. And then I piece together another reason why stallions multiple in a band. And I was able to track back that the same sort of situation had happened in Zealand. There was a really healthy stallion with all these Meres and

FOS. And then there was this really beaten up battle, scar injured stallion that tracked them. And he was never allowed there. The Meres, he wasn't tolerated, he was skinny. He was often anxious. And three years earlier, the health stallion had one, this oldest stallion me. And so this injured stallion, his loyalty wasn't to the other stallion. His loyalty was to one of the, who used to be his me. And so for three years, he'd been tracking this band from a distance because he didn't wanna let his mirror out of sight. Uh, and I'd seen the same thing happen in America with, uh, cloud and the prior mountains. And then another stallion called white spirit where the stalls don't have the strength or the soundness to maintain, uh, their own bands. Uh, but they just shadow the last mirrors that they had.

Warwick Schiller ([00:51:13](#)):

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

Kelly Wilson ([00:51:18](#)):

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

Warwick Schiller ([00:51:35](#)):

Today. You know, I was so grateful to Kelly for sharing those stories because you know, those that's, those things are not things I've ever read anywhere or heard about, but having her relay those stories just really got me to, you know, it's part, it's part of that whole thing that helps you start to view the world a bit of a different way. And, uh, yeah, I love chatting with Kelly about that stuff. So anyway, I have talked about some of my favorite moments and I've got more to come, but I better let Robin have a bit of a share of this thing and share some her favorite moments from the podcast. Thanks,

Robyn Schiller ([00:52:13](#)):

Babe. All right. Well, I chose Mustang, Maddie, and we were fortunate enough to meet Mattie in, um, Arizona. And she is just wise beyond her years. And the part that I picked I picked the content is they're talking about, uh, the different types of, of reinforcement. You can use positive reinforcement and negative reinforcement. And, you know, I guess once I learned about these different ways of, you know, approaching your horse and I, I guess there was a little bit of shame in that, you know, you use the negative reinforcement and maybe that there's a better way. And so, you know, you kind of try the other side and I just thought that Mattie gave a great example of how either way can work well and that it all comes down to listening to the horse. And I just thought that she did a really good job of explaining this. So here is what I picked for one of my aha moments. It's

Warwick Schiller ([00:53:25](#)):

The, it's the, it depends. And I, and I, I do think both, you know, both sides of the coin, both you mentioned at tune minute and indigo, both of them, the more at tuned you can be the, the better it works. I mean, it doesn't matter which one you're using if using positive more important,

Mustang Maddy ([00:53:43](#)):

You know, and that's the whole thing with like force free training or, you know, things like that. It's like you can use food in a way that is very forceful and very coercive and very, you have to do this or else just like the same can be said for pressure. And you know, where for me, again, I, I could go just totally

all into this, but one really big takeaway for me too, as far as seeing, um, you know, ethics and training beyond this method or that method is control the amount of control that the animal has. So if you're using pressure, does the animal have control to avoid the pressure to begin with? That's where we get all of our lightness, right? And all the ways, you know, natural horsemanship or whatever you wanna call it has served us. And also are you diagnosing why the horse isn't doing what they're doing?

Mustang Maddy ([00:54:35](#)):

Like what's your diagnosis and is your prognosis just to add more pressure and keep escalating? Well, if that's the case, yes, you're using pressure in a way where the animal has very little control and it's been shown that stressors aren't necessarily damaging to an animal it's whether the animal has control over that stressor or not. And that's when they don't have control. That's when they, um, you know, their immune system is affected their, they can go into shutdown and all of these other potential health challenges come up. But if you're using food in a way where the animal doesn't have control over that reinforcer, and you're using poor shaping, and you're not listening to those natural signs of the horse being at threshold, you know, then again, you're, you're just going into a different training method with the same, like the same controlling kind of mindset, uh, and coercion where you're, you're just not listening to the horse. I mean, that's really what it down to right. Is listening to the horse.

Warwick Schiller ([00:55:30](#)):

Yep. And being able to read the signs and yeah. See the signs, read the signs, interpret the signs. So that was

Robyn Schiller ([00:55:37](#)):

My aha moment with Maddie. And, you know, I mentioned, you know, learning about the new ways that you can approach horses. I felt a little shame, but you know, when it gets down to it, like Maddie said, it's about listening to the horse. And now we have so many more tools in our toolbox to do that. And so I feel really good about that, but I just thought that was a great little snippet from her, from her podcast. The whole thing is incredible. I can actually remember, I don't know if you guys do this, but when I'm listening to the podcast, I can actually remember where I was when I was listening to them. And we, when I listened to Mattie's, we were driving to horse show and we were actually, uh, we had just pulled off of highway five. We were, um, at the top of the grapevine and we were gonna cut through, oh, I forget Lancaster. So we were driving around this lake and I just, I can remember exactly where we were when we listened to the podcast to this podcast, particularly. So just, I don't know if you, if that's just the way my mind works, but I do, uh, I do, I do that with all of them. I can kind of remember where I was and what I was doing when I was listening on kind of cool.

Warwick Schiller ([00:56:44](#)):

Yeah. Mattie is pretty cool. And it was an interesting conversation about, um, sometimes that positive reinforcement can cause more stress than negative reinforcement. And I'm on a Facebook group right now. That's, uh, called cherry on top trainers. And it's basically people who use the positive reinforcement is a cherry on top of everything else. And it's, it's been interesting listening to that because they really have got, um, reading that, sorry, they really have got into the science of, you know, when the dopamine is released and with, with all the different quadrants and things like that. And yeah, it's fascinating. That's another whole rabbit hole. You can go down if you want to go down the human rabbit of that, like the, the science behind, why a person might choose to do one particular quadrant of the training, you know, over another one, the podcast I did with Sarah sch Lotti, who's a trauma

therapist from Canada. Um, it was amazing. I'd love doing include parts of that here, but there was just so much to it it's, it would be hard to, to cut out the, the, the one bit that would make the big difference. But I, if you are interested in, in, in, uh, you know, why some people are quite polarized about using positive reinforcement or negative reinforcement, don't have the, to that one was Sarah because, uh, yeah, she covered a lot of ground as to, to why a person might choose one over the other.

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

My second choice was Carrie lake and Carrie. I mean the whole podcast is awesome. Anything Carrie says is awesome. Her books are great. Um, you know, and as heck she, her book listening like a horse that got me really thinking about why I was competing. Um, I'll, I'll read it a little bit about what, what that excerpt in the book was. She said, um, it can be valuable to explore whether we are wanting to be with the horses because we are in love with horses, or if we are using horses to carry us to a place where we approve of our, so else, boom, neither is the right or wrong way to be. But when we have clarity in the answer to that question, the horses are able to give us so much more. We are open to receive their efforts without resistance. So, you know, that really hit me and got me thinking about I, why, you know, got me questioning, got me curious.

Robyn Schiller ([00:59:11](#)):

So the whole book is dogeared and they're post notes all over it, but that's what really got me thinking. And, you know, we were lucky enough to have Carrie here in, uh, June of 2021 for four days with, uh, with a handful of other people for our clinic and then Warwick. And I kept her here <laugh> for two days of one-on-ones and, um, and we, and I've worked with her since, you know, just on, uh, on zoom. And she's just helped me in ways that I just can't describe and probably don't even know yet how, how it's unraveling. But one of the things that stuck with me of all the things she said, kind of correlates to the piece in her podcast that I want others to take away. And I'll play that in a second, but we were discussing you finding my purpose. And she said, and I'm paraphrasing now, but she said, what if your purpose is simply that you are here, that your presence is enough of a purpose? And of course I'm like, no, no, what's the thing, Carrie, what's the thing that I'm supposed to be doing. What's my purpose. You know, I still struggle with that. I thought it was awesome. And it's given me a lot to think about that. Maybe, maybe she's right. And maybe, you know, what I'm doing is already enough. Um, but anyway, so it kind of correlates to what she said about the greatest thing that she learned from spending 18 months with Penelope Smith, the great grandmother of animal communication. And I'll play that now,

Kerri Lake ([01:00:46](#)):

No matter how much structure I can get from somebody's system or modality or how much there is to learn from that, the real gold and the real, um, value is in trusting myself, trusting my own senses, trusting what feels true to me, even if it doesn't sound the same as other people.

Robyn Schiller ([01:01:11](#)):

So instead of looking for the thing that I can define as my purpose, I'm learning to trust myself and what feels true to me, thanks to Carrie. The other thing that Carrie talks about a lot, and I think is just the answer to everything after I've worked with her is, you know, feeling with your heart, opening your heart and listening to what it says. And that has been probably my biggest lesson from Carrie and she calls it heart center open, and I find myself using that tool so much in everyday life. Um, so yeah, I just highly recommend, uh, listening to Carrie's story and she's an amazing, amazing person.



Warwick Schiller ([01:01:54](#)):

Yeah. I love chatting with Carrie on the podcast and it was great having her here. She's just one of those people that you just, uh, you just feel better about being in her present, whether it's in real life or whether you're just having a conversation on, on a podcast. But yeah, she's a pretty special human being that one, the next amazing guest I wanna talk about, it's a lady named Terry KUEB and, uh, Terry came to that, uh, thing that Kerry lake did at our house, but I had met, I had met Kerry, Terry, sorry, not Kerry. I had met Terry a week before at a horse expo and Terry trained animals for movies. You know, she trained an hour for Harry Potter and, uh, I think she trained one of the Mr. Bigs worths for, uh, the Austin Powers movies. And Terry has an amazing connection with animals.

Warwick Schiller ([01:02:48](#)):

And one of the amazing stories she was telling me, she had had a near death experience and she had, I'd overheard her talking about it when she was here for the Kerry lake, uh, clinic. And, and I didn't quite get the whole story of it. So I wanted to repeat it on the podcast and what came out of her mouth, this story, this is one, probably my, one of my favorite stories I've ever heard a human being tell you're talking about the, you're talking about the, the, the near death experience and you know, how so that, so that, you know, you said it was life changing. So you, you, that was kind of your introduction to, yes, I do have, I do have spirit guys. I have angels. I, I, you know,

Terry Kuebler ([01:03:29](#)):

There's a bit more, I have intuition. I have intuition that that is right. That I can listen to. Yeah. So that, so coming back, it was, then I turn earned into, I guess what you'd call a seeker. Like now I gotta know, now I gotta, I gotta learn more about this. So how do I develop my intuition? What am I supposed to do with it? I was just filled with all these questions of, of what's my purpose. Where's my teachers. What, you know, who, how do I learn this? How do I, um, become better at this? And, and, um, yeah, it was, it was so I, I, you know, I went to every horse clinic I could go to, I went to every spiritual teacher. I could, you know, follow around and I just was filled with questions, questions, questions. So one day I'm why, and, and it, the chatter in my head was just, you know, where's my teacher. Where's what, how am I gonna learn this? What am I supposed to do? And, and on and on and on. And, and finally, I just heard this voice that said, and I went, what <laugh> and the chatter I evaluated, what, what was, what was that? What's that supposed to mean? And it very be quiet.

Terry Kuebler ([01:04:53](#)):

And so I got quiet and my brain kicked back in. Yeah. But yeah, but I, I need a teacher and the voice came back and said, I'm sent to you the best on the planet. I went crazy in my head of, oh, but I missed them. I don't know how to find them, where to, you know, how will I know them when I meet them, blah blah. And in that second, I look down and I'm walking with a 500 pound male, African lion strolling along by my side. And I'm like, oh my gosh, I'm so slow. And so from that point on, it's like, ah, the animals, of course, they've always been my teachers. They'll all, you know, and, but the, and that's where my training shifted of me becoming the student of the animals rather than their trainer to whatever is they, they had a lot more answers than I did. So you told

Warwick Schiller ([01:06:03](#)):

Me a, a bit of, not a crazy story. Crazy good story about, was it an

Terry Kuebler ([01:06:09](#)):

Eagle? Ah, yeah. Yes. I worked a lot with an Eagle. He was when he he's actually, uh, ended up being in shamanism. My spirit guide, my power animal was the Eagle. And that was so appropriate because this Eagle that I worked with a lot, um, I don't remember the story that I told you, but, um, tell

Warwick Schiller ([01:06:35](#)):

About looking at him and him looking at you.

Terry Kuebler ([01:06:37](#)):

Oh, oh, that's right. We, I was, I was training him <laugh> I was training the Eagle to fly <laugh>, which sounds so stupid, but that was the trainer mentality of, oh, I'm gonna take you out and teach you how to fly and what I meant was fly on cue. But, um, so we were, we were flying this Eagle across the field and, and feeding. He would get the reward of a, a small, um, chicken heart when he flew to, to your arm. And at one point he flew across the field and he veered way off to the left. It was a field that was knee deep in, in high grass. And, um, he veered off found a chicken heart that we must have dropped walking across the field and then flew back and sat on my arm. And the look that he, he cocked his head and looked me right in the eye.

Terry Kuebler ([01:07:38](#)):

And I just got at the message. I need you like a hole in the head. <laugh>, you're not teaching me anything. And, and that was a moment of aha. I just, that, that moment broke me into tears that I had that ego statistical mentality of, of being higher on the hierarchy than this magnificent bird, you know, and, and at, at that moment, I changed to, I am so grateful to be in your presence and you know, what a gift this is that you are willing to even be around me. So I started spending much more, just time being quiet and sitting with him and trying to view the world through an Eagle's eyes. And, you know, it was just, it was an amazing shift for me. And it changed our whole relationship in that then came the trust because then I would take him on set. That would be very chaotic and loud. And, and instead of, um, normally before he would've tried to fly off and take care of himself, he would just snuggle up to me. Like, I know you got my back, you know, that kind of, so we, we developed that kind of a relationship, but it was because of the shift, in my mentality of, of mm. Respecting who he was as a sentient being

Warwick Schiller ([01:09:13](#)):

What, a great line that was, uh, respecting who he was as a sentient being. And, and yeah, and Terry's story about the lion that just blew me away. And speaking of cats, uh, when I met her at the, at the horse expo, uh, we had a little something go on and that was another part of her podcast that I thought was just a highlight for me. So have a listen to this, shouldn't say what you think <laugh>. Yeah. Well, you, you actually recently, when we met at the horse expo, I had, so last week on the podcast, when I talked to, uh, Jessica White plum, I mentioned about, um, different psychedelics. I tried in, uh, healing situations. And, uh, I had said that I had microdosed mushrooms, um, early last year for about 10 days. And that during that 10 days, my cat would sit in my lap every night and not want to get up.

Warwick Schiller ([01:10:11](#)):

And I have mentioned it in early episodes of the podcast too. So I was telling Terry about this at the, at the horse expo. And, um, when we were packing up to leave the horse expo, Kendall, that works for me. She said, oh, there's, there's a, there's a note here from Terry. And I look at this note and it's an explanation of why the cat sat on my lap. And so I'm like, okay, well that's okay. Good to know. But

talking about Terry a couple of weeks to later, I found out that she actually went on a shaman journey to get that information

Terry Kuebler ([01:10:44](#)):

<laugh> yeah, it didn't come from me cuz it was news to me. That's, that's why I did the journey because it intrigued me and I thought now, now I have to know, I have to know why that cat was so attracted to that and energy or, or what that was about. So, um, I don't have the answer. I didn't have a clue of what was going on. So I asked the question and I think I wrote the question at the top of the, the answer that I gave you. I, I asked the question when, on a journey and then I journaled what I got and it was very interesting. I don't even remember all of what was in there, but it was, it was like, oh wow, that's really cool. Oh that I won't look at cats the same anymore to very,

Warwick Schiller ([01:11:33](#)):

Can I grab that and read

Terry Kuebler ([01:11:34](#)):

It? Oh sure, sure. It, it wasn't for me. <laugh> okay. So I'm thinking the question is probably written across the top. Is that right? It is. Yeah. Yeah. That was part of the learning was how to craft a question because spirit will answer you back. Exactly. According to what you asked and, and, and only that, so you don't wanna ask yes or no questions cause you'll get yes or no.

Warwick Schiller ([01:12:04](#)):

This sheet of paper I've got here in Kerry. Uh, Terry's very nice. Handwriting says, why would a cat be attracted to a person microdosing and mushroom? And then the, I guess this is some sort of a download you got from your spirit. <laugh> it says it's a frequency exchange. Cats normally are aware of a different plane of existence than humans are. They walk in two planes at once. They're extremely aware of higher frequencies changes in atmospheric pressures and changes in fields of energy. In many cultures who seek spiritual awareness, the cat is revered, revered as a conduit to the spiritual realms. The Egyptians used cats in their temples because the cat's ability to resonate and recognize spiritual energies, both bad and good. The cat was both a guardian and a portal. The mushroom raised wars frequency, and the cat was a acknowledging the shift. He was gratified that Warwick was becoming more catlike while assisting in balancing the new energies through block sharks. So Warwick could maintain the higher frequencies there. You have it. And so none of that's you

Terry Kuebler ([01:13:12](#)):

<laugh> no <laugh> no, no, because it was all news to me. It's like, oh, how interesting. That's fantastic. And that's, that's what happens to me when I channel, right. I'll get answers that, that I know are not coming from me because I don't know. Uh, you know, I'll, I'll have their reaction of, oh, that's cool. Or I have to do more research on that, you know, cuz that's really interesting.

Warwick Schiller ([01:13:41](#)):

So I think that's the super woo that uh, Tanya Kindersley was talking about. What do you think, babe,

Robyn Schiller ([01:13:47](#)):

For sure. You know, I made Tanya a sweatshirt that said super woo on it. I hope she wears it in Scotland when it's cold outside as a one of her layers. Anyway, that is a good segue. I think all of those from Terri are a good segue into a clip that I listened to. Um, and picked out that was from your podcast with Sarah Shante and it's you speaking, but I just felt like this excerpt was so important for everybody to understand. And then after we listen to that, it's go, we're gonna go into some more with Josh nickel and we'll see how that all, it just all builds on each other.

Warwick Schiller ([01:14:30](#)):

I had posted a, a, a YouTube video about energy and intention with horses and a girl replied and said, yeah, I was at a horsemanship clinic a few years ago and there were, were in the arena and there some horses outside the arena were getting trotted down a hill that was a pavement or something rather it was making a lot of noise and my horse red up mm-hmm <affirmative> and the clinician yelled at me, stopped pulling on him. And she said, I yelled back. I'm not the lead ropes completely used the loose. And he said something to her like no internally, not externally. And she was, he was standing there on his home feet rearing up and she may as well have been pulling on the lead rope, cuz all her internal energy was saying, don't do that stop. Mm. Instead of well that's interesting.

Warwick Schiller ([01:15:17](#)):

Yeah. Oh, look at you standing on your hi legs, but it, you know, EV her whole internal being was screaming don't and like, and, and she said, and as soon as he said that I kind of softened and, and gave her and judgment of what was happening and her horse just came back down, understood there. But the whole time that she was rejecting that and having a visceral reaction to it, her horse was, was dense. And that that's the hard thing about this stuff is, and that's why I wanna talk to you because I want really, really want people to understand. And the, I think everybody has drama everybody. And if you are, if you are around your horse and you haven't started to work on that stuff, there's gonna be quite an element that, of that. And it supersedes, or it overrides any physical thing you, you may do with your body, you know, like any aids or cues or whatever you might give mm-hmm <affirmative> that stuff inside to you.

Warwick Schiller ([01:16:22](#)):

Has those horses read that way more than the, you know, the, the left leg, right. Leg left, hand, right hand, whatever it is you're doing. And yeah, it's, it's a deep subject and I don't mean deep as in profound. It is that too, but it's a, it's a, you know, there's a lot to it, but it's such a huge part of, of getting along with not just horses with, with any other stent being as well, but especially trying to get along with your, you know, you know, that little clip there was for me, not from Sarah, uh, you know, I think Sarah's podcast is really worth a listen re-listened to, because she, you know, she comes at everything from a trauma therapist, uh, perspective. And when you really start to understand where your training style comes from and, and why, and how, you know, the reasons why you choose to interact with your horse in, in different ways, it's a bit of a life change, but it's all a, you know, that there was a bit about your energy and, and someone who was really on about energy and, and said things in such a great way.

Warwick Schiller ([01:17:34](#)):

It was when I chatted with Josh Nichol, you know, um, Josh is another one of those podcasts, cuz I, you know, in, in doing this episode of the podcast, we've been re-listening to podcast and finding snippets and stuff in there. And, and Josh's podcast when I really listened to it was like, I could just replay the

whole thing cuz he was just so cool about stuff. But anyway, this is this bit here is one of my favorite, um, clips from the podcast with, with uh, Josh.

Josh Nichol ([01:18:00](#)):

What I feel like is, is I feel, I, I, a hundred percent agree that the horses are, they have feelings and they have emotions and they have, and they desire that interaction. I think what happened is, you know, one of the things that I, I often talk about to kind of, to talk about the difference is I look at the difference between what I call relational horsemanship and maybe more of a reactive emotional horsemanship and emotional horsemanship says when the horse does something, it's a demonstration of respect or disrespect and that then justifies emotional pressure. So if the horse disrespects you, you can't let that happen. So then you feel justified to apply an emotional pressure. Um, and that's an interpretation in your mind. So that really sets a tone of, of a very non relational type of presentation. And you could take that to all of life.

Josh Nichol ([01:18:51](#)):

You know, if you were to do that, you know, with a person and you interpret what they're saying as disrespectful, feel pretty justified to defend yourself. And then relational horsemanship being when a horse is struggling with something which they will, and they will express that in many ways. And it's important that we listen to those ways because that gives us a bit of insight about how they're feeling and where they're at. It's a demonstration of met or unmet needs. And when we can start seeing the conversation of what our horses are speaking to us and in relationship, it's important that there's two very valid opinions that the horse speaks and has their opinion. Then it's now our job to step in and try to meet their needs. And, uh, you know, we might chat a little bit more about some of this specifically, but that changes your intention and your energy.

Josh Nichol ([01:19:36](#)):

Now the frequency of feeling disrespected and kind of personally attacked and then justifying emotional pressure. And the difference between seeing that there's an unmet need and it's my job to meet. It changes absolutely the frequency you give off. So, so now you stand there before horse in calmness and more of an empathetic perspective versus upset, frustrated, you know, and now that, that just puts you into a position. If you're gonna get the horse to do something and you're charged by those energies and emotions, it's gonna turn into more of a dominant focus because the horse is not gonna want to have anything to do with you. So I find that when we talk about, you know, you're shine, you trying to say, you're saying there that, um, you know, the feelings they have are important. Well, the first thing I think is important is people start understanding that.

Josh Nichol ([01:20:23](#)):

And I think that was, you know, starting to happen a little bit more and you in years previous was your horse is not trying to disrespect you, but in the beginning we said, yes, they are. They're disrespecting you and you can't let that happen. And then people say, no, don't, don't emotionalize that, you know, it's not, they're not doing that to, to strike out at you, but that doesn't mean they don't have emotions. It just means that those emotions might not be your judgment of what you think they're doing it for. And I feel like that's where it frees us. Right? Because now we can say, yeah, I want to hear from you. I, I know when you're speaking to me, it's a demonstration of met or unmet needs. And I need to hear that because that gives me some insight about what I'm presenting to you.

Josh Nichol ([01:21:02](#)):

And those, your voice is really important. And for me, once you do that, man, the voice of the horse starts showing up and they start feeling confident instead of feeling desensitized and dulled out that their voice is not allowed to be heard. They feel free to start communicating. And to me that's when the horse enters more of the universal language. So now they're speaking with you and you're able to communicate with them on a much deeper level. Um, and that honestly, that's where, that's where the good stuff starts is when the horses feel like they're allowed to communicate. And obviously we wanna all be safe and we wanna, you know, take care of certain elements. But man, to me, it just starts getting good when, when the horse feels free enough to be in that interaction. And, and they're not, um, feeling like they're gonna to get in trouble or gonna get chased or, you know, any of those, maybe little more dominant type presentations,

Warwick Schiller ([01:21:56](#)):

You know, the, the passion that Josh has for that way of thinking, it really comes out. You can really hear it and feel it in the energy of his voice right there. But yeah, I, I used to be of the opinion of, you know, a horse's dish respecting you and I, you know, I've completely changed that. And it's funny when you change that it changes the way you go about everything and then you see changes in the horse and then you realize, oh, back when I thought that was right, it was so wrong. It wasn't funny, but you know, everybody's at the place they're at. And I think at least at some point in time, we all go through that point. But once you get through that point, I think it, it really changes, um, who you are and how you interact with everybody, you know, not just your horses and that's something I, I said that to Josh and then his reply to that, I, uh, I thought was with playing here on this episode.

Josh Nichol ([01:22:53](#)):

Oh, I just agree a hundred percent. I feel like there's all of these ways. I think that this, I like to look at it more like an enlightened philosophy. And there's there in that, in that way, that way of existing on the world for every person, um, it's somehow written in their DNA that they're drawn to a certain art to that, that kind of draws them to it. And for us, you're right. It's horses, you know, I, a lot of people look for spirituality or religion or they look for things to connect. But for us, I feel, I feel like our enlightenment is drawn out by horses and for some, maybe it's martial arts and for others, something else. But I feel like when you, when you feel and see the way, you know, you've been touched by it, when you see how cross borders it becomes, because now it is, it changes, you can't look at your wife the same.

Josh Nichol ([01:23:43](#)):

You can't look at the people, the students the same, there's a depth of love and empathy and kindness that starts to come outta your bones because it's changed you. And, and that's why I feel like it's a way it either, when you really see it, you, you, you, you become different. And I feel like, you know, there was, uh, we had, you know, chatted a little bit or sent me there, the ideas of some questions and some things to talk about out. And man, boy, that's the deal right there when people, the there's no bigger gift that we can give people than to help them see and, and understand, uh, a, a way of existing on this earth that brings depth of joy and connection and relationship. And pretty soon it doesn't matter what you touch. And I feel like every creature on the planet desires that depth in relationship.

Josh Nichol ([01:24:30](#)):

And, and when, when we let it out of us, when we touch it a bit, it draws people in, it draws horses in, it makes people feel comfortable and safe and calm. And, and honestly, that's the, that's the beauty of it. So you, I feel like that's kind of a, a tell tale for people is when you see that this style starts to shift and change your entire life philosophy, you know, you're starting to see things in more of a philosophical universal spectrum, and now you're touching stuff that, that, that just cha it changes you, you are, you will not, you cannot be the same person once it starts to sink into your being. Um, and I think that whole relational perspective versus a more emotional or dominant perspective, you know, when we're in, when we're in a self preserving more dominant perspective, we push everything away, just trying to keep what we have.

Josh Nichol ([01:25:21](#)):

It's more of a scarcity based perspective. And when we really touch this more relational way, being there is such abundance in the energy. And, you know, it's almost like, I feel like people often often ask me that why I'm not so tired by the amount of work that goes into the things that, that we do. And there was a time I was exhausted. I was way more tired, but the more I start to tap into this deeper scope, I feel like I'm super charged all the time because it's like I'm touching something different, I'm into something else. And that's, anyways, I, I think I'm, we're kind of saying the same thing in two different ways, but it's like, but it is. It's true. And if, and that's the best way I can tell people is if you feel like it's starting to change the way you speak to your wife or your husband, and it's different in how you start processing the judgements you make, or the perspectives you have, you know, you're starting to touch a more universal concept of relationship. And I think that's when I say relational horsemanship, you know, I, I really try to focus on the relational part and then horsemanship kind of fades off. It's like, yeah, it's to do with horses, but the only way you're gonna really get this is if you're thinking about it, not just when you're with your horse,

Warwick Schiller ([01:26:33](#)):

You know, I think that last thing of Josh's right there just really sums up what we're, what we're on about here on this, this podcast. And yeah, like I said, I think the whole, everything that Josh said in the whole podcast was amazing and it's worth another listen to, but there was something he said in the podcast, which was a one liner and probably there were two, one liners out of the whole pod, the whole 60 something episodes that I thought were the, just hit, hit it, spot on. And, and here, this is what Josh's one liner was

Josh Nichol ([01:27:06](#)):

Me. Don't, don't take from me. What is for me to give you,

Warwick Schiller ([01:27:10](#)):

Don't take for me, what is for me to give you? How about that? Just sit there and marinate on that one a few times. I'll tell you what another, um, another one liner that was a highlight of the whole to 63 episodes was the one when I talked to the episode, when I talked to Leslie Desmond and the one liner that she said in there was, yes, has no value if no is not an option. And I just, that's one of the ones you gotta sit there and think about it for a while, and then think, you know, and it all comes that all comes back, you know, giving the horses a voice and allowing them to say no. And you know, cuz think about that. Yes has no value if no is not an option. Just something to really sit and stare at the wall about.

Warwick Schiller ([01:27:58](#)):

But I kind of expected something like that out of Leslie, but probably the biggest surprise guest I had on the podcast was, was when I had Karen Ralph on the podcast. So Karen has a business called dressage naturally. And, um, I didn't know anything about her, but I'd had a lot of people suggest I have her on there. So she was on the podcast. We'd been talking for about an hour and we hadn't, she hadn't ventured off into the woo woo at all. So I thought, that's fine. We don't, we don't need to go to the woo. She's not woo. And then I was talking about, uh, my experiences with dialectical behavior therapy and talking about counting judgmental thoughts. And I, I, I spoke about the value of that and she said, yeah, well, that's part of the, to tech philosophy, that's the four agreements.

Warwick Schiller ([01:28:37](#)):

And I'm like, what are you talking about? And so she talked a little bit about a book called uh, the four agreements. And so when it came time to ask her the, the quest, the, you know, the, the podcast guest questions, the first question I asked her was, what book do you recommend? And I said, is that the, is that the book you're referring to before? And what came out of her mouth right after that just completely blew me away. Um, and the first one that you chose was, what book do you recommend? So is this the same book or is there a different book that

Karen Rohlf ([01:29:07](#)):

If like, yeah, no, it was, it was the four agreements. Um, this book, you can read it in a day and it's like this nice light reading until you try to actually live by it. And, but I read this book and then at the end back cover, it was like, you know, contact this website to do power journeys with Miguel, the author. And I went, okay, <laugh> so, uh, like a month later I found myself, you know, in Toyoto, walk in Mexico on top of the pyramid of the sun with a Toltec shaman, <laugh> like experiencing some pretty crazy stuff. And, um, and then, and then worked with one of his apprentices and it's, I just really loved the philosophy and, and the agreements. And it's all about knowing yourself and your book of rules and then deciding who made that rule and do you choose it? So, which is again as simple, but not so easy.

Warwick Schiller ([01:30:06](#)):

The podcast just took a turn <laugh> cause you don't know that like Kerry Wolf knows nothing about me, but podcast listeners would know that I'm extremely into anything shaman wise. I really oh really on shamanism. I had no idea that Karen Ralph was into anything like that. But thinking about, you know, where she's at in life, of course she is. I mean, you don't get there without that. Tell me I'm I'm, I'm like, I'm a shaman groupie. So I'm a,

Karen Rohlf ([01:30:36](#)):

Well, this is Miguel. Ruiz is just he's I've, I've gotten to spend a bit at the time, not a lot, but a bit of time with him. And he is just a real deal. I mean, you're with him and he's, you can walk in a room and you sit in there and all of a sudden everybody's giggling, okay, he's just sitting in the front of the room being another time you walk in the room and it's like, whoa. And it's more power than you've ever felt in, in a room. And he just, he just bees <laugh>. He just is. And, um, and he just, he does a lot of teachings. You can find him on base, you can Google him. You can, you know, he has some beautiful, beautiful books, um, the four agreements and the mastery lover, my favorites. Um, and it's so simple. It's so sweet was the second one. It's so hard. The mastery of love,

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

The mastery of love. Okay. Yeah.



Karen Rohlf ([01:31:33](#)):

Um, but yeah, so these crazy stuff, like we were on top of the pyramid of the sun, this whole big group, and we're just, we're meditating. And then I see him, I I'm like peeking, right. Because <laugh>, I wanna know what's going on. And I see him on the other side of the pyramid of the sun and he's, he's like looking over and he just like, would look at someone and then he'd like, and then I'd look over, across. And like, the person would just like, woo lay down and their eyes were closed. <laugh> he was like putting people in TRAs. Anyway, there was that. And then there was another meditation we were doing and it was an open eye meditation and we're in this space and he wouldn't tell us any of the mythology or history of the spaces we, we were in. Cause he didn't want us thinking.

Karen Rohlf ([01:32:21](#)):

So we're just staring at the space and, and then it was a really tight space. And then he came along and sat in front of me and just, you know, we like locked eyes and did that for a little while. And then I had this visualization was really cool. And then he left and later we're talking with a group and I told the story and I said, yeah. And then Miguel came and sat in front of me and everybody around me, I mean, were smushed in, they were like, Miguel wasn't here. And I was, yes, he was, he sat right in front of me. He stepped over your legs. He had his hand on my heart, you know, for about five minutes. And I like, he wasn't there. And so I looked at our group leader and I said was here. Right. And she said, yeah, he was there. And then I said, why didn't anybody else see him? And she said, because he didn't want them to <laugh>. I was like, wow, that's mastery of your intention. <laugh>

Warwick Schiller ([01:33:15](#)):

That's uh, thank you, Karen. You've made my day. You have, now you are now a true journey on podcast guest, cuz that's the sort of story I, I want out of everybody. So if you got any more spit 'em out. So we went from talking about dressage and stuff like that to being at the temple of the sun with a shaman who could make himself disappear with some people. So that, yeah, that was a, quite a surprise. Now what was not a surprise is when I had Tristan Tucker on the podcast, my son, Tyler and I had spent a little bit of time with Tristan in Holland. Mm probably a year before we had him on the podcast and we spent three and a half hours at Tristan's place. And when we got in the car, we got in the car and we looked at each Tyler and I looked at each other and we're like, that's the most interesting human being over ever met in my entire life.

Warwick Schiller ([01:34:02](#)):

So I knew, uh, some of the stuff he was gonna talk about in the podcast was gonna be pretty out there or pretty interesting. And, and it definitely was. And I C he's one of those podcasts. I could just play the whole thing for you, but probably the, the, the clip I wanna play from him was when I asked him, once again is about books. What, what book do you recommend the most? And his, his answer was, you know, I thought it was gonna be some philosophical book or, you know, some sort of a personal growth book. Uh, and it was neither of those and his, his, uh, his book recommendation was among one of the most interesting ones out of any of the podcast. Actually

Tristan Tucker ([01:34:43](#)):

In most recent times I'm heavily influenced or feed off my father-in-law. Who's a visual optometrist. Um, and the correlation between the work he's doing with humans and what I'm trying to understand about horses is getting more and more on one line. Um, and you gave me a book called, um, psycho behavioral, visual enhancement by an, uh, Albert Albert Shankman.

Warwick Schiller ([01:35:13](#)):

And so the name of the book is

Tristan Tucker ([01:35:15](#)):

What psycho have psycho behavioral, visual enhancement.

Warwick Schiller ([01:35:21](#)):

Why does that not surprise me? That you've just recommended a book called psycho behavioral visual enhancement. So your father-in-law is a visual optometrist. Yeah. What does a visual optometrist do?

Tristan Tucker ([01:35:34](#)):

A visual he's doing say for instance, you have, um, he's the opposite of an eye surgeon. He is very much connected with, um, your, your visual system being the system where you absorb the most inf information and it affects you mentally, emotionally, physically it's, whether you're in balance or not. Um, if you have visual problem, it's a brain problem, not an eye problem. The coordination between your eyes, he's helping a lot of children with, um, diagnosed with autism, ADHD, um, children that need to have a pill to go to school. People with migraines, people with dizziness, people that can't sleep. He deals with high performance athletes, tennis players, they all conserve at a hundred and whatever kilometers an hour, the ones that have a fast visual system that are trained to be able to, uh, dictate where the ball is going to be within the space dependent on the other player's body language and trajectory of the ball. All those measurements can be made through your visual system, that he's giving athletes this ability to have amazing, uh, speed through their visual system.

Warwick Schiller ([01:36:53](#)):

I told you, he's the most fascinating person I've ever talked to. That's crazy. And probably second of my list of the most fascinating people I've ever talked to was naan cook. And I had naan on, he was episode 19. So he was kind of early on and I'd read something that he'd posted on Facebook the week before someone had actually shared something that he posted on Facebook. And I, um, I thought I gotta get this guy on the podcast. I dunno anything about him, but, uh, I've gotta have 'em on the podcast and, and probably out of anybody's podcast, I think I've probably had the most feedback on Ruper Isaac and, and, and on Sean Cook out of any of the, any of the podcasts, but right off the bat, like right at the very start of this thing, I, I asked cuz I said in Ash, Sean, I don't really know much about you.

Warwick Schiller ([01:37:40](#)):

What do you do? And he right off the bat, he just spat this amazing Littley out and you know, I'm gonna play it now. But the thing is, there was so much, I mean, you could, I could really listen to the whole lot of, of naans. He was just so wise, so well spoken. And for me personally, it kind of felt like, you know, like Ruper Isaac was, was wise like lived experience wise. Naan had almost felt like he was downloading something from somewhere like he was channeling information from somewhere. And I actually mentioned after I had him on the podcast to several people that, you know, I felt like I was at the, I was witness to the sermon on the mound. But anyway, this small snippet here is from the very start of the podcast with NA Sean, when I asked him what exactly he does.

Nashon Cook ([01:38:32](#)):

Yeah. So, um, I live in Parker, Colorado on my farm. Um, we have a 10 acre little farm out here. Um, and I basically do a lot of rehab work with horses, a lot of musculoskeletal stuff I'm playing, I'm trained classically, uh, as a dressage rider. And so, but yeah, a lot of my work focuses on, on rehabilitation and, uh, working around traumatic issues that horses and riders have. Yeah.

Warwick Schiller ([01:39:05](#)):

Horses and riders mm-hmm <affirmative>. Yep. Um, so like, are you doing like somatic stuff with riders?

Nashon Cook ([01:39:13](#)):

Uh, well, a lot of it is, uh, so a lot of the work that I, I do with riders is, is based pretty heavily in mindfulness Andana meditation <laugh>. Um, wow. Yeah. And so, yeah. And so, um, so, you know, and kind of the crux of, of the Thea work is, you know, breathing based, as I understand it, breathing into the spaces and finding, you know, kind of doing body scans and going where the breath isn't really reaching and breathing into that space and figuring out what emotions are hiding in that space. And so what I've pretty much found is that, you know, when Bri, when riders are coming up on, on a trauma around riding their body stops, accepting the breath at a certain point, and that's usually where they're protecting and consequently it's where the horse finds the balance in their rider for resistance. And so if we can begin to work through, if we can begin to work through the at stuck point, and it's usually, you know, it can be trauma, but sometimes it's a, it's a, just a untrue belief. Then we can start, uh, really working on, on, you know, writing from a place of communication. Instead of writing, thinking that, uh, control is necessary.

Warwick Schiller ([01:40:36](#)):

Wow, we are three minute it's in. And I, I already got the price of admission already. That, that was, that was kind of what I thought might come out of your mouth based on that, the, the thing that you wrote. So Robin and I have both given you some of our highlights from the whole thing. So I, I think Tyler has got some that he'd like to share with you too. So we'll hand it over to Tyler for a minute and let him share his thoughts on some of his favorite moments from the podcast.

Tyler Schiller ([01:41:05](#)):

Hello, everyone, it's Tyler. I'd just like to say thank you to everyone. Who's been a part of this podcast. Anyone who's listened so far, I've edited every single one of the 66 podcasts. Um, and it's been my ultimate pleasure to be able to share those stories and these experiences. And I think more than anything, these mindsets tools, um, all of the, with, with everyone, I think the people and the guests who have been on the podcasts are amazing. They each have such unique, um, outlooks on life. And they've all kind of arrived at a very similar conclusion, but through very different avenues. And I think that's really, really awesome. I've actually had the pleasure of meeting a couple of our podcast guests, the first one of those being ELs and Claire, me and my father met her at equi days in New Zealand in 2019. And she's just as good with people as she is with horses.

Tyler Schiller ([01:42:02](#)):

Uh, she's very bubbly and, and just awesome. She's a feel good person to be around and you can see why the horses like to be around her as well. Um, she talks in this podcast piece about, um, not being able to sit still. And it's kind of, kind of the antithesis of what my dad has been talking about with, you know, the meditations and the slowing down and the mindfulness, but I find, and also finds as well that we end up paying attention a lot. And our, our minds are always constantly racing and do find moments

of calm and, and flow. But I, I find them in actions. So I teach people how to rock climb at a rock climbing gym here in, uh, Honolulu that just opened. And I love rock climbing. I like surfing. I like skiing. I like sailing all these things that you have to be very there for and present with.

Tyler Schiller ([01:42:56](#)):

Um, often they're high risk and that kind of elevates things to force you into that, that flow state and, and, and off that flow state is, is paying attention and allowing your body to do things kind of naturally. And I think Elsa may get herself into a position where she she's paying attention so purposefully. Um, but it, it converts into this, this attention to detail that communicates with the horses and with the people that, you know, she cares and she's there for them. And that's really, really amazing. And I also too, just can't really sit still and just meditate. And, and also in her podcast mentioned is that she, she hates the word meditation, um, and she can't meditate. She can't sit still and do that thing. So I think both me and my mom actually pay attention on the, on the far end of the scale, we pay attention very, very closely. Um, so that's, that's where I associate and I, I connect with Elsa and, and in this piece where she talks about what she did with her, her horse and TAing wild, where she, she trained a horse with, without any tools in an open field, um, what it what's required of you to be able to do that. So here's Elsa Sinclair.

Warwick Schiller ([01:44:14](#)):

So in order for you to do what you did in that year, most people couldn't have done that. So you must have been at a what, what, what comes before that, like, you didn't learn to be that present and that's still right there. And then, because it'd be like a 12 month sensory deprivation and tank, you would, <laugh> lose your fricking mind. And so is there a, is there a story behind that? Like how did you personally forget come up with the idea of what you wanted to do? How did you actually mentally and physically do that? I mean, what, what's your background, you know, did you live in Tibet, in a monastery for six years as the, on your other

Elsa Sinclair ([01:44:55](#)):

<laugh> no, not at all. And, uh, I actually don't consider myself that good at being work. Um, I feel like I have found a side door into it and that is in paying attention. Most people can't just be because their stress goes up without something for their mind to chew on. And, um, specifically when there is not a busyness, the mind starts to chew on things that are stressful problems that are unsolvable. And what I trained myself to do was to pay attention so closely that I was looking for the solvable problems. I was looking for the questions that could be answered. And if I couldn't find the questions that could be answered, I have had to break it down again and pay more attention. What tiny details led me to the questions that I could answer, the problems I could all. And so, in fact, I was very, very busy inside my mind. I was not just being, I'm terrible at just being, I'm not one of those people that could go in a sensory deprivation tank. Um, I'm impressed. You can. And I think it's wonderful and I think it's amazing, but it's not my strong suit. So my side to or into being is to pay such deep attention that my mind is busy in ways that lower stress instead of raising stress. And that's in finding the solvable problems,

Tyler Schiller ([01:46:31](#)):

The next person that I decided to pull a piece of their conversation for, um, was Jonathan field. I've also had the pleasure of meeting Jonathan. And I think he, like many of the other podcast, guests are the type of person who makes you, uh, feel, seen, feel, felt, you know, the whole sense of getting gotten. And I think that's why they're so good with horses as well. Um, I met Jonathan in Los Angeles at the

Western states horse expo a couple years back, and we had dinner and had a good time. He's a, he's a character, he's a great storyteller and, and just a, a great listener and awesome all round awesome guy. And in this piece, he talks about the power of visualization. And while I think I'm not very good at meditation, my dad has kind of shown me that, you know, we have the power to manifest things in our lives.

Tyler Schiller ([01:47:23](#)):

And I think I owe a lot of, you know, my current lifestyle to, to that is because if I, if I really want something and I really ask for it, and I really believe that I'll get it, you know, it'll happen. And if we cast your memories back to the episode, how to manifest a car crash, where my dad crashed the truck and about the ticket to America and, you know, therefore I was born, he didn't realize that he was manifesting at that point in time. And I think I'm really lucky in the fact that I've been growing up around my dad and him talking about all, uh, the things that he talks about. I, I now understand that I am manifesting my life and I, and I understand that I can continue to do so. And so I think that's really powerful that I I've been able to figure that stuff out now while I'm still young.

Tyler Schiller ([01:48:09](#)):

Um, and be able to have that for the rest of my life, which I'm really grateful for. Um, in Jonathan's piece. Yeah. He talks about visualization, the power of visualization. And he came back from a very traumatic incident when he was younger on an oil rig. And he talks a little bit about, you know, the power of his mind and, and positive positivity. And, and the hour of, I think a lot of it is, is commitment, right? Like you have to set aside a certain amount of time. He, he talks about it. I don't think in this piece, but he was doing it for, you know, two or three hours each session. And he was doing multiple sessions throughout the day to just visualize himself. Um, he hurt his hand really badly. And so he, he eventually regained feeling in his hand because he, he visualized the sense of feeling in his hand.

Tyler Schiller ([01:48:57](#)):

And I think that's really, really powerful as a climber. One of the world's strongest climbers, there's a amazing YouTube video. Um, it's called silence. It's about the hardest climb in the world. And half of the video is him laying on the floor, visualizing the sequence of moves before he is. He is not even on the, he's literally laying on his back, but he's yelling and screaming and he is in it. He's actually climbing the route, but he's doing it all visualization. And he wouldn't have been able to, to climb it if he had not practiced it that way. So, um, I, I need to learn how to better Institute that video in my, in my mind, for sure. Um, but I think this little segment is a Testament to the power of that. Um, and, and I think with Jonathan and the work that he does with his Liberty horses, it's so crucial for him to be able to create that connection. And I think his horses feel and see the visualization that he, he emits, you know, it's, it's a, a wavelength of, of thought that he's putting out there. So I think that's really awesome. And, and possibly one of the, the secrets to success in the line of work, that, that he does,

Jonathan Field ([01:50:05](#)):

You know, this, like I'm looking at a drilling rig, crush me, or I'm looking at a scary thing happened to me. It was just like a feeling, he turned lights on. It still wouldn't even go away. So I learned through with that, and, you know, Dr. Bernie Siegel, reading his books and Dr. Wayne dye, or, and, you know, especially Dr. Bernie Siegel, when he talked about like how people abuse the power of their mind to grow nerves and to get circulation and, and, um, and, you know, create insulin in their body and, you know, whatever, all these things. And I, I just went into that meditative the style of meditation that is,

you know, not to clear your mind and make your mind still, but the more, the Western style of me where you're gonna focus on something. And so I would focus on circulation.

Jonathan Field ([01:50:51](#)):

I would focus on growing yours, I'd focus on, uh, riding horses and, and seeing, and, you know, and I had seen, uh, pat Perelli play with a horse at Liberty on a video. And I'd never seen that. And I, I imagined that my horses were coming to me and I didn't have to rope them. And I could ride in a guy on the Hills and with nothing on them. Like I had this connection. I remember one of the big ones I used to visualize all the time was water, you know, and I thought I'll never be able to water ski, cause I'll never be able to have that pull on my, and, uh, so I would visualize water and, you know, I visualize water for hundreds of hours, you know, course of you and horses and everything else, whatever I was gonna do. And whenever I'd get into that meditative state, and they, they say that nerves, like your, your brain communicates through your nervous system through vibration, and there's different vibrations, there's alphas, beta, there's different vibrational frequencies inside your body.

Jonathan Field ([01:51:46](#)):

And when you're in that alpha state, which is not awake, not in deep sleep, but right on that cus point where you're not quite awake like in the morning or just before you sleep, but you're not quite asleep. You're not quite awake. You're not quite asleep. You're in this alpha state. And they say that that state is the highest vibrational it's alpha state, which is the highest vibrational frequency for, and I couldn't get into that state and hold it very long because I needed to just fall asleep or I'd just be up in my head and awake and just too awake. But if I could get into there for a couple minutes, I felt zero pain, zero. Like I was going from me, you know, Tylenols and Tylenol three with like every two hours, uh, 24 hours a day to when I could hold. When I, I went from back to like nothing when I could hold that alpha state longer.

Jonathan Field ([01:52:37](#)):

So I would start I'd hold my, I'd have my hand lay down in the bed. My hand was above my heart, uh, on the pillows. And, uh, we actually had this little speaker and we put this little speaker beside my hand. It was a five inch speaker. And it would just go, it was a tape cassette in that, in there. And the tape cassette, they said it was the alpha vibrational sound. And it wasn't a sound, it was the vibration of this speaker. Mm-hmm, <affirmative>, it's more like, like that. So I would put my hand beside that speaker, I would, I would bring myself down into the alpha stage that meditative state, and I would focus on water, sleep, writing horses, or my nerves growing, or I, and I learned what nerves looked like. I read the books. I, you, my mom and Angie got me all kinds of stuff, what tendons looked like, and you know, that kind of thing.

Jonathan Field ([01:53:31](#)):

And so I spent hours and hours and hours. And Annette said to me know, I think, I can't remember it was exactly her, but you know, if you can do this 15 minutes, three times a day, it will help. It'll help your state of mind. It will help the healing. All this won't work. I ended up doing it for, you know, two hours, three, four times a day in the middle of the night, all of a sudden, and Angie, she was weird together. Like she, we lived together there, she lived on the property and she would stay with me. She would've to sit there and listen to this, you know, in the bedroom. And, uh but I would sit there hours like that. And whenever I was, it felt like my hand was normal. I had no pain, zero, no medication, nothing. And, uh, I, uh, I, my nerves from what they said, my nerves should have grown from way back in kind of one third of my arm, uh, went all the way to the end of my fingers, which I can feel.

Jonathan Field ([01:54:24](#)):

They said they, they said there was no way they were gonna go that far, especially in 96, when they took 1996, when they took nerve outta the back of my leg and put 'em in there with that microsurgery. And, uh, I, I believe I helped grow them, you know, whether I did or didn't, it was a, it was a way of me starting to take control of my life. Um, and it wasn't thank God for the amazing doctors and the nurses and, oh my gosh, like all the physio and people that were involved, but this was a way of me also being a part of my healing.

Tyler Schiller ([01:54:55](#)):

So I hope you guys have been enjoying the podcast. I'm gonna pass it back off to my dad, but again, I really appreciate everyone creating, uh, this space. And I really look forward to, I know my mom has only the only one to mention it briefly in one of the previous episodes, uh, the journey on podcast summit next year, where we will hopefully have a lot of these, um, a large majority of the, of the presenters all coming together in person, um, with conditions bidding, uh, from COVID. But that will be really, really exciting. I will be there and I will help that event. Um, there that there'll be more to come. I don't know how much I'm meant to actually say so I'm gonna pass it off to my dad again again, thank you guys so much for everything. It's been a blast.

Warwick Schiller ([01:55:43](#)):

Thanks, Tyler. You know, one of the other most fascinating guests I had on here was Shea Stewart and, and there was so much about Shea on like a spiritual level and an energetic level. And she talked about a lot of amazing things, but probably the, the one thing I want to share of hers had to do with, uh, a horse training philosophy or a way of looking at horse training. And I just, I just thought this was so fascinating. I had to share it with you. And these days, for me, it's more about the, it's more about the connection. And what I found is the things that I wanted them to do when I was working on obedience. Come some of, much easier when you've got the connection first.

Shea Stewart ([01:56:25](#)):

Yes. Yes. And when I trained, when I had my place, I, I did things, you know, most trainers they would have their groom or their assistant who would go get the horse groom, the horse tack 'em up and maybe do some groundwork. And then they'd hand the horse to the trainer ride for me, I would be the one, I had an assistant, but I would go get the horse. And when I got to their paddock, I would go, okay, it's the horse softly approaching me, or is the horse, am I having to chase him around the paddock? And you, you know, how they feel about being haltered? So I'd work on that. And then, okay, now that they're okay with this spot, how do they feel about being led down the hill and, you know, are they rushing? Are they pushing? Are they trying to pull, you know, all these things. So I'd work on that and then okay. How they feel about being tied. And if there was a issue there I'd work on that. And then I would get their saddle out and okay, how how's this going? Do I need to spend some time here? So by the time I got the horse, led them, tied them up, groomed them, put their tack on, maybe did a little bit of work. I would then hand that horse to my assistant to go ride <laugh>.

Warwick Schiller ([01:57:51](#)):

And that right there comes back to getting the basics. Good. You know, I mean, I started an end illusion, a five year old IUs mayor under S saddle last year. And you know, the first rides of her, I posted 'em on social media and people like, wow, you know, you, you must be really good to get that to happen. Anybody could have done the first rides, you know, the, the, the, there was nothing going on there, you

know, it's, it's all the other stuff leading up to it. And, and like I, I said to Shay after she said that, that in most training situations that at least knowledgeable person on the play is the person that does everything up to, up to the riding sort of a thing. And then, you know, and then you gotta be a good horse trainer to fix the problems that these horses have.

Warwick Schiller ([01:58:35](#)):

But yeah, I had to, I really had to share that, cuz I thought that was it's the, it's the, you know, the way I look at things, but I haven't really run across too many other people who have looked at things that way. And then I think the last thing I want to share with you guys is from the podcast I did with Jillian Chrome bring, and this conversation was actually about, uh, um, where she went to college and she had told me about this amazing Catholic nun who had influenced her quite a bit. Uh, and so yeah, there's a little part of this that I think really ties in most of what we've talked about in the whole, all the episodes of the podcast.

Jillian Kreinbring ([01:59:24](#)):

Yeah. I, uh, I went to a wonderful college. It's called Clark college. Now it's called Clark university used to be an all woman's school run by BBMs. And, um, the, the, the nuns, when I went to school, ran the school and we were required to take two religion courses. This is a liberal arts school and the nuns were so amazing because they, they were fed by the arts, whether it was sister Carol, um, in the drama department or sister Carmel, the pottery nun or sister, uh, Maryanne Zelman, which was the nun that I spoke of who had the most piercing blue eyes of any person I've ever met. You could feel her presence in any room. Not because it was a big Aho presence because it was Omni present. It was love, it was compassionate, it was empathy. It was insight. It was the greater good.

Jillian Kreinbring ([02:00:35](#)):

And, and these strong, amazing women in, in their example actually made me even consider becoming a nun, not because of the Catholic teachings or trappings, but because of what they stood for in life, you know, they were women who educated themselves and, and gave to the community and, and explored art on a deep level and sister Maryanne Zelman. Um, she taught, uh, one of the required religious courses. It was called world religions. And we learned about, you know, different native American beliefs. It's not a monolithic religion, different, different belief systems within the different nations of native Americans. We learned about Buddhism Hinduism, all different kinds of, uh, religious perspectives. And I was always so intrigued by the subject matters. And I, I just ask all these different questions and one day sister Maryanne in her way with those stunning blue eyes just looked at me and she grabbed my hands.

Jillian Kreinbring ([02:01:51](#)):

And she said, sometimes Jillian, we just have to bow before the mystery and another pivotal moment, because we, as humans are always wanting to know why we always wanna have all the answers. And sometimes we just don't have all the answers and, and what she gave me permission to feel was that it was okay not to know, but she didn't squash my cur O but that it's okay not to know. And it's okay to bow before that mystery. So she has a degree in, or a PhD in spirituality. And so these women were very influential into opening up a whole way of looking at life. A as a matter of fact, uh, I, I gave a talk at a retreat once where I didn't find God or religion in a church, but I found it in nature and for them to be so open, um, and forward thinking to allow me to structure my entire presentation on that without judgment, um, gave me permission to keep expanding in, in whatever it is that you have interest in,



This transcript was exported on Feb 04, 2022 - view latest version [here](#).

whatever your curiosity is to give yourself permission, to be curious, and to experiment and not to be confined by dogma or not to be confined with harsh judgment.

Jillian Kreinbring ([02:03:30](#)):

So, yes, I think back on them fondly and, and revisit some of the things that they taught me, because those things that they taught me certainly mean a different thing to me now than, than they did when I was 20 years old. You know, so, and she's a, a amazing, amazing hu human being.

Warwick Schiller ([02:03:53](#)):

So I think the whole podcast was full of amazing human beings. And, you know, some of the interesting stories they told, especially the, especially the woo woo ones. Um, I, I think, you know, in the words of, of the, that, uh, Catholic, none, sometimes we just have to bow before the mystery and, uh, yeah, it's been fun sharing my, um, explorations into, into some of that stuff. And so I just want to thank everybody who has listened to the podcast. Uh, you know, all of you guys have added up one by one to us getting a million downloads. And, uh, for that we are very, very grateful and very humbled it's apparently our podcast is in the, you know, the upper range, you know, the top 1% of any or all podcasts. Uh that's uh, yeah, pretty amazing situation being, but thank you all. Thank you guys so much for listening to the podcast and, uh, join us on the next episode when hopefully I have another fascinating guest.

Speaker 2 ([02:05:00](#)):

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