

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

You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman trainer international clinician and author who's mission is to help people achieve a deeper connection with their horses and therefore themselves and everyone around them. Through his transformational training program, Warwick offers a free seven-day trial to his comprehensive online video library. That includes hundreds of full length training videos and several home study courses at videos.warwickschiller.com

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

G'day everyone. Welcome back to the journey on podcast. I'm your host Warwick Schiller. And you know, there's a horseman from South Africa named Gareth Mare, and I've been aware of him for quite a while. You know, he he's on my group, I'm on his group. I you know, I see him post different things on, on Facebook and, and yeah, he seems like a pretty cool guy, but he recently, he posted something about connection. And after reading this, I was like, I, I, you know what, that's a sign. I have to get the, this guy on the podcast. But he was, he, he made a post. He actually watched a movie and was posting his thoughts on watching that movie. And in his thoughts on watching that movie, he talked about connection as among other things, but this is what he said, and this is what the thing I'm gonna read you now is what triggered me to, like, I gotta get Gareth on the podcast, but he said, connection.

Warwick Schiller ([00:01:43](#)):

Connection does require communication and relaxation. But having these two aspects doesn't guarantee connection. The lack of it is often the reason someone can do all the right movements and still have issues with their horse connection is a horse. Knowing that in whatever you do ask of them, they are considered that your request will never exceed what keeps them safe or what keeps them sane. And I was like, whoa, that is profound. I'm gonna read that bit again. Connection is a horse, knowing that in whatever you ask of them, they are considered that your request will never exceed what keeps them safe or what keeps them sane. And so Gareth lives in South Africa and he trains horses at a place called Kabari mountain lodge, which is in the can valley. And they do retreats there, different things like that. And yeah, I I'm just, just find this guy fascinating. And I, I can't wait for I to listen to this podcast with him. So without any further ado here is Gareth Marie Gareth, Marie, welcome to the journey on podcast.

Gareth Mare ([00:02:58](#)):

Thank you very much. Great to be here.

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

Oh, I'm excited about this, you know, in the intro, I just read out that thing that you posted the other day and what was really interesting was I think, you know, we had a, we had a Facebook message coming back and forth. I was asking you about it and I asked you how long or something like, how long have you been looking in it that way? Because it, for me, it gave me a really, it gave me a deeper meaning of something. I already, I think I already knew like a, you know, like a, like what I call a sixth sense moment, like in the Bruce Willis movie, the sixth sense where you realize he's dead and then you realize, hang on, I kind of knew he was dead all along. When you, when I read that thing you wrote, I was kinda like, I didn't know that, but I kind of did on some level. And I asked you how long you've been thinking that way. And you said something like, you don't even remember writing it. Tell me about that.

Gareth Mare ([00:03:51](#)):

Yeah. Well, it was just a thing that I wrote sharing a clip and something I feel strongly about, about that connection and that illusion of control. And for me, the post was more about control. When you said that I went back and reread it and like, oh yeah, that is actually, that is a good way to look at connection, but I didn't join the dots. It felt like one of those collective consciousness moments where obviously I was just tapping away. And yeah, it hit me, but I didn't even consciously know that I put that in <laugh> about connection. I was more talking about the illusion of control at the time.

Warwick Schiller ([00:04:31](#)):

Amazing stuff. You know, I did a podcast on books that have influenced me and one was called big magic. I think it was called. And it's by the lady that wrote it per pray love. And in that book, it talked about how ideas are kind of sent to you. And if you don't, if you don't pull 'em outta the, the ether, they, someone else gets them. Yeah. Someone else sounds like that one. Yeah. That one showed up to you and you, you pulled it out the ether.

Gareth Mare ([00:04:57](#)):

Yeah, absolutely.

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

So you, where, where about it's in South Africa? Do you live?

Gareth Mare ([00:05:04](#)):

I live in the Dren Southern Rotenberg it's called the can on a mountain reserve called Kabari.

Warwick Schiller ([00:05:15](#)):

And what, what part of South Africa is that in like closer to Cape town, closer to Johannesburg, which side of the South Africa? It's

Gareth Mare ([00:05:22](#)):

The wild west CUI. So it's, Qualin Natel but on the Western side, which, so we actually border the little African country of LASU.

Warwick Schiller ([00:05:34](#)):

Okay. And I, you know, it's funny, I, I, I know quite a bit about you, but I really know nothing about you. So you train horses there. Is that what you do?

Gareth Mare ([00:05:46](#)):

Yeah. That's, that's the abbreviated version. When I meet someone, they ask me what I do. I say, yes, I train horses. But the reality is I still think of myself as an animal behaviorist, and I just kind of focus on Equin behavior right now. My formal education is more wildlife but I have a passion for horses and I've applied the behavior side that I learned about general wildlife to horses.

Warwick Schiller ([00:06:19](#)):

Well, I've already learned something. I didn't know. Now it's all starting to make sense. Why you, why you post the stuff you do. So tell me about your wildlife education. Where did that come from? Did, is it a, like, is it a born in the Bush sort of empiric thing? Or is, or did you study this at like say university?

Gareth Mare ([00:06:37](#)):

Yeah, look, I did study at university. I did a diploma nature conservation in the certificate and wildlife management. But yeah, I've been around wildlife since I was a kid.

Warwick Schiller ([00:06:53](#)):

I bet, you know, south Africans have the, have the craziest stories about wildlife and stuff. And actually we've had one already. So for you guys at home listening, we you, you know, usually on this, on this platform called squad that I used to pro to do the, the podcasts. I can see the other person anyway, Gar Cameron wouldn't work. And I said, oh, well, you know, we record the video, but we don't really use it because a lot of times it's not a good visually. And, and he said, oh, well, Pete, we don't have the camera going, cuz cuz I've got a Cobra sitting beside me. And I thought he meant like, oh yeah, I've got a stuffed one. You know, that it's all lacked and whatever. And, and he, and I said, oh, what is it? I think I asked something about and what did you say?

Gareth Mare ([00:07:43](#)):

Yeah, it's a spit in Cobra. We had to catch during the day. And we only could release them to the reserve once we can drive up. And <laugh>, we normally have to drive staff home. So they're not keen on sitting on the back of the, the, the truck with the Cobra. So we wait for the morning when it's just one of us driving up

Warwick Schiller ([00:08:04](#)):

<Laugh> so you're sitting there and you've got us spiting Cobra in a plastic box beside you.

Gareth Mare ([00:08:09](#)):

Yeah. A plastic bucket. Yeah.

Warwick Schiller ([00:08:12](#)):

And what I love is the fact about south Agans is when we were talking before we started here. And you told me about that your voice was the same as if you'd said I've just done the dishes, you know, like I've just done the dishes. Oh, I've just caught a spiting Cobra and it's in a box beside me. And at some point in time, I'm gonna take it back to the reserve and release it.

Gareth Mare ([00:08:30](#)):

It'd be far more irritable if I was talking about washing dishes,

Warwick Schiller ([00:08:33](#)):

<Laugh>

Gareth Mare ([00:08:35](#)):

I it's far more of a tragedy <laugh>

Warwick Schiller ([00:08:39](#)):

Okay. So how, how did you catch it? Where'd you find it?

Gareth Mare ([00:08:46](#)):

Does it, the lodge managers half was at home today, alone, and he actually normally does the catching and stuff. And she went back to have a shower midday and she was blocking her doorway. So we had to catch it. So to make sure the dogs didn't get met.

Warwick Schiller ([00:09:06](#)):

Right. That's always a, a problem with the dogs. I'm I'm just, I'm just amazed. Like, oh yeah. Normally the, normally the, the other guy, the guy's wife usually catches the, the speeding curves, but I just went and caught this one, just so off hand. So you said the lodge, what, what exact, tell me about what that is and you know, what do you, yeah, we're gonna, let's get into what you are really doing, what goes on there and then we're gonna backtrack and figure out the, the path that led there.

Gareth Mare ([00:09:36](#)):

Yeah. look at Cambodia. Now I'm setting up so that, well, I have set up, it's just, my timing was terrible. I set up as we went into global lockdown, but to have people come and learn horsemanship with horses that are really open to connection that live out in the wild with wildlife. So cuz I'm sure, you know you go out to do clinics and you have these great changes for the horse, but you just want people to see how far they can go. And that has been my one frustration cause that's where the people where I see people maybe struggling on their journey where that they kind of get to that, to that, don't see where it goes. And that's where I, I feel a lot, a lot of people fall off and don't, don't follow through. So our setup yeah. Is come see where this goes. Come see the horses living out wild, running in the mountains with zebra and jackle and leopard and all the red of it and see what it looks like. See what it feels like to have a horse pick you out out of 480 hectares and come sit and lie down with you. <Laugh>

Warwick Schiller ([00:10:54](#)):

Wow. So it's 480 hectares. What is, do you own that? Is it, is it national par what what's, what's the story?

Gareth Mare ([00:11:00](#)):

It's owned by am, who are my business partners and they've got a four star lodge which is, it's a nice aspect. You know, a lot of the things that offer similar to what we do, maybe not so much from the horsemanship side, but you know, come right with African wildlife it's sleeping on the floor <laugh> but we put people through pretty heavy paces. So it's nice to have a mass comfy, hot bath and a fancy bed and five course meal after the day.

Warwick Schiller ([00:11:32](#)):

So you guys are basically got like a horseback safari thing as well as is, are you involved in that or is that just where you are, but you are doing just the horsemanship

Gareth Mare ([00:11:42](#)):

Stuff? No, I I'm in involved as well. So like the retreats we do, we start off with a horsemanship. That's another thing that I've always struggled with going out and doing clinics or working with clients where

you go to them, you teach them the absolute basics and it's like watching paint dry. And you ne because it's, you know, for the sake of the horse's timeline, you're not gonna push them beyond to, just to keep people entertained. So yeah, what we do is with the retreats we have, we started for horsemanship on the first day, second day we have touchups on that and because the horses are a little bit further along, we go where cows, then on the third day we ride out with the wildlife and do a bit of safari.

Warwick Schiller ([00:12:31](#)):

Wow. That's that's awesome. So let's back up and, and, and, and figure it. How did you get to that point? So where did you grow up as a kid?

Gareth Mare ([00:12:42](#)):

Not far from you actually little town called Tridge, which was at that time, a very small town on the highway between DBAN and Peter Marburg, the two big CA towns Lin tell towns. And we moved into the city when I was about sure. It must be about 11 or 12. And, you know, as a kid, that was a big adjustment and I always wanted to move back to ke Ridge. When I grew up by the time I grew up, it was just another trucking down, so <laugh>, I moved further and further out.

Warwick Schiller ([00:13:19](#)):

So I just, I just got on the internet here and had a look at a map. So you're on the very Eastern side of South Africa.

Gareth Mare ([00:13:29](#)):

Yeah.

Warwick Schiller ([00:13:32](#)):

Okay. And you're between Durban and HS Marburg, is

Gareth Mare ([00:13:37](#)):

That correct? No, that's where I grew up, but now I'm further past between Peter Marburg and Johannesburg.

Warwick Schiller ([00:13:44](#)):

Okay. Gotcha. Now I know roughly where you are. And so when you, when you were growing up before you moved into town, did you live, you know, did you live out in the Bush?

Gareth Mare ([00:13:55](#)):

Yeah. not rhino Buffalo lion Bush, but yeah, we had a lot of wildlife around us

Warwick Schiller ([00:14:06](#)):

And what's that like growing up as a child around, around that sort of stuff.

Gareth Mare ([00:14:13](#)):

Oh, that's amazing. You know, my dad has always, well, both my parents always been a bit softhearted and in the kind of rough rural areas we always ended up with rescue animals. <Laugh> we always had a summing mother had been shot or whatever, and we ended up keeping them as pets. I grew up with a baboon that was very cute when it used to jump from the curtain rails when it was just born, but when it was getting to 60 kgs just to knock you flying. So yeah, we, but grew up around animals being part of the family from very young.

Warwick Schiller ([00:14:54](#)):

So what other, what other pets did you have apart from the baboon that jumped off the curtain rails?

Gareth Mare ([00:15:01](#)):

So baboon vert monkeys. We had three then me cats always had fascination with snakes. A I used to keep pet snakes. I've rehabed to Eagle and raised at hatched three Pegon Falcon babies.

Warwick Schiller ([00:15:27](#)):

Wow. Wow. That's so that, you know, that's kind of really got a shape who you are, you know, just a couple of days ago, I listened to a Tim Ferris podcast with a south African guy named boy Vati and I kind of shared it around and you and I had a bit of a con you've listened to it and you've had a bit of a conversation about, well, you and I have had a conversation about how cool that dude was and he's, he's talking about presence and, you know, energy and presence and being observant and cuz he's a tracker. But I imagine you growing up in that atmosphere, you know, you would, you would learn, you'd learn things that you just couldn't, you wouldn't pick those things up if you weren't around the, that sort of wildlife don't you think?

Gareth Mare ([00:16:20](#)):

Yeah, definitely. Probably the most obvious form of that is the vert monkeys, cuz they were always in the house with us. And they you'd get, get very aggressive if they felt threatened. And they only rarely saw my dad as the leader of the troop. So if we ever pulled on them for breaking something, they'd wait for 'em to leave the room and attack us <laugh> but you start picking up their body language and your body language in terms of how to respond. You turn away from a monkey, that's got aggression towards you and they will be keep going for you for those little sounds. Yeah. I think you probably do become a little more aware of body language.

Warwick Schiller ([00:17:11](#)):

I've just looked up vert monkeys and realized I've been around vert monkeys. They're the blue, bald monkeys.

Gareth Mare ([00:17:17](#)):

Yeah. They're the ones.

Warwick Schiller ([00:17:18](#)):

Yes. Yeah. Okay. Yes. I have, I have been in a I've have been in a place where there was quite a few of them. Yeah. So yeah, it's, it's the thing about, you know, for me, I don't have a lot of wildlife experience, but it's just, I guess, growing up around horses, you, you just pick up on things that it's like riding a bicycle. You don't remember, you know, riding a bicycle. It's not like when the bike wobbles you move

your left hand, you know, you can't give instruction on moving your left hand forward as the bikes, it's just instinctual. And I think growing up around, you know, for me growing up around horses, you just kind of get you know, you get an awareness that that is just a learnt thing. You can't really teach it and imagine it's just so much more when you grow up around, especially the primates like that.

Gareth Mare ([00:18:10](#)):

Yeah, yeah, yeah. I always tell people that, you know, my horse education is pretty recent. I had horse been around horses my whole life, but I hadn't had a formal lesson until I think 2011. I was instructed Jamie Lynn. And I always tell whole people I've got, she taught me most of my knowledge, but everything else comes down to horse sense and that's from being around them.

Warwick Schiller ([00:18:39](#)):

Yeah. There's, you know, there's, there's kind of two parts to it. There's there's intuition or horse sense and then there's, then there's technique and yeah, I think when you get, excuse me, when you get both of those really well is when you really get so so when you moved into the, the, did you move into town or the city or whatever, where, where was that?

Gareth Mare ([00:19:04](#)):

It's an area called cliff, so it's in the suburbs outside of Durban.

Warwick Schiller ([00:19:09](#)):

Oh, okay. And how long, how old were you when you moved in there?

Gareth Mare ([00:19:15](#)):

11 or 12, but just preteen.

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

So that's gotta be a huge no, no, that's a, that's a huge change when you, when you're so used to being around wildlife and you know, like having a baboon in the house, that's gotta be a bit of a, a bit of a life change.

Gareth Mare ([00:19:32](#)):

Yeah. I did the, I went hard with the rebellion for that one. <Laugh>

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

And so what is clue like a big town or is it little town

Gareth Mare ([00:19:45](#)):

Nowadays? It's a bigger town. But when, you know, when I moved, there was still relatively mountainous, open areas,

Warwick Schiller ([00:19:56](#)):

You know? And the reason I asked is because, you know, when you, when you grow up, like I grew up on a farm. And so after school we would, you know, you get down to school, you go to the school bus and

you, and you go home and you, you know, like kids that live in town tends to tend to, like, they had the whole group of friends and they hang out with them. And I don't know, there's a whole lot more an interaction and yeah, for me, it was a lot more, you know, animal interaction. I mean, I had, I've got two brothers and mom and dad, but you know, I'm, I'm not much of an urban dweller and I'm, you know, I mean, I do clinics for, you know, a living and, and talk in front of lots of people and stuff, but I'm, I'm probably not as comfortable around a lot of people as say, did grow up in town. Did you, did you find that the, the, you know, the, the transfer to going from the SEG from going from, out in the, in the Bush sort of thing to in town, did you, did you find that, did you struggle with that at all? Or was that pretty easy for you?

Gareth Mare ([00:21:02](#)):

No, I struggled a lot. We out pretty far from our nearest neighbor even on the farm. So most of my Tom was at walking massive open areas or hanging out to the animals or doing chores on the farm. So you do get over faced. So you, you know, for me it, initially the rebellion was like the skateboarding punk thing. And then music was kind of my little retreat from the city life. Look, to be honest, I, I do enjoy it now. I enjoy it as a break. You, you get a little bit over every time you run into someone in town that they know you as one thing. So running away to the beach or gonna watch a live band is a great escape and the city's fun and exciting for about a day and a half. And I quite enjoy that third day where you're just desperate to get back home. <Laugh>

Warwick Schiller ([00:22:13](#)):

Yeah. I find you go into, you know, traveling around, we haven't traveled much in the last couple of years, but you know, traveling around. Yeah. I don't mind going to a, a city for a day, but then I'm kinda, yeah. I need to need to get, get some space away from some people and building back out, you know, in nature bit more.

Gareth Mare ([00:22:31](#)):

Yeah. I think it's a, yeah, I think it's a balanced thing. Everyone talks a about the whole do something you love and you never need a holiday in your life. I don't think it works like that. You have to have balance, you have to have a counterpoint to, especially when what you do is pretty intense. It, it does become taxing, especially when you're doing the people side. For me, the people is <laugh>, I've got this thing at the moment where I'm trying to apply the same amount of empathy that I have worked on with horses for the last 12 years to the people, instead of getting irritated with them, try and see them <laugh> through the things that put them in that position too. And of that is the thing that drains me.

Warwick Schiller ([00:23:21](#)):

Yeah. I'm, I'm, I'm with you on that, you know, for me the whole, you know, the first empathy thing was yeah. With the, with the horses and yeah, I think, I think, you know, I mean, you kind of know my story a little bit, but you know, kind of being shut down and not that, you know, not having that many emotions you to not pick up on other people's emotions. Yeah. As, as, as much as, you know, someone who's not shut down, so, okay. So let's segue into, you've been in town for a while. So when you finally decided to go to university, you said it was a degree in some sort of wildlife or conservation, is that what that was

Gareth Mare ([00:24:04](#)):

It? Yeah, diploma, edge conserv. I studied correspondence. It was just a situation that I had to be working straight outta school was one of those that got my girlfriend pregnant and last year of school. So I had to be a responsible adult and I studied while I was working. I did through correspondence.

Warwick Schiller ([00:24:30](#)):

Well, you know, that's, that's awesome because you know, some people in that situation don't do this responsible adult thing. So what sort of work were you doing at the time?

Gareth Mare ([00:24:40](#)):

Sure. I started straight outta school, obviously. I had ma trick, but I didn't have any experience. I just started to being a laborer. Yeah. And then I worked my way up into logistics and I ended up being, doing logistics for a chemical company. And I put in study leave for my organic chemistry <laugh> and they saw organic chemistry, the chemical company that said, oh, well this is, we like that. You're studying this stuff. We'll pay for the rest of your studies and just sign a five year contract with us that you're gonna stay after you qualify. And yeah, I thought it sounded like a grand idea, but five years in I was earning a lot of money. It was very hard to step out of that corporate world and go back to any what I would as with the niche conservation degree deployment would be being a game ranger and <laugh>. So I ended up staying in corporate for about 10 years until I had total burnout after a personal trauma.

Warwick Schiller ([00:25:48](#)):

Wow. Yeah. That's what's, you know, I I've, I've never really, I suppose I worked in a bank for, for six years, six or seven years in Australia before I came to America. What was that like for you, as far as it, it sounds like you were doing a job for the money, but, but the job was not not that satisfying to you. It didn't, it didn't, it didn't feed your soul sort of.

Gareth Mare ([00:26:16](#)):

Yeah, that definitely was a job for my money for the money. Look, I learned a lot. I, I don't think I've done a single job that hasn't contributed something to what I do now. I could DECRA and be complaining about working in corporate, but the reality is it's given me some skills which has helped being a horseman and taking it across to running a business.

Warwick Schiller ([00:26:48](#)):

Yeah. That's a good point because there's, you know, the trouble with, with like, say horse training is it's, it's a passion, but if when you turn into a business, then it's, you know, then there's a whole other aspect to, to the whole, because it, you know, you're not, it's not just about horses. You've gotta be able to, you've gotta be able to run a business. You be able to have a good with people. You've gotta be a good planner. You got, yeah, there's a whole, there's a whole lot to it. So you, did you ever use your your conservation degree for any job that you could use that for?

Gareth Mare ([00:27:28](#)):

Well, when I, when I was working full time it was kind of my release <laugh> I used to, I was a volunteer for kids and wildlife, so they have an honorary officers program. So on the weekends I used to lead hacks and game counts. And so I was involved in the weekends just for free, just so I could get out there and be in the Bush.

Warwick Schiller ([00:27:54](#)):

Yeah.

Gareth Mare ([00:27:56](#)):

And then after, when, when I had my little melt done after the trauma, I packed it in and disappeared to the mountains and then I actually ended up leading trails into Lisutu on horse. So there, my field guarding definitely came in just in terms of guest relations and leading people out on the trail first aid, that kinda aspect.

Warwick Schiller ([00:28:22](#)):

So what I'm getting from this is you, you know, you, you had, you had a traumatic event and that, that sense, like may have defined how you ended up where you are now. And you know, if you're not open to sharing the event itself, that's fine. But I was just, I was just gonna say, it sounds like that was the, the pivot point to where you, you went from, you know, maybe the corporate world to getting more back to a natural, natural world like you are now.

Gareth Mare ([00:28:56](#)):

Yeah. Look, I think extreme trauma, like extreme loss really makes you relook at things and, and adjust your priorities. And for me it was something, it wasn't just from the trauma for a few years. It was, I felt like I didn't recognize myself and looked in the mirror yeah, doing a job of maybe I didn't feel I belonged in my day to day laugh. Didn't feel very authentic at all. And my daughter passed away when I was when, well, I was 26 years old. And it's, yeah, it broke me. And I realized that, you know, that, that breaking the tragedy of that, isn't just really for you, when you have those tragedies, it's, there's less of you for the people that left behind and art. <Laugh> made a very C just decision to try getting back to being more authentic. And that was me parking company car in the company garage, leaving the keys, packing a bag and a guitar and hitching to the mountains. I didn't know where I was going. I didn't know. I ended up with horses. That was just one of those synchronous things that I ended up working with wild horses in the mountains of the city.

Warwick Schiller ([00:30:27](#)):

So you hitch hiked to the mountains.

Gareth Mare ([00:30:31](#)):

Yeah.

Warwick Schiller ([00:30:33](#)):

Wow. So you just, you didn't have a plan. You just, what was it intuition? I, I want go in this direction.

Gareth Mare ([00:30:43](#)):

Yeah. yeah. I had an idea head north, there's a highway that goes from north to south and South Africa from Durban to Joberg and I just started hitching and got the lifts, wherever, wherever the lift was going. I went and ended up in little town called Underberg, which borders on the Lu border.

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

And that is, is that, is that that the, like where the the, I don't know how to pronounce it. Dren Dren park. Is that how along? There's

Gareth Mare ([00:31:21](#)):

Yeah. Yeah. It's a Southern, well, one almost the most southernmost tip of the Dren.

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

And it's what is it? Is it like a very mountainous region?

Gareth Mare ([00:31:34](#)):

Yeah. Yeah. One of the high is peaks in Southern Africa is around there.

Warwick Schiller ([00:31:43](#)):

Oh, okay. And so you've got your, you've got your guitar. And what did you do?

Gareth Mare ([00:31:55](#)):

<Laugh> initially I sat on the side of the road and played my guitar met an awesome guy that said, Hey, you don't look all that good. Cause obviously I was quite broken at the time. Do you wanna come for a meal? And I stayed with him a few days and then just chatting to him. He's like mentioned one of the people he knows, which was Steve black, who I actually admit years before. And I knew he was involved in horses and he said, why don't you give Steve blacker call? He's got a horse trails company on the rocken square garden road. Why don't you see what what's available? It just happened to be that I knew the guy. So I gave him a call and he met me for coffee. He said, well, you know, Steve's a trail runner. He does these crazy, you know, Alaska trail runs and all this insane. He's insanely, physically taxing things. So I got a trail run coming up. And we don't have anyone to look after the farm, I dunno about long term, but if you can do September that'd be great. We'll just do like board and lodging, whatever. And I ended up staying there for close on eight years running their horses on the sheep.

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

Wow. It seems like you were, I don't know. You were open to whatever came along and this lovely man took you in for a few days and then found you your next path in life.

Gareth Mare ([00:33:34](#)):

Yeah.

Warwick Schiller ([00:33:37](#)):

So after did, where where'd you go from there?

Gareth Mare ([00:33:42](#)):

So I was offered a position up inland running some horses foot trails at that side. But in the meantime I was training a lot of horses for surrounding farmers and stuff. And one guy saw me working with some horses and he had just bought a bunch of very fancy Appaloosas and he was having a hard time preparing them for a show and said, oh will you help me prepare them? Happily took the extra income. But I had a, from a kid, I had a very negative perception of the show ring. So I told him from the get, go

look, I'll prepare them for you, but I'm not taking the show. But he eventually convinced me and we took them to APS nationals in Africa and they were incredible. The, the council asked me to do a clinic for the next year. And at that stage, I didn't know what, what I was doing to achieve anything <laugh> it was all thumb sucks and pure intuition. So I felt I couldn't teach anything, but I told them that I'd find someone to bring out in that is 2011 and yeah, I went to searching and that's when I started talking to Jamie and we convinced Jamie to come out and do clinics and yeah. That's where heartfelt horsemanship started from.

Warwick Schiller ([00:35:25](#)):

And Jamie's from Colorado. Isn't she?

Gareth Mare ([00:35:27](#)):

Yeah. Yeah.

Warwick Schiller ([00:35:28](#)):

Yep. Yeah. Well, I've that's so that's where the APPA thing come from, cuz I've seen you, I've seen you, right.

Warwick Schiller ([00:35:38](#)):

Right. A lot of ALUS and so, okay. So what's interesting is that, you know, there's an old saying, if you wanna, if you know something and you wanna learn it better teach it, did you find, you know, cuz when you run on intuition like that, a lot of times you might not know exactly why you do what you do. And have you found that like when started teaching, you really had to really had to think about what you were doing and my other question would be, have you, cause I have this happen all the time in teaching stuff that you already know in, in explaining it to people, you kind of stumble upon a deeper meaning in it that you didn't even know, you knew.

Gareth Mare ([00:36:21](#)):

Absolutely. <laugh> similar to that conversation I had with you about that post, where you say something that comes out your mouth and it's like, where did I come from? Maybe it's intuition, maybe it's collective consciousness, but yeah, before teaching, I, I think I got away with a lot. When you start actually having to think about explaining to someone else, it really does help you have a little bit more of a linear understanding of what you're doing.

Warwick Schiller ([00:36:55](#)):

Yeah. I think it sometimes gets you to call yourself on your own bullshit too, you know? <Laugh>

Gareth Mare ([00:37:02](#)):

Yeah. It, I, and it is one thing that's I I try and get students to do and I, I want my students to call me on my bullshit. I have a standing rule whether me or another instructor, someone tells you to do something X, Y, Z, or teaches you something if they can't tell you why ignore it. Including me. And I think that has helped me as a teacher so much because when you get the people that are bold enough to say, hang on, can you tell me why? And you actually have to think about it. It starts making you clearer to other students down the line.

Warwick Schiller ([00:37:46](#)):

Yeah, I definitely think so. You know one of the books that I've mentioned in the pod cast before is a book called mind hacking by sir John Hargraves and he's a, I don't even think he's a sir. I think he just calls himself that <laugh> but he talks about when he, he got a job teaching computer stuff in here in Silicon valley, I think to a bunch of computer guys early on this is early on in the whole.com thing, you know, and these guys were all pretty smart and he said, he learnt so much from that because you know, they would, they would, and they could call him all these bullshit. You know what I mean? It's, it's, it's one, it's one thing explaining stuff to people that actually have no clue when you get around people that have a fair idea about things, they can kind of challenge you on your, your perception. What is that noise in the what, what wildlife is that noise in the background?

Gareth Mare ([00:38:45](#)):

You recognize it. I saw it in one of your clinics when you were here, it was the hard flew over and you stopped talking completely and looked up. It's a hot ABUS,

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

It's an it's very

Gareth Mare ([00:38:56](#)):

Large gray. Yeah. Very large gray, noisy birds.

Warwick Schiller ([00:39:02](#)):

Yeah, he was, he was quite noisy. So tell us how you let's talk about some of the wildlife that's around where you are and then we're gonna get to a story that I really want you to share with people. But so what sort of wildlife rooms around where you are then?

Gareth Mare ([00:39:20](#)):

We've got the typical planes game even though we in the mountains, but our planes around the mountains. So we've got the zebra, we've got Les book, which is medium size antelope. We have spring book rebook, Eland,

Warwick Schiller ([00:39:42](#)):

They're tennis shoes. Aren't they

Gareth Mare ([00:39:44](#)):

That's exactly what the shoes are named after. If you look at the rebook symbol, that's an antelope. And then we get the loads of ABOs which can be the bane of our life sometime. We have predator wise, we have jackle carer and the occasional run, Lots of snakes.

Warwick Schiller ([00:40:11](#)):

Do you see the server very often?

Gareth Mare ([00:40:15](#)):

I haven't seen the server about three months, but the time I did see it was directly above the horse feed pad. So it was close and

Warwick Schiller ([00:40:24](#)):

Cause I was in when I went to Africa a few years ago with my son Tyler, we were in Amber sale. National park. No, actually, no, we're in sorry. We're in we were driving through the one on the outskirts of Nairobi. What is that one called? It's the one where like <laugh> I took a photograph. That's the quintessential Nairobi picture of the, some rhino and in the background is like 30 story buildings like downtown. Yes. Downtown Arabia. What is that? I forgot it's called. But anyway, we were, we were, we'd rented a land rabbit defender and we were gonna go to Amber Belli national park and we had to you've either gotta drive through the middle of Nairobi to get out, or you can go through this park. So we came through this park and we we'd stopped somewhere. And, and Emily Newman who has been on the podcast before she was our guide and she said, look over there and I can see something. And when this server walked out, she said, I've been a, I've been a S far guide in Africa for, you know, 17 years or something or other. And she it's rare to see those. And this serv kind of walked right across in front of her. So it was, it was very cool to see

Gareth Mare ([00:41:39](#)):

Was that during the day

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

It was during the day.

Gareth Mare ([00:41:43](#)):

Yeah. You don't often see them during the day.

Warwick Schiller ([00:41:46](#)):

Yeah. Like bright middle of the day sort of thing. So when you set 'em in go about the baboons and they, the ban of your life, what, what, what problems do you have with the baboons?

Gareth Mare ([00:41:59](#)):

There is a little bit of a population problem with them at the moment because there's not many apex predators at and an abundance of farmed food. So they, they do really well. They normally, they their own best control and that their troops fat and keep down the numbers. But when there's so many resources, they are happy to just share abundantly. So the spring book, for example, the blessed box when they have their lambs, the, the boons just walk behind them and keep walking and keep those newborn bay going until they're tired. And then they'll take out a whole year's breeding, then one fell sweep.

Warwick Schiller ([00:42:44](#)):

So when you said that they, you know, when there's not as many resources, they fight amongst each other and keep the population down. So they, they, they kind of have, I don't know if you call it wars, but like the baboons will kill each other.

Gareth Mare ([00:42:58](#)):

Yeah.

Warwick Schiller ([00:43:02](#)):

Wow. You know, it's, it's, I don't know. It's just so cool that it's, it's, you know, it's, it's an ecosystem you can kind of see in front of you, you, you, you, you see, you know, like you said, there's not many apex predators, so there's more baboons and yeah. It's just, that's absolutely faster. And you said there's zebra there?

Gareth Mare ([00:43:26](#)):

Yeah. Quite we got about 20 zebra.

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

Okay. So that you've shared quite a bit of stuff on Facebook about a zebra that was born at your place. Can you tell me all about that?

Gareth Mare ([00:43:46](#)):

Yeah. story starts before she was born. Her mother started hanging around my veranda every morning, which was very confusing. <Laugh> like thought it was just flute that she ended up sitting out there. Cause I would normally do my meditation on my veranda and then have a cup of coffee out there. And yeah, she just used to come every single morning around the time that I was doing my meditation, having coffee or playing guitar. And when I played guitar, she would sit and stare at me <laugh>, which was a little unnerving. And I got a few <laugh> knocks from my business partners that, that I'd have a new wife and that with her being so heavily pregnant, I'm gonna be a stepdad. So she just started hanging around. She'd actually even come down to the round pen and while I was working horses and watch, and I'm sure you saw the one photo where I went to get my next horse and I got back and she was in the round pen with the nose on the saddle investigating it. So she was very curious about what was going on. And so she gave birth on the 14th of February Valentine's day to who we ended up calling in Ze, which is Zulu for heart because she had a little heart on her chest. And she was born on Valentine's day at the premises of heart health horsemanship.

Warwick Schiller ([00:45:13](#)):

Yeah. That was the, that was the crazy part. Like, you know Gareth maybe just kind of skipped over it a little bit. She had a little heart on the chest. She did not just have a little heart on the chest. She, in her stripes on her chest, she had a perfectly formed heart. It's not like, oh, it kind of looks like a heart. There is no way you could use this for anything else. It's the perfect heart shaped marking. And so it was white in the black Stripe, wasn't it?

Gareth Mare ([00:45:42](#)):

Yeah,

Warwick Schiller ([00:45:42](#)):

That's it. Yes. And so check this out. Gareth's business' heartfelt horsemanship. This is on Valentine's day and this, this zebra fall is born with a perfect, vaguely shaped heart on her chest, on her chest. You know, it's in the Stripe on her chest. She's covered in stripes. It could be in any other part of her Stripe, but it was on her chest. It's this? Yeah. it's one of those things like it was meant to happen and who

knows <laugh>, you know where that's gonna go and you can probably tell us more about it, but you know, that's yeah. That's not, not a coincidence.

Gareth Mare ([00:46:21](#)):

Yeah. That was amazing. But then three months later one of my mayors, so with the horses living three, they do tend to let us know when there's danger. If their predators around, I normally have who's running around my house and then I'll come outside and then they farm because obviously the predators leave.

Gareth Mare ([00:46:47](#)):

So she was doing this one morning at like hops Fortus was in winter. So it was really dark. And I went out to see what was going on and Zara, the little Zebra's mom was dead on the trail and little Z was standing over her. So winter out in the Dren, I know people don't always think of Africa as cold, but we dropped about minus 20 some months Celsius. So I dunno what that is in far enough, but minus 20 Celsius, it does snow. There's not much grazing and stuff around during winter. So I had a tough call to make my conservation training is kind of <laugh> leads to that nature take its course. But with the connection I made with her mom and her after that point I decided I, I was gonna try and carry her through, but she was completely wild.

Gareth Mare ([00:47:55](#)):

You couldn't get a bottle to her. So it was a case of me daily, trying to get close enough to touch her and getting her little bits of horse food. But the mayor that called me to something was wrong that day. She took her on and just comforted her. Cause the zebra heard when they, for whatever, whatever happened that the mom died. We don't know. The rest of the zebra buggered off, they went as far as they could from us for a good month or two. So zero was taken on by the, the horse ho and it took a lot of taming to get her to the point where I can actually feed her to keep her alive. It took me three weeks to get to the point where actually give her food where she trusted me enough to give her food.

Warwick Schiller ([00:48:51](#)):

Can we, can we talk about the TAing in inverted coms from minute because you know, you, you can't, you're not training a you know, a wild baby zebra, you know, it's not like you're applying pressure and whatever. What, what exactly were you doing?

Gareth Mare ([00:49:13](#)):

You know look ours at a loss initially because I put out a call and said, look, has anyone else dealt with training a while zebra? And there are people that have worked with zebra. Most of it is the mom dies on day one and, and it's kind of form of imprint training and they just get the bottle straight away. They can't run anywhere. I wasn't in that situation and I was actually before she was even born, I was messing around with the, the, the focus work your focus work yeah. With the mother and just not to get to the point of touching, but just to establish connection and focus with her. And when zero was born, that kind of continued. So by the time her mom died, she had seen me doing that with her mother where I could get her to follow me a few steps at a time. So I just kind of kept going with that. And then really just paying attention to the slightest cues. And once he figured out that we had some kind of rapport, she first, the first time she actually just stopped next to me and she actually brushed her hand quarter against my hand, gave herself a Huges fright. And so she actually initiated and then was terrified, but

that's actually where it grew from. We should let me rub her hand quarter. And that was the point where she would actually accept food from me.

Warwick Schiller ([00:50:59](#)):

Wow. You know, it's, it's, I'm gonna pause there for a second and go back to the, go back to the mother. You know, we, we, I referred to that Tim Ferris podcast and boy Vadi before, and he was talking about presence and energy and you know, all of that sort of stuff. And you, you know, I'm, I'm a really big believer in all that sort of thing, but I'm just trying to wrap my head around. What was it about you that drew the mother up to your veranda and you said you were meditating or playing music. And I think there's a, there's a state that is attractive to all animals that you get into probably doing both of those things. What do you think?

Gareth Mare ([00:51:55](#)):

Absolutely. Like I've there's is pretty much none of the wildlife here that don't at least stop. And look, if you are out with a guitar playing there's something AB I don't know what it is cuz it's, it's not something that's in nature. But it's not something that scares them and they're drawn to it. I mean, I'm sure you've seen the YouTube video of the little wild Fox with the guy playing time. It runs around, walks around him at a safe enough distance, but it's drawn to the music. So there definitely is something, probably something that happens in us with music. But there's something about the vibration of music that does touch animals and with meditation, I think it's you know, prey, animals in particular are so in tune to the state of predators that they have to be. So when they walk past the lion at a water hole, that's just eaten, they can take a look and walk a meter meter away from them and not be worried. They know that that Blind's not eat with no body language, just they can tune into the state that that line is in and know that they're not in danger. Whereas another time they see a line from 30 meters away and they know that in hunting mode and they go straight into flight mode and get outta Dodge. So I think they extremely tune to our, yeah, definitely the state that music or meditation puts us into probably has them thinking about connection and get, gets them curious.

Warwick Schiller ([00:53:38](#)):

Yes. It's a, it's a, it's a, I imagine it's a state that, you know, that, that doesn't have don't know, doesn't have an intention that's directed at them, you know, like that predator focus sort of a thing. It's an a, it's an, probably an awareness, but it's not, it's not that focused awareness that yeah. Indicates an intention to do with, with them. Have you ever heard of James French?

Gareth Mare ([00:54:10](#)):

No, I haven't.

Warwick Schiller ([00:54:11](#)):

He's a, he's actually a French bloke. Funny enough. <Laugh>, I've tried to get him on the podcast, but when I contacted him, they were busy on some sort of a project, but he, what he does is he has this whole thing called the, the trust technique. And he said it was, I think it was developed initially from a, a human baby thing where they, they teach mothers to when their baby is awake in the middle of the night and crying to basically go into a, a state of, you know, mental state and it puts the babies to sleep. You know, cuz a lot of times you think about a, you know, a, a tired moment, two o'clock in the morning and a baby's crying, won't sleep and she wants to get back to sleep and she's rocking the baby. But imagine the energy while rocking their baby is oh little hurdle to sleep, you know what I mean?

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

<Laugh> and it's about, they meditate. They, they learn how to get into this meditative state that puts the babies to sleep. And so this guy started doing it with animals and it's called the trust technique and he does it with, but I've seen video where he goes to a, like a lion sanctuary or something or other, and there's a, there's a line that, that you throw the food in its in its enclosure and it'll come out and grab the food and go back and it's got this little shelter thing. It kind, and it kind of hides in. It does not like to be outside when people are around and he sits outside the fence there and does his deal and you, after a while that lion comes out, walks up to the fence and just lays down and goes to sleep right in front of him. So there's, you know, that, that, that mental state, that internal state, that state of your energy has a huge influence on animals. And I mean, you know, the, the common thread of all these podcast is horses, even though it's not a horsey podcast and yeah, it's all about regulating your, your energy and you know, for you, you've, you've been playing music for quite a long time, haven't you?

Gareth Mare ([00:56:05](#)):

Yeah. And for me it was, you know, it was, there was no tension there from me. It was from her side.

Warwick Schiller ([00:56:13](#)):

Yeah. You probably couldn't go out on the verander and sit there with the intention of attract is

Gareth Mare ([00:56:19](#)):

Yeah. So yeah, if I had tried to walk up to try to walk up to a wild zebra I don't think we would've gone all that well, but it was just her, you know, I, I just think that they see the interactions with the horses, which is a different situation to most zebra. They watch me every day, feeding, grooming, working with horses. And, and I know I don't wanna be too IROM morphic, but they definitely see something there. And I have a suspicion that horses have always had something to teach us right back to the origins of domestication, like done reading on how horses initially became domesticated. And it seemed like they played a part in their domestic where they would, you know, hang around human dwellings. And the most obvious explanations are well, the safety cuz there's less predators around there, but there's a few of the accounts of early domestication that indicate that maybe horses wanted to be domesticated. And if that's the case, if we go full war <laugh> I kind of has a, have a suspicion that horses are here to teach us about connection. Cause they operate fully on connection, herd of horses and survival, their survival counts on connection. And I think we've got something to learn from in, in that aspect.

Warwick Schiller ([00:57:53](#)):

Yeah. Well, you know that whole survival thing. It's interesting. I think I've mentioned on the podcast before, but I, I talked to a I did a clinic in Australia one time, there was a lady from South Africa at the clinic and she'd only lived in a, for a couple of years at this point in time. And I said, so how do you like Australia? And she said, oh, the energy's different. And I thought, she meant it's good as in it's this cool beachy vibe, energy or whatever. And, and I said, what do you mean? And she goes, there's not as much of it. And I'm like, what do you mean? There's not as much energy. And she said, when I get off a plane in South Africa, I can feel the energy of South Africa. And I said, well, what do you do you think that comes down to? And she said, oh, that's easy. Every man. And you know, every human and animal in South Africa wakes up in the morning and knows today's the day I could die. And it's just that, you know, that I, I think your senses are all, you, you, you, your senses are a lot more a live when you're in that situation.

Gareth Mare ([00:58:55](#)):

Yeah. Look that, that that Vati situation that Vati podcast where he talks about the lion. And that moment, you know, someone that isn't aware might take that as a confrontational moment. But that, that that's laughing, that's push and pull that's real laugh. That's energy. We can talk about it in terms of, oh no, I don't like feeling scared or <laugh> but that's real life push and pull. It definitely does make you a little more in tune.

Warwick Schiller ([00:59:42](#)):

Yeah. And the, the thing that you are into in that, that boy Vadi podcast, I've, I've written it down. It says right here, the minute the line becomes aware of you and you become aware of it, you're in a language dialogue and it's a language of energy and presence. And so, you know, just, you just said, you know, when you see the line and you might think, I forget exactly what you said, but you might think, you know, you're in danger of whatever, but it's, you're starting a conversation. You're starting this energetic conversation that you are communicating your awareness and your presence and your energy, and they're communicating back. And it's, it's a little bit of a, it sounded like a little bit of a dance with a, with a, you know, with a full grown African lion. And if you know how to do the dance, you'll come outta life.

Gareth Mare ([01:00:28](#)):

Yeah. If you're aware, you know, with the lions are not, they don't actually view us as prey. So it's that situation he was talking about was really a defensive situation for the lion S in terms of animals that actually see us as prey, but only one, she hunts us as a crocodile <laugh> and, and he had a run in front of those. So I dunno how your energy exchange conversation goes with the crocodile, but with the lion S that conversation, although so tense is just that I'm not to harm you, but I'm not turning and becoming your prey. I think there there's a big difference there between being the hunted and being in that conversation.

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

Yeah. You just said something that made me, made me get a deeper understanding of what boy Vadi was talking about that thing. But what basically, what you just said is they do not consider you as prey, unless you tell them you are prey, you know, like, you know what I mean? Like they, don't the first thing they're not thinking about is your prey. They are being defensive like that lion SIE was talking about that's their, that's their outlook. And what's going on until you tell 'em otherwise.

Gareth Mare ([01:01:57](#)):

Yeah. Until you act like a prey animal. Yeah.

Warwick Schiller ([01:02:00](#)):

Yeah. Wow. That's pretty amazing. Okay. So how is Z these days? The, the zebra falls she's doing,

Gareth Mare ([01:02:11](#)):

She's doing really well. I made a <laugh> few at a few moments of getting ahead of myself that I had to go back and fix really just moments of losing focus and the focus thing with the wild animal is a lot more intense when you make a mistake on that, it goes properly bad. But we went back to the beginning. We did the donkey Kong thing and went back to the start. And right now she is, I can walk up to her on the 480 hectares, put on a Holter and we can do a little bit of groundwork, which is critical for us because

we have guests come in. If you, if I just threw food at her and she became food aggressive which happens pretty often in Suffolk can game parks. Well the game parks lodges, where an animal becomes tame to well, inverted com is tame to feed. Yep. Then they get food aggressive and start going for people. So we couldn't have that happen. So it was part of the thing of, if I'm gonna save this animal, I have to have a safe around people. So I have, I've got on halter. She can disengage her home quarter and I can send her on her circles.

Warwick Schiller ([01:03:29](#)):

That's that's very cool. How old is she now?

Gareth Mare ([01:03:32](#)):

She turned one on the 14th of February. So she's one

Warwick Schiller ([01:03:38](#)):

Year, year old. Yeah. What's, what's the lifespan of Azera

Gareth Mare ([01:03:45](#)):

<Laugh> it depends on the, the reserve.

Warwick Schiller ([01:03:50](#)):

So I mean, if they're not eating, sorry, if they're not eating, if they don't get eaten.

Gareth Mare ([01:03:54](#)):

Yeah. Yeah. They can easily make, make 30, but if you read textbooks on the stuff, they'll talk about 12, 13, because the greater average is in reserves where they can get eaten quite regular.

Warwick Schiller ([01:04:13](#)):

Right. There's more predators there. And so she kinda, but she'll she, like, I've seen pictures of you guys go out for a bit of a trail ride and she'll just join long and ride along with you. Aren't she?

Gareth Mare ([01:04:29](#)):

Yeah. If we riding her mom, well, her adoptive mother she'll follow in the ride.

Warwick Schiller ([01:04:35](#)):

That's that's gotta be just so cool to be riding the mum and have that, that zebra fo just tu along with you. That's, that's gotta be an amazing feeling.

Gareth Mare ([01:04:50](#)):

The, the average ride when we, so that me is actually pregnant at the moment. So she's on, but when she was still riding out with us the ride consisted of the horses. We were riding little zero, the zebra, we call it zero, the Zen zebra a blessed book and a spring book, and they all join us for the trail ride.

Warwick Schiller ([01:05:16](#)):

I have seen pictures of that too. So you posted a picture the other day of a one of them box in your house.

Gareth Mare ([01:05:24](#)):

Yeah. she was on the veranda. She came and gave birth up there,

Warwick Schiller ([01:05:31](#)):

You know, that's that says something about her death. Wow. That says something about the energy in your household. That a totally wild animal, because this is not, this is not the baby zebra that you've kind of tame. This is a, what is it? A blessed book?

Gareth Mare ([01:05:49](#)):

No, this is the spring book, but she was spring. Yeah, she was also a rescue in a rehab, so she's relatively tame. Okay. Which, so from that point of view, her hanging around us as not all that strange, what is strange is her giving birth on a veranda regardless of their level of timelessness. That, that is quite a big thing. I mean, look at horses. If you have, you can have the timeless horse in the world. They're gonna, if they're given the option, they're gonna go far away from human interaction when they give birth.

Warwick Schiller ([01:06:22](#)):

Yeah. My, my wife, you know, her mum raised horses and, you know, she'd have a couple of falls a year or whatever. And Robin was always trying to, to see a baby be born. Like she'd put a, a, like a cot out in the barn and sleep out in the barn and she could, she'd never ever see one born, you know, she'd go to, to cheerleading practice or whatever and come home in the is born. But she, you know, and I think they need that feeling of safety and peace in all, you know? Well, I think I've read that, that, and I'm sure it happens with all wild mammals, but with horses, they can, they can hold off delivering a baby until they feel safe. So you're not, you know, you're not having a baby falling your wild, you're getting chased by a predator or something or other, and, and yeah. Yeah. Imagine all, imagine all mammals can do that. So spring box, do they give, do they ever have twins or they just give birth to one at a time?

Gareth Mare ([01:07:20](#)):

It's not impossible for the, to have twins, but it's a evolutionary MIS. No, it's very rare.

Warwick Schiller ([01:07:29](#)):

Very rare. Okay. And how old is the baby spring box?

Gareth Mare ([01:07:35](#)):

Nine days.

Warwick Schiller ([01:07:37](#)):

Nine days old. And so once she, once she had the baby on the, on the veranda, did she then her and the baby, did they, they leave or do they, do they come back there? Like, do they come and hang out there? What's going on there?

Gareth Mare ([01:07:49](#)):

See, so she goes and hides baby in the long grass and then comes back to hang out on the veranda. And baby's not too keen, obviously for the, their instinct is for the first two weeks when they can't run too quick. Their survival strategy is hard. So being exposed on the veranda is not the ideal for the him. So what happens now? She goes off, hard's a baby and comes hanger hangs out on the veranda.

Warwick Schiller ([01:08:19](#)):

That is so cool. Having a spring ball hanging out in your veranda. <Laugh> that's amazing. Okay. So I'm gonna start asking you some of your questions that you that you selected. And I, and I'm really excited about the answers to this stuff. Cause I just, I just think that, you know, the life that you've lived, you have this I don't know, you have some, you have some stuff going on there that's, that's not common. So anyway, first question you selected was if you could spread a message throughout the world, what would it be?

Gareth Mare ([01:08:56](#)):

Sure. Cases the simplest way to say it is it the is a kinda way and I'm not talking about horse riding with that. Sure. Applies to horse riding. And maybe it's something that horse riding can be a way of spreading that. And maybe that way of interacting with horses have become it. It, I think the current way that we interact with, well, the industry interacts with horses. I think that's almost a good analogy for society is that, you know, you know, the dominance closed off, shut down. That's how people are with horses and that's how we are with each other. I think when people start seeing that, that change, that Dom and stuff, doesn't give the most beneficial for all parties result, and that if we are open and not responding out of fear and self protection I think we can start opening up to each other and start seeing beyond ideas and religions and all these things that we say we are which just give us excuses to hate each other. <Laugh> so I think that that kind way thing is, you know, this evolution that we see in horsemanship, I do hope that that message starts getting through that. It translates to people too.

Warwick Schiller ([01:10:37](#)):

You know, it's funny, you said that I shared a post on Facebook yesterday from the D Lama, and he's talking about what's going on in Ukraine right now with the Russian invasion of Ukraine. And his post said I've been deeply saddened by the conflict in Ukraine. Our world has become so interdependent that violent conflict between two countries inevitably impacts the rest of the world. War is outdated. Nonviolence is the only way we need to develop a sense of the oneness of humanity by considering other human beings as brothers and sisters. This is how we will build a, a more peaceful world problems and disagreements are best resolved. Through dialogue, genuine peace comes through mutual understanding and respect for others' wellbeing. We must not lose hope that 20th century was a century of war and bloodshed. The 21st century must be a century of dialogue. That sounds quite a bit like what you, your answer to that question?

Gareth Mare ([01:11:39](#)):

Yeah, look, I think we tend to see, we don't see the people in front of us, like let's say, even in traffic, you tend to see the person what they did to you or what they say or what their rep we need to stop seeing that we need stop seeing people as the product of their trauma. We need to see what's underneath that trauma or not as a differing opinion or belief system, the living feeling, being under all of that. That's what we need to start looking at. And I think if we get to that, that what the Dai Lama talks about and understanding and respect <laugh>, you know, with horses, I, I'm always cautious of using the term respect cause people have come to related to fear, you know, you don't respect me

means you don't fear me enough. But yes, the correct use of the term. Absolutely. We need to be able to see that there's the, the Zillow greeting is <inaudible>, which is, I see you. And I think that is, that is respect to me is I see you,

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

You know, I was gonna bring that up because I'm, you know, I'm a, I think my, of fascination with South Africa came because I, when I was a kid, I got into reading Wilber Smith books and I read every Wilber Smith book and under mankind and also Australian author, Bryce, Courtney. And he wrote a lot of books about South Africa too. And I was gonna bring that up that in, you know, a lot of the way, you know, in south African, like tribal greetings, it's not, you know, the first thing they would say is I see you and I was gonna bring that up. And it's funny that you just brought that up there and yeah, it's, it's you know, when I was in, when I was in Morocco a couple of years, <affirmative> what I found fascinating. There was the greetings.

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

And so in Morocco, they to speak French or Arabic and both of the greetings in French or Arabic is, is I've gotta remember what that what's in Arabic. It would be Salam <inaudible>, which is may peace be with you, I think, and in French would be how are you? But the way they do it, you know, like, like Australians, you know, how you going and Americans like, Hey, how's it going? Whereas when they would, when they would say hello to you, they'd put their hand on their heart and they'd kind of lean slightly forward. And they'd say Bojo Saba. Like they they're right there in, you know, they, they, they, they, they would lock eyes and someone will walk up to like a group of 10 people standing around. And the greeting was the same for all of them. Like, it was like you were greeting one person at a time boun or, or, you know, or Salam Salam. It was like, there was only one person staying there, you know, you know, they greet each of 'em individual. Yeah. Hey, he's all going sort of thing. You know, just, you know, those older cultures are just, we are quite a bit removed from that. And being around that, it's like, yeah, I just love the way they greet at each other. Like, they're very, I see you. Yeah.

Gareth Mare ([01:15:22](#)):

Yeah.

Warwick Schiller ([01:15:26](#)):

Okay. Next question for you would be what I'm gonna go. I'm gonna skip down a bit because I'm gonna try to keep the questions relative to each other. What do you feel your true purpose in the world is if it's not to spread that message, you just said

Gareth Mare ([01:15:43](#)):

<Laugh> well, purpose wise, I do feel it's linked to, you know how much is possible connecting to a horse. Kind of what's I've been going through in the last two years is maybe it's not just about horses. The stuff that has happened, I've kind of put it down to, well, maybe this is a great way to show people how it can be with horses and how deep that connection can be. And the benefits of that deep connection, because with deep connection comes a greater level of safety, and that is something I'm pretty passionate about in the horse industry that we don't need to be in this dangerous situation all the time. But I am starting to wonder day if maybe we should progressing into <laugh> showing this connection with all animals as a way forward. And I've recently got, come on my Instagram account by a woman that wants to learn from me horsemanship to apply to cows, to, you know, raising cows. And

when you think about it's a themes absurd, but can you imagine, imagine managing a herd of cows that were connected and you could communicate with, instead of having to manhandle it'll make everything go lot smoother. So it might take bit of time early on, but the idea fascinates me that maybe this connection thing is bigger than just the horses.

Warwick Schiller ([01:17:29](#)):

Yeah. you know, there's a whole movement in the cattle industry. There's a, it's, it's called low stress stock handling. And it's, it's, it is very much about what you were just talking about right there. You, you, you know, it's not necessarily having a relationship with cows, like you've got with zero to where you get a, I'm so comfortable that, you know, they wanna come up and hang out with you sort of thing, but it's, it's a way of being able to, to move cattle, handle cattle, be around cattle for, you know, for economic gain, you know, like it's, it's a business, but there's a way to do it that it's and it's called low stress stock handling. And if you come down to the bottom line, the dollar line, you know stressed animals, don't put on weight. Yeah. And, but yeah, there's a whole, there's a whole yeah, it's just like the way we look at the horses these days, but there's a, there's a, there's a, yeah, there's a whole lot of people doing that with cattle and yeah, it's, it's pretty fascinating stuff, but I think you can, you can kind of do it with, with any animal.

Warwick Schiller ([01:18:40](#)):

It just comes back to being observant and patient losing your expectations, losing your ego and yeah. Just, just been really, really present.

Gareth Mare ([01:18:54](#)):

Yeah. And my son is a vegetarian and discussions with him. I'm always, I like to think that I'm quite open minded, so I like the dis the interactions with him and it's, yeah, there's very fair points in terms of how animals are managed and in terms of conscious consuming. I would love a world where I, I'm not quite ready to give up my meat yet, but I would love if I knew the place that they're coming from had those animals have a great laugh while they are love.

Warwick Schiller ([01:19:31](#)):

Yeah. You know, for me, I grew up on a farm, so we, we ate sheep that ran around 1200 acres sort of thing, you know?

Gareth Mare ([01:19:39](#)):

Yeah.

Warwick Schiller ([01:19:41](#)):

And so I, you know, I never, never really thought about, you know, the intensive meat production business sort of thing, because, you know, they were all basically just farm raised, wandering around, you know, we milked our own cow. We had our own chickens. Yeah. So yeah, that

Gareth Mare ([01:20:02](#)):

Off. And then one day they,

Warwick Schiller ([01:20:04](#)):

And then one day they, yeah. Night. Okay. That's another conversation to have, Hey, what did you wanna be as a child? This is another one of your questions.

Gareth Mare ([01:20:15](#)):

I wanted to be a game ranger but it was purely because I didn't know jobs other than a vet or game ranger that got to work with animals. Had no idea about the same being horse trainer. But I knew from very young, I wanted to work with animals.

Warwick Schiller ([01:20:39](#)):

Well, there you go. You got that part sorted out. <Laugh> yeah. So speaking of horse trainer, two of your questions are related to that. What's the, one of the questions you chose was what's the worst advice. What's the worst advice given in your profession? You feel

Gareth Mare ([01:20:55](#)):

Okay? I have a seven page, 347 point list here. <Laugh>

Warwick Schiller ([01:21:03](#)):

Okay. Out of the seven page 340 point list. What's the worst of those?

Gareth Mare ([01:21:08](#)):

Yeah. Look, I think the poor safety record in the horse industry is a direct result of a Bible length list of bad advice that persist in the industry. But if I had to choose one it's and it's a quote from a fantastic horseman, it's just, this one thing is terrible advice hospital, or back on. I see too many people that go to the hospital on the time after they get back on the horse, then no one addresses what caused them to come off. No one thinks, well, let's see if there's a reason behind this, which it always is. They just no, gotta get back on the horse no matter what.

Warwick Schiller ([01:21:49](#)):

So the, so the advice was hospital or back on, I've never heard that one. Maybe it's a south African

Gareth Mare ([01:21:56](#)):

It's an international trainer who I won't mention names eventing and show jumping trainer, which uses it quite a lot. And it's quite, it is very pervasive in Africa. Yeah.

Warwick Schiller ([01:22:08](#)):

Okay. So I wanna, I want to pull that thing to pieces for a minute. So hospital or back on, so if you don't go to the hospital, gotta get back on and I'm with you on this. There was obviously something that went wrong. This is a little bit like, you know, that boy Vadi conversation about, you know, if, well, let me go back to that. Because when I talked about that boy Vadi conversation with Tim Ferris about lion, so the, the whole thing was, you know, you walk along and then there's a, there's a line. What do you do? And like I said, that this conversation starts out the minute the line becomes aware of you and you become aware of it, you're in a language dialogue, and it is a language of energy and presence. And then he goes into say what you do and when you do it and blah, blah, blah, blah, blah.

Warwick Schiller ([01:22:55](#)):

You've gotta be able to hold your ground and troll your energy and all that sort of stuff. And he says, at the end of that, he says, and then the line after it's charged you and you've held your ground and whatever, they'll stop some distance from you. And Tim Ferris said, well, you said most of the time they'll stop some distance from you. What's the alternate scenario. And boy Vadis words for the alternate scenario is if you are in the alternate scenario, you've got something very, very wrong. And the reason you get into the alternate scenario is you get it wrong in the mode is that charge starts happening. You are in the dialogue and your presence is absolutely critical. And your ability to project an energetic presence and meet her quickly and help her understand you're not afraid of her, you're dangerous, but that you're also gonna give way.

Warwick Schiller ([01:23:38](#)):

And he says, then when people get killed, they get that wrong. They fall over their nerve breaks, they wanna run or whatever. So in, in the scenario, you are talking about hospital or get back on if you've had a bit of a wreck that that might be, you know, the sort of thing you could end up in hospital from, obviously something went very, very wrong. And so you are saying, you want to think about that before you just jump back on and make it happen again. But the other, the part of it is, and this is, this is the thing dealing with you know, the, the public, as far as in a teaching scenario sort of thing, a lot of people aren't ready to get back on because when you get back on the horse, you are in a presence and energy dialogue.

Warwick Schiller ([01:24:27](#)):

And if your energy is worried about the horse doing the same thing, again, you're not in the state to where you can actually, you know, have a positive impact on the horse. Like if you get on the horse and you are scared of it doing the thing that just about killed you a minute ago, you are not, you know, you are in a reactive sort of estate and you are in no state to help that horse. And I think, yeah, when I had Jane PO on the podcast, she talked about this a lot. Like she's a, you know, she's a horse riding mental coach basically, but she said about, you know, just, just get on and get on with it. That's or no, she was talking about people talking about that and telling people to get on and be brave and get on a horse that's outta control. That's not good for the situation either. And I, yeah, I totally agree with you on that.

Gareth Mare ([01:25:16](#)):

Yeah. So like, even if you can't explain to someone, you, you know, you're not going to necessarily connect to everyone on the energetic level, but it, and this is where I love science, cuz I still think through sciences the ultimate way. But if you wanna explain it in clear terms to someone, that person will be in the sympathetic nervous system. We know that when we are in the sympathetic nervous system, parts of our brains, stop working, we stop functioning as our reasoning center shuts down. So all the stuff we know and we've learned kind of is in the back of our mind, you're not in a position to keep yourself safe, if something goes wrong again. So you're actually in a far more dangerous position than you were originally. You've got a horse that's already stressed and has lost their rider. Someone that's riddled with fear and tart and bundled up possibly carrying an injury. And that is not in a thinking frame of mind. That's just an recipe for disaster.

Warwick Schiller ([01:26:22](#)):

Yeah. Well it's not only the person that's in the sympathetic nervous system, the horses too. So at that point in time, the person's not capable of thinking clearly. And the horse is not capable of thinking clearly. And yeah, when I was in maybe it was Kenya, but I was, I was looking at this horse magazine and

there was an ad in this horse magazine and had this horse raring up and it was an ad for some sort of a drug for horses. <Laugh>

Gareth Mare ([01:26:48](#)):

Yeah.

Warwick Schiller ([01:26:50](#)):

And it was like, you know, you and I both know horses, don't elect to wear up. They're given no option to wear up. So that's like the end of the line there. As boy Vadi would say, but this point in time, you've got something very, very wrong. But then in, you know, there's no thought about trying to solve what caused that to happen. We're just gonna give 'em a drug and, and that will make them better. But I suppose, you know, it comes down to number one, first thing is, is human safety. You know what I mean? You know? Yeah. It's a bit like, yeah. Anyway, so yeah, that's, that's a whole, we could do a whole podcast on cuz we could get your, your seven page 365 point document out and we could go through it one by one. Yeah. So another question about your profession is what is one common myth in your profession you'd like to debunk?

Gareth Mare ([01:27:47](#)):

That horses are spooky and unpredictable. Horses are not spooky and unpredictable horses are generally unprepared and humans are unaware.

Warwick Schiller ([01:28:02](#)):

So boom, there's the punchline right there. There's a horseman. I know from Australia named Ian Layton and he, you know, he on, on book somewhere, there was this, I, it was a few years ago now, but someone was talking about how, you know, horses are unpredictable and his answer was failure on your part to predict something does not necessarily mean it's unpredictable.

Gareth Mare ([01:28:26](#)):

<Laugh> yeah, that's perfect.

Warwick Schiller ([01:28:27](#)):

And, and it just like the it's just like boy Vadi with the lion charge. You know what I mean? You know, wild animals are unpredictable. No, he has been in a lot of encounters with lions in the wild and he can predict exactly what they're gonna do. They are so predictable. If you fail to predict it, that's not the lion's fault or it's not the horses fault and yeah, horses are so logical and so predictable. That's what makes him safe. You know, that's what makes 'em safe to be around. You just have to, to be aware of that. And I think if you are of the mindset that horses are unpredictable, it's just an admission of your lack of knowledge about the predictability of horses.

Gareth Mare ([01:29:07](#)):

Yeah. I was watching that weird body podcast with my girlfriend and we were saying, the one hope is that you don't get these completely oblivious people decid ago. Oh, let's go practice what we learned on that podcast with a lion on our next trip to, or to safari and where they haven't got that attention to detail. <Laugh>, you know, you always think of that offset in terms of, well, what's the lowest common

denominator gonna re respond to that luck. But when it comes down to it yeah, we can't always be accounting for stupid <laugh>

Warwick Schiller ([01:29:54](#)):

Yeah. I mean, yeah, yeah. That's yeah. That's not something you want to just go and try and that's, you know, that's hard with you know, like with what I do these days and I'm more about you know, allowing a horse to have a voice allow 'em to say no, get trying to get the relationship first before the horsemanship part, you can get it very, very wrong because you are, you are you know, you can't it's, I am, sometimes I quote about I quote to Richard Branson, he says, in order to learn in order to break all the rules first have to learn all the rules and it's almost yep. It's almost like you know, really listening to the horse and, and, and allow 'em to have a voice and definitely allowed him to say no it, it, it's almost that you can do that once, you know, all the rules. And so all the, you know, you, what I used to do, I think that's, that's kind of teaching people the rules, but yeah, it's, it's all about safety, so you really gotta choose which way you're gonna yeah. Gonna go about it. But I do think, oh, sorry, go ahead.

Gareth Mare ([01:31:07](#)):

Yeah. I think the, the big thing is like, like you said, learn all the rules. I have a lot of people that come and they'll say, well, I have tried everything and nothing works and they'll list all these different horsemen. And I I'll say like, you know, I definitely track most with, with your techniques, but I love that there's so many people with attempting to be more and more empathy, but there's vastly different programs of people being, trying to be more empathetic. So these people come at a list with of the 11 programs that they have tried. It's like, okay, cool. You've tried all these. How long have you had the horse three months? <Laugh>, there's no ways that basically you will spend a, a trying one program and then a day trying the next and then not through with any that I, I don't think the danger comes from any program followed properly, where it's got a more empathetic approach if people take their time and they focus on that awareness instead of going for that straight line thinking of, oh, I've gotta get to this horse ready for this. Or this horse has to be a trail horse by the end of the month. That's where the, the disconnect comes and danger comes. It's not the programs in itself. So if you are working on relationship, you're not gonna get yourself in a dangerous situation, unless you're skipping ahead to get a result.

Warwick Schiller ([01:32:41](#)):

Yeah. I was almost gonna go into that right then I was gonna say, you know, the, when it, it really can't go wrong unless you get your head, get ahead of yourself, unless you have an agenda. But if you are in the moment and reading the situation, you, you know, it's all about only asking yes questions, you know? And I said before you know, giving the horse of voice and allowing 'em to say, no if you are asking the wrong questions, nos could be dangerous. So you just gotta make sure you're asking the, asking the right questions in the right order. Yeah,

Gareth Mare ([01:33:15](#)):

Yeah. You know, with that, no thing. <Laugh>, there's a thing related to body language with that relates directly to your principle of only asking yes questions. I know you're a big fan of Joe dispenser. He talks about our subconscious does not recognize positive or negative, so yes or no doesn't register and our subconscious. And when our, we use words, let's say, don't run over me. I our body language responds to only our subconscious, which is run over me. We tar. And half the time you are telling your horse through your body language, all the things that you are telling them not to do with your mouth. So I

think that I try and get students to think of something to tell them to do, rather than, oh, don't run over me. Don't bolt on me. Make it clear that your verbal language is matching your body language.

Warwick Schiller ([01:34:24](#)):

Yeah. I've heard a saying that was attributed to one of the Dorrance brothers and it was, don't say, don't say, do

Gareth Mare ([01:34:31](#)):

Yeah, that's great. Yeah. <Affirmative>

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

And, and, you know, and all these things we're talking about here, these are not horse things. These are, these are life principles. These, these, these are applicable to everything you do in life. And that's, that's the thing that people get, I think get wrong with horses is the same things they get, they get wrong in life. You, you know what I mean? You know, like not being present, having too much of an agenda, not working with what's in front of you. And I think, you know, I think that's, that's, what's so cool about horses is, is they, they teach us, they teach us you know, like life principles that we might not spend the time to learn doing something else because we're, you know, cuz we're passionate about horses.

Gareth Mare ([01:35:21](#)):

Yeah. I think one of the big things is they are ego levelers. So when a horse teaches you something you're quite open to taking, taking that advice, but when a person tells you like, well don't tell me what to do. <Laugh>

Warwick Schiller ([01:35:37](#)):

Yeah. When you get, when you get nonverbal messages from a horse, you can't argue with it, you know, it's not an opinion. <Laugh>

Gareth Mare ([01:35:50](#)):

<Laugh>,

Warwick Schiller ([01:35:51](#)):

It's, it's, it's the truth. Okay. Next question. I'm gonna ask you and this is, oh yeah. What, I think you mentioned it before, but where do you go? What do you do to relieve stress, recharge your batteries or you, where do you find the motivation or inspiration for what you do

Gareth Mare ([01:36:09](#)):

Well, in terms of taking a break I'm very blessed to live in a part of the world where I can be in the mountains with wildlife and an hour and a half. I'll be on the beach, ING, a cocktail <laugh> getting away to the beach, watching live music or playing live music. That's a good step out for me. I <laugh>, a lot of people will laugh if I say it, but I am very introverted. So when you work on using all your energy to be extroverted and talk to a bunch of people about

Gareth Mare ([01:36:48](#)):

Deep and philosophical and challenging subjects, it's really nice to get a little bit of unwind on the beach where there's no one around in terms of inspiration for what I do. Yeah. I don't know that that to me is just an internal drive. Maybe there's a little bit of something there in terms of, you know, I spoke about personal trauma and what the horses did for me in those moments where I felt that connection when I was at my most broken. You spoke about the non-verbal non-judgemental non-verbal being with a horse is probably the most filling thing you can ever have when you at rock bottom,

Warwick Schiller ([01:37:41](#)):

That's a kind of a healing thing, isn't it?

Gareth Mare ([01:37:44](#)):

Yeah. And you know, like, so trauma happens and we all go through trauma, but the reality of trauma that affects us the most is all the little stories we tell each other or tell ourselves we all human nature as we wanna find someone to blame. So that's anger at someone or something, but inevitably we have this list of blame and guilt that we put on ourselves. That is the one thing that I would love more people to feel is when a prey animal with no verbal communication with us chooses to be with you, pass their fear and pass their whatever their past hurts are. And it kind of shows that maybe there's something worthwhile in you.

Warwick Schiller ([01:39:04](#)):

I'm mesmerized <laugh> you had me in a bit of a moment right there. Yeah. And so, you know, tell about the whole trauma thing and talking about, you were talking before about an epi, you know, looking at the world with more empathy and, and working with horses with more empathy and stuff. I don't think that's possible until people start to understand their own trauma and start to, to, to heal it. Cuz I, I, I think a lot of us a lot of people don't even don't even know they're carrying around. I don't think they don't even, I don't think they even know they're kind of carrying around trauma and I think it's not to you start to unravel that and start to go on that bit of a healing journey that you're even aware of it sort of thing. But then I, I, I think, you know, you and I would both probably think this way is once you become aware of your own trauma and you start to work through it and stuff, I think that once you've experience that, then you start to see the, the, the things that are pretty commonplace in, in the horse world that people do with horses, you see the, you see the trauma that inflict and, and then, you know, I I've been there.

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

I, I know what that feels like, and I wouldn't want another sentient being to feel that way. And so that's when you start to that's when you start to change, I think how you, how you view that stuff. And, and I think people that might be working with horses in such a way that's maybe not empathetic, you know, no judgment everybody's on their own in their own place. But I think a lot of times they haven't actually worked on their own stuff yet. And I'm not saying they know needs to be worked on and they've said, no, I'm not going to. Sometimes they might not even be aware that they, they need to.

Gareth Mare ([01:41:15](#)):

Yeah. so my girlfriend Talia she's a NLP coach and, you know, going into that stuff, certainly it's not new to me in terms of me dealing with my own trauma. The realization is that trauma is across the board. Like we all face conflicts and that's part of life. There is no good with that bad. There's no light that dark, you know, that there are cells within our own body that are waring against each other. The, the things

that we carry our little lies of about that trauma or little defenses that we put up, you, you know, I love Dr. Steven Peters' work with evidence based horsemanship and understanding what that AALA does and I've gone into it quite deeply from the human perspective. UMD is an evolutionary thing that it came from our terms of having to survive predator, attack and wars, ironically, what we still see today. But in modern society, we still have those pretty inconsequential things can cause a serious trauma based on this story, we tell ourselves, but even the serious traumas can be coped with better if we look at it and we understand, well, there's no one at fault, there's nothing to be gained by blaming. And you know, getting to that point of acceptance.

Warwick Schiller ([01:43:03](#)):

Yeah. Most certainly. I totally agree with you on that. Okay. And I only have one question left for you and it's the, it's the big drum roll question that almost everybody chooses. What is your relationship like with fear?

Gareth Mare ([01:43:20](#)):

<Laugh> so there's a, you two song that goes, I'm not afraid of anything in this world. There's nothing you can throw at me that I haven't already heard. And for a long time, I will tell you I'm not scared of anything. I have a completely illogical fear of heights that has me go jump off waterfalls, Bungee jump, just to show I can. But yeah, when you started coming, start coming outta shutdown, you realize that a lot of defenses and blocking out things. I, I do think that certain things that have happened in my life have been shot at, I've been <laugh> in a few serious conflict situations, lost my daughter. It kind of does get you to the point of, well, you know, there's nothing you can throw at me. That's not worse than that's worse than what I've experienced.

Gareth Mare ([01:44:30](#)):

But before I dealt with those individual things, it was a case of going into, like you were talking about this at that someone talking, you could completely shut down when you bring up a trauma. I think I went like that. It wasn't that I wasn't scared. I just wasn't there anymore. Whereas now I have a logical thought pattern and fear. I have been through this and I've been through worse. A good example is my approach to when I get on a young horse I run through possible scenarios and I break it down. It's actually probably less wind with a young horse than with a troubled horse, but okay, this person has told me this horse bucks or this horse rears, I haven't seen it on the ground. If it happens, what do I do? Is there something I can do about it? And if so, that's cool. I'm safe. If not, there's nothing I can do about it. Well, I can't do much about it. So that's out of my control. So that's kind of my approach to fear is my current approach to fear is I can look at it logically and not get into that irrational fear state.

Warwick Schiller ([01:45:53](#)):

You know, that's the first time I've got to ask, you know, I've a, almost everybody has chosen that question. That's been the podcast. What is your relationship like with fear? But I think that's the first time I've ever asked somebody that question, you know, not long after they've captured a spitting Cobra and stuck it in a plastic box beside them. So that's a world first for me right there.

Gareth Mare ([01:46:15](#)):

<Laugh>

Warwick Schiller ([01:46:17](#)):

OK, so you, I, I, I had asked you before we got on the podcast about, I said, we were talking about that boy Vadi podcast with Tim Ferris. And then we got talking about things like that. And I asked you, have you ever read a book called the elephant whisperer? And you tell me a little story about someone, you know, that worked from, can you tell us about that? Cuz I thought that was a fascinating little story you told me. So, so before, before you go there a while ago I downloaded a, a book called the elephant, whisper about a, a, a fellow in South Africa that got these ROIC elephants and made his own wildlife safari wildlife reserve for them. And the really amazing thing about that was he when he died, those elephants basically had a wake for him and hung around the house for a week or so. And you know, there's a, in the, in the podcast I did on books that have influenced me, one of the books was by a fellow named Rupert Shere, a scientist named Rupert Shere. And it was called the sense of being stared at, but he also wrote a book called dogs who know when the owners are coming home and in that elephant whisperer book I think Lawrence was his name. Isn't it?

Gareth Mare ([01:47:34](#)):

Yeah. Lawrence that's me.

Warwick Schiller ([01:47:38](#)):

Yeah, he would, he had a light plane and he'd fly places and do some business and, and fly home. And the elephant would always show up right before he landed. So they kind of knew he was coming home. They'd show up around the house. And one time he'd flown a way for a few days and was gonna come back. And he was in the plane on the runway, I think. And then something came up and they, he didn't come back. And apparently the elephant had all came to the house and everybody at the house knew he was coming home. The elephants had all came to the house, but then after half an hour, they wandered off again. And the people at home could and figure out why they'd wander off, cuz he's coming home. They could sense when he got in the plane to come home and then they could sense when he went, oh no, I'm not coming home. And so that's yeah, that was a fascinating part of that, that, that book. But sorry to interrupt you here. So yeah. Tell us about this little story about the elephant whisperer.

Gareth Mare ([01:48:33](#)):

Yeah. So at a clinic up inland we had one of my students that organized the clinic she at and she to me and said, well, what is the age limit on the clinic? And I thought she was talking about younger age limit. Cause that's quite a common question. And when I answered that, she said, no, no, I mean upper age limit. And I was like, well, this is a safe horse. I don't see a reason for an upper age limit. I mean, look at the Dore brothers, what what age they store rode and competed and taught. They kept going for, well, any age is fine. She said, well, this woman is 76, so okay, cool invite. But yeah, we'll reserve the right for, to make the safety calls. But we met this woman, I believe she's actually one of your subscribers.

Gareth Mare ([01:49:38](#)):

I'm not mistaken named Jojo. And she worked for the Lawrence and me foundation and she is that epitome of energy betraying age <laugh> so she, you would ne first of all, never say she's 76, she's got the vibrancy of a 25 year old. And so that was her first. She would started riding with my students up there, but her first clinic, she had a bunch of lessons, I think within six months she went and worked at the trail company that I told you about to Steve black and started taking trails into Lutu for three days.

Warwick Schiller ([01:50:22](#)):

And she started writing at 76.

Gareth Mare ([01:50:25](#)):

Yeah. So my is like, there's maybe there's something contagious about that energy that Lawrence Anthony had. Just that extreme connection.

Warwick Schiller ([01:50:38](#)):

Yeah. So if anybody's interested in that book, it's called the elephant whisperer fascinating book. I, I loved it, but okay. So we've been talking for almost two hours here Gareth. So how do how can people find out more about you, what you do and yeah, that sort of thing.

Gareth Mare ([01:51:00](#)):

Easiest is probably Facebook or Instagram. It's heartfelt horsemanship. That's really easy to contact us. You can get us some kabari.com in terms of the retreats that we do. The spelling there's tricky, the anyone from an English world tries to put a Q U, but it's actually QA, M B a T H r.com. And then there's just a little retreats tab. So you can click on that. So you see when the next retreat is, but we do also do especially during the pandemic where it's been far less travel. We actually, you do individual retreats. We always keep them small, but we actually do individual ones.

Warwick Schiller ([01:51:46](#)):

Is it raining there right now?

Gareth Mare ([01:51:48](#)):

It is bucketing down. <Laugh> oneso where they're out. The,

Warwick Schiller ([01:51:54](#)):

Do you have a tin roof?

Gareth Mare ([01:51:57](#)):

Yeah.

Warwick Schiller ([01:51:58](#)):

Yeah. I love the sand. I grew up in a house with a tin roof and I just love the sound of rain on a, on a Tim roof. So yeah. Thanks for joining me on the podcast. It's been absolutely fascinating talking to you and, and hopefully one of these days when I get back to Africa, I can come visit you and we can hang out.

Gareth Mare ([01:52:16](#)):

Yeah, I'm always welcome. Thanks so much for having me on

Warwick Schiller ([01:52:21](#)):

No problem at all. Thank you. And if you guys for joining us at home, thanks so much for joining. We'll catch you on the next episode of the journey on podcast.

Speaker 1 ([01:52:32](#)):

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