

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://www.videos.warwickschiller.com)

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

G'day, everyone. Welcome back to the journey on podcast. I'm your host Warwick Schiller. And in 2006, my wife and son and I, we moved to Australia and we were there for four years and we moved back to the us at the end of 2010. And so, you know, like the beginning of 2011, I had to start all over again. You know my wife got her old job back. She was in human resources and I had to, to start from the beginning again. And when I set my business up, then I was, you know, planning on training, raining horses, but also I had quite an interest in the horsemanship side of things and, and problem solving. And when I first started, I had a bit of both. I had some raining horses and I had some, you know retraining of so-called problem horses. And the, you know, at the raining shows the, like say the raining trainers, their businesses were usually called so and so raining horses or so, and so performance horses.

Warwick Schiller ([00:01:49](#)):

And then if you had the, you know, the cult starting problem solving horsemanship type guys, their business is usually called Soandso horsemanship. And I, I didn't really feel like there was a divide between the two, you know, for me, the, you know, the horsemanship guys think the, the, the horse show guys are one thing and the horse show guys think the horsemanship guys and another thing. And to me, the, like, I didn't start a horse any different, if it didn't matter what it was gonna be first, it's gotta be a horse. And then later on, it's gotta, you know, it, my might might have a discipline and, you know, it's really all about having those horses be relaxed and supple and responsive and, you know, all those things. And so I decided to call my business Warwick Schiller performance horsemanship. And so there was, you know, the, the end goal is you could get to the high level performance things, but there's also, you know, quite a bit of the horsemanship aspect or thought process to it.

Warwick Schiller ([00:02:56](#)):

Initially, you know, many years before that, I got really, I was, you know, interested in tra I was training running horses, but I really got into the look into the horsemanship cult, starting, you know, the, and all that sort of stuff, because I wanted to learn how to train the young raining horses, but how to start 'em easier and all that sort of stuff. But I ended up being, you know, I had one foot in either of those, those two camps. And so my business was called war performance horsemanship and has been since 2011. And so he just, the other day, we have just done a, a major, not a major rebranding, but a, a rebranding to where my, this is now called Warrick, sheer attuned horsemanship. And I kind of wanted to have a bit of a chat in this podcast about what, what that means and how it's applicable to the things we do with horses.

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

You know, I've wanted to change the name like this for, for a while now, but I've, I have held off on it because on my online video library, you know, I've got over 800 videos on there, but a lot of them were from quite a few of them were from what I used to do. You know, you're probably aware now about five years ago, I started looking at things a bit differently and doing things quite a bit differently, especially

on the ground, but I didn't really have enough video footage of that way, gone about things to just wipe the whole slate, clean and go, you know, it's only, it's only like this now. So I had, for a long time, I had two paths on the, on the video subscription. One was the skills path and one was the relationship path and the, the skills path's what I used to do.

Warwick Schiller ([00:04:52](#)):

And it was, it was about teach, you know, really good horse training techniques. And in the doing of that, you will build relationship. You will build relationship with your horse <affirmative> while you were teaching them skills based on, you know, how consistent you are, how lack of emotion you have doing it, how logical you are, all that sort of thing. And, you know, horses really vibe on that. And then, so that's, that's a way to build relationship. And the other, the other path was the relationship path where you work on relationship first, and that allows you to train skills so much easier. And then that's what I do these days, but I, like I said, I didn't have enough footage to just go, and this is it. And so I've been, you know, over the years I've been filming and filming and filming.

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

And I finally to where I, I thought, you know, I've got enough stuff now and it makes enough sense and it's in a logical order. And, and I've had enough people in the last number of years asking questions where they kind of get stuck in the video library. You're like, oh, well, what do you do here? You know, because I, I, because I didn't have the whole thing just right. You know, you could get a bit lost. And so I finally got to the point to where I've, I've got it now, it's all reorganized. We redid the, the website recently and it's all in the right order and I've got it all there. So that's when we went, okay, now we're gonna, now we're gonna change the name and, and, and call it attuned horsemanship. And, you know, attunement is described by UCLA professor of psychology, Daniel Siegel, as the sense of being seen, being heard.

Warwick Schiller ([00:06:33](#)):

And I had a guest on the podcast here last year before a trauma therapist from Canada named Sarah Schlot. And she has expanded on Daniel Siegel saying, and she says the tunes, the sense of being seen, being heard, feeling felt, and getting gotten. And the reason that is so important training horses is, is you, it's, if your horse is not completely relaxed while, while you're teaching to do things, not completely relaxed in their surroundings, in your environment, not relaxed around you, if there's any level of concern in any of that stuff, they are much harder to train. You know, like we, people talk about horses being stiff. Horses are not stiff. You know, I remember one time, years ago had a lady bought me a dressage horse, this warm blood horse, and it bugs under saddle. And that's why it was coming to me.

Warwick Schiller ([00:07:26](#)):

And she got it out of the trailer, got the horse outta the trailer. And I, I said, well, bring him up the round pen, just turn him loose. And let's have a look at what he looks like, you know? And so we go up to the round pen, I'd turn him loose. And, you know, he kind of moving around the round, Penn having a bit of a snort I'm. I didn't ask him to move. He's just kind of standing there, moving around, sniff on the ground, whatever. And I was talking to her through the fence and, and I said, so he bucks, what else does he do? Oh, she said, well, yeah, I have this problem. And then she said, oh, and I have this problem. And she had all these problems she had. And then I said, is there anything else? And she said, yeah, well, there's really stiff on the left.

Warwick Schiller ([00:07:59](#)):

And I went, oh, and as I, and I turned around and looked at the horse, and as I looked at him, he was standing behind me. He reached around and scratched his nose with his left hind foot, with the tip of his left hi foot. And I said, he's not stiff on the left. He is just not, as they might say in pirates of the Caribbean, he is, he's declining to acquiesce to your request. And that's a lot of times that so-called stiffness comes from being concerned about being asked to do things, being concerned about the person who's asking to do things, being concerned about the environment, in which you're asked to do things. And all those things sort of add up to where you could think horses are stiff or belligerent or, you know, whatever. And, and the way I kind of look at it these days after doing this for a while now is like, you know, a lot of people say, oh, that guy over there he's really good with a tough horse.

Warwick Schiller ([00:08:58](#)):

He's really good with a, you know, rank horse or whatever. All the tough horse or a rank horse is, is a horse. That's being asked to do something that he's not really prepared to do yet. You know what I mean? So, and you know this is not picking on what anybody does. This is just explaining the, the way I view things now. And, you know, if, if a horse, if, if a horse is hard to ask to do something, there's obviously a reason for that. You know, horse is really, really well want to get along with this. And for the most part, if you can, if you can do this stuff really quite well, then, then, then the problems are not there. And, and so I did a podcast here a while ago on relationship before horsemanship. And so relationship before horsemanship is, is creating a connection with your horse before you try to teach 'em anything, the relationship is the connection.

Warwick Schiller ([00:09:57](#)):

And then the horsemanship is the teaching part, but the connection does not, or the attunement does not stop with the connection. There's a lot of attunement in the training too. And that's, that's kind of what I want to have a bit of a chat about today is, is you don't, you know, you don't create connection and go, now I'm just gonna, and now I'm just gonna train you. I mean, you can but the communicating attunement during training I've found is like the holy grail of it. And so what I'm gonna do, I'm gonna talk about some instances that have arisen in the past with that sort of thing. I'm gonna talk about some articles I've read about that sort of thing. And yeah, just try to make it quite clear about how to go about some of this stuff. And, you know, one thing that when I really got into this, a achievement stuff I couldn't figure out was that, you know, in, in the raining and, you know, the rain raining horses, they are like, it's like, they're in the Marines.

Warwick Schiller ([00:11:04](#)):

They have got a job to do. They have got a very serious, very hard job to do. And you know, I'm not saying it's, it's, it's bad for 'em or anything, but, you know, it's, it's a hard job and there's a lot of different ways of training it or a raining horse. And you can, you know, like you could line up up the top 10 guys in the world, you know, from one to 10 sort, not, not numerically in order, as far as how good they are, but you could get the top best 10 guys in the world. And you could look at one guy's the guy on one end's horses and his horses have a bit of an intimidated look about 'em. They do some amazing stuff, but they look a little bit intimidated and then you can have, have another guy whose horses can do just as amazing stuff.

Warwick Schiller ([00:11:46](#)):

And they look like they're happy to be there. Their ears are up, their eyes are bright, they're licking their lips. And I used to, when I first got really interested in this stuff, I'm like, well, how, and, and, and a lot of these horse trainers don't necessarily have this relationship with their horses. You know, it's a, it's a, they've got a job to do. And, and, but what I couldn't figure out is the guys that can get these horses, you know, have their ears up and their eyes are bright. And, and they look like they're having a good time.

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

Where, what do those horses look like without, without the connection stuff or what I realize, and this is where it comes down to attunement. And, you know, attunements the sense of being seen, being heard, feeling felt, and getting, gotten well, especially the, the being seen part, especially of communicating your awareness of their awareness. So a lot of times what I realized is those, those guys that can get those horses looking really happy and, and, you know, so they haven't been intimidated into, into their job, but they look really happy and stuff. What I realized is those guys, you know, if you've ever heard the saying reward, the slightest try, okay, when you reward the slightest, try, you are getting a horse, you are teaching horse to try you're teaching 'em yes, that's the, that's the right direction. I want you to go in that's the right way to start to, to shape your body or whatever.

Warwick Schiller ([00:13:12](#)):

That's part of it. That's the training part of it. But the attunement part of that is if you can reward the slightest, try when that horse is to think that way, and you release right, then not only rewarding what they did, but you were communicating how aware you are. And once I figured that, I'm like, that's how those guys can do that. And so, you know, so it's, you know, the I've talked about this before, but there's an old Ray hunt that says they know, and you know, and they know, and you don't. And I always thought it meant, they know when you know what you're doing, you know, they know when you have good technique and they know when you don't have good technique. But then I was reading an article by someone who was around Ray hunt quite a bit. And he said, you know, when you're around a horse, you need to know what the ears are doing and what their eyes are doing and what their nostrils are doing and what their lips are doing, what their breathing's doing, what their back's doing, what their feet are doing.

Warwick Schiller ([00:14:11](#)):

Are they standing square? Are they standing, you know, a little bit braced what their tail's doing? Is it up? Is it clamped? Is it loose? And you need to know all those things, because they know when you know, and they know when you don't, and I've talked about this a lot in the past, they, they know when you're present. Okay. And so when you are training a horse and you are rewarding, the slightest try, you are telling them how present you are. So there's a, I think there's a, you know, I think there's a, a, like a, a connection. There's an attunement part to that. And that's just, that's just training, but there's an attunement part to it. You, you, you tell them how, how, where you are and how little the things you see and, and, you know, like when they, when they try, if you release, when they try, you're saying here, I, I get the fact, you just try that's, that's, that's good, you know?

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

And so that, and, and, you know, like you don't need to have the connection stuff. You don't need all, a lot of this stuff, but what I'm realizing is there's a lot of these pieces are all over the place. Like a lot of people, I see have a lot of connection with the horses. They tend to be quite empathetic people. They

tend to love their horses. You know, they go out and spend hours with their horses, just grooming them, picking grass seeds, or outta their main, or whatever, and hanging out with 'em and chatting with them. They have a lot of connection, but they don't tend to have much performance. They, they, you know, their left to right. Flying lead change. Isn't very good if you put it that way, you know, and I, I don't mean, I don't literally mean they're left right.

Warwick Schiller ([00:15:47](#)):

Flying lead change. But I mean, you know, a lot of times the, the, the asking the horse did do things part doesn't work very well. The horse is quite happy to hang out with us, but ask them to do things that stuff doesn't work very well. And then on the other hand, you have people who have really good technique and they can get the horses to do whatever they want. But sometimes those horses, you know, might look like they're little bit pressured or whatever, but I I've, I've come to realize that, you know, you can combine all this stuff together and have the best of both worlds. And when I did that podcast about, you know, a relationship before horsemanship, I was talking about first creating that relationship. So getting the, getting that horse to love to be around you, just like those ladies do that, have that, all that empathy, and like to hang out with their horses and brush 'em and, you know, pull the grass seeds outta their main and chat to 'em and tell 'em about their day there's that you, you can, you can get, if you can get that bit first, and then you have good technique afterwards, and you can keep this attunement in the whole thing I found, that's the, that's the holy grail.

Warwick Schiller ([00:16:56](#)):

You know, I started a an end of illusion mayor under saddle, top of years ago. And she was a very, a very sensitive mayor that she could probably oscillate between shutdown and wiggling out quite easily. And when she, when she came here, she'd had, you know, quite a bit of handling and quite a bit of groundwork done, but I think she was a little bit blah Isaiah about being asked to do things, you know, so she seemed like she was really quiet, but she was kind of internal a little bit. Once I got through that, then she was kind of got, I got outta the internal part. Then she was kind of easily startled and jumped sideways and, you know, a very sensitive sort of a horse. And so, you know, I worked on this whole attunement stuff in the, in the process and she was so easy and you know, like the first day cantering her under saddle, which wasn't the first day I got on her, but you know, the third or the fourth day, whenever it was, I caned her under saddle, she caned around the round pen and hung her head.

Warwick Schiller ([00:18:02](#)):

Like your ears were about level with her withs and she was just loose over her back. And, you know, if you remember the, the, the podcast with Josh Nichol, he said something really cool. Now I can't exactly remember what he said. And like, I can't say it exactly, but I can kind of paraphrase it. But he said, the back is the, the back of the horse, the, the back muscles in a horse are the, I can't remember if he said it that the relaxer muscles or the friendship muscles, or the connection muscles or the something or other, but he said, those things do not loosen up. Maybe if they don't, maybe it's, if they don't feel safe, I forget what he said. But when he said that, I kind of cast my mind back to that mayor and that first candor. And I mean, she canned around like stretched over a back stretched of a top line.

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

Like a lot of people spend a lot of time trying to get him to do. And when, when Josh said that line and I need to go back and listen to that again, because I should write it down, cuz it was a great line about the yeah. If, if, if you know, the, the, the back muscles are, it's almost like with the love muscle. So I forget

what it was, but it was something like, you know, that thing doesn't loosen up. I mean, you can't force that to loo you can't force that to loosen up when you get that loose, they've, they've kind of given their heart over to they've given their soul over to you. I forget exactly how it went, but yeah. So, you know, and with her all the way along, I worked on that attunement. You know, what I might do right now is I talked before about a, a podcast guest.

Warwick Schiller ([00:19:37](#)):

I had named Sarah sch Lotte from Canada, and she's a trauma therapist and she has a website called ECU, Soma E Q U U S O M a. And on there, she has under, if you go on there and look under the under the tabs and it says blog or blogs, there is an article on there that I actually kind of want to go through now, because this has a lot to do with this. And because she's got that scientific bent, you know, she really covered the whole subject, but I want, let's get this article up here and I'll have a bit of a read for you. The article is called connection before concepts, a comparison of, of three pressure release methods or why not all pressure releases created equal. And if you remember back when I did the, the relationship before horsemanship podcast, I said that, you know, Sarah had some this up perfectly calling it connection before concepts.

Warwick Schiller ([00:20:30](#)):

I called it relationship before horsemanship. That's her saying? So I couldn't steal it. So I had to make another one up, but it kind of came from this article. And so I'm gonna read you her summary of what this thing says. It says this article is about three different in perspective, around the use of pressure and release with horses and make suggestions about adaptation to the humane hierarchy based on attachment theory and polyvagal theory. So if you don't understand any of that, it's a lot of technical terms. Don't worry about it. We'll, we'll, we'll get through it. But number one is releasing pressure when the horse does what you ask. Okay. So this is classic negative re horseman used as used in natural horsemanship, horseback riding instruction and other disciplines. That's what she says that. So that is releasing the pressure when the horse does what you ask.

Warwick Schiller ([00:21:16](#)):

Okay, got that. Number two is releasing pressure. When the horse shows signs of calm in the face of the fear, stimulus a version of pressure release where this stimulus no longer acts as an aversive used in cat H or construction approach training. And basically what that is, what all that technical jargon there says is you let let's and let's apply this to say, getting a horse used to a stimulus. Like, so you're not asking 'em to do something. You're getting them to where they're not concerned about thing. Let's say it's a, you know, a plastic bag. Okay. Releasing pressure. When the horse show signs of calm in the face of the feed stimulus would, would be bringing the bag towards them. And the horse gets a bit tense. You know, they raise their head up or whatever. They get a bit tense and you just wait there for a second or as long as you need to.

Warwick Schiller ([00:22:08](#)):

And when they start to get less tense, you would take it away. Okay. Whereas the, the, the first one, the releasing pressure, when the horse does what you ask, they'll be bringing the bag around. And if the horse runs around, you want the horse to stand still. And if the horse runs around, you just keep holding the bag near him. And when they stop running around, then you take it away. Okay. So that's step one, step two would be bringing the bag towards them and kind of gotta stay on a threshold with this one. Like they can't be running a, you know, if you bring the bag so close that they're running around, you've

gone too far, but you bring the bag. And when they get tense and maybe raise their head up and their eyes get wide, just stop right there. Wait. And then you release when they start to relax a little bit.

Warwick Schiller ([00:22:50](#)):

It's just when they get, they don't have to be perfect yet. They just have to be better. But the third step in Sarah's article here is releasing pressure at the slightest sign that the horse expresses aversion or no. Okay. And in parenthesis here, it says, and this is technical stuff. So these are not my words, pressure release as used to give the horse with an experience of attunement. So they feel felt, and getting gotten in the relationship to provide relational boundary repair before proceeding to using number one and two. This is an example of using pressure release in a way that is not about behavior shaping, but about arranging the anti descendent. So don't worry about all the technical terms, but she's said in there, this is about attunement. This is saying, I understand that this concerns you. So if you were to bring the bag towards them and their head raised up and they snorted, you would take it away, okay.

Warwick Schiller ([00:23:51](#)):

That's that's in step three or not step three, you should do this first, but that's in number three in her thing. Number two would be you bring the bag towards 'em and their head raises up and they snort you wait there until they, their head goes down and they stop snorting, then take it away. Step. The first one would be bringing the bag towards him. They raise the head up and snort and you just keep bringing it towards him. And then they spook and run around and run around and run around. And finally, they finally come to a stop, which as we now know is a freeze response. And when they stop, then you take it away. So it's a great article to go read it. And she, you know, she goes into detail. She's got a thing he says the longer version says my awareness of a major discrepancy in the equine world happened well over 10 years ago, I've hinted at it in various publications and spoke to it outright during podcasts.

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

But this is my first attempt at fully articulating it. And okay. And this, this article, when I read it the first time, it wasn't that I learnt something from it. I probably did learn stuff from it. But when I first read this article, I'm like, oh, that's what I'm on about. That's, that's what I've been doing. This is why it works. But part one of this longer version, she says what I was first thought in a number of approaches in the equine facilitated field. A great deal of emphasis is placed on how one approaches a horse. This isn't true of all approaches, of course. And there remains a large number of horse human interaction programs where the animals do not have much of a say or a voice. However, in the ones where the horses needs are prioritized, they learn early on about the importance of releasing pressure at the first sign of no and that's, and she says, this flies in the face of what most people are taught.

Warwick Schiller ([00:25:37](#)):

She says, but from an attachment standpoint, this is crucial attachment theory focuses on the importance of providing safe Haven conditions in relationship, which are found to the development of trust. So that's a lot of big words right there, but let's go through this again. But from an attachment standpoint, this is crucial attachment theory focuses on the importance of providing safe Haven conditions in relationships. So pro letting them know, then this relationship they are safe, which is foundation development of trust. The primary care, the primary way caregivers do this is through the accuracy and responsiveness of their attunement in combination combination with their ability to provide co-regulation.

Warwick Schiller ([00:26:25](#)):

So I mean, there's, I'm not gonna read the whole article because there's a lot of stuff there. I encourage you guys to go and read this article, but it is, it is it's the holy grail of, of all the stuff, but probably the, you know, the, the, the part that jumped out at me when I first read this was the paragraph to where she says, I learned earlier on about the importance of releasing pressure at the first sign of no, this flies in the face of what most people are taught. And, you know, the, if you remember the podcast with Leslie Desmond, she said, what valued as yes have is no is not an option.

Warwick Schiller ([00:27:09](#)):

And I think in Josh Nichol's podcast, he said, what did Josh say? Josh said, do not take from me. What is mine to give you? And that's along along the same lines, but yeah. The importance of releasing pressure at the first item. No. So the, the three steps as she did, 'em here kind of back to front, you know, one to three, I would turn him around and what she's talking about, you should do 'em three to one, but so the, the, the, the first step would be releasing at the slightest sign of no. Okay. Let's say you've got a plastic bag and you bring it towards your horse. And he says, no, and you take it away. He's not in your better about the bag, but right then he's, oh, you got me. You under, you saw my concern and you were concerned about my concern.

Warwick Schiller ([00:27:53](#)):

You have some empathy for me, you're on my side. Oh, okay. And if you do that a few times, pretty soon, the horse is not as concerned about it. Okay. So you've used, you've used attunement to get them to not be as concerned about it. Then the next step is you can bring it up. And when they raise their head and are a bit snotty about it, but they, but they understand that you are on their side, then you can do the cat H thing where you just wait until they feel better about it. And then you take it away. And you repeat that for a while, and then you can get to where you get the, the, the thing that you are after, in the first place, if that makes sense. So anyway, that if you're into understanding this stuff, this article is a, it's a really, really good article.

Warwick Schiller ([00:28:47](#)):

It has a lot of, you know, Sarah is very, very, very well Kate and has a lot of technical terms in there that sometimes I had to stop and, and look things up in a dictionary, but it's, it's a, it's a, it is a great article. And, you know, she goes into, you know, the first part is what I, what I was first taught, which was about the importance of real leasing pressure at the first sign of no. Then the second part of it is she says what I was told to do instead, I was told don't release the pressure before the horse is given you what you want. Okay. And then the third part of it is the discrepancy.

Warwick Schiller ([00:29:31](#)):

And then she goes into the discrepancy between the two, but it's that, it's that attunement stuff that, you know, it's the, like, it's the start of, that was the attunement thing. And that makes the horse feel safe. And like I said, at the start, all horses that are stiff and they're tough and they're belligerent and all those things all come down to a horse, a horse feeling safe. And so it might be, you know, it might be just approaching horse. I tell you what, I did a, a, a little video on my phone here recently.

Warwick Schiller ([00:30:07](#)):

I went out to catch Sherlock one day. So you probably all know Sherlock's the horse that took me down this rabbit hole anyway. And he, you know, he's outta his shell now he's not shut down anymore. He tells you how he's feeling now. And I said, I'm just gonna, I'm gonna go catch Sherlock. And I'm gonna show you guys how attuning to little things can make a huge difference. And so I walk in there to, I walk towards Sherlock and as I walk up to him, he, he stands there and I walk up and I go to put the hol on. And as I go to reach, so when I put the Holter and I'll have the, the, the brow band and the Holter in my left hand, and I'll reach my arm over their neck. So my hand is my right hand is over by their, behind their right Jo sort of thing.

Warwick Schiller ([00:30:52](#)):

I'll reach my left hand under their neck and I'll get the, the brow band. And then I slip it up over their nose. And then you, then you do it up. And that's, that's the best way to put the hole on a horse. You know, I've had a lot of people over the years say, Hey, I, you know, I have a hard of time. My horse sticks his head up. When I go to put the Holter on him. And when they put the Holter on him, they keep that brow band in their right hand. And so they reach their right arm and their right shoulder underneath the horse's neck to scoop the nose. And so they're actually pushing the horse's head and neck up with their arm and shoulder. Okay. You, they couldn't put it down if they wanted to, there's a bicep and a shoulder in the way.

Warwick Schiller ([00:31:30](#)):

You know, the best way to do it is put arm over the top, but with Sherlock. So in this little video, I, I walked up to him and I went to put the hold on. As I reached over the top of him, he turned his head away very slightly. Okay. And so I took my arm off and I stepped back and I said, see, he just told me, I'm not sure, sure about this. So I just told him that I saw that. And then he relaxed. And then I went to do it again. And he did the same thing, turned his head away. And so I stepped back and I think I did it the third time. And as I, the third time I went to do it, he turned his head away slightly. I took my hand away. I stepped back. And what did he do?

Warwick Schiller ([00:32:06](#)):

His head turned. And he walked over and basically show, rub his head in the Holter. He said, oh, you will. You'll notice those things about me. You must be pretty darn cool. And what I, I was so happy with the response from that little video I shared on social media because it had, oh, it might have 50,000 views now, but in a 20,000 views, I think in the first day, and, you know, it's, and it was a, a bit of a longer video. Most people, you know, if you get 30 seconds out of 'em, you're lucky. And this video was probably three minutes long, I think maybe a little bit longer, maybe four minutes long. And it's not a, it's not a funny cat video. Like we've got a video, we've got a little dog named drover. And one day we've got a, we've got a viewing mound beside the arena.

Warwick Schiller ([00:32:56](#)):

So we've got solid fences in the arena. And what I had done years ago was got free dirt free fill and made this big dirt pile beside the arena up against the fence. And then we end up leveling it out and we put flags on, on top and put up a goal thing up there and we'll get seats up there. But it's, it's the level of the top of the fence and drove the, loves to jump on the saddle with us and ride around and drove. He was over there wagon his head and wagon his tail, like he wanted to ride. So I got my phone out and I'm, I'm on a horse walking towards, drove a video and you go, Hey, drove, you wanna come for a ride? And

his head's wagon, his tails wagon. And normally I pull right up beside the fence and he jumps on the front of the saddle.

Warwick Schiller ([00:33:35](#)):

Well, I get probably five feet from the fence and he leaps over under the front of the saddle. Anyway, when I posted, I haven't posted that very long ago, it was a couple months ago. That's had a million views on Facebook. That's the sort of stuff that we'll get 20,000 views in one day. You know what I mean? Funny stuff like that. People watched. Yeah, that's funny. But the video with Sherlock, when I was catching him, it had 20,000 views in a day and it is like some serious think stuff. And I was so I was so amazed at how much positive feedback it got from, but just the sheer number of people who took the time to watch it. So it kind of made me feel good that, yeah, I think this message is getting out there that, you know, it's not just the, the weirder, this is not just weirdo stuff.

Warwick Schiller ([00:34:25](#)):

You know, people are becoming more aware of it and more more aware of it and, and more open to it too. You know, like I said before, there were people that you see 'em, they have really good connection with their horses, but they can't get 'em do anything. And then there was the people who have good technique and get stuff done. And I used to, you know, kind of look at the people that, that just are all lovey Doy with their horses and don't get anything done as, oh, they can't get anything done because they are all lovey Doy. And it's, you know, it's just this friendship thing. And that kind of made me think, well, that doesn't work, but the guys doing these techniques over here, they get the things done. And so that must be the right thing. And what I've realized is you can combine the two and I think that's where the holy, the holy grail is.

Warwick Schiller ([00:35:14](#)):

But yeah, with that, that video was, it was quite good because there was a lot of people that, that watched it. And one of my former podcast, guests, Rogers, who's an Australian who lives in Germany, but he has like a, a nine horse Liberty team. And does, you know, he's a high level dressage writer and does all sorts of stuff that I just can't do. You know, like he's way more talent than I am and knows way more than I do. But he, I think it was on that, that video. He, he commented something that said something about how being more aware of the attunement stuff has made all the stuff that he does so much better. And so it's, you know, I'm, I'm starting to get feedback from, there's a, there's a girl who is a used to be a, a, a high level clinician for, for a, a very high profile trainer who is one of those trainers that will have, that has a, like a, you know, a certified clinician program sort of thing.

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

And she's been following my stuff and commenting on it. She's been saying, whoa, I just cannot believe the difference. This stuff makes. So she's adding it to the, the very good techniques that she already has. And so the example I gave with Sarah's thing there was about, was about you know, desensitizing. It was about showing that horse, your concern, your, your, your awareness of their level of concerns, and that's one place you can use it. Okay. I had a, a horse at a and, and so let's go back a bit, think about the, the three steps. The first one is you stop at the first sign. A no. Okay. The second one is once they're better about that, then you, you, you stop or remove whatever it is when they start to get better. And I, I think I may have talked about this once in the podcast before, but the last clinic I did before, before COVID lockdown, I was in Australia and I was a state of Australia.

Warwick Schiller ([00:37:24](#)):

That's in the south part of Australia and fun enough, the state's called south Australia. We're really original with our, with our, with our states there, the one on the Western side of Australia, it's called west Australia. There was a lady came to the clinic and she had this mayor who's new to her. And this lady's a very good horse lady. Like she's, she's very very good with horses. And I've known her for a few years now. And this horse was new to her and she got her because she's a bit of a problem. And I, I was standing a distance from her and I said, so what, what's this, horse's sorry, what, you know, what do you, what do you struggle with whatever? And she goes, she is really bad about pin her ears. Like she gr like, you know, like people think of mares as being gr she's one of them, she's a grouchy mare.

Warwick Schiller ([00:38:09](#)):

I said, oh, really? Okay. So I started walking towards this mare slowly, and I got probably 10 feet from her, like three meters from her. And this ma just pinned her ears. And, you know, like Pinder ears, flat back and greed at me, you know, almost bare her teeth at me. And as she did that, I, that back far enough to where she didn't pin her ears anymore. Okay. It might have been a couple steps, whatever. And then I did it again and she pinned her ears and I stepped back. So this is the, this is stepping back at the first sign of no, I'm not trying to change her behavior at this point in time. I'm trying to acknowledge that. I see her saying, that's a boundary. You can't cross. Okay. And so I do that for, I don't know, three or four minutes or something or other.

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

And I said, is there anybody here who thinks I had about a hundred spectators at that clinic? And I said, is anybody here who thinks by doing this, I might teach this horse to attack me. And sh and one lady stood up. She didn't just put her hand up. She stood up and put her hand up. And she says, yeah, me and I said, are you really experienced with horses? And she said, and I said, yeah, that's, that's how I, I know because you know, people who aren't terribly experienced with horses probably don't have an opinion, but you know, in your soul that stepping back when this mayor pins ears gonna cause her to come at me, don't you? And she said, yeah. And I said, I would've thought that a few years ago, too. I said, if, if she walked towards me and Pinder is, I wouldn't step back.

Warwick Schiller ([00:39:41](#)):

But, but I'm the one that's, that's crossing the boundary. She's not crossing my boundary. I'm crossing hers. Okay. And if she crossed mine where the P ears pinned, I'd say no, you know, but anyway, so I, I said, now I'm gonna keep doing this. And after a while I could approach her. And she no longer P hi is so I'd created some connection there. I'd created some, a feeling of safety. So what she had basically done, or what I had done with that mayor was told her I'm listening. So if, if anything, if I go to do anything that you don't particularly like, I will listen. If you say no. And that gives that, that there was a lot of technical terms in Sarah's article there about relational bonding or what I forget what it was, but that's what I'd done then. So that's that step one is, is stepping back at the first sign of a no.

Warwick Schiller ([00:40:33](#)):

And after a while, the no goes away, if you can do it at the first sign of no. Okay. You're not a long way to it. Like if I'd have walked. Yeah. Let's not, let's not convoluted. Okay. So that's the first one. I know. So then the next thing I did, I'm now standing beside her shoulder and she's just, her ears are working fine. You know, she's not peeing her ears. And the lady said to me now she's really touchy about things. Like, if you put your hand on her, she'll pin your ears at pin her ears at you. So I've already done step one. I've

already created some connection I've already, well, let's not say I've even created any connection, but there's some attunement there. There's, I've told her that I listen, I notice things and I listen. And so I'm not a threat.

Warwick Schiller ([00:41:14](#)):

So she has a bit of a feeling of safety about me. So I'm standing beside her shoulder. And I said, so if I put my hand on her, like on a, so eye here, like on a Withers or a girth goes or anything, she'll pin who ears. And, and the lady said, yeah. And I said, okay. So I put my hand on her, probably just behind her Withers, I think. And that mirror kind of turned her head and pinned her ears and glare at me. But because of the, the feeling of safety that I built from that first step, I'm now on step two. So now I'm looking to change her behavior by not taking my hand away until she feels better. So I put my hand there and she turns head around and glares that me pins her ears. And I just leave my hand there and look at her.

Warwick Schiller ([00:41:58](#)):

And she GLAS at me. She doesn't do anymore. She just kind of glares at me there, ears pinned and I don't change. And so she kind of goes, oh, and she relaxes. And so I take my hand away and step away. Then I step back, put my hand there. She turns her head around and glares at me. And I just leave my hand there until she feels better. And then I take my hand away and I'd do that for five or 10 minutes. And by the end of it, I could stand beside her, put my hand on her, on that spot, where she would glare at me. And she would just lower her head. Her ears were pricked and she went okay. And so that's, that's basically what Sarah was talking about out in that article right there. But you can't do step two before you do step one.

Warwick Schiller ([00:42:41](#)):

If you really want to get this right. The most important part. And it's the part that, you know, we're all told not to is don't let the horse say no. Stepping back at the first sign, stopping at the first sign of no. I think is, is, is the relational part? That's the, that's the relational part. There's no training involved in this bit. You're not, you're not changing. You know, training's about changing their behavior. There's no behavior change in this bit. This is just, you are communicating your awareness. That's that attunement thing that, that sense of being seen being felt, getting, gotten all that stuff, you know, you're telling me, yeah, I get you. I under I get you, you know, I'm, I'm, I'm, I'm a human and humans in the past have failed you a bit. And you're a bit mad about that. And I, I get it.

Warwick Schiller ([00:43:27](#)):

I've had, 'em some fail me too, you know? And so that's, that's the attunement part in, in things like that. But let's talk about, say in training and so asking them to do things, cuz I wasn't this wasn't asking miss horse to do anything. This was getting this horse to where she didn't do anything, you know, didn't do anything wrong. Didn't have bad feelings and so something you can do a lot of. And so if you think about the, the progression of, of what Sarah was talking about that I article first thing you start at the first time. I know then the second step is you try to get it, wait till it's better. And then, and then you get, you know, the third step is getting done, what you wanna do. Well, the same thing when you're ask, it's not the same thing, but when you're asking for something, trying to teach them something or basically asking for something instead of the human part here for me is instead of asking for something and rewarding, the physical response that you're asking for, if you ask for something and you reward their

thoughts, recognizing that you're asking for something, and that might sound a bit excuse, but I'll tell you, there was a, about to not next week, the week after I'm gonna go to Arizona and do a clinic.

Warwick Schiller ([00:44:49](#)):

And the clinic I did in this, in Arizona last year, there was a lady there with a mule. And you know, she didn't tell me that the mule has any problems or anything. You know, like she, she brings a mule in the arena. I think we did groundwork the first day. No, we did. No, sorry. She rode the mule the first day. She brings a mul in the arena and hops on and I'm probably three quarters the way down the arena. And she over the lady rides over to talk to me to ask me what you want me to do or whatever. And she's trying to get this mule to stand still and it won't stand still. And it's trying to turn around and she's pulling on, you know, when she's pulling the right rain, the, the mule's mouth wide open and it's heads cocked off to the left.

Warwick Schiller ([00:45:26](#)):

And then when straightens up and now it's trying to go to the right and she's pulling the left rain and it's mouth wide open and it's head cocked off to the road. Just like there was a big old wrestle going on there. Just trying to stand still. I mean, it wasn't, it wasn't, you know, it wasn't dangerous or anything like that, but it was just there, there wasn't a whole lot of harmony going on there. And I said, what's going on with all this pulling and carry on? She goes, oh, well, she fell in love with the horse. She was in the store next to last night and she wants to go over to that corner of the arena either gate. And I said, well, can I get on? And she said, sure. So I hopped on the mule right there and just turned loose to the range.

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

And that mule made a bee line straight over for that corner. Wanted to hang ahead and look over that corner. And I dunno if you know anything about mules, but they got ears about a foot and a half long. So they're quite, they're quite obvious where their ears are and this mule walked and stuck ahead of over the fence. And just wanted to look at that, look out there. And it would've been a wrestle to get her to move away from that corner, you know, to walk, to get away from that corner. Would've been, there'd have been a lot of wrestling going on. And so I did, I picked up on the rain furthest away from where the, the mule was looking where I was. I can't remember if it was a left right or the right ring. And I picked up on that ring, just kind of held it out to the side.

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

So a little bit of just a little bit of pressure on that. Mule's mouth, not enough to try to force the head to go anywhere. So there wasn't enough pressure for the horse to the mule to brace against, but I just held my hand outta the side. And after a while the ear on that side flicked towards it, what's going on back there and I let go. And then I sat there for a bit. And then I flicked again, I worked on that ear flick for a bit, and then the mule started walking up and down. So this was on the short end of the arena on the corner of the short end of the arena. And the gate was in the middle of that short end. So the mule started walking from the corner over to the gate, back to the corner, back to the gate, back to the corner on back to the gate.

Warwick Schiller ([00:47:17](#)):

So what I started doing, I mean, I didn't stop the mule from walking, but while the mule was walking, both ears were pointed towards the other horse. And so I would just pick up on the rain on the opposite

side, which is basically the side that's pointing down the arena and just pick up the rain and just wait for that ear to flick an ear. And, and well, the first few times I did it, that mule walked over to the gate. So the mule's walking from the corner to the gate. And so the fence is on the mule's right? And the ears are over to the right. So I've picked up my left ring and this, you walked down to the gate then turned right, and then walked out back to the other corner, then back to the gate and back to the corner before that, that left ear ever flicked back towards me.

Warwick Schiller ([00:48:02](#)):

And as soon as that ear flick, I let go. And that's what I did for quite a long time, until I could get the ear to flick easily. Like if I pick up on that rain and that ear doesn't flick right away, which means that horses' thoughts don't come back to me right away. I'm not ready to ask for something physical. Okay. Because the mind is not going where the, you know, where I'm asking it to that. I can't get the mind first and the mind is what controls the feet. And so I kept doing that until after a while. I could pick up on the rain opposite where the mule was looking and thinking while she was walking back and forth there. And the ear would flick immediately. As I picked up on the rain, that ear flicked towards me. And the only reason that E's flicking towards me, because the mule is realizing this, guy's listening.

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

This guy's aware of me, this guy's observant, this guy's present. And if you think about what did the mule wanted to go back to the friend for why does any horse want to go back to a herd to get that presence and that awareness of the herd. So after I could get this ear flick really easily, then I would just pick up on the rain. And when the ear flick, I would just keep my hand out to the side until maybe the head turned in that direction. Okay. And I'm not pulling, I'm not pulling any harder than I was when I got the ear flick. I'm just picking up and I'm just waiting, but the, the ear flick, but the pressure didn't go away. The little bit of pressure. So the, the head started to turn, but it wasn't that I'm pulling. And the head is leaning the other way away from where I'm pulling thing.

Warwick Schiller ([00:49:29](#)):

The head turned in my direction, the horse, the mule softened that direction. And so I worked on that for a bit until I could get the head, the ear on the head easily. And then I would just walk along, pick up the ear would come, the head would come and then I'd just leave my hand there. And then the feet would follow the head. So I started getting the mule to turn away on where really soft rain away from that, that corner away from that, where she was attracted to the other horse. And then I'd been doing this for a while. And so I said to the owner, I said, do you wanna hop on and do this? And I will, I'll go help somebody else, cuz this just needs just, you just pick up where I left off and just keep doing it.

Warwick Schiller ([00:50:05](#)):

And she jumped on and did it for about five. No, it might have been 10 minutes. I don't know. But anyway, in that five or 10 minutes, that mule turns and walked down the alongside they're in it. So it's bums pointing towards what it was attracted to. It's walking down the arena fence and this mule's ears are flopping back and forth. I dunno if you've ever seen mules when they're out in the trail, their ears are flopping back on the black and forth. And this was just walking. The mule is walking at a good clip and a perfectly straight line, just strutting along like she's out on the trail. And this lady said to me, look at her ears, look at her ears. And I said, what's wrong with her ears? And she goes, she's never flopped her ears like that in the arena. Okay.

Warwick Schiller ([00:50:43](#)):

Out in the trail she does. But in the arena, her ears never do that. And all that started with Aune that started with, well, the first part of the atune was letting the mule go to the corner. Okay. This mule was saying, I don't feel comfortable over here. The place I would feel most comfortable as if I could go over there. And so I said, sure, let's go over there. You know, you are scared here or you are upset here, or you are concerned here. I see you concerned. I feel you concerned. And I wanna take you to the place where you feel a lot less concerned. And then when the mule stopped in the corner and put her ears up over the fence, I let her stand there for a bit. I didn't try to fix that. Just let her be there. Then I started working on that ear flick thing.

Warwick Schiller ([00:51:26](#)):

And that, that flick thing is you know, that's a big part of the, that's a big part of the attunement too. So, you know, and I could go on all day about, about this stuff, but it's, it's about re I would say attunement is about recognizing when their thoughts change. So in case of the plastic bag, bringing the plastic bag towards the horse, the horse is then the plastic bag starts coming on. The horses, thoughts, change to one of concern. That's when you take the plastic bag away. Okay. The thoughts changed when that mule was looking out over the fence, and she was thinking towards that other horse. And I picked up on the rain and waited for that ear to flick. When that thought changed, I let go. That's that? They know when you know, and they know, and you don't that's that you telling them that I am.

Warwick Schiller ([00:52:12](#)):

So in tune with you, I can tell what you're thinking. Not necessarily. Yeah. I can tell where you, at least where you're thinking. Not in what you're thinking. I can probably think that too, but I can probably tell that too, but it's, I can I'm. So in tune with you, I can, I can, I can tell where your thoughts are and communicating that awareness right there, I think is what gives them a sense of safety and all those big words that were in, in Sarah's in Sarah's thing there. Anyway. So that's just a couple of examples. And I think I've talked about 'em before in the podcast maybe hopefully haven't bored you too much for those stories, but that, those are just little parts. I'll tell you what I'll tell you where some of this came from too, you know, this is back a number of years ago.

Warwick Schiller ([00:53:03](#)):

When I was figuring all this stuff out, I had, I had a horse that I'd bought as a wining actually. And I'd started him under saddle. Oh, he was probably, he might have been or by then, because he, when he was a yield, I think we noticed he was a little bit off one day, like layman had the vet come out. I, you know, we hadn't been doing any work with him. We done a bit of groundwork, but you know, nothing that was gonna cause any problems. And the vet came out and they said, you know, I'm gonna, x-ray his Hawks. They x-ray his Hawks. And they said, this horse has got the worst juvenile arthritis I have ever seen. And so we end up having to do Hawk fusion, fusion surgery on him to fuse his Hawks so that he wasn't in pain anymore.

Warwick Schiller ([00:53:52](#)):

And they said it's, they said it was he was born that way. You know, it, the, the cartilage didn't what, didn't it do? It didn't stay cartilage long enough. It turned a bone to early or whatever. And it was just a big old bony mass in there. But he was also a crypt, which means he only had one descended testicle. And, you know, he was very well bred, like very, very, like as a raining horse, extremely well bred. And he was gorgeous. He was the complete package. And with his bloodlines, you could, you could, he could

be a bread horse, you know, so, oh, okay. His Hawks are bad. He could be a breeding horse, but we couldn't sell him as a breeding horse because he's a crypt or not gonna breed that. And so we did the crypto tos and, and you, you can't castrate 'em normally you gotta do surgery.

Warwick Schiller ([00:54:43](#)):

They gotta put em out in a vet clinic. And so we did refused his Hawks and did They orchid seage at the same time. And then he spent, you know, a year or so recuperating, whatever. But as when he was four years old, I, I thought, well, he's far enough along. He's sound enough. Now I'll start him under saddle. And he was weird, like really weird. And I, I, you know, I got into where I could ride him around. He was not relaxed. And, you know, and like, like I said, this was back in, in the very beginning of me starting to look at things a bit differently and I couldn't figure out how to make better. So I just left him alone. So he hadn't been ridden for maybe six months or 12 months. And he only had about 10 rides or something like that.

Warwick Schiller ([00:55:28](#)):

And this was in 2018. When we went to the world, equestrian games, we had a lovely young lady from Texas named Becca Tate come and stay with us. And Becca's just wonderful with horses. And I, by this point in time, I had a plan about what to do, cuz what to do with him as I, I realized where I'd gone wrong. And what I realized was when I, when I'd saddle him up, he would stand there and hold his breath. You know what I mean? He wasn't relaxed about the saddle, but he was standing perfectly still. And back then, I didn't know how to change that back when I had been saddling him. And so, you know, like this he'd had a year off and then Beck is he and I, I, I kind of know what to do. And I said, Tobe, okay, what I want you to do with him while we've gone to the world of question games is I want you to take the saddle, take a minute, the ramp pen, take the saddle and pick it up and sit it on his back.

Warwick Schiller ([00:56:24](#)):

And if his head goes up in the air, if he shows any sign of concern, like he stops blinking, his head goes up in the air, whatever, just leave the saddle, sitting there until his head relaxes and then take the saddle off and then do it again. So this is that step two of Sarah's. This is that cat H thing. This is that wait until there's they feel better and then remove the thing. And so we left, we, you know, the last time he'd been ridden, he was weird about being ridden. So we went to the world of question games and we'd gone for two, two and a half weeks or something or other. I come back, Beck's riding him bare back and prideless end. She told me that the first week putting that saddle on, in like that she put the saddle on and he would stand there with his head in the air for 45 minutes.

Warwick Schiller ([00:57:16](#)):

And she, I mean, she has the patience of J be Tate just knows how to be. Like, she can just be still and be present. And it's really, it appears to be easy for her. I'm not saying it is easy for her, but from the outside, it appears to be easy. She said, I stood there for 45 minutes before he relaxed. And then I took it off and I was done for the day. And the first seven days, she put that saddle on there and stood there for 45 minutes until he relaxed. And after seven days, she could put the saddle on and he stayed with relaxed. So that's that, you know, and it might sound like, oh, that's a long, that's a long time, seven days of 45 minutes each day, just staying there, live with the saddle, sit on his back with a cinch, not even done up, but that horse was weird and he was gonna be weird for the rest of his life.

Warwick Schiller ([00:58:03](#)):

If I was going about things, the way I had been going about things. And like I said, I get back from the world of, and games and Beckers, riding bareback and bridals. And she got along with him so well, you know, we were kind of accumulating horses at the time and he, you know, he wasn't gonna be a performance horse. And so, you know, we were looking to try to reduce our numbers, but that, you know, because he's so weird, I can't just give him, I can't get him. You know, I can't sell him just any body. And so Becca was in love with him. And so I said, why don't you just have him? Why don't you just take him home to Texas? And so his name's Murray Murray now, now lives in Texas, but he was, he was and he would've been another, he would've been another Sherlock.

Warwick Schiller ([00:58:47](#)):

He would've been another one that just tends to hold it all in. But so that, that putting that saddle on and off that's, atunement, that's saying, I see your concern. I'm I'm gonna wait here a bit until you feel better. And as soon as he relaxed and she took it off that's once again, that's atunement and it's, it's a technique, but it's a technique that communicates your awareness of their concern. I mean, you could put thes on, I mean, his head would go up a little bit. It, well, wasn't like he stood there like a giraffe. His head would just go up a little bit. And if you just put the saddle on and do it up, his head's gone up a little bit. And so he said, I showed you I'm a little bit concerned and you didn't notice that. And so that's that, that's that lack of attunement.

Warwick Schiller ([00:59:29](#)):

They tend to, I think horses like that tend to you know, be very good at holding it all in, but when they're holding stuff in like that, there's a level of tension in them, which, which comes out as stiffness, which comes out as resistance, which comes out as tough, which comes out as belligerent comes out as any of those, you know, any of those things I talked about at the start of the podcast where, you know, horses are stiff or whatever, and yeah, I've just, you know, I've, I've done enough horses now like this to where, like, I really feel it's like the holy ground. And that's why we've, that's why we've changed the name to attuned horsemanship, because it's still, I mean, it's still horsemanship, you know, the techniques, a lot of the techniques are still the same thing. It's what comes before the techniques is, you know, you still wanna put the saddle on how you go about, or you still wanna to take a flag on a stick and rub 'em all over with it and have 'em stand still while you do it.

Warwick Schiller ([01:00:28](#)):

But how you get them to do that will really influence the outcome of not only that, but everything else. If you've, if you've done that and you've kind of got 'em to just stand still and hold their breath, they're holding tension in their body. Now we've got a horse that's stiff, even before you even pick up, up on rain. Now this horse is stiff around us. So, yeah, I, so anyway, I just wanted to do a bit of a podcast about why we've changed our name to attuned horsemanship, because I think everything I do, that's the first thing I'm working on is the attunement. Okay. That's if, if you are trying to get a, a horse used to an object, they don't like the first thing is you take it away at the first sign of no. Okay. And once again, I wanna reiterate with what Leslie Desmond said that time in the podcast, which was just profound, which is what good, what value does yes. Have if no is not an option. So anyway, I've been chatting about this for, I just thought I'd share my thoughts and that tell you why we changed our name and I'll, I'll leave you there with with Leslie's quotes. So thanks so much for joining us. Hope you got something outta that and we'll catch you guys next time on the journey on podcast.

Speaker 3 ([01:01:46](#)):

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