

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](https://videos.warwickschiller.com)

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

G'day, everyone. Welcome back to the Journey On podcast. I am your host Warwick Schiller. And in this episode, we actually get to meet someone, that I've talked about quite a bit on the podcast. So you may have heard me talk about the four levels of awareness in a relationship. You know, I've, I've talked about it where I talk about it at clinics to where number one is what's going on with you. Number two is what's going on with them. Number three is what's going on between the two of you and number four is what's going on in the environment. So where we got that was, from our friend Beth Anstandig. So Beth is a licensed psychotherapist. That's hard to get your mouth around this time of day. And, she has a program called the circle up experience. And in that circle up experience, she's trained thousands of CEOs, managers, and teams, fortune 1000 companies, universities, and nonprofits, helping them tap into their natural leadership to live lead and work with genuine connection circle ups, model of natural leadership and experiential learning with horses integrates human psychology, animal behavior and natural systems to offer a unique approach to personal and professional develop. Doesn't that sound good? So without any further ado, let's, let's get Beth on the podcast and find out how she got to where she got to and what we have to learn from

Warwick Schiller ([00:02:16](#)):

Beth. Welcome to the journey on podcast.

Beth Anstandig ([00:02:18](#)):

Thank you for having me here.

Warwick Schiller ([00:02:20](#)):

I've been wanted to do this for quite a while. I tried to hit you up last year. It, you decided, we decided we would wait until your book was about to come out so we could have a bit of an impact with that. So when is your book coming out or is it out already?

Beth Anstandig ([00:02:34](#)):

It's coming out on April 12th,

Warwick Schiller ([00:02:37](#)):

April 12th coming up soon. That's very cool. We will talk.

Beth Anstandig ([00:02:41](#)):

It actually is not it's it's terrifying is what it is. Is this, I actually think that, that I may die of vulnerability if that's a, if that's a life threatening phenomenon, vulnerability, I think that's what's happening right now for me.

Warwick Schiller ([00:02:57](#)):

You and I both know vulnerability is the ultimate badassery, so I don't think you can die of badassery. Can you

Beth Anstandig ([00:03:03](#)):

I'm I'll tell, I'll let you know, <laugh> I'm in the process. It's very terrifying to, to go through the process of writing a book and putting your workout into the world and, and letting go and, you know, it's I didn't think about that ahead of time. I didn't know I was gonna feel that way.

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

So tell us about that. What's, what's terrifying about it.

Beth Anstandig ([00:03:33](#)):

I have learned in my own journey to how to be honest with myself and how to be honest out in the world. And I didn't, I, I didn't start that way. I started really hiding from myself and hiding from others. And, but in that process of of being more open with myself in the world, you know, you're it, it's, it's, I, I really have to put it all out there and, and what that means is my own story and my ideas and and the world, isn't always kind, it can be an insensitive world. And so I know I can handle that, but it's another thing to just put who you are and what, what you think in your studies and your beliefs out into the world for scrutiny and knowing that it, it can be an unkind world. The good news is that it could really impact people and animals in a powerful, meaningful way. And so it's worth it, but it's, it is scary.

Warwick Schiller ([00:04:41](#)):

Yeah. You know, I, I didn't know about the, I think you know, I think social, media's probably more scary because you get, you get immediate feedback, like someone reads your book and they think you're an idiot. You dunno that, you know what I mean? I'm, I'm not saying you shouldn't be terrified or anything. I'm not, I'm not, I'm not disregarding your experience. I'm just, I'm just thinking, cuz I'm, you know, I'm halfway three quarters of the way through a book that I've been supposed to be writing for about four years now. And I, you know, I, I hadn't had that thought about, oh, what will people think? Because I, yeah, I dunno. It's an interesting, interesting concept

Beth Anstandig ([00:05:26](#)):

Think that the permanence of it as an artifact is more there's more permanence to it than in social media, which is so fleeting. So whatever happens there, it keep, it moves so fast, but a book is an artifact and you know, my first career is as a writer and I, I been a poet my whole life and I, I have an MFA in creative writing and poetry and really believe in the artifact of literature and art. And so it becomes a very fixed moment in, you know, a, a, a person's creativity. And so it is what it is, and it lives there as, as this object of, of creation. And so we're a social media, it almost, it comes and goes, it's like a fog light. It just, it comes and goes and, and we move on so quickly. So we can, we can fun and stumble and fall on our faces and everyone sees it and, and does what they, you know, they, they do what they do with it, but then we all move on.

Beth Anstandig ([00:06:25](#)):

Whereas I think with a book, you know, as soon as I saw the book and opened it and realized like, oh, I should have done this. And I, I wish I had done that and this is missing. And because it's, it's IM perfectly

perfect. So it's a really good exercise in, in learning vulnerability and in learning imperfection and, and, and being able to to stand in some self leadership around, you know, this is, this is my best work at this moment in time. <Affirmative> and and, and learning to live with that and sit with it.

Warwick Schiller ([00:07:04](#)):

I think I just realized why it's, I've been writing a, a book that I, I know the content of like the back of my hand, why it's taken me four years to write this book. It's because of that, because I'm like, you know, but what if I think differently about, because, you know, as you know, a lot of people know I've changed a lot of the, the way I do things in the last four or five years. And, and I have rewritten parts of the mm-hmm <affirmative> rewritten parts of the book, but yeah, I think it's almost like, ah, but what if, yeah, it's not, it's not quite that's. Yeah. That's the permanence of

Beth Anstandig ([00:07:41](#)):

That's yeah. The permanence of it and realizing, because we are always moving, like nature is always moving. And so the human animal and all of our complexities and our mind and our ideas are always in movement. And so when you publish the book, you know, it becomes this object and it stops moving, but you keep moving. And so as soon as the actual artifact of the book arrived and I opened the boxes and held it in my hands, I realized that I had moved forward from what I wrote. And so that is exactly what happens. And it's what I think, why people probably avoid writing books because you're, we, we keep trying to perfect it, but it's perfect only in that moment. Like, I already think there's a chapter missing from this book. So what I've been trying to tell myself is, well, then that's the next book. And I really had to get, I had to get a handle of that while I was writing it. I just didn't realize how, how hard it would be to then hold the imperfect artifact of the past and realize I was in a new place today.

Warwick Schiller ([00:08:48](#)):

Yes. So you, before we got on here, you mentioned that you were you we've Rob and I have just been away in Arizona for a couple of weeks. And you mentioned that you wish you had got us a copy of the book beforehand. And even if you had sent us a copy, you were gonna send it to us in Arizona. And even if you had sent it to us I probably wouldn't have got to read it because I've got so many good books right now. It's not funny. And I was, I did a clinic in Arizona before, or we went to Arizona. So I did a clinic in Arizona, flew back. And a week later we went down there for a horse show and then camping in the desert and riding their horses in the desert. And at that clinic in Arizona, someone left a book on the signing desk for me. And it's a fascinating book. It's pretty meaty, but it's called behave the biology of humans at our best, in our worst by fellow named Robert Sapolsky. And I'm, I'm digging it. I'm just wanna be one of those books that when I get to the end of it, I'm gonna be view the world probably a bit differently than I did before I read it.

Beth Anstandig ([00:09:48](#)):

So his work I'm so excited to, to know about this new book because his work and an early book of his really informed my journey and, and my work and the, the book that I read was called why zebras don't get ulcers. And I went to a workshop of his, he, he used to teach at Stanford. I don't know if he still associated with Stanford, but I went to a workshop of his at Stanford. And and when I came across his work and the ideas behind his work, it, it dramatically changed me as a, as a human animal, my, my perception of my own animals. And also my understanding of psychology. It was, it was a pivotal for me. So it's so cool that you are just digging into that book and his work, and I'm excited to see where he's taken his work.

Warwick Schiller ([00:10:47](#)):

Yeah, that's interesting. I'll when I get through with this one, I'll have to get the other, what's it called? Why zebras don't get, why

Beth Anstandig ([00:10:52](#)):

Zebra? Yeah. Why zebras don't get ulcers. Yeah. And it, it really <affirmative>, it changed me. It, it, and it was early on that, that he put that work. It was early on in our our understanding of trauma and the effects of stress on the body and, and trauma informed or trauma focus research in the psychology world. And so it, it's a really, it's a very pivotal piece of work

Warwick Schiller ([00:11:26](#)):

Really. Was it, do you know if it was pre or post say waking the tiger or the body keeps the score?

Beth Anstandig ([00:11:32](#)):

It was before that.

Warwick Schiller ([00:11:33](#)):

Oh, really? So its really, I believe so. Wow.

Beth Anstandig ([00:11:37](#)):

It was, I believe so may have been parallel with Peter Levine's with waking the tiger. It may have been right around the same time and it's similar as similar ideas. I mean it really looks at what happens to mammals in captivity. And I, I, you know, my work is about putting the human animal in our study of mammals or really looking at ourselves through that lens as, as human animals and as herd animals. And it looks at what, when the body, when the, the mammal body is allowed to move through the stress response, it doesn't store stress chemicals and hormones and stress phenomenons in the body. And so it doesn't get disease. And, and but when the, when animals in captivity, including us, because we live in a lot of socialized captivity, meaning that we don't, we aren't necessarily allowed to move through our stress and take care of our stress as a need. And so we end up holding it and it creates incredible disease. It creates in stress injuries and, and stress disease, including post traumatic stress disorder, but also all of the other secondary diseases that come from stress.

Warwick Schiller ([00:13:06](#)):

Don't you think that like on that vein, right on that topic right there, don't you think we kind of, a lot of the problem is we live completely differently than we evolved. Just like, you know, animals in the wild, why zebras don't get ulcers is because they are living how they evolved, whereas we are living differently how we evolved, you know, things like, I dunno if you've listen to the podcast with say Ruper, Isaacson, where he talks about, you know, the, the traditional hunter gatherers and, you know, for instance, you don't, the child does not sleep in another room or across the room from you, cuz an animal could come in your Kung hut in the nighttime and, and take it. And you know, just the way we, we go about every thing these days is kind of probably a bit opposing to the way we're supposed to, you know, the way we evolved. And so we, we're kind of all dysfunctional about that.

Beth Anstandig ([00:14:10](#)):

Yeah. I think there's huge truth in that. And it's, it's really at the heart of my, my book and it's at the heart of the work that I do with, with people. And it's why I really have moved away from traditional psychotherapy and into experiential work with animals and in nature because we have, have suppressed all, a lot of our connection to and awareness of our, the signals of instinct. And it, it isn't so much that the evolution is a bad thing and that our, our intellectual Prowe our, the incredible neocortex that's developed within us. I mean, what an incredible super computer we have sitting on our shoulders, right? Like this is, this is it's exquisite and beautiful and I'm, I'm a writer, I'm an artist. Of course I love that part of me that's that uses language and thought and makes meaning out of Mike's experiences.

Beth Anstandig ([00:15:12](#)):

The problem is, is that we abandoned this other part of us and it is the part of us. That's that's much more connected to nature and, and, and to the animal of us, the animal body and all that, it wants to let us know about our needs and about how to be in a herd. And so it isn't so much that we want one or the other we're really looking at how do we integrate and how do we, how do we bring back in this part of us that we have abandoned? There's a lot of parts of the world that haven't abandoned it. You know, I think when we talk about this collective, we, we wanna make sure that we're not the, you know, that there's, that we're, we are looking at kind of a Western, the Western phenomenon of, you know, first world countries and people of privilege. I think that when we're in a lot of survival, more survival based environments or groups, you'll see people much more aware of their own needs and of each other's needs and of needing each other. And that's, that's really at the heart of this is that the signals of the body are informing us about needs

Warwick Schiller ([00:16:28](#)):

You somewhere in there. You said so about survival groups. Is that what you said? Or survival, something

Beth Anstandig ([00:16:33](#)):

Groups that are more connected to their survival.

Warwick Schiller ([00:16:36](#)):

Okay. So yeah, so I, I dunno if I've ever told you this cuz be Beth and I have been trail riding quite a bit together. So we, we trail ride for hours and babbled away at stuff. But I did a and I think I've mentioned this in the podcast. Maybe once before I did a clinic in Australia, a number of years ago, and, and that night we all went to dinner and I sat to one of the clinic participants who was from South Africa, who had moved to Australia in the last few years. And I said, how do you like Australia? And she said, ah, the energy is not the same. Mm-Hmm <affirmative>. And I thought she meant, yeah, Australia's got this cool beachy vibe, energy. It's cool. You know? And I said, what do you mean? She goes, there's just, there's, there's no, there's no energy in the air. She said, when I go back to South Africa and I get off the plane, as soon as I step off the plane, I can feel the energy in the air. And I said, what do you think that is? And she said, oh, that's easy. Every human and animal in South Africa knows today is the day I could die.

Beth Anstandig ([00:17:30](#)):

Yeah. Yeah. That's right. And being connected to that makes us more alive

Warwick Schiller ([00:17:36](#)):

<Affirmative> yeah. And, and, you know, like I read lots of stuff and it's all the stuff I'm into these days is about kind of Reiling ourselves, you know, like I've been taking ice baths and, and reading a lot of shaman stuff and reading about one of my favorite books is a book called stealing fire

Beth Anstandig ([00:17:58](#)):

Mm-Hmm <affirmative>,

Warwick Schiller ([00:17:59](#)):

Which is by a name Steven Kotler. And it's about altered states of consciousness. But one in one of, one of the parts of that book, it talks about altered states of consciousness through doing defying things, you know, like right. You know, rock climbing, wings, suiting, all, all that, all extreme sports. And because that's the, that's the way they feel alive.

Beth Anstandig ([00:18:22](#)):

Yeah. Yeah. That's, I mean, I was chasing that a whole for a whole bunch of my life. And I think it's why we're attracted to horses and animals because there's an aliveness in them that we are struggling to access. The hard part is we really let them down when we don't access it. So we're on the one hand attracted to it and we wanna do things with them and be with them because wakes us up in us and we're we admire it and we're craving it. And we are wanting more of that for ourselves. And then we set up these scenarios and these relationships and we do our, our animal life in a way that actually suppresses it. And it's, it's a fascinating phenomenon. And the good news is the horse always tell us the truth about, and they, they do object. They do have opinions about us suppressing ourselves

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

And suppressing them too, I think.

Beth Anstandig ([00:19:22](#)):

Correct. Yeah. Thank

Warwick Schiller ([00:19:24](#)):

Goodness. But they don't, they don't do it for the most part. They don't do it in such a way that it's totally obvious. It's pretty, it's pretty subtle. And you, you've gotta, I think you've got to go down the path of a bit of personal in introspection maybe before you are ready to, you know, kinda gotta look inside a bit before you can actually see it in other animals, especially like the horses, you know, they, I mean being prey animals, they're very, very good at hiding

Beth Anstandig ([00:19:52](#)):

Subtle communication.

Warwick Schiller ([00:19:54](#)):

Yeah. They're very good at hiding the fact that they might be concerned or whatever. And I think a lot of people, you know, if they have horses that aren't very good at hiding the fact they're concerned, they're problem horses. But when you become a, I've got my fingers up here for inverted communists. When you become a horse trainer, you're very good at getting rid of those problem behaviors, but all you're doing is suppressing. It. You're not that's right. You, you are not working through it. You're just saying,

you're basically saying stop crying or give you something to cry about. And then you end up with the fallout of the whole stop crying, or I'll give you something to cry about parenting style.

Beth Anstandig ([00:20:32](#)):

So in, in relational systems, which is what I study in relat, the relational systems of mammals and the relational system of a, a human family, the most symptomatic or the problem, the, the, the person in the system who's who is the biggest problem is actually the truth teller. And they are telling you where the system is out of balance. And so they're not necess and, and in the model that I was trained in, it, it isn't so much that they, the problem or that they're showing you a problem. It's not pathological. It's just looking at the system and where it is, has not come into balance where there's an aspect of it. That's needing more of one thing and an aspect that's needing less of another. And so, you know, these, the horses are the most are our animals or our people that are the most you know, the most communicative about where things are out of balance, they're signaling. They, they show us those signals. The most are our teachers.

Warwick Schiller ([00:21:46](#)):

When the student is ready, the teacher will appear.

Beth Anstandig ([00:21:49](#)):

That's right. That's right. And I've had a lot of those, a lot of those, I, I think I pick those animals that are, that'll shove it right in my face <laugh>. So I've had, I've had a number of those really powerful animal teachers.

Warwick Schiller ([00:22:05](#)):

Do you, do you think you pick them or do you think you get the animal you need at the time on,

Beth Anstandig ([00:22:13](#)):

I think it's probably a little bit of both. Yeah. I think there's a part of us that knows what we need and, and, and that, and I do think it's instinct driven and I think we're attracted to certain templates and relationship based on our early experiences. And then I think there's some magic to it

Warwick Schiller ([00:22:32](#)):

Almost like an animal grazing that will graze in the places they need, those sorts of nutrients. It's kind of the same thing where we will, that's a yeah. Gravitate towards the, the animal that subconsciously we know has a lesson to teach us without us actually consciously making that that's

Beth Anstandig ([00:22:48](#)):

Right. That's absolutely right. And we're the same as far as grazing goes, just, just to throw that in there as, as herd animals, if you start thinking about the things that you are craving to eat, you know, it's your body just signaling to you that it's needing more or less of something

Warwick Schiller ([00:23:06](#)):

Really you think? So?

Beth Anstandig ([00:23:08](#)):



I do. You I've for sugar.

Warwick Schiller ([00:23:12](#)):

No, I've I've had

Beth Anstandig ([00:23:13](#)):

Is just a drug.

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

You, no, along those lines though, I've had a little epiphany lately. It might have been while we were in Arizona in the desert. There's not about that desert that makes you ponder your belly button, but I'm think I've been thinking, I think I crave dopamine food.

Beth Anstandig ([00:23:34](#)):

Like what,

Warwick Schiller ([00:23:36](#)):

Anything that, you know, any, anything that, that, that is fun to eat, you know what, it's not necessarily for me, but, you know, cause we've talked about it before, you know, I've, I'm on the depression scale, I'm low on the dopamine sort of thing. And yeah. You know, like I I know if I stress eat, but I, you know, I will, mm-hmm <affirmative> I can snack on stuff I shouldn't snack on and eat the whole bag of chips or whatever, you know what I mean? And I got to think about the other day is like, I'm just craving dopamine.

Beth Anstandig ([00:24:12](#)):

Yeah. Well, think if we go back to this idea about the way that we are often suppressing that aliveness, and you think about it less from food is one factor, but what are all of the ways that we're needing more aliveness? And if that's out of balance, if we're not getting enough of that experience of feeling, you know, like the, the friend, the south African friend talked about where you're really connected to very plugged into the electricity of life and death where you're, you're really that current is running through you and awake and aware of what's happening within you and around you and between you and your you're, you are you're fully checked in. If we don't have enough of that, we're going to seek that out in all kinds of other ways. And so, because that dopamine system, we're not getting enough of, of what we need.

Beth Anstandig ([00:25:10](#)):

And so I think sometimes we start to slap labels on top of it and it's definitely I've move. I really moved. I was trained to put labels on things as, as a, as a therapist. And I've really learned to stop doing that. And instead to look at what, what is the signal that what's the signal here that's telling you what the need is? And I, I found it to be a gentler approach, but also incredibly direct. It's not, you know, it, it's not letting you off the hook, <laugh> it isn't necessarily saying you, you know, oh, just be gentle with yourself and, and find some affirmations. It's actually saying, well, of course you have a need. And now that you know, it, you, you actually have a responsibility to fulfill it.

Warwick Schiller ([00:26:04](#)):



Oh, that's a, so that's, so you're saying that's, excuse me, that's kind of flip the switch on the way you were taught to.

Beth Anstandig ([00:26:15](#)):

Yeah, I was taught, I, I think the, the traditional psychology approach, you know, it's a new field and it's not that old of a field. We're not that far from Freud, you know, it's, it's a new field. And so but the medical model very much looks at what's wrong. And the, the way that I, I, the way that I was taught by one of my most powerful mentors was to look at what's right about the signals that are happening, what is the system telling you? And, and it's really just more about things being out of balance versus right or wrong. And so we look at things from more of a dialectic that there's things are, are off balance and where we get signals around trying to find the tension between opposites versus looking at one thing or another and calling something good or bad. We actually try to find this middle zone where things can come into a state of equilibrium,

Warwick Schiller ([00:27:23](#)):

Little bit like Chinese medicine sort of thing,

Beth Anstandig ([00:27:26](#)):

For sure. Yeah. And I mean, I think a lot of any, if you look at any of the practices or models through which to see the world that are more, that that are, you know, they're going to be older and more closely linked to nature, you're going to find that they're seeking balance rather than trying to, to pathologize. And I think we need a lot more of that in the world. Right now you can just turn on the news for five minutes and see that we're all about polarity and it it, it doesn't bring us together. It causes stress. It takes us out of a state of internal ease and it creates relational disease as well. So it doesn't help. And yet that's absolutely what, you know, we're trained in disease model. And we're just starting to come into a new way of thinking about that around wellness.

Warwick Schiller ([00:28:21](#)):

Funny thing is though, is it a new way of thinking, or it's quite an old way of thinking, you know, you, you think about, you know, like traditional say Chinese medicine, I mentioned Menga and it's, it's all about systems and it's finding out what's out of alignment, you know, and, and right. Disease is dis disease. Right. And even all like the, the trauma informed work that I've looked into a little bit, and of course you've done it for a living, it's kind of almost going back to older wisdom sort of thing. It's not like, it's, it's not like it's new. It's almost like the science these days is validating things that, you know, went on 10,000 years ago sort of thing, like family systems and things like that's

Beth Anstandig ([00:29:12](#)):

That's right. That's exactly what we're doing. We got lost for a period. And as a species and language and thought, and the written word it's very seductive and it takes us, you know, the intellectual exercise is its own addiction. And it takes us, us away from the natural system of the body and, and away from nature. And that's absolutely what we're returning to. And you can see it in horsemanship, we're returning to a much more indigenous based model of how to partner mammal to mammal. And I think that's what you're seeing a lot of retraction to that, that, because it, we know on an innate level that it is a way of coming into balance relationally.

Warwick Schiller ([00:30:06](#)):

So let's, that's maybe a good segue into your book, the human herd. What let's, let's talk a bit about the book. Why don't you talk about the book? Well, well, you know, what made you decide, okay, I should write this book you know, has been brewing for quite a while. Tell the whole, tell us the whole backstory of the book.

Beth Anstandig ([00:30:30](#)):

So I have had incredible teachers both human and animal in my life, and I've been studying mammals and particularly Dawn and horses since I was very young. And I, my first memory of really being a student of this, being that there was an awareness at a young age, that there was a discrepancy between the way that people were operating and that the way the animals were, it was probably around four or five years old, where I have this very distinct memory of observing it. And, and it was the beginning of my mistrust of humans. And it was the beginning of a much deeper commitment to other animals, but it, it started on a painful journey of some, some self isolation and not being able to find my way through the human experience as naturally as I could with the animal experience.

Beth Anstandig ([00:31:42](#)):

And so I've been on this very long path of trying, trying to reconcile that, and it's been through my own growth my own study of, of human psychology and an ongoing study of animals. And so the book is about, it has some personal story in it, but it also has the core con that I've learned from the animals that I call our natural leadership. It's the, the way that we naturally lead ourselves through the world and, and lead ourselves in our relationships so that we can actually take better care of ourselves. And it, it looks at the, these core concepts and how to apply them to human life, especially if we can see ourselves as mammals and as heard animals and how to practice them. So it's a bit of a hybrid book. It tells personal story, it explains these concepts, and it offers some exercises to do that are just some simple practices that can make a huge difference in how we, how we help ourselves find balance day to day, and also how to see how to bring a relational world, whether it's human to human or human, to other animals into balance,

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

You know, it sounds great. You know, I think the best way to learn stuff is, is listening to story. And I love how you're weaving personal anecdotes in there as well as structured information. But I think the other part of that too, is I'm sure the stories are not, oh, I did everything perfectly. Right. You know, there's a bit of vulnerability there. There's a bit of, you've got some skin in the game, as far as the reader relating to you. It's not like you're saying I've always done things perfectly. And you, you know, you imagine you use your personal stories to illustrate a point about how you, you know, how you grew and how you learn different things.

Beth Anstandig ([00:33:51](#)):

Yeah. I mean, they're painful stories. And and I mean, I've, I've come out the other side and I'm sitting here able to, to tell the story of it and there's, I've done a lot of healing. So those stories are, you know, part of, part of how, how we heal from trauma is we take things that are painful and we take wounds and we turn them into resources. They become wisdoms. And so I hope that the stories share both but I'm certainly not afraid to, to, to talk about the wounds, but I it's, because they're not, I have done that work. And and those I, those those wounds or the, the ways that I've stumbled through my own story, my own human story and my, or relationships, I, I do see them as things that help me now and also ways that I can share them to help others.

Beth Anstandig ([00:34:54](#)):

And that's really, that's also an ancient practice, you know, storytelling and sharing wisdom and sharing resources with others is part of herd life. Herds are multi like generational groups and they share wisdoms of what they've walked through and survived to help the next generation learn. We, we learn through mentorship. And so a lot of the, you know, my, my book is definitely about my own story, but it's also about the teachers that I've encountered along the way that have helped me learn how to life and learn how to do relationship. And we don't have the, we don't have a, a formula for that in school. And we don't necessarily do that in our homes where we're really seeing ourselves, you know, as parents that were mentors, we're supposed to be stewarding our, our children and, and we, we were designed to do much more multi-generational li living, not these nuclear families in isolation.

Beth Anstandig ([00:35:51](#)):

So I think that, you know, just going back to, you know, these old practices, you know, I'm, I'm hoping that I'm, that my stories are, are, are bringing with them the the, the messiness of how we get wisdom and, and then, you know, inspire us to inspire other people, inspire readers to, to look at their own stories and, and find a way to <affirmative> turned those painful things or those confusing things to get the help that you need. So that those confusing things that we go through become wisdom. They don't stay confusing. They don't have to stay painful. We can make sense of them and, and learn. And then we have something to offer the world,

Warwick Schiller ([00:36:37](#)):

You know, while you were talking in there, it just reminded me of something that I posted on Facebook just a couple of days ago. And I wanna read it. I wanna share it with you right now. I didn't write it. I just shared it. I, it was written by someone named Laura mul, M U H L, but it said perhaps the reason teens isolate themselves when they overwhelmed, instead of coming to us with their problems, is because when they're toddlers, we isolate them when they're overwhelmed, instead of helping them with their problems. When our kids are small and trying to manage emotions, they can't express what they're feeling. They throw tensions, they throw things, they have meltdowns, they scream. And they wh this is the way of communicating with us. They need help to organize process us and express their feelings in a healthy way. And society tells us we should punish them for this, send 'em to their room, put them in the time out, spank them. We teach them and train them not to show their emotions. Don't wh don't complain, your feelings are wrong. Be quiet. Eventually they stop expressing their emotions to us because we told them over and over again, we didn't wanna hear it for so long. They need to deal with it alone, alone in their room, in their chair, in their corner. And then they turned the teenagers, blah, blah, blah, blah, blah, blah, blah. And what you were talking about then kind of made me think of that. Does that, is that kind of the same thing that you were on about there?

Beth Anstandig ([00:38:03](#)):

Yeah. I mean, that's, that's what I experienced and, you know, I it's what a lot of us experienced that, that suppression of what's alive in us. It's a it's we're suppressing. You know, what happens with, with children when they're signaling something to us, they're talking, they're, they're telling us non-verbally or verbally about their needs and adults don't know how to manage that. If parents aren't equipped and haven't learned how to manage that, how to manage themselves, how to manage their own temper tantrum, they're susceptible to the child's emotional dysregulation and the parent falls apart, and can't actually get the child what they need. And it's absolutely what I grew up with. I grew, and I, and I was

aware at a young age that it that's was very off and yet I'd sit and watch my animals take care of themselves and each other in this completely different way.

Beth Anstandig ([00:39:03](#)):

And I, I watched the juxtaposition of that and I really stopped trusting people. And when I became a teenager, I think, I think adolescence is when we have our first for crisis for, for most people. And it's why in many tribal cultures, indigenous groups have a lot of ritual around that coming of age because we need it. What happens is we, we, we can't go into a childhood rev or an imaginative state, or even that there's a lot of dissociation that can happen in early childhood, where we go into kind of this other world of this internal world and adolescents, our hormones flood our systems and EV all the light switches go on. And so we have all these feelings and aware that our needs are not being met and no one's listening to us. And it's a very terrifying time. And that awareness, the hormones click on the awareness.

Beth Anstandig ([00:40:08](#)):

And that is when we first start to ha lose faith in the world around us and lose faith and in humanity. And it's when we need the most support. And it's when our culture is the cruelest we're so mean to teenagers. It's terrible. And it's when most teenagers start using substances. So that's what happened to me. I mean, it was my, my first spiritual crisis paralleled when I started drinking and using drug, I became more alive and awake. And to the truth around me, it was, I, I did not have a world that met that and gave me what I needed. And I started finding things that allowed me to control my feelings. So I could numb the painful ones, or I could use substances to feel alive one or the other.

Warwick Schiller ([00:41:08](#)):

Yeah. And that's, I think that's a generational thing. Like as far as the, the, the thing I just read out then, I mean, you know 55, so my child, it was quite a while ago and it's, that's still floating around these days. I, I saw a meme the other day. That was really good. It said, what if stop crying, turned into I'm listening for an entire generation?

Beth Anstandig ([00:41:36](#)):

Yeah. The introduction to my book is about, is about my daughter, teaching me something that she needed, it's called settling in. And it's a practice that she taught me and put words to. And she's like my, the first Mamal that were, was young enough to still be connected to her Mamal needs and have language. And I'm like, oh my goodness. I have like a magic teacher in my house now who can tell me her needs and, and she can put words to it. And so the introduction to the book is a story about Emma. Who's just this incredible, honest being. And she has been just fully awake and alive since she came into the world. And it's the story of being able to listen to her and, and realizing that what she was telling me that she was needing was something that I needed in that moment.

Beth Anstandig ([00:42:31](#)):

And, and it was, it was really a reckoning of it level set us as, as equals that she, you know, that parenting was not about, it was, it was, I, I, I knew it at that point already because I'm a therapist and it's like, it, it just crushes you as a parent, cuz you're so aware of everything that you do, you know, you're, you're just like, oh gosh, I just like make it or break it here. But there, the moment that I write about in the book is it really sealed the deal on seeing her as a teacher and and listening to her on a whole new

level, especially because she could really put words to the human experience and our children tell the truth,

Warwick Schiller ([00:43:24](#)):

You know Robin's done a bit of work with you and she's actually taken that settling in thing and used it at, at the start of a few clinics. And it really, really is a great way to start the clinics out. I think everybody's in a bit of a different head space after they do that. Instead of sitting there like tighten, oh, what are we gonna do? And, you know, breaks the air. Yeah. It's a, it's, it's a pretty, it's when Robin's done it. It's been, been really good and something I borrowed from you that I use at clinics, all the, is the, so what are they the four, what the four

Beth Anstandig ([00:44:03](#)):

Channels of awareness,

Warwick Schiller ([00:44:05](#)):

The four channels of awareness, number one, what's going on with me, number two, what's going on with you? Number three, what's going on between the two of us and number four, what's going on in the environment. And as a, you know, as a, an educator with people, with the helping people with their horses, one of the hardest things to do nicely is say, you are the problem, you know and that is such a great way to break the ice to, to, to have people, you know, I, I, I list the four things and I say, usually what happens is people are having trouble with their horses are very aware of number two and number four. Yeah. What my bloody horse doing and why. Right. And, and, and that lady over there with the umbrellas causing it, you know, number two, what's going on with them, number four, what's going on in the environment without giving any thought to, am I in my own body?

Beth Anstandig ([00:45:04](#)):

Yeah.

Warwick Schiller ([00:45:04](#)):

And, and, you know, number one, what's going with me and number three, what's going on between me and my horse and it's it's

Beth Anstandig ([00:45:12](#)):

Relationally,

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

Relationally. Yeah. And, and, and you know, how much of that number one is in number three sort of thing. And it really gets people to where it, for me, it kind of sets it up to where I can point that out. You know, cuz I'll talk about this before. Anybody's got any horses in there, Anna, you know, everybody's sitting around, but for me it really sets it up to and I point those things out later on, it's not an accusation, it's an observation. Oh yeah. There's number one. You how's number. You think number one's going really well right now. And like, oh no, God, I was thinking about, and, and they can, you know, instead of pointing the finger and, and kind of coming across judgmental, you know, it's just quite observational. Like, Hey, you tell me, I'm not gonna tell you you're doing it wrong. How's number one

going right now. And they'll kind of stop and think and oh yeah. And then they can. Yeah. So yeah. I've so thank you cuz I've, I've used that a lot and it's been very, very helpful.

Beth Anstandig ([00:46:13](#)):

Well I'm so that it has. And it's those that the awareness practice that you're talking about that is it was taught to me as one question originally by, by my mentor, Jim mad who's passed away. He was an incredible teacher of mine and changed my life. And one of the questions that he taught me to ask and it, it's now baked into my brain, it's baked into my consciousness is what's happening right now. And what it does is it, it, there's a chapter in my book called scope and it, and it's learning to have scope, allows us to zoom out and look at the system as a whole. And so when I started to it, it allows us to pump the brakes on what's happening in the present so that we can, it's not about mindfulness. It's about being able to step back and see the whole picture and mindfulness often, <affirmative> it, it's really more about number one, that channel one what's going on within me scope is about those four channels.

Beth Anstandig ([00:47:24](#)):

It's looking at the whole system. So it's like you zoom out and you can, you have an overhead view. And when we have that, we have a better understanding of the whole, the whole picture of a system and how all those parts are interacting with each other. And so it is less of a pathological point of view. And it's less about telling any one thing that it's the problem, just looking at how all of the pieces fit together. So when Jim taught me that question and I, I try to let people know that remembering all those channels can be hard. And so just memorize the one question, which is what's happening right now. And from there, those four channels will come more naturally. But when I, I learned that question and it changed my life. It allowed me to see more objectively to what was happening and less actively and to start to make choices about how I wanted, what I wanted to do next or what was needed.

Beth Anstandig ([00:48:25](#)):

And that was just in terms of how I took care of myself, but also how I worked with clients, changed how I worked with my animals. It, it changed everything. And then when I spent more time, I, I have a herd of horses here and they all live together. And I, when I spent, I, I spent a lot of time with them and just grazing with them and studying their relational system. And that's where those four channels were born. And, and that's when I started to realize that on a mammal level, when we're living in groups, those four channels exist and we share awareness responsibility as, as herd members, because it's impossible to be in awareness commitment, or is what I call it, where you're leading awareness all the time. You end up with awareness, fatigue. So that's where those questions were born from Jim. And then with the herd,

Warwick Schiller ([00:49:23](#)):

You know, I wanna talk a little bit about the herd because it's, it's, you know, you said you spend a lot of time just hanging with those horses. And I've been on about relationship before horsemanship for quite a while now, but you got a Mustang. How long ago was it a year and a half A year? A year ago. And what's funny is they said, you need to build all these big solid six foot high pens to contain this Mustang. And you did, but you haven't used them. Have you?

Beth Anstandig ([00:49:54](#)):

I did for about, they say a lot of things about what you need to do with a Mustang. <Laugh> and I have a lot to say about that, but let's see, I did for about a week when I was allowing a lot of the things I'd

heard to to, I was making choices based on what I had heard while I was observing what I was, you know, what was happening. So I, I did what I do, which is use scope, but I also, I, I really do study a lot and I do try to get mentorship and information and I try to not be reckless about my own choices, but I, I am a social scientist and I am an observer. I'm a noticer of things. That's my, that's my jam. So I did a lot of studying what was happening in the <affirmative>.

Beth Anstandig ([00:50:47](#)):

And so I had her in the pen with other horses nearby but only for about a week or two. And then I realized that it was completely unnatural to have her alone and that that sh I needed to get her with the herd and to have freedom, to move and take care of herself and get away from the pressure that I was presenting just by being there. I needed to do that as fast as possible, but all of the, the, the rule books about what you do with Mustangs are you have to get a handle on them and they need to be Hal or trained, and they're gonna go through all your fences. And so I started wondering, well, why do Mustangs do that? What causes that? And I, I, I, you know, operate with a needs based model. That's what my model is. It's needs based. So it, if that's what's happening with the horse, then there's something that they're getting too much of or not enough of. And so I realized, well, if I'm putting a ton of pressure on the relationship, then I'm sure she's gonna go through the fence. Right. So I let her out, I let her out with the herd. I didn't have her halt or trained at all. Nothing, no handle on her. I could, she, we were touching, but I did everything freedom based.

Warwick Schiller ([00:52:16](#)):

And she's just wonderful now, wouldn't she?

Beth Anstandig ([00:52:19](#)):

Yeah. I mean, she's my buddy. Like I she's the first one to come running to me when I go out to the herd. She's and she's an incredible member of that herd she's taking over the herd is what she's doing. <Laugh> as the matriarch, she's slowly moving through and she's changed the herd.

Warwick Schiller ([00:52:39](#)):

And she's so, you know, she's in so inquisitive, like we, Robin and I went over and saw you here a little while ago. And we went out there with him and she came up to me and like had a bit of a sniff and like, who are you? And what's going on? And, you know, and it's, and, and, and this is, it's hard to have these conversations, I think without, without saying somebody else is doing something wrong. Mm-Hmm <affirmative>, but I think we have to have 'em because I think there are better ways of, of doing things. And I'm writing an article right now for a a magazine in Australia. They contacted me and they wanted me to do a, an article on the basics.

Beth Anstandig ([00:53:16](#)):

Mm-Hmm,

Warwick Schiller ([00:53:16](#)):

<Affirmative> leading, tying up

Warwick Schiller ([00:53:20](#)):



Trailer loading, picking up feet and putting a, what we'd call a rug in Australia, a blanket on them. And I, and I had to email back and go, well, I don't, I don't think those are basics. Those, there needs to be a lot of stuff go on before you do those. And, and I would like, I'd rather do an article on the basics that those things happen almost organically. Those things are easy. That's right. If you can get all this other stuff and they said, yeah, okay, well, we'll, we'll, we'll, we'll do that. And so when I, so part one, it's a longish article. So part one I think might not be out yet in Australia, but it's definitely, you know, I've seen a proof of the article and everything. And I said, in the start of that, you know, there's a, there's kind of a, you know, horse trainers are always, most horse trainers are always developing what they do and making it better.

Warwick Schiller ([00:54:18](#)):

And they're always looking for ideas. They're not stuck in their ways, always looking for better things. But the problem is, are horse trainers, the ideas they come up with predicated on the fact that I have to produce a result in a certain amount of time mm-hmm <affirmative>. And so that limits a lot of possibilities. Mm-Hmm <affirmative> of looking at things. And I said, so, you know, and I said, so then those horse trainers get asked to write articles like this now professional horse trainers, aren't reading the article, your average horse owner at home who has all the time on the world is reading these articles. And then they, they get told to do things a certain way with their horses, because there's, mm-hmm <affirmative>, and it's not explained, but because there's a certain timeframe behind it. I said, I'm, you know, I don't train horses for the public anymore.

Warwick Schiller ([00:55:11](#)):

And I think having relationship first makes the whole thing easy. So the first article is about, you know, the relationship part and how you develop that and how that can lead into the beginning of training and the, and the horse that I, the horse that I'm using in the, in the article is pictures of our full ruts. Rupe has been weaned mm-hmm <affirmative>. We weaned him at 10 months old. He's probably, he may have been weaned for about six weeks now. And he, when he was very young, he was very flattish and skittish and, you know, kind like that. And I spent a lot of time with him, and he's just the sweetest little horse where was a gun with this? Oh. Talking about. So, you know, like with the Mustangs, a lot of times, there's those a hundred day Mustang things. And so you've gotta get things done a certain amount of time. And, and what I think is let let's say the first thing put 'em in a small pen on their own, okay, you're starting off on the wrong foot. Aren't you, you're taking the horse out of it's natural environment. And so you've already influenced the outcome right there. That's the start of influence. And you're kinda in a left turn off the road. That that should be that, that you could be on and there's no going back from there, then you just, there's no going, it's almost like piling trauma on trauma, on trauma.

Beth Anstandig ([00:56:33](#)):

It is. Well, and if you think about it, I mean, not to belabor this, but I will, it's a needs based way of looking at the world. If I am doing that to that horse, I am, I'm showing up as another mammal that is ignoring their basic needs. And so I've already broken the trust.

Warwick Schiller ([00:56:57](#)):

It's a bit like colonization.

Beth Anstandig ([00:57:00](#)):

It's exactly what it is, and it's not even what we need. So it's very confusing because we're doing to them, what we do to ourselves that just makes us really sick. And, you know, I, I think that was what I noticed really early on with the Mustang was that, you know, if I want to be friends with this horse, which was really my only, I just wanted to have a nice relationship. I have no like goals in mind other than, I don't know what we're, what that is gonna mean for us, what we're gonna do together. I want us to have a balanced, healthy relationship with open communication where we both get our needs met. And we're both able to express that and listen to each other and have choices around how we navigate the relationship to that's what the herd does. And so we, we share space and resources and we stay together and we negotiate needs. If I want that with her, then I better listen to hers. And I, and so how could I isolate her or put her in confinement? Not that nothing natural. There's nothing about doing that to a foraging herd animal. And so it, it felt really wrong. I spent a lot of money building that Mustang. <Laugh>

Warwick Schiller ([00:58:18](#)):

It's, it's quite hit, it's quite history.

Beth Anstandig ([00:58:20](#)):

It's definitely a humbling experience to open the gate with this horse that I can't even halter yet. And to watch her walk out, realized, you know, there it is the, you know, and, you know, I, I have it on video and a couple beautiful photographs of the moment when I opened the gate and said, you know, I, I, I think I'm doing this wrong. And she walked through and she turned around and came back and got me,

Warwick Schiller ([00:58:52](#)):

Did she?

Beth Anstandig ([00:58:54](#)):

Yeah. And we, we went and walked the pastor together. Yeah. She, I mean, we were already developing some feel in the relationship and, you know, and I, I think she, some of that inquisitive inquisitiveness that you noticed when you met her and how <affirmative>, it goes back to what we were talking about earlier about that aliveness and that curiosity, that's a natural part of the mammal. And, you know, and when we don't allow other mammals to have all of their needs met, those are the kinds of things that start to take a hit. We start to, you know, and that's, those things start to become depressed. So those parts of us, you know, that aren't getting enough blood flow, so to speak, you know, that those parts of us that need air time and need a seat at the table when we're not getting those things, we, we shut down and that's what depression looks like

Warwick Schiller ([00:59:51](#)):

And feels. And that's what I inverted come is well, trained horse looks like,

Beth Anstandig ([00:59:56](#)):

Yeah, they're shut down. It's it's what a well trained human looks like. They're, we're, we're shut down we're but, and I, you know, I I've, I've been in my own, you know, personal journey and, and conflict around that of like the parts of me that, you know, that, that got very overly socialized to be that way. And then the parts of me that, you know, thank goodness stuck with the animals throughout my whole

life, so that I, I could be in conflict around that until I could find a way to resolve it. And now I, you know, I live my life very differently because I refuse to be asleep at the wheel

Warwick Schiller ([01:00:39](#)):

Do you feel? Hmm. What's the question here? Do you feel like you've got to the bottom of who you are?

Beth Anstandig ([01:00:54](#)):

Well, I think we're, we're always de developing and evolving, but I think, I, I think I know who I am. I think I know, you know, I, I think I know there's so many aspects of our identity and I think that, you know, I know I, the, I know what strengths I have to offer others, you know, I know in a, in a herd what my role is, you know, I know I came into the world with that. That's part of our temperament. And so I know, I know that about myself and I know I've done a lot of work to know the places where I have scar tissue, where I have some liabilities. I know some of the identity pieces of, you know, what I like to do, and that makes me who I am. I know how to operate my own machinery so that I, I can function.

Beth Anstandig ([01:01:59](#)):

I'm very high maintenance as it turns out <laugh> I think most of us are more high maintenance than we, than we know or would like to, you know, when I got sober, I, I started to learn about my needs and how neglected they were. And I was a, you know, by the time I got sober, I was, I was a very controlled drinker and I, I was pretty high functioning, but it was a, there were lots of periods in my, in my alcoholism where it was there could have been some, some rock bottoms that didn't happen, but by the time I finally did get sober, it wasn't like a giant crash that happened there. There had already been a bunch of those, but but I, I did have, I, I did have a huge reckoning around how little I knew about caring for myself how, what I, what I needed on a daily basis or a weekly basis that allowed me to, to really be balanced and to, to be stable and to be in a state of ease.

Beth Anstandig ([01:03:11](#)):

And I've been, you know, studying that for a long time. So I know how to operate my own machinery and you know, what my needs are. And I think that tho that's really a essential to knowing who we are, and I can tell people what, what is involved in that. And so they can decide how they wanna operate with me, you know? And I think that's, I know how to do that. Now. I have to say, I, you know, I learned a lot of that in many, many years of therapy becoming a therapist getting sober. But I, I have to say that the time with the herd has been, I think that's probably really put all of that into focus, really learning how to take care of myself and how to negotiate needs with others that comes from being with the horses.

Warwick Schiller ([01:04:00](#)):

So you just mentioned many years a therapy, and then you said, and then I became a therapist which came first

Beth Anstandig ([01:04:10](#)):

Well, so my mom is a therapist.

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

Oh, I didn't

Beth Anstandig (01:04:12):

Know that. And yep. She's a PhD psychologist. And she so I, and I was the I was the, the truth to identified patient in the family system. So I was the most symptomatic. And so I w and, you know, and at that time, the approach was to call me the problem and put me in therapy. So I've been in therapy my whole life, and I, I didn't always have good therapy, but I, I, I've always known it as place to go for for help. I've always known it as you know, and I, and so I've on and off throughout the years have, have done different kinds of therapy and I've done, I've really, I became a therapist in 2001 and and have experimented with all different kinds of healing and, and wellness. But but being a, a client in therapy came before being a therapist.

Beth Anstandig (01:05:22):

And, and I'll tell you becoming a therapist was, it was a terrible idea. And it was actually my last ditch effort of trying to run from myself so that I could focus on other people's, I'm using quo marks here or problems, and not have to deal with myself. And which is one of the ways that I, I ran from, from really feeling myself, was focusing on others. And so I got a license to focus on others and not have to deal with myself. And and guess what it didn't work. And so I still had to deal with myself. So my rock bottom, both in, you know, recovery around, you know, alcoholism and my emotional rock bottom came after I became a therapist.

Warwick Schiller (01:06:09):

I, I have a little bit of a theory about therapists <laugh> and, and it's not a bad, it's not a bad theory.

Beth Anstandig (01:06:17):

It's okay. I probably do, too

Warwick Schiller (01:06:20):

That I, I like a lot of the therapists that I've talked to had therapy first, and I feel like you kind of get, or they kind of get like, wow, that, that did so much for me. I would like to do that for others. Is that, was that kind of, you are into that or was it cuz your mom was a therapist? Excuse me.

Beth Anstandig (01:06:48):

No. I mean, I, I was teaching creative writing and poetry and working in, you know, university and publishing and like that was, and I was really still running from myself and I actually, well, I'll tell you the story of what happened, cause it's kind of funny. I, I actually just shared this with a couple of therapists, friends. We all shared the story of when their equine therapist too, they all shared the story of the moment we decided to become the, and they were all hilarious moments that were like, you know, just so I, I, I had been in therapy on and off, you know, forever. And and I was on antidepressants and I decided, I, I decided Dr. Beth, the psychiatrist, which I am not decided I wanted to go off the antidepressants because don't, you know, I don't need them anymore. And so, and I was on an antidepressant that had, you really have to taper off of cuz there's a lot of side effects of going off of and and got really sick.

Beth Anstandig (01:08:03):

Like I couldn't was really struggling to get off the antidepressant and I, and be not feeling well physically and also because I was not taking it anymore. After years of taking it, I started to get anxious and

depressed. And so instead of going to a therapist or a psychiatrist, I went to a homeopath and I decided that I was gonna get this homeopath to help me get off the antidepressant. And again, this was like me and myself will, I can handle it. And I was sitting in his, in the office in the waiting room and I had such bad vertigo that I had to lay down on the couch and I'd never seen the person before. It's my first appointment. So I'm laying down in the couch in this guy's waiting room and there's a bookcase right in front of me. And I'm looking at all the titles of the books and they're all sideways and kind of spinning.

Beth Anstandig ([01:09:00](#)):

But I realize that the titles are all psychology books that were very familiar to me because they were, you know, on my mom's bookshelf and all my years of therapy of, you know, you spend a lot of years in therapy rooms and you look at therapists bookshelves. And so there, I I'm like I buy in a therapy office and I realize that the homeopath shares an office with a therapist. And so I'm in a shared waiting room, dizzy trying to get off the antidepressants. And I, and I'm like, and I think to myself as some, I don't know if it's like a higher power moment or whatever, maybe I should be a therapist. And that was the idea that was when I decided, I think I'm gonna stop teaching poetry. I'm going to become a therapist. I couldn't even sit up straight because I was spinning trying to get off the antidepressants. And that was where the idea was born. Like a terrible idea in no, in no shape to help anyone. And I'm like that. And that's how I lived. It was lots of running from myself

Warwick Schiller ([01:10:08](#)):

As a vertigo influence career change. <Laugh>

Beth Anstandig ([01:10:11](#)):

Yeah, it was, it was antidepressant withdrawal and vertigo and

Warwick Schiller ([01:10:18](#)):

Well, what's the, what's the apart from the vertigo, what's the, you said you were sick from the coming off antidepressant. What, what symptoms do people have coming off? Antidepressants?

Beth Anstandig ([01:10:28](#)):

It varies. And it, you know, I think it's it just some people will have dizziness and, and vertigo and there's actually that they'll call it like a brain zap, which is like a where you almost get, it feels like these little electrical impulses, they kind of go up your spine, they call 'em the zaps. And it's, I mean, your, you know, your neurochemistry is changing and it's, so there's, you know, your feeling it on a nervous system level. And so you're, it throws off all kinds of balances that have been chemically put in place with the antidepressant. I don't have anything against or for antidepressants. So I don't have an opinion about whether people should take them or not take them. I think that's a, a personal decision people have to make with their, with their team, hopefully of the people that support them. And but yeah, they, you, people can definitely have some people go off of them with, with new, no issue at all, but I'm a sensitive, delicate flower. I, if I'm gonna, if there's gonna be a reaction to something, I'm probably the one who's gonna feel it from a pretty sensitive,

Speaker 1 ([01:11:44](#)):

If you are loving the journey on podcast with Warwick, we know you'll benefit greatly from his online video library, showing footage of real-time training sessions, you will learn how to approach situations

with your own horse in an empathetic and effective way. The video library has been life changing for tens of thousands of people and horses all over the world. Warwick invites you to check out the seven day free trial at [videos.warwickshiller.com](https://videos.warwickshiller.com)

Warwick Schiller ([01:12:13](#)):

Something else I wanted to talk about that said, you know, okay, so you talked about your childhood saying, you know, you felt like your, I forget what the terminology used your needs were met or something like that.

Beth Anstandig ([01:12:31](#)):

Suppress,

Warwick Schiller ([01:12:31](#)):

Suppress. There we go. And I just wanna bring this up because any, you know, we, we all, I think we all, anybody that's had kids learns about stuff and kind of goes, oh God, I'm not such a bad person. I did it all wrong. You know, one minute you were telling me that you, you know, your childhood, wasn't the best. You weren't emotionally supplied with what you needed or whatever, you know, and then you said, my mother's a peer HD psychologist. So like, if, if she, this is not judging her or anybody, it's just trying to help people at home realize, Hey, no one gets it. Right. You know what I mean? So if you, no, I know. I mean kind of sitting there listening to this thinking, oh God, I screwed my kids up or I'm screwing my kids up or whatever. I just thought I'd mention that because, you know, it's,

Beth Anstandig ([01:13:16](#)):

That's a great point. It's,

Warwick Schiller ([01:13:20](#)):

You know, you can you know, I think everybody's doing the best they can with the information they currently have, you know? And

Beth Anstandig ([01:13:26](#)):

The last part of that sentence is really important though, about the information that we have and when we're on autopilot and we're not really committed to awareness those four Chan and we're not living our lives that way, then that we have limited information. And so, you know, that comes up in how we take care of ourselves and how we take care of others and how we take care of our relationships. And so, you know, the, yes, we're doing the best we of the information that we have, but there are ways of living that allow us to have more information. And so when we're numbing ourselves, when we're living in a deadened way, we're operating that way where we're, or we're self focused, you know, we're, self-centered, we're in the ego, we're, we're stuck in our own thinking. We have limited information and that it, you know, it's our, it is our responsibility to be an aware, awake mammal. That is part of her responsibility is to be participate in awareness. And so, you know, I, I do think we're doing the best we can with the information that we have. And, you know, you can't, Onar this what I'm saying right now, you also can be more aware.

Beth Anstandig ([01:14:59](#)):

And I think that's, you know, I take that responsibility to my core, you know, I, I, and whatever I become aware of next, I get to go back and repair, which is a huge part of relationship. It's not about getting it perfect. It's about becoming aware, trying to stay aware, try to deepen that awareness and go back and repair where needed and move on. And so, you know, did I have a PhD psychologist as a mom? I did. And was her awareness as, did she have enough scope? She did not. Her awareness was limited. And so a lot of the choices that she made for me and my childhood were based on a limited scope. And the good news is, is we are designed to evolve and were designed to evolve past the point of development of our own children. And so, you know, I, I have, I properly developed past her point of development and my daughter who's 11 has already developed past mine. <Laugh>, she's this incredible being, you know, and I, I hope she continues to, and, and it allows me learn from her and become even more aware because of her and, and to continue to develop. But yeah, we're, we are such imperfect learning animals and there's no, you know, there's nothing wrong with that. But once you know, that awareness is a thing that we, it's a phenomenon that we, that part of our survival as, as mammals and mammals in groups, once we know that that is a responsibility, you can't unknow it.

Warwick Schiller ([01:16:54](#)):

Oh yeah. Most certainly. A lot of this stuff, like say with the horses or whatever, you know, when she's see things, you can't, you cannot see 'em. And I, we just went to horse show in Arizona and I took three horses down there and one of em was horse Bundy. The one I rode in the trail roads when we gave a trail ride. Yeah. That's his, I've never taken him a horse show before he's 10 years old and I've never taken him to a horseshoe. And I realized that horse show that, wow, he has some separation anxiety. That's not evident here at home.

Beth Anstandig ([01:17:28](#)):

Mm-Hmm

Warwick Schiller ([01:17:28](#)):

You know, the way they were stalled at the horse show, they couldn't see each other. Mm-Hmm <affirmative> anyway, he was anyway, I, I was having such a hard time because like, well, I can't just tell him to shut up. Like I would've done in the past. You know what I mean? Like, it was so much easier when I didn't know what I know now, you know, <laugh>

Beth Anstandig ([01:17:49](#)):

Right.

Warwick Schiller ([01:17:52](#)):

You know?

Beth Anstandig ([01:17:53](#)):

Yeah. I mean, is it separation anxiety or is it just him stating his needs

Warwick Schiller ([01:18:02](#)):

It? I still haven't figured it out yet, but I know I've got some, you know, I, I,

Beth Anstandig ([01:18:07](#)):



He was stalled where he couldn't see his herd members.

Warwick Schiller ([01:18:10](#)):

Right? Yeah.

Beth Anstandig ([01:18:12](#)):

It's completely unnatural.

Warwick Schiller ([01:18:14](#)):

Oh yeah. It's what he, well, separation anxiety is not a problem. Separate anxiety is, you know, in the world, a horse is from the time they're born at the time they die is rarely out of the eyesight of herd members. I know. And we end up moving him to where he was back to back with Ray, the stud horse. Yeah. <Affirmative> and just, he couldn't see him, but he was right through the wall there. And that settled him down quite a bit. But I mean, it was up, you know, the way the stores were set up, we were off to a bad start. But the, the thing about is I learned a lot about Bundy there that didn't know here because it's, it's not, well, it's, it's not as apparent here, but now I'm like, ah, yeah. These little things that he's been doing that I kind of go, oh yeah, well, it's not that big a deal. It's not that big a deal here. It was much bigger deal there. So I've got, I've got some work to do, but, but that's good. I mean, you get, you know, you, you get information like that and you, you go on with it, you know?

Beth Anstandig ([01:19:10](#)):

Yeah. You study the information and you experiment and see how, how do I bring this into balance what's needed that allows us to come into balance. It wants to come into balance on its own, all natural systems do. And so that's that, and that becomes the puzzle itself is a lot of experimenting. It's not about, there's some like quick fix or there's one answer. It's about being humble enough to be in the, and we come up with these hypotheses and then we test them, does this help things come into balance naturally? And when we, you know, I could hear in your telling of the story, some heartbreak around it like that, you know, it's that, that him being isolated and anxious like that, that was it's troubling. And it, you wanna fix it. You want, you wanna give him what he needs.

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

Well, yeah. And that, and there was also a part of it where you were talking about to where you said something about, oh, had to do with like your childhood and your mom and whatever had what anyway, what it made me think of was, you know, Bundy has, you know, I he's 10 years old, I've had him for nine years. So there's a lot of the way I used to do things in that horse. Yeah. And I was thinking, well, we're talking about chance. Who's now three who was born here and Ruper, who's a yearling. Yeah. And the, and the, the different way, I've, I've done things with them versus what I do with Bundy years ago. And so there's a, you know, there's a lot of, a lot of unraveling with Bundy, even though he, you know, for the most part, he seems like it's pretty cool. There's a lot of unraveling in there because there's a lot of the old mm-hmm <affirmative> me in there. And yeah. Taking to that show, just kind of, yeah. Really kind of brought to my attention. Yeah. Yeah. There's, there's still quite a bit of stuff in there. So yeah. It was pretty interesting.

Beth Anstandig ([01:21:07](#)):

The baggage. Yeah.

Warwick Schiller ([01:21:09](#)):

My baggage not is

Beth Anstandig ([01:21:12](#)):

My, my horse Rosie. I you've met her, the Roma, I got her when I was two weeks sober. So you can only imagine the baggage that we have together. <Laugh> I picked the most sensitive horse on the planet at a time where I was like a live wire. I was in it in probably my most vulnerable state. And I picked a horse just like me and the two of us went on our Merry way and went straight into rained, cow horse training, and, you know, riding so much, I was wearing through the leather souls of my boots every three months. And, you know, know like that was, so now, like 14 years later, I have this horse and the two of us have a, a story of our relationship. And, you know, it's, we've done a lot to, to let things come into more balance.

Beth Anstandig ([01:22:06](#)):

And there's so much ease in that relationship. That certainly was not there in the beginning because as neither of us had it, but I, we both changed a lot and, you know, she was living in a box stall and, you know, on a, in a training program and now she's in a herd and, you know, and I'm very much the same way. We both, you know, changed our ways of life together, but there's still residue. I call it residue like the residue of the past. There's still, and some scar tissue that is it's. She cribs, you know, and that's, I, it's a, it reminds me of where we've been that, that neurotic habit, you know, it reminds me of where she and I have both been.

Warwick Schiller ([01:22:53](#)):

It's funny, Bundy's a CRI <affirmative>.

Beth Anstandig ([01:22:56](#)):

Yeah. They they're good reminders of what happens when the mammal doesn't get what it, what he or she needs. And sometimes the Crip makes me so mad and sometimes it makes me feel shame. And sometimes I'm like embarrassed when other people see it. And, and sometimes I just feel like compassion and, and like, I wanna rescue it and fix it. And, but most of the time when I'm like in my most stable state of mind I'm grateful that for, you know, that it, I, she does wear a cribbing color a lot of the time cuz I, I know how bad the cribbing can be for them physiologically, but it's a reminder of where we've been. And some of it is, you know, I didn't, I didn't create all of it. Some of it is, is, is who she is. I have to, I have to let that be as well.

Warwick Schiller ([01:23:50](#)):

Yeah. Bundy broke his foot, broke his P2 when he was a two year old mm-hmm <affirmative> and he was in a, so they fused his P one and P two and they plated and screwed P two and, and he was in a cast for four months and had to be in a box stall. Couldn't be hand wall, couldn't come out of the box door. So that's where he learnt to crib in there. And I always thought, oh, well, when, you know, when we bought this place and he could live in a herd with 24 hour access to, you know, you know, food with a slow feeder, he net's a whole bit that, that, that would go away and it hasn't gone away. It's been yeah, almost seven years now. And it hasn't, it hasn't gone away. But I know where it came from, but I still think, you know, there's still, he's a, he might be a lot like me actually. <Laugh> now that I think about it,

he's a, he on the outside, he seems like he's pretty chill and underneath he's pretty anxious. I, you know, I never thought of that.

Beth Anstandig ([01:24:46](#)):

Well, I've ridden with the two of you and I think we've about that a little bit and about, you know, I, I see so much of Rosie in myself. I'm like, geez, I wish I could crib. You know, now I'm like the sober person that doesn't allow myself to do any of these like compulsive habits. But I certainly, you know, I would be a crier if I were a horse

Warwick Schiller ([01:25:08](#)):

<Laugh> well, Beth and I can see each other while are talking here and you might have noticed me chewing my fingernails a little bit.

Beth Anstandig ([01:25:14](#)):

I used to chew my fingernails, but now I have them painted so that I can't really can't like, it's the, but I have to, it's like my Caribbean collar. And you know, it's interesting Rosie, I've done all kinds of really incredible adventures with her. And I did a clinic down south at the V6 a couple years ago, I guess it was right pre pandemic. No, maybe it was during, I it's all blur, but we did you know, it, it was a great experience. Me. It was about five days and the beginning of the day, we'd go out and ride for a couple hours and go get all the cows and then bring them in and, and do all kinds of arena work. And it was, it was beautiful. And, and I chose to go with like the fast group because I know Rosie and I know myself and we're busy, we have busy minds and we like to move.

Beth Anstandig ([01:26:15](#)):

And so, you know, I've learned about her and about myself that if I don't have an enough space to move and do, and, and be in my body and alive, I start to get a little neurotic too. And she does as well. And so, you know, I think about, you know, it's not how I started and it's also not how she started, but it's where we've become, it's where it was, what we've arrived at. And so, you know, I really, again, it's like allowing, learning about what we need and allowing for that allowing for those needs to be met. And we do come into balance and we get the best parts of ourselves and the most stable parts of ourselves when, when we listen to those signals. But yeah, I'm Def a lot like her and you are a lot like Bundy, I've noticed that think

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

So, except he has more hair. You know,

Beth Anstandig ([01:27:13](#)):

I can't figure out why Bundy wants to attack Rosie though.

Warwick Schiller ([01:27:16](#)):

You know what, it's funny. He it's only been here in the last Hmm. Couple of months riding in the arena. Sometimes other horses come by and he'll kind of pin his ears and cock a leg at him. And other times he doesn't. And so I mm-hmm, <affirmative>, you know, I haven't really done anything with it cuz I don't know what's causing it yet. And you know, at the horse show. And so we're in Arizona, there's 2,500 horses, the horse show. He did it a couple of times there, but most of the time he didn't. And so it's, you

know, it's, mm-hmm, <affirmative> like people ask me questions about my horse. Does this, what should I do? And I go, I don't know what to do. First thing you gotta figure out is why it's happening. Then you can figure out what to do, but there is no what to do until, you know, what's causing, you know, like you go to the doctor and he doesn't oh, well take two aspirin. He goes, what's going on? What do you feel? Oh, like I got a pain in my chest. Oh, okay. Let me have a look. Well, you've got a new shirt and there's still a pin stuck in the shirt and sticking in your chest. You know, let's pull this pin out and see if it makes a D you know what I mean? But anyway, yeah,

Beth Anstandig ([01:28:25](#)):

Yeah, it's, it's a great, I mean this signals and symptoms are telling us about a need. And so if we suppress them, right, like here's a painkiller, we don't take the pen out. And so scope and have really trying to look at what's going on in the system, allows us to try to get to the root cause and try to get to the source and see where, where there's a need not being met. And it's, you know, it, it's, that's really at the, at the heart of just changing the way that we as trying to be in control of things. It's, it's changing that paradigm and being more curious

Warwick Schiller ([01:29:06](#)):

Wise words, you know what I'm gonna, I'm gonna start asking you your questions saying you're full of wise words. Okay. And this first question that you chose, you have quite possibly already covered it. But first question is if you could spread a messy, the world, one that people would listen to, what would that message say apart from, by my book? Yes, <laugh>

Beth Anstandig ([01:29:32](#)):

<Laugh> well, I've already stated that I don't want anyone to read it. So I, I don't have a message trying to sell the book cause I, I just wanna go crawl in a hole and hide with my book, all copies of my book. The message for people is that we are, that we are mammals and that we are herd animals and that we have needs and we have them all day, every day and that we need other, I think that's the core

Warwick Schiller ([01:30:09](#)):

Message. Wow. That's a great message. That's that could be the best answer to that question I've had in the whole podcast. I love that.

Beth Anstandig ([01:30:16](#)):

Oh, I'm so glad you can thank the horses for,

Warwick Schiller ([01:30:20](#)):

For that. I think the horses for a lot of things, don't worry. What's the most worthwhile thing that you've put your time into something that you've done that has changed the course of your life.

Beth Anstandig ([01:30:31](#)):

Getting sober

Warwick Schiller ([01:30:32](#)):

Knew that was what was gonna be yeah. <Laugh>

Beth Anstandig ([01:30:35](#)):

Yeah. I got sober in 2008 and it was a decision to wake up and to stay awake and on every level physically, emotionally, spiritually relationally, and changed absolutely everything. And it's been it I've, I've really had to learn how, how to live and and it, and it was a decision to be fully alive and that, and to really commit to that vibrancy that I think we actually all want, but that, you know, it comes with a lot of commitment. It comes with a lot of practices and it's hard work to, to be able to, we live in a very insensitive world. And so when we are fully alive and awake, we're connected to all our sensitivity. So it takes a lot to learn how to,

Warwick Schiller ([01:31:32](#)):

You know, early on in the podcast, you talked about pre sobriety and you said that, you know, when you're drinking and doing different drugs, that you were either suppressing things or you were trying to make yourself feel more alive and I, yeah. And it's, yeah, I, I can see you that in, in both of those

Beth Anstandig ([01:31:58](#)):

Mm-Hmm <affirmative> yeah. G Matay talks a lot about that in his work.

Warwick Schiller ([01:32:02](#)):

I love GAE

Beth Anstandig ([01:32:04](#)):

Me too, he's, he's a brilliant thinker and healer and and he talks about in the in the realm of hungry ghosts, he talks about the addicts dilemma and and you know, it's, it's about wanting to, to, to feel big things and to, to be fully alive and to not know how, how to, to actually have the, those feelings without substances and also to want to lose our minds. It's both, it's both. And

Warwick Schiller ([01:32:51](#)):

You know, that book in the realm of Hungary ghosts it's have you seen the sorry off track? Have you seen the movie? The wisdom of trauma? Yeah. Yes. Quite a great movie.

Beth Anstandig ([01:33:01](#)):

So powerful.

Warwick Schiller ([01:33:02](#)):

Yeah. Few guys at home at it's a movie called the wisdom of trauma and I don't think I know GA Mattai is in it. I'm not sure whether he made it,

Beth Anstandig ([01:33:10](#)):

He didn't make it, but it's certainly about his work and it was made by two filmmakers here in the bay area actually. And he's definitely central, but he didn't.

Warwick Schiller ([01:33:23](#)):

Right. Yeah. But in that realm of hungry ghosts, it really, I, I kind of, I had, I think I'd figured it out by that point in time anyway, but what really hit home for me reading that is that, you know, Gabe Mae says

that all addiction is rooted in trauma mm-hmm <affirmative> and no one chooses to be an addict, you know, it's, it's meeting. And once again, it's meeting a need that, right. You know, it's meeting basically it's meeting a chemical need that your body doesn't meet on its own. And it really you know, in, in, in Australia about two or three, four years ago, there was some huge, big bushfire, like terrible fires all over Australia mm-hmm <affirmative> and there was one town to where, and it was, you know, relatively smallish country, town, Australia, but they caught these two looters

Warwick Schiller ([01:34:23](#)):

And, you know, it was in the news in Australia and, and, you know, all Australians are like, oh, they're terrible. You know, like how they're just bad people. But I looked at that the same way. I kind of look at addicts, like, can you imagine the life circumstances that's right. That have led to the point to where you feel you need to do that in that situation. You know what I mean? I mean, it's, I don't know. It's, it's, it's hard because like, you know, being raised with the idea that people that do things like that, or addicts, people that do drugs, they're bad people, you know what I mean? And it's, it's, it's a, it's a hard thing to get your head around and, you know, you know, how divided this country is right now. And I'm sure half the country would totally disagree with me and say they're bad people.

Warwick Schiller ([01:35:14](#)):

But I, I really feel that our, you know, our social and political views are just the sum total of every experience we've ever had. And so you don't, mm-hmm <affirmative>, you know, no, one's an idiot, you know what I mean? Like if someone's got an opposing view to you, they're not an idiot, they've just had different experiences than you. Excuse me. And I feel that people, if they were, you know, look at addicts as in they're just bad people, a lot of times my reply could be no, it's just their, their numbing of choices, illegal and yours is not <laugh>. You know what I mean?

Beth Anstandig ([01:35:58](#)):

It's a good point.

Warwick Schiller ([01:36:00](#)):

And yeah, that, it's funny in oh, I'm getting off track here, but this is a great story. I dunno if I've ever told you this one in that book, the, and I don't know, I've never talked about this in the podcast before in that book, stealing fire. Mm-Hmm, <affirmative>, there's a great passage in there where there's a guy in England. He's a, a lawyer. I call him barrister solicitor he's a lawyer, but he also, and no, sorry, he's not a lawyer. He is a psychiatrist mm-hmm <affirmative>. And, but he's also on the board of like the government body in England that regulates drugs that are illegal and illegal, whatever that might be. Anyway, he has a, has a patient come in one time and she is an upper middle class lady. And she's been kicked. She's been banned from her local, all the local pubs in her area. You know, she's not working class. She's upper middle class been banned from all the local pubs in area because she just snaps, like, has these brain snaps and throws glass ash trays at the bar and things like that,

Beth Anstandig ([01:37:02](#)):

Like alcohol

Warwick Schiller ([01:37:03](#)):

Rages. And it turned out that she'd had a, a traumatic brain injury from a horse riding accident and that's what was causing it. So he kind of, he doesn't know anything about horse riding accidents. Mm-Hmm <affirmative> he thought they'd be pretty safe. So he looks into the UK statistics on horse riding accidents and one in every 350 outings on a horse in results, in a serious head injury or a death, or, and he thought, well, that that's a very high rate like that. That's a very high rate. Yeah. And if you've ever seen, if you've ever been to England and see where people have to ride, a lot of times, they, they only place they can ride is on a little paved road. That's one car wide mm-hmm <affirmative> with hedges everywhere and cars come flying around the corner. It's pretty scary. But he, so at some, or in some public forum, he looked up oh, at, at that's right at the time MDMA.

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

So ecstasy was public enemy, number one in England, like this, this stuff's going, you know, kill everybody sort of thing. And I think one in every 60,000 or 6,000, I can't remember pills taken results in some sort of an injury mm-hmm <affirmative> that injury or death or whatever. And so he, he, he made the statement that horse riding or ecstasy is 200 times safer than riding a horse. And his boss called him into the office and gave him a good Royal asked chewing. And in the book they said in the us, she would be somewhere between the head of the DEA and the secretary of state that's, that's, it's one combined position in England, but that's how high up they are. Like somewhere between the it's a cross between the head of the DEA and the secretary of state. And this lady gets him in her office and just reams him and says, you, you, you can't do that.

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

And he says, why not? She says, well, you cannot compare things that are illegal with things that are illegal. And he said, well, why, why is M D M a illegal? She says, because it's dangerous. <Laugh>. And he said, no, but this legal thing over here is 200 times more D than this. Why is it? And, and I, I just thought the argument was, was quite funny. He ended up losing his job over the whole thing, but he went, yeah, I bet in the book they go through and he listed all, all these things like things that cause, cause death, you know, like

Beth Anstandig ([01:39:38](#)):

Driving a car

Warwick Schiller ([01:39:40](#)):

Riding a horse is as D riding a horse in England is as dangerous as riding a motorbike for 30 miles. I think something like that. Anyway, he listed things from top to bottom. Yeah. And, you know, number one was like heroin, but then there was cocaine, but then there was number three was alcohol number four was smoking. And then like number I was, was horse riding, you know, and number 36 was M DMA and marijuana was like number 57, you know, but it's, it's just funny that whole what's legal and what's, what's not based on danger. And yeah, it was just based on, based on how dangerous it is, you know, and it was just such an interesting one of my favorite passages in that whole book, but yeah, it was pretty cool. Anyway, back to your question, sorry. What's an unusual habit you have or something outta the ordinary that you really love.

Beth Anstandig ([01:40:35](#)):

Well, I love sheep hurting and I don't know if it's a habit, but it might be, I've been doing it since I was 20.



Warwick Schiller ([01:40:42](#)):

I grew up been a sheep farm in Australia. This is neither UN unusual is neither unusual or outta the ordinary, but anyway, it might be for some people for

Beth Anstandig ([01:40:50](#)):

You, but, but it here and certainly as a 20 year old, when I took that up as a hobby, it was highly unusual to be a college student that was spending weekends and, you know, evenings doing the border Colly things. So that's, I've been doing that. I'm I'm I was about to say I'm 38. I am, I'm actually 48. So I've been doing that for, you know, 28 years. And I, the, the partnership with like, with the dogs and learning what I learn about about myself and leadership and the phenomenon of pressure mm-hmm, <affirmative> it's just been an incredible classroom for me. And I, I love doing that work. It's, it's incredible. It it's a little bit of a habit. Like I haven't been able to quit it I'm I, the border col thing has been, it's been really a huge part of my life. I,

Warwick Schiller ([01:41:55](#)):

Yeah. It's yeah. I think it's pretty amazing stuff, you know, like, because it's, it's almost like Liberty with horses to where mm-hmm <affirmative>, you really don't have control of the situation. You're control you really you're controlling number one, what's going on with me, you know? Yeah. I bet it really makes you aware of energy, intention, body language

Beth Anstandig ([01:42:21](#)):

And scope, understanding the system and places of pressure and being able to study pressure and releases of pressure in a system. And, you know, I, I went to all kinds of clinics and trainers and I, you know, trained with all different people. But my main teacher, I who I go to is bill Burow and his, you know, he really gives the dogs huge amounts of freedom. And his place is the most similar to like Scottish Hills. There's no trees, it's just Hills and, you know, hundreds of acres of Hills. And, and he uses a giant go sheep with young dogs so that they, and using those Hills so that they can understand and feel scope. And it's about those channels of awareness and you can't teach it to them through control. You have to let go and let them feel it. And I'm so glad that I have had that experience alongside my dogs, because it's taught me how to do that in my own life. And and then how to translate that to my horses as well, how to give them, you know, a lot more space and room to communicate. And you know, it's been, it's been a, a really incredible practice and, and place to learn the habit of letting go, letting go of control and and watching things come into balance on their own.

Warwick Schiller ([01:43:51](#)):

So the next question might be totally connected to that one. Oh, no, it's the same question. Sorry. <laugh> I was reading the next question. It's the same question. Okay. The next question is what is one common myth about your profession or field that you wanna debunk? And these questions came from tin Ferris, just Trevor mentors book. And, and in that, when he asked that question, he said, given the fact that your profession might not be something usual, you know, like, so, so first, what is your prof like, choose your profession. <Laugh> before you answer the question,

Beth Anstandig ([01:44:34](#)):

After talking for a while, listening to the circuitous path of my profession, you actually have to ask that question, right? You're like, what do you

Warwick Schiller ([01:44:41](#)):

Seely that you do best? Well, you, you are a, you're a, a, a, the therapist, a therapist, but you're an equine assistant therapist, but then this other thing is not really either of those, you know, what, what, what is it? You, what, what is it you say you do?

Beth Anstandig ([01:45:02](#)):

I mean, I'm a, I'm a student of mammal systems and I, and I, and, and now I work with I, I am an equine therapist. I am a therapist I'm but I, I now work with groups and, and corporations and institutions and help them understand their culture from a mammal perspective and looking at it through the lens of, of our natural leadership and our innate signal systems, so that we can have cultures and groups that are more interdependent and more ease.

Warwick Schiller ([01:45:39](#)):

So do you realize if you had an office and you had that written on your door, that would take up the whole door? Yeah.

Beth Anstandig ([01:45:44](#)):

Yeah,

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

It would. Okay. So,

Beth Anstandig ([01:45:47](#)):

I mean, I've tried to give myself a title and the closest that I have come has been like like Mamal teacher, Mamal

Warwick Schiller ([01:45:55](#)):

Teacher

Beth Anstandig ([01:45:55](#)):

Or Mamal teacher or noticer of things that's been like, I'm like, I don't know, I'm just a noticer of things. And I, but I think that any of the roles that I've been in, so I, you know, I taught writing and I'm a writer and I'm a therapist and, you know, leadership and culture consultant, and any of those titles, the myth about them is that somehow I know what you, you need. And, you know, my mentor, Jim used to say, if there's any point that you ever think that, you know, what somebody else should do, you need to raise your liability insurance. If you're gonna start telling people what to do with their lives, you better raise your, you better raise the limits of your liability insurance. You're gonna get yourself an to big trouble. And I, you know, once in a while, he'd say it to me just to remind me, you know, and it was so brilliant and true.

Beth Anstandig ([01:46:51](#)):

And I think we need to get out of that mindset in any helper role. You know, my role is to ask questions and be an observer. It really is to be a noticer of things. And to say those things out loud, like I carry the lantern and help shed light on what's happening. I ask question what's happening right now when it

needs to be asked and I help people find their answers so they can find out what they need, but they need to, that. I want people to be able to have that capacity expand within them. So they don't need me to do it. And the myth about my profession is it's a very disempowering paradigm, which is that somehow an expert's gonna tell you what to do with yourself or your relationships, whether they're with other people or with your animals, that's going to make things feel okay.

Beth Anstandig ([01:47:41](#)):

And I think anyone that is do playing that role is doing a disservice to those they're trying to help because they're not really teaching them how to help themselves, how to ask those questions, how to gain more awareness. It's always good to have another set of eyes and to ask those questions in community, to have helpers do that. But the best helpers are really good at asking questions and being gentle and loving while we find the, and just to keep asking the questions, my best teachers have given that to me. So I think the biggest myth about any helping profession is that you're gonna find someone who's gonna have your answers.

Warwick Schiller ([01:48:22](#)):

Wow. That's pretty profound. We were trial writing one day and you told me a quote, and you might not remember it right now off the top of your head that your mentor Jim had told you. And I was like, it was so profound and I wish I could remember what do you remember what we were talking about?

Beth Anstandig ([01:48:41](#)):

Oh my gosh. I quote him all the time because he's like so alive within me. Was it about one of the things I, I, I quote from him is about that there's only two human stories and one of them is that we will not succumb to tyranny. And the other is that we will go to any length to protect those that we love

Warwick Schiller ([01:49:09](#)):

That wasn't, it

Beth Anstandig ([01:49:11](#)):

<Laugh>

Warwick Schiller ([01:49:13](#)):

That matter, but it was, oh,

Beth Anstandig ([01:49:15](#)):

It was about I think with, if, if I remember correctly, we were talking about about fear of failure.

Warwick Schiller ([01:49:29](#)):

That sounds familiar. Cause the next question is, what do you think what's your relationship like with fear? Is it along these lines? Oh,

Beth Anstandig ([01:49:38](#)):

It might be. I don't know. Maybe it'll come to me. I, Jim, yeah. If we talk long enough, all of what Jim has shared with me comes out because I feel like it's duty to share it with the world. But my relationship

with fear is I really trust the signals of the animal body to, for us to be alert. And I think what the human ego does with that is to create this very complex web of fear. That's very much about things of the past or things of the future, but not necessarily what's happening in the present moment. And so I really use those awareness channels a lot. And another person who's been really influential in my life once said to me, you know, if there's if you're in a situation where like you have no sense of humor, like you, you have not like it's gone, you can't laugh about what's happening.

Beth Anstandig ([01:50:39](#)):

You're probably about to die. Like you're, you're in bad shape, like things are going horribly wrong. And and <laugh>, I've really like, I've come to believe that and practice it. But I have to say that when I got sober, I really understood that my relationship I was run by fear and it was about, it was about fear of the future and fear and, and trauma from the past. I, I, and he did not know how to just operate in alertness and awareness in the present moment. So I think I have like a healthy relationship with awareness and, and my survival system and that my body gives me signals. And sometimes those signals are flooded with alertness, but it's my job to interpret those and to put them in the right place. And so I really trust that now. And so I don't, you know, I, I watch my horses with such courage and bravery and they move away from pressure.

Beth Anstandig ([01:51:49](#)):

And when they've reached that magical moment where they feel like they've gotten safe enough, they turn back and face it. And that's how I live. And and so, and I've walked through all kinds of scary things and done all kinds of things that are, you know, of unknowns. But I think that now I have a lot more trust in my ability to use my resilience and my resources and to ask for help. And so I'm not, I just, I'm not run on, I don't, I don't run on fear anymore. The way that I used to, which is probably why I don't need to numb myself as much because I, you know, or at all, I mean, I, I really, I do very, I, I don't, I mean, I'm, I'm sober, but I also really try not to do numbing behaviors, but anytime that alertness system's out of balance, you know, it's, it's gonna create a sensations and thoughts and emotions of fear. And when that happens, it just tells me that things are out of whack and that I'm, I'm needing more support.

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

Great answer. That's I think that's the best. One of the best answers I've heard to that I've asked everybody has had me ask that question. That was awesome. Okay. We've been talking for an hour and 50 minutes. We better wrap this up. So how do people find out more about you and where can they find the book?

Beth Anstandig ([01:53:16](#)):

So the book will be in bookstores everywhere. Beginning, April.

Warwick Schiller ([01:53:20](#)):

That's exciting.

Beth Anstandig ([01:53:21](#)):

Yes, you can. Yeah, you can, you can order it in any of your online sources and it'll be in bookstores, or you can order it through an independent bookshop if that's your, if that's what you like to support. And

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and you can find me through the circle up experience.com, which is my business and all of the offshoot of what I do really happen through that, through that website.

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

Perfect. Well, it's been such a joy, getting all these stories outta you. Thank you so much for joining me.

Beth Anstandig ([01:53:58](#)):

Thank you. It's been a pleasure

Warwick Schiller ([01:54:00](#)):

You guys at home. Thanks for joining us. And we'll catch you on the next episode of the journey on podcast.

Speaker 1 ([01:54:08](#)):

Thanks for listening to the Journey On Podcast with Warwick Schiller. Warwick has over 650 full-length training videos on his online video library at [videos.warwickschiller.com](https://videos.warwickschiller.com) Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.