

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 whose mission is to help people achieve a deeper connection with their horses and therefore themselves and everyone around them through his transformational training program. Warwick offers a free seven-day trial to his comprehensive online video library. That includes hundreds of full-length training videos and several home study courses at videos.warwickschiller.com

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

G'day everyone. Welcome back to the journey on podcast. I'm your host Warwick Schiller. And this week we have a special, special guest named Dr. Sam fielding. I'm going to read Dr. Sam's bio to you just to give you a bit of an idea of what she's about, but there there's a whole lot more to Dr. Sam than her bio, even though the bio is pretty cool. So Dr. Sam's bio says she's an Ivy league educated doctor of acupuncture and Chinese medicine growing up at a family of orthopedic surgeons. She's found her way to acupuncture through her lifelong passion for horses growing up in Maryland, Sam road, hunters, jumpers, and event horses, as well as worked professionally for steeple, chase and timber racehorse trainers. All she wanted to do was ride professionally, but with zero support from her family in her career as a pro rider, she chose to go to vet school instead as life will do.

Warwick Schiller ([00:01:33](#)):

She quick really realized that being a vet wasn't the life of her and began a decade long journey of following the crumbs to a life that she never could have imagined from a horse obsessed kid, straight out of college to becoming a professional skier in five years from a pretty me mediocre beginning, the love of the amazing rides she chased and her youth became a life filled in following her BLIS in whatever life provided. And that meant over two decades away from horses full time, after a debilitating struggle with postpartum depression. After the birth of her first daughter, struggling from suicide, she found a way back to a life. She thought she'd never experienced again with the help of horses, it has become her life's work to share her understanding of how we shape the worlds we live in through the power of our minds.

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

And firmly believes that all lovers of horses share a unique gift in connection to our horses. She shares a perspective on the power of our connection to horses and its purpose to help us heal as individual humans and from the near expand our compassion to help heal not only our communities, but also heal the world. And there's a little quote here. It says it all starts with each of us in our own minds, Dr. Sam. So that gives you a bit of an idea of what Dr. Sam is gonna be on about. And yeah, this is a fascinating conversation. I hope you enjoy it as much as I did Dr. Sam fielding. Welcome to the journey on podcast.

Dr. Sam Fielding ([00:02:54](#)):

Thank you very much. Super excited to be here.

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

I'm excited to have you reading your well, you know, in the intro, I read out the bio that you sent me, which is not the bio I found online. And so, but it's all good. But when I first read your bio online, I'm like, oh, this is perfect. I, I, you know, all the energy stuff and the acupuncture and you got horses and then the, whatever the coaching is that you do. And yeah, I, I was just totally excited about unraveling.

How does a person get to this point in like, you know, that's what the journey on podcast is about. It's not necessarily about what you do, but how you, what, what life experiences led you to the point that you're at now. And I can tell this is gonna be fascinating, cuz yeah. Yeah. There's, there's a lot of real, there's a lot of really cool stuff.

Warwick Schiller ([00:03:46](#)):

But before we do that, yes, I think we probably should bring up the elephant in the room. This pod, I'll gotta tell you guys at home, this podcast almost didn't happen. So I had someone, so I think it's a friend of yours, Dr. Sam, who emailed me and said, Hey, you should have Dr. Sam filling on the podcast. She's awesome. She fits in right with what you're doing. And so then I looked up your bio and I'm like, this is the perfect podcast guest. I mean like, this is, this is, ah, this is such a good fit. And then I, I think I looked you up on Facebook and I came to your, I think it's maybe your business page. Yeah. And there was a photograph right at the start of it of a girl riding a horse and her head was cut off. So I couldn't see the head.

Warwick Schiller ([00:04:28](#)):

Yeah. But she's riding a, she's riding an English saddle in English gear in draws and a Martin Gale all at the same time, whether, you know, a horse is, you know, over bent and, but the, the draw reigns in the Martin Gale, I'm like, oh, this isn't gonna, this is not gonna work. If that's how you ride your horse. I don't care. What other stuff you have when your buy up. That's how you ride your horse. You are probably not the best guest for my podcast. Yeah. And I, and I made two assumptions. I made two assumptions there. I assumed that you knew that picture was there and were quite happy with it. And then the other, probably bigger leap I made was that's quite possibly you riding that horse, which is so I'm like, no, not, not interested at all. And I didn't, you know, I don't think I'd contacted you at this point in time.

Warwick Schiller ([00:05:19](#)):

I just, I thought, no, I'm not interested here at all. And your friend who had contacted me messaged to what is her name? Molly. Yeah. Molly. Yeah. So, Hey Molly, if you're listening. So Molly messaged me, said, Holly, how's it going with with Dr. Samuel? You connected with her yet. And I'm like, do I tell her, do I not tell her? No, I need to tell her. Yeah. So I told her that, you know, that she, that you probably wouldn't be a good fit for the podcast based on, on that picture. And then I guess she told you, and we went here, but for me looking at that picture and looking at your bio, I thought this is the most incongruent human being on <laugh>.

Dr. Sam Fielding ([00:05:58](#)):

<Laugh>

Warwick Schiller ([00:05:59](#)):

Like talking a story one way, but then choosing to ride your horse in and, and no judgment. Like a lot of people ride their horses like that. And that's perfectly fine if that's where they're up to. But usually when you're at the, the point of looking at the world, the way you look at the world, you couldn't ride your horse like that. So anyway. Yeah, yeah. Yeah. So what are your thoughts on that?

Dr. Sam Fielding ([00:06:21](#)):

I, you know, the whole thing was such an interesting experience and I feel like that's a perfect kind of segue to our conversation because everything in our lives, our experiences, this is something I talked to my clients about. And that was one that, you know, when I, when Molly connected us, I was super excited because I've been a follower of your training. I've learned so much from you and I've just watched our kind of journeys and realized the same thing. Like, oh man, I'd love to talk to work one day, because I think we share a, a lot of experiences and are kind of picking up on the same message from the universe. And I was really bummed when I found that out and then I had to sit with it because it really like, it could, I mean, we have experiences in our lives that we can kind of like water off a duck, but this was one where I, I felt a pretty strong emotional spike, because like you said, there was a huge, you know, incongruity with what, who I am and what I speak to and what I feel like my message or my work is about.

Dr. Sam Fielding ([00:07:30](#)):

And I realized like, wow, I really missed the mark with that piece of it's a little bit like it's complicated because that was something that was done with the help of someone that worked for me. And I think part of my personal journey has always been on the edge of like, what do I like, how much do I know versus what other people know, how do I trust my opinion versus someone else's. And at the time when that image was used, I looked at it and thought, this isn't me, but maybe she's doing it for a reason. Maybe this is going to connect to the people that I think need my work. So that is why I think that image stayed, but, and it never sit perfectly well with me either. But at that point it was like, okay, I, I don't know what I'm sure you've gone down the rabbit hole have been like, oh, could you find the, the perfect this or perfect that, and I grossly MIS misunderstood how much that one image could impact somebody's opinion about the work I did.

Dr. Sam Fielding ([00:08:35](#)):

So it was really interesting and a good practice for me to reach back out and say, you know what? I think, you know, being able to connect with work, I think this is a really good experience for both of us to go through and see like, wow, you could be pretty on it, but at times we still miss pretty hard <laugh> so I'm so glad that I took the time to let the kind of dust the energy settle and communicated my piece to you. And then we were able to pick back up. But that's part of what I feel like I learned from you is like, you know, resetting your horses, we have to do that as people. And so being able to take the time to reset, I think, open the door for us to continue the conversation. <Laugh>, I'm really grateful.

Warwick Schiller ([00:09:20](#)):

Yeah. Thanks for re reaching out and explaining that because, and like I said, for me, it wasn't, it wasn't judgmental as in, oh, you are doing it wrong. I mean, everybody's doing whatever, if that picture was of you, you know what I mean? But for me it was like, there's plenty of podcasts that you could go on, but this is not the one. If you choose to ride your horse like that, you know what I mean? So, so, and you don't choose to ride your horse like that. And the thing about that picture, I think is in a lot of areas of the Sr in sports, that that's totally, totally normal to have to use a lot of gadgets like that to control your horse. And so your marketing person, when they put that picture up there, and, and a lot of times I think the people that need to resort to all those sorts of gadgets are probably the people that need your help anyway.

Warwick Schiller ([00:10:09](#)):

So it was probably a good, yeah. You know, it's a good way to draw those in. If you, if you've got a picture of you riding bareback and Briles or something, or other, those people are probably gonna look and go, well, she couldn't help me because she doesn't understand my situation. I've got a warm blood and he's hot and you know, you know what I mean? Yes, exactly. Nothing. There wasn't really any, any judgment about the picture, except the fact, I just didn't think it would be a good a good fit for this particular podcast. Yeah. And that's, that's really the hard thing when you get, I don't know, to a certain place in your, in your journey is not judging others who are on a different place in their journey. And for me, I've been very, very lucky that my journey I was, you know, I was about the same for about 50 years.

Warwick Schiller ([00:11:02](#)):

And then five years it took a major. So five years ago, six years ago now is not that long ago. So I remember back then when I looked at the world a certain way and, and part of this was, you know, the horse training that I do when I looked at the world a certain way, I was right. Like, I'm doing clinics all around the world. People bring me their horses, they leave better. I horses come in for training. They leave better. Everybody's, you know, it's, it's all working. So obviously right. It's right. And if somebody looked, if I had come across somebody who looked at the world the way I do now, at the time I would've went, they're a whack job. <Laugh> yes. You know what I mean? So it's, yeah, totally. It's not that very long ago that I was in that spot to where I would think current me is a backdrop.

Warwick Schiller ([00:11:49](#)):

So I'm, but, but the thing is, at the time I was right. According to my experience, what I was doing was the right, the right thing. It wasn't like, I was like, ah, this is not quite working. It was working fine. So, you know, so I, I, I, I don't, I find it easy to not judge others at a different point in the journey because it wasn't that long ago I was too, you know, I think if it happens over 30 or 40 years, you kind of forget how far you've come and I've come quite a ways in a shorter period of time. So yeah. It helps with the judgment thing,

Dr. Sam Fielding ([00:12:24](#)):

I think, for sure. And that actually is, it really speaks to kind of the work that I do with people. And it's, I feel like it's a really interesting parallel because you have shown that in the work you do with your horses and the way you train your horses now, cuz I actually, so I, I'm trying to think back to when I first became acquainted with your work and it was, it was back when you still had like two paths.

Warwick Schiller ([00:12:50](#)):

Mm

Dr. Sam Fielding ([00:12:50](#)):

Yep. And there was the one like the skills path and then the relationship path. And I remember in the beginning being like, I started down the skills path and then I was like very quickly, no, no, no. I gotta go down the relationship path, cuz that feels like the beginning. And then what I realized when I was starting to, you know, play with some of the things that you were talking about, it's like, this is brilliant. However, the vast majority of the people that I know whether they were, you know, when I was working for other professionals like owners or clients, they might understand some of this, but they wouldn't have been able to execute it. So I felt like, well, this is fine and dandy, but until the horse is surrounded by people that can do this, the poor horse is kind of like, you gotta get a really smart horse, that's gonna get it and be like, well, the humans don't get it.

Dr. Sam Fielding ([00:13:42](#)):

<Laugh> to <affirmative> to be able to really help them stay and understand that level of communication. That's part of the work that I do is helping people realize that we, as human beings can make those pivotal shifts like you and I have at different periods in our lives. My shifts, the rapid shifts from one way of seeing the world to another have not necessarily been my choice <laugh> so it, it was almost in some ways out of necessity that my perspective changed 180 in some ways. And I, I think that that's a benefit, like the fact that we both have that very strong contrast to be able to feel like life before, as you said, felt so certain, this is the way this is right versus this isn't right. It's, it's interesting when you can look back at yourself and say, man, I was in a completely different head space and I would not have been open to hearing other perspectives like I am now. I think that's, that's a really interesting thing to see. And how can you help folks that are maybe on the other side of the fence to, you know, how can we bridge that?

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

Yes. Yeah. That, that's a great question, but you know what though? You just said talking about coaching.

Dr. Sam Fielding ([00:15:07](#)):

Yep.

Warwick Schiller ([00:15:07](#)):

Okay. So let's back up and let's, well, let's talk about what is the coaching that you currently do? What do you, what do you, what do you currently do? Cause I wanna unravel how you got to that point because that's the latest iteration of you

Dr. Sam Fielding ([00:15:19](#)):

<Laugh> yes. So I think I'm like a lot of rider who very early on realize like this is, you know, non horse people, you say this to them or they see us and go, what, I don't understand why your life revolves around horses. Like how can everything you do be about horses <laugh> 24 7. And so I, I grew up in a non horsey family and wanted to really spend as much time as possible at the barn and with the horses. Like I wanted it to be my work. I did that for a while. And then I got to the point where I realized, okay, maybe I have to quote unquote, grow up and get a real job. And I played the game of walking two paths for a long time of the, I have a job to support my horse habit. And then there's my real life where all I wanna do is ride and be around horses.

Dr. Sam Fielding ([00:16:12](#)):

And it fast forward through a lot of the important stuff. But I got to the point where I actually had a mentor of my own and I was saying, look, I just need to understand how do I make my acupuncture business, you know, as scalable as possible. So I have as much time to ride <laugh>. So that's all I really wanna do. I don't, I wanna figure out how to maximize my, you know, academic and professional training. So I can just spend time with the horses. And in the beginning of working with him, I remember him saying like, there's no, there's, it's not one or the other. And I couldn't see that at that point. And he very clearly said, look, you don't, you cannot separate the two. You have to merge the two <laugh>. And at the time I thought this guy is, you know, he's he just wants my money.

Dr. Sam Fielding ([00:17:03](#)):

Like there's, there's no way I can actually make this happen <laugh> but we did. And it, it actually has kind of become one of the cornerstones that I do with my clients is that nothing we do on any scale can take us into places where we're isolating siloing, separating things, and it starts with us. So I had to find a way to integrate all parts of my life. So my professional world, as a doctor of acupuncture was, you know, that's a passion of mine. Always. I've always been curious about healing and energy in the mind. But the interesting thing was as a profession alone, when I said to people, look, I can help you heal from some pretty serious things. <Laugh>, you know, whether it was anxiety, depression, cancer. I mean, some of the ones where people were like, okay, this is life threatening.

Dr. Sam Fielding ([00:18:02](#)):

I should try something. People were open to a greater degree to get help, but it was shocking to me that when I would say, look, these are the things you need to do to get better. That a lot of them were not willing to make those changes. And when I started to integrate the horse piece, how do I bring the horse world into the work I do? This was kind of some of the stuff I realized in your training was, well, if I can show people how to change their energy in a way that is better for them in terms of their physical health, their mind, they're gonna show up to the barn as the version of themselves, that the horse is gonna be happy to greet <laugh>. And when you sit on your horse and your mind is not pulled in a thousand different directions, you can ride, you can show up, you can feel what's happening. But there was so much that I realized that people couldn't actually feel or access on that very subtle, energetic level. And then the, the magic sauce came when I said, well, yeah, I could teach you how to ride with feel. And then people weren't like, assign me up. <Laugh> no one wanted to heal, but they all wanted to ride better. <Laugh>

Warwick Schiller ([00:19:11](#)):

Yeah. That's I I've found that I've, I've said it a lot, that, that I get, you know, I get emails and messages that all the time like, oh, do I following your stuff? You know, I it's really changed my life completely and blah, blah, blah, blah. And the funny thing is these people would not have done the work cuz a lot of times they're, you know, the demographic for what I do probably for what you do too, is, you know, 35 to 65 year old women are the, the largest part of the demographic. And a lot of times they wouldn't do the work for their husband or for their kids or for their boss or their coworker or whatever, but they'll do it for the horse. And when you make those personal changes with the horse, you've made them per you know, you've made them in every other aspect of your, your life too. But what I wanted do before we get too carried away there, I had asked you about what you do now. And you said about coaching. Do you only are you gimme, gimme the, like the, the elevator spiel of what you do right now, your coach, is it only for horse riders?

Dr. Sam Fielding ([00:20:09](#)):

It's not, I mean, at the moment I primarily have riders but it's really, I actually have someone who's a professional wake surfer who I'm helping more on the physical side, but, and I'm trying to see, like when is she gonna put two and two together that she needs to do the mental part to fix the physical? So it's really not necessarily work that's specifically for riders, it's really anyone that wants to be able to perform at a really high level, cuz I feel like there's a correlation there. So a lot of my really high performance and even, you know, some people feel like, oh, well do you work with people that are just to ride? And I say, absolutely, it's not about what level you aspire to. It's just that are you, are you looking to improve and grow and be able to feel progress in whatever it is that you're hoping to achieve?

Dr. Sam Fielding ([00:21:03](#)):

So it's really a combination of the mental work necessary in order to gain that very, very refined awareness about what you're doing in an energetic sense. But the foundational piece and the piece that I think is interesting and how it's a little bit different than maybe what a sports psychologist does is that I can see in my own experience that there's a level of physical healing that we as individuals need to go through to be able to actually access that awareness and that understanding. So you can have all the information you want, but you might not be able to execute it until you do this work because you physically energetically are blocked. You can't, you can't feel it. So that's the part that I think is, you know, what I do if, if I were to kind of say in a nutshell what it is I think about it, it's like, well, I'm really teaching people how to train their minds.

Dr. Sam Fielding ([00:22:06](#)):

It's like a little bit of actually, you know, like mindfulness as a very common thing in our lexicon now, but, and even meditation people are really familiar with, but when it comes down to it, when people sit down to meditate, most people are like, well, shoot, I don't actually know what I'm supposed to do now. <Laugh> and I get into a lot of the specifics of what it is that meditation is actually designed to do. What are you supposed to be thinking about? What's the point? I think that it's really important, important for people to understand those elements so that they can actually do some of their own exploration. You know, they don't have to have me guiding them. Part of it is I can't guide them. They have to do the work on their own. So giving them the context, I think really allows them to deepen their, what they can gain from doing this work.

Warwick Schiller ([00:23:05](#)):

Is there a somatic aspect to it too? Is it, is it only top down or is it bottom up or what?

Dr. Sam Fielding ([00:23:12](#)):

Well, so, you know, I think it depends on the individual, I think before I definitely used to be more body body first and then mind. But I think now I just I have a greater appreciation for the power of the mind than I did before I started doing this work. And the more and more I study and explore, I realize that floor, I realized that there's a more powerful perception of shift in people when they feel the mental shift first. And sometimes like, you know, the contrast that I was saying that we've had in our lives from the, the pre woo woo to the post. Woo woo <laugh> I think when you can give people that experience, it really helps 'em go, wow, there's a completely different world out here instantaneously when I change the way I see things. So right now I, I feel like it's more top down <laugh>

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

Okay. So what I wanna do is I want to go back and unpack how you go to this point, cuz this gonna be fascinating. But before I do, I wanna read a, a testimonial from your website and I wanna ask you a little bit about this, cuz this is absolutely fascinating. So this is a testimonial buyer, a guy with a PhD named Dr. Toby Daley. And this says I'm a stage four melanoma patient with metastasis to the brain lungs, liver and spleen. So in a bad way, I was experiencing complications, inability to swallow colitis, et cetera, from surgery and Dr. Feeling got me immediate results and successfully address the melanoma lesions themselves. I highly recommend Dr. Fielding. She embodies the compassionate competence of the ideal physician. Was that acupuncture or was that whatever it is you're doing now?

Dr. Sam Fielding ([00:25:16](#)):

So that was,

Warwick Schiller ([00:25:17](#)):

That sounds like a miracle cure. And I wanna know what, what it was.

Dr. Sam Fielding ([00:25:20](#)):

Yeah. So no, that was actually all energetic work

Warwick Schiller ([00:25:24](#)):

Really year. He got me excited.

Dr. Sam Fielding ([00:25:27](#)):

Yeah. So he lives in California and I was in New York at the time. Well, I'm still in New York. So the it's a very interesting story really because Toby is an acupuncturist and his wife is an acupuncturist as well. And I met her when I was working on my doctorate and they both have far more experience as acupuncturist than me. However, I think my good fortune is that you know, I've wrote in that one bio, like I, I just kind of follow the crumbs. So one of my crumb following experiences led me to my, one of my master teachers in Boston. And we can get into that story, but so I learned this energetic style from him. It's all distance energetic work. He wasn't, I mean, this was all done. I, and so I, I understand that there's gonna be people that listen to this and think there's no way this is impossible, but you could reach out to Toby and he would validate this.

Dr. Sam Fielding ([00:26:30](#)):

It was on the phone, you know, I would connect with him. That was that's the primary thing is I connect, I get consent from him. And then I would do the energetic work. And I think his testimonial doesn't even really illustrate how bad it was. So when he says surgery, he went in for a gamma knife surgery, which is laser guided surgery at the brain stem was where they were focusing. And it basically it's, it has to be so precise. They take two lasers and they only cut when the lasers intersect. That's how precise the surgery has to be. But because it was so close to his brain stem, I, it affected his ability to swallow. So he literally couldn't eat or drink. And when they called me, it was like the last ditch effort to do something because he couldn't eat or drink.

Dr. Sam Fielding ([00:27:22](#)):

And the interesting thing was I was pretty deep in my own suffering of postpartum depression at this point. And I remember when they reached out, I was in my brain. I was thinking like, I'm in no state to help anyone. Like I'm barely helping myself at this point in my life, but it was like a gift from the universe because it was something that I could do to get outta my own head to help someone else. And I, I did the energetic work, which is called Tong run. And it was amazing, you know, I, I didn't know what to expect when I was doing it. I, these were friends of mine. I wanted to do anything I could. So I just tried. So the first treatment I, you know, I did my thing and I thought, I hope that helps him. <Laugh> and the next day I got a call saying it, he can swallow it's a little bit better.

Dr. Sam Fielding ([00:28:14](#)):

Can you do it again? So he did, but I think it was three or four days of successive treatments and just slowly and slowly, things were improving. His colitis symptoms started to improve. So we just kept that

up for a few weeks. And it was once a week, all distance, you know, treatments, just energy work, no needles, no, nothing physical. And that was seven years ago. It, you know, when my daughter was very small, she would sit there on the couch with me while I was doing the energy work for him. And it it's one of those experiences where I sometimes I wonder, like, why don't I do more Tong Ren, but it is so hard for people to conceptualize. Like, how is that possible? How could you possibly have been in another state and helped him? When I think he was either UCLA or Stanford is where he was going for his oncology treatments. You know, like, arguably this is some of the best medicine in our country and they couldn't help him. And yet this energy worked, did it. It's honestly a little hard to wrap your head around <laugh>

Warwick Schiller ([00:29:34](#)):

Is it, is it a bit like a compliment where they have to be open to it? Like, if, if let's say, you know, you, someone gave consent and then you did this energy work, but in their head, they're thinking this is a crock of, you know, what, and it isn't gonna work anyway, cuz that that's, that's a, an opposing energy.

Dr. Sam Fielding ([00:29:58](#)):

Yeah.

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

Do, do you have any thoughts on that?

Dr. Sam Fielding ([00:30:01](#)):

Well, I think it does have an effect, but I don't think it's an absolute, because my first introduction to this style of acupuncture and energy work, I found my teacher when I started my master's program for acupuncture, I had just moved back east for the first time in decades to start this program. And I, I got asthma out of the blue. I mean, I had, I had always been told that, you know, you have exercise induced asthma, but it never affected me. And it got to the point where I couldn't breathe. I couldn't lay down. I was on every Western inhaler. You could possibly imagine I had a ski patrol coworker who was also a, a ER doc in <laugh> in desperation from New York. I called her and said, look, I can't breathe. Like, can you please write me a script for whatever inhalers are supposed to help me?

Dr. Sam Fielding ([00:31:00](#)):

Cuz I can't sleep. I cannot lay down. I can't breathe. And in desperation I Googled acupuncturist in Boston, which makes me laugh now because I mean you swing a stick in Boston and you're gonna hit an acupuncturist. So how I found my teacher, I had no idea other than I was following crumbs. And and even the, the first call I remember being desperate, just tears, getting really scared of that. I wasn't gonna be able to breathe called after I find his name, thanks to Google, no one answers. And I was that person and I called right back <laugh> and he answered the phone, which now, you know, after I had worked and studied with him, I realized like, well that was an anomaly. He never answered the phone. The, the phone would ring in the office and he'd be sitting feet away and the rest of us would come running.

Dr. Sam Fielding ([00:31:56](#)):

And he's just like, I don't answer the phone <laugh> so why he answered the phone that day? I have no idea. You go into his office and there's a sign that says, please don't refer your friends and family. I, I,

what office says that we're too busy basically. Like, please don't bring people here. And I remember going in for that first treatment and looking around and everyone's wearing scarves and it's very clear that these people are all getting chemotherapy. And I thought I'm not supposed to be here, which really in hindsight, like not breathing is a fairly serious condition. And I was not what I would consider to be open, like how I would be open. Now I went in there with curiosity, but everything he did was so far from what I, my expectation of going into seeing acupuncturist was about down to the end of the treatment.

Dr. Sam Fielding ([00:32:50](#)):

The only thing that did make me go, oh, whoa, this is different. Was when he put the needles in me, he put 20 needles in me. I know now from studying with him and it felt like nothing. It felt like he was just tapping, touching my back and it took probably three seconds to get them all in. And I remember being like, wait a minute. That was really fast. This guy must be pretty good at this part. And then I went to leave and I thought, you know, most acupuncturists, they come back every week for however long and I'm waiting. And I said, well, when should I come back? And he looks at me and then he looks over at the receptionist, who is his wife? And I didn't know. And they say something in Cantonese and then he looks at me again and he goes, nah, should be all right.

Dr. Sam Fielding ([00:33:37](#)):

<Laugh> I'm thinking this guy is crazy. I'm not gonna be all right. I can't breathe. So I paid, I thought, well, I guess I can't come back. And I remember walking out of his office in Chinatown and kind of laughing and thinking, wow, that was the craziest thing ever. And if I get maybe a couple hours out of my inhaler, I'll be, I'll consider that a win money. Well spent. I never used one again ever. And I was, I would say I was desperate in that, you know, going in to see him, but I was not necessarily open. I was very much like, what is he doing the whole time <laugh> and it still worked <laugh>

Warwick Schiller ([00:34:16](#)):

You were a doctor acupuncture at this point in time, aren't you?

Dr. Sam Fielding ([00:34:20](#)):

No. So that was when I had first started, like, this is when I was starting to learn. And the whole thing was just bizarre. His daughter, who is now a very close friend was actually in my class. And so that is how I actually came to study with him. I was so obtuse at the time. It took me a long time to realize like, Hey, this guy's the real deal. Yeah. Go get your degree, learn how to pass your boards and do all this stuff. But if you wanna learn the, the real deal of how to heal people, you have to study with this guy. So eventually I did go and study with him and follow him. But it's, it's, it's one of those things, like, as you say, your journey is there it's bizarre. Like I had no intention of learning this style.

Dr. Sam Fielding ([00:35:07](#)):

I didn't know it existed. I, I was very much, you know, I came from a FA family of Western medicine, orthopedic surgeons, like the opposite end of the spectrum, cut. 'em Open to the farthest end of don't touch them. <Laugh> you don't even have to be in the same room, let alone the same state to help these people. It, it was not even in my comprehension at that time. So I don't think you actually, I mean, I think you have to be aligned, I would say overall energetically, karmically, whatever it is, you have to be in a frequency that's kind of you know, consistent or coherent with the energy of the healing. But I don't think you consciously have to be aware or willing cuz I've done it with animals.

Warwick Schiller ([00:36:05](#)):

So Dr. Sam, you were saying you've gotta be consistent in the energy of the healing.

Dr. Sam Fielding ([00:36:11](#)):

Yeah. Yeah. So you were, you were asking, do you, does the person have to be like open, like to receive like a compliment or to be open in that way? And this is, this is kind of the work I do. Like what does that actually mean to be open or to receive? I think you can conceptually get it, but then you ask someone to be in that energy and then people gloss over. Like I have no idea. And what I mean by being kind of aligned is that I don't know that you consciously have to feel like, yes, I'm willing and ready to receive this or be open so much as your, the path that you have taken up to that point aligns you to receive that energy. I think it's much less, you know, we can do an actively engaged thing at that point. That's that to me receiving is much more of a you've arrived at a place where something is available

Warwick Schiller ([00:37:11](#)):

When the, when the student is ready, the teacher will appear

Dr. Sam Fielding ([00:37:14](#)):

Kind of, sort of thing. Yeah. Yeah.

Warwick Schiller ([00:37:17](#)):

Okay. So I wanna unravel this, this crazy life of yours. I've got some notes here born into a family of orthopedic surgeons. You thought as a, this is from your website, you thought as a surge and your ability to heal was limited. What was the first thing? Did you go to medical school or did, did you start down that path? Initially?

Dr. Sam Fielding ([00:37:40](#)):

I, I started down very reluctantly after realizing my body wasn't good at ski patrol forever. <Laugh> well let's

Warwick Schiller ([00:37:50](#)):

I got, let's let back up to the ski patrol, cause this is fascinating. It says you're a competitive rider, skier runner, climber, an artist. What order did those things come in?

Dr. Sam Fielding ([00:37:59](#)):

Let's see. Artist always from that was like the first thing that I somehow had access to that was kind of beyond like, I, that was just there

Warwick Schiller ([00:38:10](#)):

Somehow. When's your, when's your birthday?

Dr. Sam Fielding ([00:38:12](#)):

August 27th.

Warwick Schiller ([00:38:14](#)):

Okay. That means you. What star sign?

Dr. Sam Fielding ([00:38:17](#)):

Virgo, but I'm a year of the dragon. Does this mean something to you?

Warwick Schiller ([00:38:22](#)):

<Laugh> I don't, I don't know much about it, but I've had a couple of experiences with a, an astrologer that just blew me away and not necessarily changed my life, but definitely confirmed where my life was going. And so

Dr. Sam Fielding ([00:38:35](#)):

Interesting.

Warwick Schiller ([00:38:36](#)):

I just thought that maybe you had looked into that stuff and

Dr. Sam Fielding ([00:38:40](#)):

No. Well actually that's not true. One of my classmates in acupuncture school was a he's comes from a family of chigong kind of masters and he did my Chinese astrology and he, to him, my chart was fascinating. But beyond that, I didn't look at like, okay, what's the next bits? Let's see what order. So art was always there running, came after college <laugh> and skiing also came after college. So I, I mean, I, my dad took us skiing, but it really was like a kid going down the slope with a giant ski snow plow. Like I didn't know how to ski.

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

Right. So you, in your, I think on your, on your bio, it says you went from being a beginning skier to a sponsored skier in five years. Yeah. How, how does that happen?

Dr. Sam Fielding ([00:39:29](#)):

Well, <laugh>, that's a good question. I, again, it's like following the crumbs, I had, you know, a not very inspiring job at a ski shop, but I, it was, it's always been the connections connection is number one. So the human connections that I had led to conversations and I, I mean, this is how you get on ski patrol. You've gotta know someone. So I knew someone that said I'll vouch for her. And, and in ski patrol world, it's, you have to trust the people you work with, you know, like a lot of the skills that you have, you, anyone can learn. <Affirmative> but you primarily, you have to fit the family. <Laugh> it's like the land of misfit toys. So they don't just, I mean, truly anyone could fit in, but whether you slot in there nicely and it's less painful for you, <laugh>, it's kind of when you're brought into the fold by someone it's you're in. And so I had the good fortune to have someone fairly high up in the patrol say, Hey, I'll vouch for her. That gave me the opportunity to start this thing.

Warwick Schiller ([00:40:37](#)):

Now for us, nons ski is, can you tell us what ski patrol is?

Dr. Sam Fielding ([00:40:40](#)):

So where are the people that go and pick up the broken people? <Laugh> set up the mountain and out west we're the ones doing avalanche control work, throwing explosives by hand to start avalanches so that you guys don't get caught in them while you're skiing and die. <Laugh> I mean, in a nutshell and out west, it's a paid job. These are professionals you know, very skilled professionals that take their work very seriously. So I fit in as a misfit toy, but I didn't ski well in the beginning. And you know, and so most of these skiers, the ski patrollers are very good skiers. You have to be able to ski whatever terrain you're, you know, you're taking people toboggans down.

Dr. Sam Fielding ([00:41:29](#)):

It's not as hard as people think, but you have to be a proficient skier. And I wasn't what I'd say, like I could, I could get down whatever it wasn't pretty. And I remember in my first year kind of season and review my ski patrol director saying, well, you're skiing sucks. And I remember sitting there thinking like, you are such a jerk. Why did you hire me then? And you're waiting till the end of the year. Like, why wouldn't you try and do something to help me. But, you know, as you have probably experienced, some of some employers are not there to help you, they're there to do their job. I personally remember that conversation is a pivotal moment and there was a little, you know, the little voice in your head was like, well, I'll show you. And that kind of, it wasn't like a, ah, I'm gonna do this thing, but it planted the seed where it was like, okay, you gotta get better at this.

Dr. Sam Fielding ([00:42:21](#)):

If this is the perception of what you can do and who you are, this is a little bit like the, when you saw the photo was like the assessment of who I was. I was like, whoa, wait a minute. <Laugh> that's not me. So when he said that, it really kind of just gave me awareness to the fact that like, you can improve this piece. And I really just focused on getting better. Anytime anyone would suggest something, I would try it. I had friends that were ski instructors and I'd say, Hey, how do I do this? What do I, what should I do? Like, it was just a sponge. I didn't take any teaching or criticism as an insult. It was like, good. I'll fix that. I'll fix that. And then I think the really biggest change came when again, I was following crumbs and I wanted to go to New Zealand to patrol.

Dr. Sam Fielding ([00:43:11](#)):

And so I skied year round which was another incredible adventure. And I think being on the snow that much really kind of just allowed me to get better, really fast. But I think it really comes down to also, you know, having the ability to naturally focus on the thing I needed to focus on and block out all other distractions. But as far as like, how do you go from being a beginner to being pro with sponsors and opportunities to have people pay for you to compete? Again, it was connections. It was all just connections. And somebody saying, Hey, you know, I mean, that was a really, I never, I couldn't have possibly planned any of this. I couldn't have gone out and taken it if I wanted to. It literally just presented and every time it would present, it was just no big deal.

Dr. Sam Fielding ([00:44:16](#)):

It was a conversation. Hey, do you wanna do this? Oh, you used to ski at Kirkwood. Do you have any videos of you skiing? Oh, in fact, I, I do my roommates liked to make ski videos. So there's a bunch of videos of me jumping all off of all the stuff that they say, go jump off, you know, following the thing that sounded fun really is how that came to be. And I do think naturally, like my physical body, I have muscles that are well suited to skiing. Like I, I just was well suited to pick it up quickly. And I loved it. I think that that's a really critical piece is that none of it felt like a chore. It was always just fun. I wanted

to do it. So it was, it just kind of came, but it was consistency too. I mean, you know, those things work for

Warwick Schiller ([00:45:15](#)):

Everything. Well, I I'm, I'm vibrant on your, on your whole path because I'm, I'm the same as far as I didn't have a plan. You couldn't where I'm at right now. You couldn't plan that you couldn't go, okay. You know, this is how you do this. It's just opportunities have risen. And I've said yes to opportunities and they worked out, but I'm not, I'm not a huge planner. Another thing in your little list of stuff, he says, climber, I mean, I guess you mean rock climbing.

Dr. Sam Fielding ([00:45:41](#)):

Yep. Yeah, that was another random. So when I went to college, I went to the university of Pennsylvania and I don't know if you're familiar with UPenn, but it is very urban. So growing up in Northern Baltimore county in the green spring valley, which you, if you haven't seen it's, it's like the, it's like this tiny little pocket of horse heaven. It's beautiful country. There's a lot of professional riders growing up there. I thought that all farms were three to 500 acres of rolling green. Beautiful. You know, a paddock was 30 acres. I was absolutely spoiled. So going from that as a horse loving, crazy girl to Philly was a complete shock. And I was pretty desperate in my Philadelphia days. And randomly I came across a outward bound catalog. I, I don't even know where it came from, but there was something in there when I saw the pictures, I thought, oh, maybe I should do this a bit like, oh, here's another crumb.

Dr. Sam Fielding ([00:46:51](#)):

This sounds interesting. And so classic me, I had never gone camping or anything like that. And I decided that I was all in. So I went for 21 days straight in the back country to rock climb and backpack, and I'd literally had never gone camping. So I got thrown right in. But to me, that experience was a bit like finding horses. It was so mind blowing to experience the mountains and that environment of the high Sierras that I, I just, I came alive in a way that I hadn't been alive for in a long time at that point. And there was something, you know, at, at that point in my life, I didn't realize it, that there was a similarity in the riding experience to me with the rock climbing experience, you know, in terms of how absorbed you get in the experience.

Dr. Sam Fielding ([00:47:46](#)):

Rock climbing is scary in the beginning, riding horses so scary in the beginning, but when you get over that hurdle and you start to go, wait a minute, I actually enjoy this thing. There's a, you're so absorbed that I got sucked right in. And I think that it was also because like riding, you're kind of in these really beautiful environments where you're just happy to be. So I, I had friends when I moved out west cuz after college, at that point I had realized, well, west Philadelphia, wasn't supporting my writing aspirations. And I had given up on my idea to be a vet at that point, cuz I just needed to get out of Philadelphia <laugh> so I ran out west and the mountains kind of became my life for a while. The, the climbing actually is probably what led me to Utah. And then the skiing followed when I looked around and went, well, nobody rides here. So I better learn how to ski <laugh>. I mean, it really has been that random,

Warwick Schiller ([00:48:46](#)):

The outward bound thing in the high series, where were you in the high Sierras?

Dr. Sam Fielding ([00:48:51](#)):

So the base of that outward bound school was in Fresno, but we were outside like Sequoia Kings canyon mm-hmm <affirmative> yep. Banner and Riter we were in that kind of area. We traveled quite a ways but more on the Eastern side of the Sierra.

Warwick Schiller ([00:49:12](#)):

Yep.

Dr. Sam Fielding ([00:49:14](#)):

Yeah, it was, I mean still to this day, one of the most mind blowing places I've been,

Warwick Schiller ([00:49:21](#)):

So here in my notes, Dr. Sam, it says you had a health scare in your early twenties and because of that, you learned how to heal your body from within what what's that all about?

Dr. Sam Fielding ([00:49:30](#)):

Well, it, it was interesting. So let's see at that point I was ski patrolling living in park city, Utah, and I had a bad pap smear and I, it was, you know, like in your early twenties, I feel like at that point, I didn't know how to navigate the medical world very well. I didn't really, I probably didn't ask the questions I needed to know, but in my brain it was, oh my gosh, this diagnosis is they're scared of finding cervical cancer. And then it came back that they were like, yep, we don't like the way this tissue looks. You need to go in and have this procedure done. Which is all fine and good. It ended up being fine in the end. But in the interim between having that first initial, like, Ooh, this doesn't look good to having it kind of addressed clinically you're in this horrible limbo land in your mind of going, wow, I'm 20 something years old and they're telling me that I might have cervical cancer.

Dr. Sam Fielding ([00:50:35](#)):

And it, at that point I remember thinking I will do whatever I have to do to get healthy <laugh>. And so it really, it was an interesting experience to be on the receiving end as a patient and feeling what that felt like and also thinking, gosh, these people are giving me, you know, I feel like I have to just absolutely trust these people to tell me what I have to do. And it's my life on the line. And I, I felt really uncomfortable with that. And also in my twenties, I was still pretty arrogant and thought, well, I could do this. <Laugh> like I come from a family of doctors, like maybe I need to be the one making these decisions and seeing this and deciding is this truly the only answer for me in terms of treatment ways to manage this? And in the interim I thought, well, if, if I have to sit here and wait, then let me figure out how do I do whatever I can to help my body heal, put myself in the best position to have a good outcome.

Dr. Sam Fielding ([00:51:38](#)):

And that really was kind of the start of me exploring the, all the different sides of healing and health that as growing up in a Western family of physicians, I didn't entertain. So very simple things that I didn't appreciate at that point that can impact people in profound ways like nutrition, <laugh> exercise, you know, stress management, things that we want to minimize because the effects are often subtle and take a long time to see. But the benefit of a lot of these different modalities were that there were no negative outcomes. I had to be patient to receive the benefit, but it was, you know, there was very little

side effect other than maybe this doesn't work. And it really kind of opened the door of me saying, well, I'm gonna learn this. And as I opened the door, you know, my arrogance quickly faded to, oh my God, this is a lot more complex than I thought.

Dr. Sam Fielding ([00:52:41](#)):

And they've, you know, I, I started with nutrition and then as I was trying to read all these books on nutrition that was based in kind of holistic medicine, a lot of Eastern medicine I would read every chapter and be like, okay, yeah, that's me. And then I get to the next chapter and be like, oh, okay, this one's me too. <Laugh> and then I kept going, I'd be like, wait a minute. I can't be this whole book. Like I have to, I'm obviously missing the point. Like, I, I don't know how to do this. And then, and I was also in a parallel of thinking, like, there's gotta be another way. Like I can't, I, I don't feel confident relying on this one that my family says is the only way, because there was enough in the other side that I was starting to see like, wait, there's a lot of stuff in here that makes sense to me. And it was almost the point of where I started to explore and trust my own guidance, my own instincts that might have been diametrically opposed to what my family told me was the truth. And it, you know, fortunately everything worked out. I mean, I'm still here, I guess it worked out fine, but it really opened my eyes to a whole different world that felt for the first time, like, huh, this stuff actually resonates a little bit more with me than this other stuff.

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

And, and, you know, that's kind of how your journey goes. Isn't it? Like this resonates a little more than what I

Dr. Sam Fielding ([00:54:16](#)):

Used to think. Yeah, totally. I mean, that's how the whole outward bound, the climbing. I, I was pretty convinced like horses are it? And I wanna be here, I wanna do this. But then when I was allowing myself to follow the crumbs and see the other things, that seemed interesting, I realized, well, wait, this is actually pretty great too. What else is out here? <Laugh>

Warwick Schiller ([00:54:41](#)):

Yeah. What else is out there? Lots of stuff. So, so the next bit of my notes here says that after you had your daughter, you had severe postpartum depression. Yeah. You wanna share that with us?

Dr. Sam Fielding ([00:54:54](#)):

Sure. And that is actually probably, you know, in the experience of it, the worst thing that has ever happened, I would say I, and I, I had a pretty rough childhood, I would say, but the experience of postpartum depression, when I think back on it was so intense and it was such a stark contrast. I had kind of come out of the ski world, have of being in this place where I was doing things that people were saying, like, you know, they were in the moment going, how do you do these things? How did you end up here? How did you get sponsored by Alta? How do you get sponsored by Roxy? And I'm a little bit like, I don't know. I, I'm not sure, but it's pretty awesome. I'm really enjoying this all. And then when I finally made the decision to have kids, which I waited for a long time, because of my experience growing up, I thought I can't be a parent if I'm gonna end up being like my dad was to me, which is a whole nother story.

Dr. Sam Fielding ([00:55:55](#)):

And I waited and I waited. And then again, as life will do, the timing felt right for me to try and have a kid. And I thought this was something that I could manage. And then boom, I had the kid and it was nothing like what I had anticipated. I mean, I, I laugh thinking of what I thought the experience was gonna be like. And it was very much an eye opening experience because this is embarrassing to say, but as an intern, as an acupuncturist, I was so focused on sports and the use of acupuncture for the physical body alone. Like I, I would literally get cases. You would see what your patients were. And I, I distinctly remember one day being like depression, what do I do with this? Like what do you have? And someone had a shoulder injury. I was like, do you wanna trade?

Dr. Sam Fielding ([00:56:49](#)):

I will take your shoulder injury patient and you can work with this person. And we did. We switched because I had no appreciation for what that meant. I didn't know how to treat them. And in some ways I really was like, I can't, I don't, I don't really believe this is a thing. So <laugh> when the universe was like, whoa, give her some time to simmer in this. And they handed me my own experience of it. I, I really, I do remember thinking back, I'll never forget that day as an intern of all the hours I spent. And I remember thinking, wow, you're this is karma being served right here. You were so flippant and so arrogant. And so disregarding of other people's experiences that you, this is how you're gonna learn it. <Laugh> and I, I was really at such a low point in my life.

Dr. Sam Fielding ([00:57:44](#)):

That was one important thing that came of. It was I realized like you can't, you know, you may be smart, you may be capable, but you can never be so arrogant that you are not willing to see the other side. So it, it made me realize that there was an extreme level of humility that I needed to experience and appreciate and learn that there was a power in that, that I wasn't aware of before. And it changed my mind about what mental health was for people. So there was, I, I knew there was a physiologic component, but I also knew that it was very much how I was thinking and seeing things. But for a long time, while I was experiencing that, I didn't think there was a way out. I truly thought that was it. I, at my lowest points, I can still remember.

Dr. Sam Fielding ([00:58:46](#)):

I live on a lake here in upstate New York, and I remember driving my car and this is the thing that's mind boggling. When I think back you look fine, right? You're functioning. Like I driving car, I'm doing the things. And, but I remember driving down our lake road and thinking if I just turned right, right now, the car would go in the lake, like this could be over. And I remember thinking that in such a detached way, being like, whoa, that's crazy that you're thinking this, but then being like, or I could go, there's a big tree up here. I bet if I just floored into that tree and just being in a space where I'm going, huh? This is what the experience of thinking you want to end your life is like, and it, there was a such a profound level of detachment because I can still picture where I was on that road, driving out, driving.

Dr. Sam Fielding ([00:59:41](#)):

And I, I remember being in that experience, but it was bizarre because there's a level of pain, but it wasn't, it was weird because it was like, it was just a bit removed. I knew that it was bad. It was not good that I was contemplating those things, but it wasn't a pain. Like when you get kicked or you fall off, it was a different pain. That was so deep, that felt so inaccessible that I thought there's no way to fix this. And then it, but it morphs, right? Like then that, that experience, I couldn't do anything with it. I didn't know what to do. So I had to be in it. And I remember actually talking to my husband at one point and

finally verbalizing it. And there's something about having a conversation with another human that brought it to a level where I was like, oh crap, this thing is real.

Dr. Sam Fielding ([01:00:36](#)):

And I said to him, I can't do this anymore. And at that point, you know, I was teary, it was emotional. It's all the normal, painful, emotional things that you experience. And I said, I have to do something cuz I, I literally can't do this. But I also, at that point feel like there was a shift where it was no longer about me. I knew I couldn't end my life cuz I had a child. I couldn't do that to her as much as I was in pain. I knew enough to think down the road and think, what would her life be like if I did that, I can't do that. And in my desperation, literally like my mind is as chaos at this point, it's mind boggling to think of what I've accomplished since then. And thinking at that point, my mind was broken. And I remember at one point being like, I'm I wanna ride again.

Dr. Sam Fielding ([01:01:27](#)):

I remember saying to my husband, if I'm stuck here on the east coast and I'm not in the mountains, I wanna ride because there are horses here. There are places to ride here. And that is actually how I got back into horses because all of the skiing climbing mountain time, I had kind of put horses on the back burner and thought, well, my life isn't skiing now, you know, this is where I'm a skier. This is where I'll find my joy. And it took the postpartum depression for me to come back to horses, to come to the realization that, oh, my thing is not a thing it's in my mind, it's not horses. It's not skiing. It's not mountains. It's the state that my mind is in. And that was like the, the switch where I felt like I hit bottom and I started to come up. <Laugh>

Warwick Schiller ([01:02:26](#)):

It's funny. You're talking about the state that J mind was in. I think it was in Steven Kotler's book, the rise of Superman. You ever read the rise of Superman? No,

Dr. Sam Fielding ([01:02:35](#)):

I'll have to check it out.

Warwick Schiller ([01:02:36](#)):

So it's, it's about it's about how modern day extreme athletes can get into the flow state.

Dr. Sam Fielding ([01:02:45](#)):

Mm oh

Warwick Schiller ([01:02:46](#)):

I'd love that. And, and in that they were talking to and I, it was, it was either in that book of Stephen Kotler's or it was in a book of his called stealing fire, which was about ed states of consciousness. But one of those books, they were talking about Dean Potter, who was one of the world's best rock climbers and who passed away in a wings suiting accident in Yosemite here a few years ago. I'm pretty sure it was Dean Potter. But anyway, he said, I don't particularly like rocks. It's the state that I have to get into to climb rocks that I like. Yeah. And it's that, you know, it's that, that flow state.

Dr. Sam Fielding ([01:03:29](#)):

Yeah, that was what I realized was I, I think for many, many of us, we get these little blips, these little glimpses, I, as I, you know, I'm not, I'm not a Buddha. I have no idea, but my guess is when the Japanese Zen talk about the word *ator*, which is like a blip of awareness, I feel like the closest that we most normal humans can get to that state is when we are in that flow state. And so it's, so it's like being in a dark room and having the lights turned on. You're like, what was that? <Laugh>? And I think for a lot of us, once we experience, we chase it and we chase it and we chase it. But the, the thing for me that was, I'm so grateful for, with the postpartum depression was I realized like, Hey, it's not the places.

Dr. Sam Fielding ([01:04:22](#)):

It's not the things you do. It's where your mind is. Like what Dean was saying. And the game then became for me, well, how do I access that? How do I find that state? How do I, is that possible? Like, is this a hunch? Like, am I being foolish or is this real? And that's a lot of what the exploration into the work I do now with people came from. But the horses were really pivotal. You know, we were talking about like, how did I get from Dr. Acupuncture to the work? I do coaching riders now. And this took me a while to put two and two together. But I think that the horses for some of us are our vehicle. They, and the more I see them now, I realize, and we were saying this in the beginning, I think before, maybe we even started the technical <laugh> actual interview.

Dr. Sam Fielding ([01:05:19](#)):

I feel like most of the lessons I've learned that are, you know, like I get the lesson come from the stuff that I do with the horses or my sport. And when I had postpartum depression, the, the difference that I had in terms of the trajectory from the bottom up, it wasn't like this meteoric, like, oh, I'm better. All of a sudden it was a very gradual climb. But in order to sustain that drive to heal, to continue to learn and to crawl myself out of that deep dark hole, the horses all along the way were the motivator. They were the thing that would get me out of the house. Nothing else would get me out of the house. And it was a struggle in the beginning. I remember driving down the road in tears, feeling torn that I was leaving my kid, that I would go after dinner to ride a lesson. And like, I had been starting horses in my teens to being like, now I'll go back and be in a lesson. I don't care. I just need to be around a horse <laugh> and actually having in the lessons, like I was convinced that I couldn't ride for a while, but I didn't care. I just had to go. And knowing that when I drove back, it was a different state. I wasn't nearly as distraught. I felt I, there was still a, a lot of anxiety, but it was like, wow, that shifted. There's there's hope <laugh>.

Warwick Schiller ([01:06:43](#)):

So can you, can you describe the, if you can, the like the symptoms of your postpartum depression, cuz you just said there was a lot of anxiety and I was thinking it was more, a complete lack of energy and apathy, but yeah. So I, I, I have a form of depression, but it's not postpartum depression. So what what's postpartum depression? What was it like for you? Yeah,

Dr. Sam Fielding ([01:07:07](#)):

So that, that was actually really interesting because it kind of became my focus of my doctoral work. I initially was gonna study the energy work. I, we were talking about earlier tongue run, but my experience of postpartum depression was so consuming that the game then became, how do I heal myself? How do I understand this thing? Because I think that's the interesting part of postpartum depression. That's what it's known as. But my experience of it was there were perhaps equal if not more amounts of anxiety mm-hmm <affirmative>. So I, I feel like I went from someone that was like, here's someone that used to ski big mountain comps, you know, extreme skiing. Like my life was on the line. If I

screwed up to, I couldn't make breakfast for myself and my daughter, I was absolutely paralyzed. I needed a human being in this, you know, 12 by 20 cabin that we lived in at the time. And I remember my sister-in-law sitting with me at one point and I was a little bit like, ah, I don't want her here, but I just need another human in here. I didn't even know like that's how paralyzing it was. And just struggling with the most basic decision, like literally do I grab a bowl or do I grab a plate? <Laugh> like, I couldn't, my brain just couldn't work. It was like, it was stuck.

Warwick Schiller ([01:08:27](#)):

Was it like a big brain fog?

Dr. Sam Fielding ([01:08:29](#)):

It wasn't even brain fog. It literally is like, someone's got the clutch down and the gas pedal on at the same time, you're just burning and not going anywhere. And it actually, at that point I got so desperate that so my teacher, Tom TA who at this point I had been studying with and I became very good friends with his daughter. And one of my desperate moments, I reached out to her and I was like, goon, what do I do? And she said, you need to talk to my dad psychic, which I thought, what your dad has a psychic, what are you talking about? I don't care. Like I'll talk to her. And again, as the universe will do, it was like this divine gift to speak to this woman who had decades of experience of life over me, who was willing to pick up the phone and talk to this girl.

Dr. Sam Fielding ([01:09:16](#)):

She had no idea who she was for a couple of hours and hear my story. And it was like in that point, any tiny little thing that helped was enough to move the needle. And I, I kind of got the feeling like, all right, this is, again, you have to do this for yourself. This isn't something that someone is gonna drag you outta here and fix this for you. You need to do this. And I remember giving myself acupuncture and it was torture. I, I knew I had to leave the needles in for a certain amount of time, but I literally like, I feel bad for horses when I see them get acupunctured like, they don't understand what's going on and they <laugh>. I know what they're experiencing, cuz I'm sitting there with needles in me. And it was like, all I wanted to do was run, but I just, I knew I had to sit there on the bed and just allow it to work.

Dr. Sam Fielding ([01:10:06](#)):

And the whole time in this tiny cabin, I can hear my husband and my daughter outside the door. And my brain is just saying, just take the needles out, just go back out there and get her. Like I had this really intense separation anxiety from her. And I, I just wanted to go out there and get her. But I knew if I went out there and got her, it wasn't actually gonna be better. So I stayed there and it really took until like the last five minutes of that treatment. And then I felt something changed and I went, oh my God, I can feel a little bit of relaxation. It's like the difference when you're riding and you're tense and you're wired. And then you're like, whoa, just take a breath and relax. I couldn't relax. I couldn't take a breath. And like nothing could actually release at that point, no matter how much I wanted it to, or I tried. And in the end of that acupuncture session, when I felt the shift, I went, oh, thank God. It's not broken. Like I can relax.

Warwick Schiller ([01:11:04](#)):

So tell me about acupuncture. I assumed that the needle, you don't feel the needles going in. What's do you, do you feel the needles going in? Oh yeah. You just said it was painful.

Dr. Sam Fielding ([01:11:14](#)):

Well, I mean, it's very minor, so there's different kinds of acupuncture. You do feel the needles going in, but it's like a little pin prick, right? So that part is minor, but what you really feel, and I think what horses object to, or reacts to is the, when the energy starts to flow, you can see it in as an acupuncturist. You will feel it, but you usually see it in your patient first and they they'll go, oh my God, like, they'll get a big surge of energy or they'll get some really heavy sensation where the needle is. And to me that's always good because that means the energy is moving. So the needles really are, it's almost like people are always like, what is it doing? How does it work? If I had to simplify it and I had to make one, guess I feel like what it does really well, that other things don't do is that you're putting a tiny, tiny needle.

Dr. Sam Fielding ([01:12:08](#)):

It's a very small point of focus in your body that your body knows is there. <Laugh>. So whatever part of your mind is aware that that needle is there, is taking your energy there. Mm. So it's moving things. It's like the way I describe it for a lot of people. If you think of a stream as flowing like a stream, that's flowing well, has the right amount of water going through the, the stream will be relatively clear of debris. It's healthy. The water's not stagnant, but you could have two different things happen, right? You could have sticks and leaves and muck block up the flow of that stream. So then the water won't flow. It won't go from point a to point B or you could have not enough water flowing through. So in some ways, acupuncture either allows the right, the body to have enough energy. Energy is the water flow from point a to point B or you're removing obstructions. Like sometimes the energy is blocked and it's like pulling out the sticks and the leaves and the muck and allowing the energy to flow. So when I feel something or when people feel something with the needle, to me, that's the energy actually being unblocked.

Warwick Schiller ([01:13:23](#)):

Okay. Mm. Okay.

Dr. Sam Fielding ([01:13:25](#)):

Yeah.

Warwick Schiller ([01:13:28](#)):

Okay. Yeah. I've had, I've not had it done on me. I've had it done on the horses quite a bit, but now you've got me interested.

Dr. Sam Fielding ([01:13:35](#)):

It's it's a really interesting experience, cuz the idea of is like, Ooh, that's the last thing I want is someone to stick needles in me. It's nothing like getting an IV. The needles are tiny. But the, the thing that I think shocks most people is it's very relaxing. Most people fall asleep. So that's, if that tells you anything like clearly if you can go from an anxious state to falling asleep, something's happening. <Laugh>

Warwick Schiller ([01:14:03](#)):

So tell me about, I'm really interested in this, this mentor of yours and this Tong. Was it Tong? So

Dr. Sam Fielding ([01:14:11](#)):

Tong Ren. Yeah. So that actually means bronze man in Chinese. And so the original acupuncture models were bronze and they had holes placed at the acupuncture points and they would cover the giant bronze man in wax and fill the thing with water. So if you hit the right acupuncture point, your needle would go in and water would come out. And so that's how people learned where the point locations were. So I'm not sure why he picked bronze man as the name of his modality, but it's a thing that again, it's like it was his cookie crumb following. I mean, he's, he's a genius, absolute genius. That modality, it sounds,

Warwick Schiller ([01:14:54](#)):

It sounds to me like it's not, unless I've got the wrong idea here, but it sounds like it's not just the acupuncture stuff, but there's this energetic component to it as well.

Dr. Sam Fielding ([01:15:04](#)):

Yeah. So he does, he did do acupuncture. He's retired now and two of his kids continue to work in his office. So his style of acupuncture is definitely a little different than what I was taught in school. But the Tong Ren the energy work is nothing that I had ever heard of or experienced that kind of came from his own exploration of energy. And it was a complete accident that he realized this thing to be. He's a, he's definitely a Tai Chi chigong master, which is, he's got all kinds of wild stories. But he would teach Tai Chi classes in Boston. And in one of his classes, there was a woman who had sciatic pain and he's a bit of a joker. Like he has a great sense of humor and he said, oh, you know, I'll stick a needle in you.

Dr. Sam Fielding ([01:15:56](#)):

And she's just like, no, I'm scared of needles. I don't want acupuncture. And so he took a piece of paper and he was really just kind of being flippant and drew a picture of a person and then stuck a needle where he would've put it on her body. And she was like, what did you just do? Cuz it doesn't hurt anymore. And he's like, I don't know what I did. <Laugh> he's like, I I'm just joking. Like what do you mean your pain's gone? And so he, he went, well, obviously this is something. So he explored it more and it became the Tong Ren modality, which is all hands off. There's nothing with needles. It's, it's all accessing what he believes to be this, the energy, the collective energy of healing that exists. So it's kind of related to like the collective unconsciousness, which is mm-hmm <affirmative>, it's like cool to see how that has merged into my understanding of our unconsciousness and as individuals. But the reason he feels it's so powerful is because it's the collective, it's not just one person. It's the healing energy that has persisted and will continue to exist. It's like turn tuning into the radio of healing,

Warwick Schiller ([01:17:11](#)):

Right?

Dr. Sam Fielding ([01:17:11](#)):

Yep. I mean it's mind boggling and still hard to wrap my head around, but things like Toby my own asthma. I mean, I've treated my dog. <Laugh> my husband laughs because my poor little dog had a hemorrhoid and I was like, oh I gotta take her to the vet. Like she must be so uncomfortable. I did Tong Ren for her. I remember looking at her and being like, are you ready? And she looks at me like, I don't know what you're talking about. He comes into the camp 10 minutes later and I'm like, go look at pepper <laugh> and he's like, what do you mean? I said, go look at her. And he's like, what did you do? Cuz she's better. I'm like, I just dig Tong ran. That's all

Warwick Schiller ([01:17:49](#)):

Really.

Dr. Sam Fielding ([01:17:50](#)):

It's still mindboggling it still shocks me in some ways.

Warwick Schiller ([01:17:58](#)):

But is there, is there two aspects to it and on one level it's shocks you and on the other level it's like, of

Dr. Sam Fielding ([01:18:04](#)):

Course, of course it works. Yeah. <Laugh> fully, you know what I

Warwick Schiller ([01:18:06](#)):

Mean? Yeah. When you get to a certain point, like you still got that old way of like, how does that work? Yeah. But then you're like, of course,

Dr. Sam Fielding ([01:18:13](#)):

Of course it works and it works, you know, I've seen it. That's the thing that I think is so funny as human beings, like we can have an actual perceived experience and go, yeah, clearly that thing happened. But when there's enough voices saying, no, it's not possible. You start to go, eh, are they right? Am I right? <Laugh>

Warwick Schiller ([01:18:34](#)):

Yeah. And, and yeah, but you kind of get to, well, I'm got to the point now to where nothing surprises me anymore. Yeah, no. As in, I'm open to, I'm open to whatever, because I think everything's, everything's possible.

Dr. Sam Fielding ([01:18:49](#)):

I agree. I, I think in some level, a lot of the work I do, I think there's like a conceptual knowing and understanding. I think that we can have like, you hear something and you go, oh yeah, that makes sense. But then there's a different level of integration. And like, I like the word Praxis because that's like this kind of combination of knowledge in actual experience coming together. And that is a different level of understanding where you're like, oh, I get that. It's like a little bit like the first time you get your horse really soft and round and you realize like, wow, they're doing the thing that I'm saying to do on their own. And I'm not like forcing their head down, kicking them forward or doing whatever and you feel it. You're like I get that. That's that thing that everyone's been talking about.

Dr. Sam Fielding ([01:19:36](#)):

That's getting your horse on the bit. Yeah. I feel like my understanding of anything that's possible, everything is possible is not, there's no Praxis there. Like I get it, but I still have this little edge. Like some of the teachings that I study now I read and I go, really? This is what's available. <Laugh> I go, that's cool. That's like, this sounds like magic. Okay. I'll believe it because everything I've read up until this point says yes, but I haven't experienced that. So it's like, I'm like, I'm more than one foot in, but I'm not fully like yep. <Laugh>

Warwick Schiller ([01:20:18](#)):

You know, you were talking very early when we started about, you know, when you kind of make that switch from looking at things one way or the other. And my wife and I have been watching a number of documentaries on near death experiences. Oh. And it's so cool. When you have a died in the wool scientist, if it's not provable, it didn't happen sort of a thing who have a near death experience and they come back and now they're like fully into the womb. Yep. <Laugh> because you can't, you can't see that and then unsee it. You can't go back. You can't go. I didn't see that you can't have that cognitive dissonance, you know?

Dr. Sam Fielding ([01:20:59](#)):

Yeah.

Warwick Schiller ([01:21:00](#)):

Which, which means everything. They believed up to that point in time. And a lot of these people were pretty staunch full on scientists. The it's totally, you know, that the previous experiences is a totally different experience now.

Dr. Sam Fielding ([01:21:17](#)):

Yeah. I mean, and that's a bit how my perception of mental health was until I went through it. I, I mean, I knew it, I heard it. I, I saw people that had it. But then when I crossed through and experienced, then I went, wow, okay. Everything I thought and perceived before was a complete illusion. And to me, that's the fascinating part of everything that I'm exploring. And I, I don't feel like I talk about this enough at all. So most of what I kind of dip my toe in to find the, the truth, whatever you wanna call that comes from a lot of Buddhist teachings. And my interest in Buddhism has been very like back and forth and a little bit convoluted. So my family, my dad is Roman Catholic. My mom grew up Buddhist. They're both from South Korea, but very different family experiences, very different religious experiences.

Dr. Sam Fielding ([01:22:17](#)):

And for a long time, I was very anti spirituality and religion because of my own personal experiences with it. I mean, this would be like a whole nother conversation, but my dad being the religious guy in our family was to me, the biggest hypocrite I had ever seen, you know, he was like, go to church and you're all good. You can do whatever you want. And I, I was like, no, if that's what religion is, I want no part of it because you can't go to church and then treat your family this way. I, I disagree completely. So I had a very strong aversion to religion and anything to do with spirituality. But like we were saying, when you find the thing that you're like, oh, this makes a little bit of sense to me, every time I stumbled across some kind of Buddhist teaching or anyone that had a really deep knowledge of it, I was like, this is, this makes way more sense.

Dr. Sam Fielding ([01:23:13](#)):

Like the, something about being around this person feels right. So I couldn't understand any of the teachings when I first started to try and explore it because I'd, I'd like I find something that's interesting and I'm all in, but I would go and read some of these teachings and go, I don't, I cannot understand what they're saying. It's so complex. And I really had to put it down for almost 20 years. And then more and more as I've done this work with my clients to help them understand their minds. I realize, well, if I

wanna study the mind, the Buddhist philosophy, cuz I feel like it's a philosophy. It's not necessarily a religion.

Warwick Schiller ([01:23:57](#)):

I definitely think it's a philosophy, not a, not a religion.

Dr. Sam Fielding ([01:24:00](#)):

Yeah. I mean, and even you talk to very wise, you know, knowledgeable Buddhist and they agree like this is more about understanding your mind than following some doctrine. And to me, that's the interesting part because it's like, if you can give people the tools to understand their own mind, then their journey is their own. They don't have to follow someone. They get to decide for themselves and they must decide for themselves. That's the cool part for me. Because what I saw with religion and my father was, you know, he was just following what he believed he was supposed to do, but not the spirit of it. And that never worked for me. Like if you're not actually living it energetically it's, it's not working. And I that's what the horses will validate over and over and over, you can go and put your leg in the right position and you can do the thing. But if you're energetically, not there, your horse is gonna say, no, not today.

Warwick Schiller ([01:24:58](#)):

Yeah. I've found that over the years. The things that I discover with horses, there's a Buddhist text about it somewhere.

Dr. Sam Fielding ([01:25:07](#)):

<Laugh>

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

You know what I mean? It's in order to, in order to get along with horses, you've got, you've gotta have that mindset and that, you know, that Buddhist mindset is a, is a connected, I think it's a connected mindset, which is not so far removed from most indigenous ways of looking at the world.

Dr. Sam Fielding ([01:25:31](#)):

No, and that's the thing to me that has been really cool. And I'm grateful for all of the experiences is that it's allowed me to look at things before that again, like you, you know, the old world of seeing before that you take to be the truth and that's black and white and that's the only way it is. I've gone back and revisited these things that I wrote off and now can see more clearly like, oh, every major religion, the things that I've held to be like, these don't work. That's what they're talking about. It's the distortion of it. And the misinterpretations of it that have become the problem. But all major teachings say the same thing. And it is, it's about connection. It's about unity. Remember I was saying like, nothing works when you divide, whether it's in your own world in your own life. And it's also within our communities within humanity within our world. I definitely believe that if you're confused and you feel isolated, then you have to find connection and it's like, the horses are that's number one.

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

Right.

Dr. Sam Fielding ([01:26:34](#)):

For sure. And the thing that I love about the horses is they're so powerful. So powerful. I, my one mayor who just had a full, she was the one that really opened my eyes to this. And I, I was a little bit flabbergasted and humbled that it took me that long to realize this, but there's not a single horse in the world that needs us to sit on them. They could get us off so easily. <Laugh> she showed me the full power of what they have at their disposal that most horses just don't go there. And when I realized that, wait a minute, these animals are unbelievably powerful. And yet they can do their thing in the most subtle, gentle way. Like what, there's a lot of power in that subtle, you know, the energy piece is like hard for people to wrap their head around because you can't see it. You can't feel much of it unless you're very tuned in, but that doesn't mean it's not there. And it doesn't mean that it's not powerful.

Warwick Schiller ([01:27:45](#)):

Yeah. You know, I think, I think those of us who have done stupid stuff with horse in our lives are lucky because you have felt the immense power of a horse and you can respect that. But you also come to realize that that doesn't need to doesn't need to happen. Right.

Dr. Sam Fielding ([01:28:06](#)):

And that's that for me was an eye opening experience to say, wait a minute, like the graciousness of these animals to accept us, why, why would they do this? And then that's when I realized, started to realize that the key, you know, for a long time, people were asking me like, is this stuff that you could do with non riders and said, yeah, for sure. But the thing that I love about doing the work with the horses is I feel like, like I said, the horses are there for a reason. For some of us there are vehicle. And when you talk about connection in terms of energy in the body, our hearts are the energetic center of where you feel connection. It's not our brains. It's nowhere else. It's your heart. And you think about a horse. They have these enormous hearts. So you could take a human being in a crappy state and put them next to a horse.

Dr. Sam Fielding ([01:28:59](#)):

That's like just being a horse. Their energy is gonna shift. I remember having a conversation with a friend and I was, you know, being a human and I was being annoyed and attached to something. And I was having conversation with her as I was driving to the barn. And then I got to the barn and I went in with my horse. She was gracious enough to not be like, get outta here with that energy. But it shifted very quickly. And my friend said to me, are you next to Luna right now? And I said, yeah, why? She's like, because you are 100% different, the minute you walked into that stall, your energy changed <laugh> and she could hear it on the phone. So that was a little bit like, huh? Yeah, you're right. <Laugh> but when I think about, when, you know, I started asking a lot of my clients, like, why did you start riding?

Dr. Sam Fielding ([01:29:50](#)):

I just loved horses. I loved horses because I think that for some of us, the minute you get in proximity to horses, it's that energetic alignment, your heart can connect to their heart in a way that we can't necessarily do with other humans. And I think in some ways the horse profession, the reason we have some of the problems or, you know, struggles we have in the industry is a result of who we inherently are as human beings. Our ability to connect with horses is often, much better than with people, but the work that I think this opens your eyes to is that when you start to say, Hey, I wanna do this for my horse. Like you said, if you do the work for yourself, guess what? You become a much better relating to

humans, human. It changes your whole world for the better. And not just for like, you're not just doing it for the family around you, your experience of the world becomes exponentially better. <Laugh>

Warwick Schiller ([01:30:58](#)):

Oh yeah. Most certainly. That's a, that's a thing I think is so cool about horses is, is whatever level you wanna approach them on. And they will reciprocate that if you wanna be an angry person, you'll have, you'll have situations with the horse that will reflect that. And it doesn't matter what you wanna be. But when you, when you really get to a certain point, you realize you get to the point where you realize, oh, they will get along with this. Just fine. If we can show up as the right, if we can show up the right way. Totally. You know what I mean? Totally.

Dr. Sam Fielding ([01:31:31](#)):

Yeah. I think at one of the things that was really interesting. So when I was really, really, you know, like pouring through every war chiller thing that existed was I had this one thoroughbred that a friend sent to me from California, he'd come off the track and she's like, look, I, do you want him? And I one, he came, I realized, oh, this is why you shipped this horse across the country and gave him to me because he's got a lot of trauma. He was really difficult. He wasn't a horse that just anybody could handle because he had his, he had a lot of baggage. But the interesting thing for me was I needed him to show me that, Hey, that old school draw reigns Martin Gaye, you just ride out the box through the field is not going to work with this horse ever.

Dr. Sam Fielding ([01:32:19](#)):

And it became so clear. And so humans are pretty OBT. So even though I knew that the actual experience of working with him still, you know, you, you get a little arrogant and think, well, now I'm gonna do it this way. And there was one day I went in and I had him in another ma actually at the same time. And the other ma was pretty sweet. She definitely was. She was a, a more standard off the track, thoroughbred, not quite as complex. And I remember going into the stall with him and he, he was often snarky. You'd go in and he'd give you a little attitude, make a face. He might turn his hi end to you. Like all of the signs that are saying, like, get the hell outta my space. <Laugh> and I was like, fine, I'll leave. And I went across the, the aisle to my other horse, the mayor. And she, this is so embarrassing. She literally was like the mirror image of him, same response. And I went, oh, clearly that's me. Cuz she doesn't do that. But it was so perfect. It was like, thank you, Nellie, for showing me so clearly that was me. But for many people that have one horse guess who gets blamed

Warwick Schiller ([01:33:32](#)):

<Laugh> right. Very easy to blame the horse.

Dr. Sam Fielding ([01:33:34](#)):

Totally. And so that was another moment where the horses were so clearly going. You think your energy is one place, but they're gonna tell you where it is because in your perception you can't see it, especially when you're in some of those, you know, as Buddhist teaching talks about it, the afflictive emotions, the more quote unquote negative emotions. We don't feel the intensity of that when we're experiencing it. It's kind of only in reflection that you go, wait a minute, maybe this isn't it <laugh>. But it's very hard to receive that, especially you wouldn't. So if that, honestly, if that had happened with people <laugh> I probably still would've blamed the other people,

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

Right? Yeah. They both did. Yeah.

Dr. Sam Fielding ([01:34:19](#)):

<Laugh> exactly.

Warwick Schiller ([01:34:21](#)):

Everybody's been a addict.

Dr. Sam Fielding ([01:34:23](#)):

Yeah, exactly. Yeah. So that's some of the stuff that I find fascinating where you go, wow. My perception of things is my perception.

Warwick Schiller ([01:34:37](#)):

You know, once you get that whole perception thing, you know, like with horses that, that bite and I don't mean coming at you mouth wide, open charging at you, cuz that's charging at you with teeth. That's not biting, but horses, it just stand there and nip at you and stuff. You know, I always used to correct it. Not and not correct it as in swinging 'em or anything, but if they wanted to bite me, I'd let them bump into whatever the thing they wanted to bite. And then, you know, a number of years ago, I started thinking, you know what? I don't think they're trying to bite. I think they're trying to engage with this. And so I started being more present around them and every time their mouth came to me, I would engage with it. And as time's gone on, it's like, oh yeah, that's the holy grail, the horses aren't trying to bite. They explore with their lips and their teeth. And it's a totally different perception of the whole thing. And when you, you know, you create with your own reality really. And when you look at that completely differently and respond completely differently, the horse becomes completely different about that particular thing. And it's yeah, that's, it's, that's been one of the bigger, easier to see ones. For me personally,

Dr. Sam Fielding ([01:35:43](#)):

You know, I feel like I had a similar experience with my own kids. I mean, I don't know if you, if you feel this way when Tyler was born, but when I, my kids were born, I remember thinking so clearly at moments, even in my very confused thinking like, wow, these guys are pretty perfect. They're not capable. They can't walk. They maybe can't talk, but they're pretty perfect. There's not much wrong with this human being. The, the things they wanna do, their natural inclination is very pure in the truth. There's not a lot of distortion going on. The things they think they need, they need the things they don't want. They'll tell you. And I realized that when I was able to engage with them the way I was with the horses, it's, I mean, it's kind of shocking and embarrassing sometimes to say, like I realized it with my horses first, before I realized it with my own children.

Dr. Sam Fielding ([01:36:38](#)):

But when I realized, well, shoot, if the horses wanted to be listened to, and they're gonna be much more amenable and happy to do whatever I I'm asking. What if I tried that with people? <Laugh> and it's very clear when you try that with a little human, that's just what they want. They don't have the communication skills. They don't have the experience to be able to verbalize accurately. But if you give

them a chance and you just listen enough, you get what they need and want. And it's light years smoother experience for everyone. But not only is it smoother, it's like, it's all about the connection.

Warwick Schiller ([01:37:19](#)):

Yeah. And to do that, you've gotta be in the moment, not have any expectations, you know, like right now I don't want the baby to cry.

Dr. Sam Fielding ([01:37:26](#)):

Yeah.

Warwick Schiller ([01:37:27](#)):

That's, that's not reality. You know, the baby's gonna cry right now. Anyway. So, and it's almost like a, you know, it's like the, the Buddhist concept of acceptance. Mm. You know what I mean? The baby's crying. If I wanna reject the fact it's crying, there's a different energy to me. Yep. And if I, if I go, okay, the baby's crying and obviously there's one of three reasons it's crying. It's either hungry needs changing, wants to sleep or maybe it's uncomfortable. But you know, there there's, there's a, there's an, you know, there's an, there's an answer to it right there. It's but you've gotta be, it's the same with the horses. You just have to be present with no agenda. Yes. And just working with exactly, you know, work with the horse you have today working with exactly. What's in front of you. And then nothing is a problem because it just is what it is. Totally. You don't have that story attached to it. You're not wishing it was something else. Yep. You know, yeah. This, like you said before, about the Buddhism stuff, there's just so much of that mindset that you have to cultivate to get along really well with horses and anybody

Dr. Sam Fielding ([01:38:36](#)):

Really well. And that's the thing that I found is so interesting in kind of the start of the work that I do as a lot of my clients was I realized many, many people, one don't understand that they can change. They literally feel trapped. They think, oh, I'm emotional, I'm angry. Or I'm this or that. My life is this or that, but that's completely amenable. But their perception of it is that there's one thing and it's permanent. Like that's unchanging, but whether you're Buddhist or not, I think most people can accept that everything changes. I mean, that, what's that common saying, like the only thing that, you know, basically like there's nothing that doesn't change except for change change is the only permanent thing. It's, it's interesting because people have to be able to accept that to go, okay, well, if I can learn and see things in a different way, they first have to understand what, who, who am I like, what am I changing? And what is staying <laugh>? And that to me was the, the real power and meditation in the mindfulness people will understand it, but they don't. Because in order to affect the change in yourself, you have to understand what you're working with.

Dr. Sam Fielding ([01:40:03](#)):

And that's, that's the piece that I find really fun is helping people understand, listen, you're're not necessarily what you think you have been up until this point of your life. And it's okay. Like, don't worry about it. You can let that go and change it. It's a bit like people say to me, you know, well, I can't go and show, or I can't do this thing or I can't jump this or that. I'm like, okay, that's cool. But let, let's talk about how you can, because if you're actually in the experience of feeling where you are right now, feeling the horse under you, feeling where your balance is, do you understand the objectives of what you're trying to do? If you get that, then it doesn't matter if you're at a horse show, you're in a, you know, at home

jumping two foot six versus three, three, like the average horse can do that quite well if we get out of their way.

Dr. Sam Fielding ([01:40:55](#)):

Right. But the problem is, is in your brain. When all of a sudden you go, I'm not, I'm, I'm at a horse show. And so you no longer can actually feel your butt in this saddle. You're gonna have a lot of problems riding then <laugh> because your mind is worrying about being in a horse show. Like, but then you tell people that, and that's fine and dandy, but they still don't understand. Well, how, how do I actually stay in my body in my mind, in these experiences. So that's, I feel like the people will need to know the, how <laugh>.

Warwick Schiller ([01:41:26](#)):

Yeah. And I think, you know, one of the principles of training is they need to know the answer before you ask the question or create a tool before you use it. For sure. And I think, you know, that is a very common theme in anything, what you do, what psychiatrists do. What I do with the horse training is you cannot, or even the Navy seals, the Navy seals say you don't rise to the occasion. You fall to the level of your preparation and you cannot practice a strategy in a stressful situation that you haven't practiced in a non stressful situation. And, and I think with horses, a lot of people wait till they're having trouble and they go, how do I fix this? Yeah. Rather than, you know, the nature of horses, you could run into this problem later on. And so what we need to do is this, what we're doing right now is working on the tools we will need when that inevitably happens. Yeah. Rather than kind of blocking out the fact it might ever happen. And then when it happens, you're, you're stuck, you know?

Dr. Sam Fielding ([01:42:20](#)):

Yeah. And that's absolutely what, you know, and I was said before, I feel like what I do with clients is kind of teaching them how to it's like the mental exercise to give your mind the ability to do the work. So you gotta train it up to do the work so that you can actually execute it in the, the high energy situation. I, the interesting thing is for a lot of people, they actually will do better in the high energy situation when they actually understand what to do with energy. Because now you have more to work with. It's not, it's not gonna derail you. It actually becomes your friend. <Laugh>

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

Right. But you've practiced it in a, not in that

Dr. Sam Fielding ([01:43:04](#)):

Situation. Totally. And that's one of the things that I think is so interesting about the mind is that when I help people understand what the mind is and where at what level you can control it, where most people think they're controlling, it is like the train has taken off. It's 10 miles down the track and it is way outta control. You can forget about it at that point. That's like you were saying like, okay, now your horse is striking out at you. You missed the train station a long time ago, so you can't help a horse. That's striking out as much as you can with a horse. That's like, I don't think I wanna talk to you today.

Warwick Schiller ([01:43:40](#)):

And that's where it starts.

Dr. Sam Fielding ([01:43:41](#)):

Exactly. And so helping people understand that you have to figure out when you're in the train station, <laugh> most people are on the train long bef they're like, I don't even know how I got here. <Laugh>

Warwick Schiller ([01:43:52](#)):

And it's funny. We just did a, my wife and I just did a, a resolving anxiety in horses and the humans masterclass in Australia recently. And at one point in time during the masterclass, I, I talked about trigger stacking, but then I, I read out, so I had three or four demo horses there, but I'd, I'd recruited demo horses. And I read out some of the emails that I got from people about their horses. But before I did that, I said, can you, I said, people will do stuff with horses that they don't do in any other part of their life. It's not, it's not a, it's, it's a life principle that is not bendable, but people try to bend it for horses. I said, can you imagine? And most of the ladies, people there were ladies. And I said, can you imagine if a man said to you, Hey, I was walking down the street the other day. And I saw this really pretty girl. And so I walked up to her and I said, Hey, I'm, I'm Warwick. How you going? And she didn't talk to me. She kept walk faster. So then I asked her for a phone number and she didn't talk to me. She didn't walk even fast. So then I asked her out on a date and she didn't talk to me. She didn't walk, she walked even faster. Now she's almost running. And so then I tried to kiss her and she kicked me in the groin. <Laugh>

Warwick Schiller ([01:45:05](#)):

How do I stop her from kicking me in the groin?

Dr. Sam Fielding ([01:45:09](#)):

Oh, that's

Warwick Schiller ([01:45:09](#)):

So, and I said that people, people went like no one would ever do that. And, but then I read out some of the emails that I got, like my horse pins, his ears, and tries to bite me when I catch him. And when I put the saddle on, he tries to kick me. And then when I do the girth up, he tries to bite me. But then when I'm trying to jump two, six, he does X, how do I fix the two foot seats?

Dr. Sam Fielding ([01:45:28](#)):

<Laugh> yeah,

Warwick Schiller ([01:45:28](#)):

Exactly. You know what I mean? And there was, there was so many, almost every email I got was like that, and this is not making fun of the people who wrote those emails and are having those problems. Yeah. But that is not something you would ever do in real life. Yeah. You wouldn't, you wouldn't make dinner and every single ingredient you put into it was moldy and then go, why doesn't it taste good? Yes. You know, you wouldn't back out the driveway and realize that you don't have any breaks on your car and then keep driving until you get to, you know, 60 mile an hour on the freeway and then go ahead an accident. How do I re how do I fix yes,

Dr. Sam Fielding ([01:46:03](#)):

Exactly.

Warwick Schiller ([01:46:03](#)):

These are not things we would do anywhere else in life, but with horses, for some reason, we, you know, people will throw out how the universe works and forget that because it's a horse. Well, and when you, when you, you know, when you look at it, like you wouldn't do that anywhere else in your life, forget, oh, well, you know, like you said, like the train has left the station.

Dr. Sam Fielding ([01:46:25](#)):

Yeah. You totally missed it. But I think that, that's interesting because I ask myself the same question when I see people saying you know, when I, I kind of interview clients to work with me because I like to work with people at a really deep level. And it's like, I can't do it for everyone. Although I'm trying to figure out, like, how can I have people do this work on their own, like, be more self-guided because I know that it's gonna be powerful for more people. And when I think about why these things come to be, it, it starts with a lot of the personal identity wrapped around the thing, right? Like I can't show two, six, I have to move up. Why, why is that so important? Because what are you aiming for? And then when I ask people to back it up a little bit and see what, what would be the difference between being a three foot writer versus a two six writer?

Dr. Sam Fielding ([01:47:18](#)):

It's almost always wrapped around their personal identity. And then when you start to uncover some of the attachments to the thing and you show people and say, Hey, this is what it looks like. Like, if you tell this to someone else out loud, this is what it's gonna sound like. They go, oh, maybe that's not the thing. <Laugh>. Yeah. But we get sucked into the, the, I think that it's still tied to chasing, chasing that experience, those initial, like, oh my gosh, this, this is the thing. This is amazing. When you actually have accessed that connected flow, state people misattribute, what the thing is that they like. So they think I have to recreate that. I have to go back and win more. I have to move up the levels in order to experience that. But like I said, when I had postpartum depression and I put the dots together and went, wait a minute, I found that in riding.

Dr. Sam Fielding ([01:48:15](#)):

I thought that was it. I, I thought my life was over then because I couldn't ride the way I did growing up. Then I found skiing, oh, maybe I'm lucky. I got two things that I could find a thing in, in my lifetime. And then that got taken away and I realized, wait a minute, it was never the things. So we people do it over and over. Like you said, that we don't do this in our own lives, but we do it with horses. I think we do on some level, we completely misattribute what it is that we're seeking to a, whatever it is. Everybody has their own level of what would be the point. <Laugh> the culmination of like chasing things. Right? And then you get there and realize, well, shoot, that's not satisfying the thing, because it was never the solution to begin with.

Warwick Schiller ([01:49:03](#)):

Right. It's like Mike Tyson says anybody who thinks having a lot of money will make you happy. Ain't never had a lot of money. Yeah. Or, or whatever, that thing, that thing that you think will make you happy is yes,

Dr. Sam Fielding ([01:49:14](#)):

100%. But the, the hard part is the illusion is very convincing.

Warwick Schiller ([01:49:23](#)):

Oh, it's so convincing. You know, the other version of that is the Jim Carey quote, where he says, I wish everybody could be rich and famous so that they could find out that that's not something you'd ever want, but unless you become rich and famous, you would always think rich and famous would be so cool.

Dr. Sam Fielding ([01:49:42](#)):

Well, but even that, I feel like I look at people that are rich and famous and go, well, they still have the ailments that the rest of us human beings do. And I think part of my personal journey was, you know, my grandfather was an orthopedic surgeon in the heyday of being an orthopedic surgeon. So he had all the money he could ever wanted, but, and I loved my grandfather, but I loved the, the being inside the crusty exterior, like was not so lovable all the time. But I, for whatever reason was always very strongly connected to the real hymn inside. And I think that I saw so clearly that this guy has everything that everyone says you should have, like the man is buying Mercedes Benzs with cash. Like he's got this house here. They travel everywhere around the world, but he's drinking drinks every night.

Dr. Sam Fielding ([01:50:36](#)):

Like he doesn't seem terribly happy. He's a little bit grumpy and crusty to be around like that. Doesn't look like a happy person. And in fact, my dad, your son, he's a not very happy person. Like if, if having all this leads to that, I don't think that's for me. But then you still get sucked into the you're talking about like, maybe I'm not right. Maybe all of them are right. And playing the game of going back and forth of discerning, like, oh, who do I listen to myself or them? But the more I travel down this journey, I realize like the cookie crumb technique has led me well, you know, it's served me well, the finding the path of least resistance that leads to joy that is actually asking me to live a more virtuous life, to be more connected with the people around me, the animals around me to be less self-centered is landing me in all of the cool experiences of my life.

Dr. Sam Fielding ([01:51:39](#)):

And that's, to me why I love doing this work is that not only am I helping people see this and making these shifts in their lives quickly, but my personal experience is always enhanced. The more I talk to people, the more I get to have these conversations with you and other people in our industry that are saying, Hey, you know, we did things one way for a long time, but I don't think it works anymore. But I, I feel a current of change where people are like, yeah, this is, these things are cool to me, they're fun. But at what cost they're finally willing to say like, no, not at the cost of my horse. And I think that's a powerful shift that is a long time coming in the

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

Industry. Oh yeah. And I, I think, I definitely think it's it's it's things are changing, but speaking of all that stuff, we've gotta get to your questions.

Dr. Sam Fielding ([01:52:29](#)):

Oh gosh. Yeah.

Warwick Schiller ([01:52:31](#)):

Cause some of the stuff you just said, then I thought, oh, that that would be part of your question. So as all my long time listeners would know, we, we send out 20 questions that mostly Bo borrowed from Tim Ferris's tribe of mentors book. And my guests choose four to seven of them. And Dr. Sam here has choosing some chosen some. So we're gonna go through these now. So if you could spread a message, one that if you could spread a message to the world, what would it be? Or your favorite quote?

Dr. Sam Fielding ([01:53:04](#)):

I have far too many quotations, so there's no favorites, but my, I think the message is that we have more power as individuals than we want to believe or perhaps accept, but that doesn't mean it's a heavy burden. I just mean it in the way that if you want to change things you can. And when we come from the place of realizing, like it's, in some ways, our duty to change, then it's important to reach out and say, well, look, I don't know the answers, but maybe I can find some guidance from somewhere when you find the things that you like. We were saying, mark, like the things that connect and go, oh, this is the thing. Those to me are when you're connected. Those are in alignment with you as an individual. And when you can follow that level of alignment, it takes you to a place where now it's not about me, it's about us.

Dr. Sam Fielding ([01:54:07](#)):

And so when you hit the place of it's about us, that's when your world literally will change because we're not now just doing the thing for ourselves, we're doing it for our community because you know, we were talking about before, if the thing isn't working then are you connected is a question that I always ask. That's what we're seeking is we're trying to bring things together. We're trying to unify. We're trying to unify people. You're trying to unify yourself your experiences because at the end of the day, like if you really wanna go way out into the woo, it's all one thing we may look and feel and behave like we're different bodies, we're humans, we're horses, we're whatever. It's all one thing. Like to me, the thing that I like to play in is energy. People can see it and experience it in different ways.

Dr. Sam Fielding ([01:55:01](#)):

But if you can start to walk down the path to accepting that we're all one thing, then we can heal our world, ultimately, but it starts with healing yourself. So heal yourself and starting to understand what is this energy? What is this thing that I am? Why am I here? It's not for self-service, that's pretty clear. I mean, we can see that. And when we see it in other people, but then when you start to walk the path, take your own journey and experience it. You go, oh, I'm starting to get it. And that actually I think is one of my more powerful desires and dreams that people would take is that you just have to do something different. If things are not working, do take action. You can't be passive. When I was trying to heal myself, some of it started outta arrogance, like, oh, I could do this better myself. But then it was really realizing, oh, okay. That energy is good because it motivated me to do that's the most important part. So my big message really is that it's about connection. Like you said, like when, when you reached out, I was like, oh yes, this is it. Because it is all about finding connection and following that connection as the journey.

Warwick Schiller ([01:56:28](#)):

Yeah, I believe so believe so. We may have already covered this, but what is the most worthwhile thing you've put your time into something that changed the course of your life?

Dr. Sam Fielding ([01:56:39](#)):

I think honestly, it's, it was having my kids because it took me out of the self centered world. And I think there is a lot of healing that needs to be done by yourself for yourself. I think we need to be very internally driven and motivated and kind of validated instead of seeking from the outside. But for me personally, having kids was the, the impetus to say, look, I gotta do a better job. <Laugh> what I'm pulling off. As an individual may be impressive to other people, but when I'm in the home, I know that this is not it. This is not good enough. And they really opened my eyes to the fact that most of us have gone through experiences and it was not our fault. We just didn't our parents, the people, the older people around us didn't know better, but it's our jobs as individuals. Like you gotta do the work to make sense of what was misinterpreted when you were little. So you can grow up and be an adult that doesn't necessarily pass that on to someone else. You can do something with that pain. You can do something with that trauma. So having kids really was the biggest shift in my life to saying, Hey, there's, you have to do better <laugh> than this.

Warwick Schiller ([01:58:08](#)):

You know, I love what you just said about you know, our parents were doing the best that they could. And I think that most, one of the most amazing things about the time that we're in now is that we're really starting to understand trauma where it comes from. And me, like in my own personal stuff is like, whoa, some of the, some of the mess, some of my messed up stuff comes from the smallest things. It's not, oh yeah, the big, it's not the big, bad things. And understanding how those little things can affect a human being for the rest of their life and passing that on passing the information onto the younger generation so that they can, you know, they can raise their kids differently. It's, that's exciting because you know, the there's been generation of con generation generation of trauma and each generation kind of passes it down to the next, just because they don't know they're passing it on, right.

Warwick Schiller ([01:59:08](#)):

It's like no one puts their hand up and says, I, I wanna do this to my child to make their life hell for the rest of their life. But now we're starting to really understand how that works. And it's the same thing with like what I am now doing with our faults. You know, I'm, I'm doing things completely differently. And some people think I'm a whack job and they're gonna turn out to be terrible or whatever, but I'm on the third one now. And the first two have turned out to be the easiest horses because, you know, I think really understanding them a million nervous system and understanding polyvagal theory, especially for me and understanding that obedience a lot of times is just the, the, the freeze response. Yeah. It's yeah. It's, I think that's, it's just, I think it's an exciting time now for, for humanity in general, because we really start to understand how we get got the way we got and how to not pass that on to the next generation.

Dr. Sam Fielding ([02:00:03](#)):

Yeah. And I think in some ways it's important for people to recognize that those things are actually really important. We actually need that. Like, that's the seed that allows us to say, Hey, this thing is what I'm rubbing up against. It doesn't work just as much as finding the connection as the flow and the path, you can feel the trauma, you can feel the frustration and like constriction and tension as a point of, oh, what is that? And what can I do about that? As opposed to like, I'm dysfunctional, I'm screwed up. I'm never gonna be able to manage this X, Y, and Z. I mean, my dad had a wicked temper and I did too. And so I even now catch myself going, oh, that's amazing that, that didn't light me up like a crazy person. And it's like really powerful to see this shift and have people know, Hey, if you don't like that thing, you can actually change it.

Dr. Sam Fielding ([02:00:58](#)):

And the cool part, I think is I got it. We didn't even talk about the hypnosis, but I realized like part of the problem with what happens for us as writers is anything that's fear induced. You're not consciously activated at that point. You've already gone into subconscious mind long before you were even aware of it. So as you said, those traumas, those things that will activate our subconscious mind, it's often the smallest little thing. But when you think back, and if you can, like, I'm so grateful that I can remember some of this, which is in a weird way, odd, because I remember the traumatic things from being a kid. You know, I almost had to have that horrific experience seared into my mind to remember when you are three, when you're four, those things are absolutely terrifying. So to an adult it's inconsequential, it's silly, it's trivial, oh, you should stop doing this.

Dr. Sam Fielding ([02:01:58](#)):

But when you're living that experience as a tiny human, it is a very big deal. And trying to be able to help people understand that, Hey, that was your four year old brain reacting. But now as an adult, you can see the situation for what it was. Your parent was frustrated. They were tired. They weren't gonna listen to you. They didn't give you the space to process that in a way that made sense. And then boom, that thing is hardwired into your brain. As a response, anytime you make a mistake or someone says, don't do this, or you're not good enough. And the beautiful thing is that we can change that. You can reprogram all of that.

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

Yeah. I think, I think some of the biggest issues that, that adults have these days come from having your feelings invalidated as a kid. I agree. Not, not, not the, the physical things that happened to you, not the, not the nasty stuff that happened to you, not the, the things you would think, make a difference, but the little things of, of not having your feelings, invalidate yeah. Not having your feelings validated, it's almost like gas lighting sort of thing. Like, you know, and, and that on its own for me personally, but I've been to a lot of workshops and stuff and everybody else there has the same. It's, it's so common. And that's, that's just that lack of connection. You, you feel, you know, you feel alone, it's the whole, you know, stop crying or give you something to cry about thing. You know, the, the one person who is supposed to have your back, your caregiver. Yep. You are worried about something and you are verbalizing your worry and they tell you, stop telling me you're worried, or I'll make you more worried about me than you are about that. And right then you're like, I'm screwed. I am alone. Totally.

Dr. Sam Fielding ([02:03:48](#)):

I am completely isolated. And it's the worst feeling ever

Warwick Schiller ([02:03:52](#)):

<Laugh>. Yeah. And obviously I'm not worthy of, you know, you just get all that stuff and it's, it just comes from the smallest moments that seem so, so inconsequential. And they're the things that, that, that stick with us for the rest of our lives. It's really interesting.

Dr. Sam Fielding ([02:04:09](#)):

It's super interesting. But I feel like for a long time, I personally was like, man, I'm super dysfunctional from having to grow up there, but I also look at it and go, huh. I think from living in a world of absolute anxiety and stress is what allows me to endure things that other people were like, oh no, I'm not doing

that thing. I'm like, oh, this is, this is not as bad as it could be. So I can handle this when you can start to look at your experiences for what they give you, as opposed to what they took from you, then your world changes.

Warwick Schiller ([02:04:42](#)):

Mm-Hmm, <affirmative>, that's a quote right there. You're gonna put that in the show notes. When you start to look at experiences to what they can give you, not what they took from you, the world changes. That's awesome.

Dr. Sam Fielding ([02:04:52](#)):

It's so true though. And I think I have all of my personal experiences leading up to this point to see that, and the beauty of working with people and for you, I'm sure with helping many, many people with their horses is that, you know, when you're this study of one, like if you're only in your world seeing your personal experience, you think it's only you. But you know, as an acupuncturist, I saw it all the time. I would see many, many patients with similar things, but to them, they're the only ones going through that thing. So as I start to do this work with clients, I go, wait a minute. This is like a human being thing. It's okay. Like this is part of our human journey. And I think, you know, some people wanna be like, oh, how could I, you know, spend this kind of money to solve a horse problem? Like, this is not a horse problem. This is your human life. Like you are lucky that the experience that you're really like driven to explore these things in your life are with horses. Cuz it's just a lot more fun. <Laugh>

Warwick Schiller ([02:05:57](#)):

Yes. You mentioned hypnosis. Yeah. You do that

Dr. Sam Fielding ([02:06:01](#)):

Too. Yeah. That's part of the work I do with my, my clients, the work I do. Yeah.

Warwick Schiller ([02:06:05](#)):

Do you, do you still do acupuncture or not? I

Dr. Sam Fielding ([02:06:07](#)):

Do. You know, I have some clients that work with me, you know, very closely for a year or longer. And so I I'd like to go and get to be with them. I think there's a lot that you can exchange in proximity with energy that you experience in person that you don't necessarily virtually. So when I see those clients, like I'll go to shows with them sometimes. I, and I, we also do like crazy experiences together because part of it is, you know, like you were saying, when you practice the thing in other places before you have to, you know, you're, you're building the tool. I like to build the tool in all kinds of places.

Warwick Schiller ([02:06:43](#)):

What sort of crazy experiences

Dr. Sam Fielding ([02:06:44](#)):

Like one of 'em did a triathlon with me. We're going another, one's going to south America to go back country skiing like rock climbing, other places that might be a little bit pushing you outside of your comfort zone, where you're going to actually have to experience these things. And you know, you have

to practice or you're gonna get your butt handed to you. So it's like this, it's a really fun way for people to explore these things that 100% apply to their writing world and their personal world that, yeah. And it's also like these experiences where I know when I get in a different environment, it, you, you get a validation that this there's many, many realities and experiences out there and that there, there are a lot of good ones. It's not all about the thing in the horse world that you wanna achieve. It changes your, you become a lot more accepting <laugh>.

Warwick Schiller ([02:07:43](#)):

Yeah. I think the horse, the horses are just a discipline and it doesn't matter whether you wanna do a martial art or whatever in order the discipline is just the way you challenge yourself. It's not necessarily about the end result of that particular.

Dr. Sam Fielding ([02:07:59](#)):

Oh 100%.

Warwick Schiller ([02:08:00](#)):

But, but like people, you know, probably get into riding horses because they wanna do whatever people get into martial arts because they don't wanna get beat up in the parking lot or whatever. Yeah. But after, when you stay with it long enough, it transcends that.

Dr. Sam Fielding ([02:08:11](#)):

Oh totally.

Warwick Schiller ([02:08:13](#)):

And it's not about the end result anymore. It's about the, the, the journey and the personal growth and the, you know, the, the, the, the places you have to push yourself. Totally. And that's. Yeah. And I think horses are so good because they are all encompassing this. They, they, they, they leave no stone unturned. You know, if you are too quick to anger, you've gotta fix that. But if you're too timid, you gotta fix that. But if you're too blessed, you gotta fix that. But if you're too type a, you gotta fix that. You know, it's, they're very balancing, I think.

Dr. Sam Fielding ([02:08:45](#)):

Yeah, no, I feel like they're the, they, for us horse people, they are some of our greatest teachers. And you know, I think that Eastern teaching is, it's a very classic, like the it's not very Western, like militaristic, like hierarchical, you see these great masters who are like, well, I mean, this is like a terrible example, but it's not in some ways, have you ever seen Kung Fu Panda the cartoon? Oh my God, it's amazing.

Warwick Schiller ([02:09:16](#)):

I mean, I know what it is, but I've not.

Dr. Sam Fielding ([02:09:17](#)):

So the master teacher is a turtle. How powerful is a turtle, but a lot of the teachers have this immense power that you would not think. You know, like when I say our horses are our master teachers, it's not, I'm not exaggerating, but most people would be like, they're teaching me. I thought I was training it.

<Laugh>. But when you start to see what they're really doing for us, then you really appreciate it. And as you said, like when you've done enough stupid things, you, you have received the wrath of your teacher. You get it like, oh, I'm not in charge. <Laugh> excuse me. <Laugh> sorry.

Warwick Schiller ([02:09:55](#)):

Yeah. Okay. Next question. Yep. What is your true purpose here in the world?

Dr. Sam Fielding ([02:10:01](#)):

I feel like more and more it's to show people their capacity. I know that sounds strange, but by showing what the unrestricted unplanned, you know, the, the accepting human life turns out to be when you're, when you're able to get the hell out of the way people can do exceptional things. So over and over in my life, like for a long time, I didn't talk about all the ridiculous stuff that I've done, because it sounded absurd when you put it all together, people were like, you're making that up. Like I'm actually not. And it wasn't, like I said, intentional. And that's the thing is I don't feel like I'm an exceptional human being by any stretch of the imagination. But when someone looks at the things that I've done, a lot of people will say, oh, that's exceptional, but I don't. I disagree. And I think that if that's, if it gets people's attention, then I can accept that at this point, like it's happened over and over.

Dr. Sam Fielding ([02:11:08](#)):

And what I want people to understand is that they are no different that those experiences, those things are available to them. And they have the same ability to do whatever they want with their minds. But it comes from having an openness to say, I don't know, crap <laugh> and being willing to explore and follow these things and trust their own instincts and gut to take them to those places. I think I was very dutiful in doing the things, following the steps, going to prep school, going to an Ivy league school, going and following the path until I really was like, Hey, this is not working at all. I don't care what anyone says. I'm sorry. And it sometimes takes a really hard, you know, you have to accept something, quote unquote fallout for a long time. I didn't speak to my family. So some people would say, there's no way I'm doing that. But the reality is I had to go through that experience in order to understand, Hey, this is, this was how my life was meant to unfold. And the, I could fight that all I want, but I don't want my personal experience to be like that. I don't want my family's life to be like that.

Warwick Schiller ([02:12:25](#)):

Yeah. It's like, you finally found your DMA.

Dr. Sam Fielding ([02:12:27](#)):

Yeah. And it's like, sometimes you, don't not, sometimes you don't get to pick <laugh>

Warwick Schiller ([02:12:34](#)):

No.

Dr. Sam Fielding ([02:12:36](#)):

So I feel like I really want to just help people understand that, you know, the power of your mind is much greater than you realize when you actually understand how to use the tool.

Warwick Schiller ([02:12:52](#)):

You sure do. Okay. So what quality do you admire in a person?

Dr. Sam Fielding ([02:12:59](#)):

There's a lot, but I think I would say the greatest one probably is humility. And so for me as an individual, as I try to continue to walk my path I walk a fine line of being really in my work and being able to experience these amazing things in my life without going out. Look what I did. <Laugh> because as soon as I think, like, look what I did, then I get smacked upside the head with the spiritual two by that says you didn't do any of that. <Laugh> stop thinking. That's you? And I know it from seeing the, the truly exceptional people that have persisted through time, whose names and histories and stories live on. When you think about the people and for me, it's also compassion. So these are all very compassionate people that are doing work for the benefit of humanity. They're all extremely humble people. And so their impact isn't necessarily going to, like, they're not doing it for the accolades. It's just a byproduct of being in that energy. It's like, you know, the horse people that the horses just love, like those people are not trying to do anything. They're just in the right energy. And we're no different. It's

Warwick Schiller ([02:14:20](#)):

Not, it's, it's not doing it's big.

Dr. Sam Fielding ([02:14:21](#)):

Exactly.

Warwick Schiller ([02:14:23](#)):

I am really, I'm reading a book right now that I've read before, but I didn't. I think I skimmed through it. I'm really like savoring every word now. And that's think like a monk by Jay. She have you ever read think,

Dr. Sam Fielding ([02:14:35](#)):

But I would love

Warwick Schiller ([02:14:36](#)):

To do that. I mean, it's taken me forever because I've got this highlighter and I'm highlighting and highlighting, highlighting it. It's just, it's, it's quite possibly, and maybe it's just right now, but it's quite possibly the best book I've ever read. Isn't it.

Dr. Sam Fielding ([02:14:52](#)):

I'm gonna have to read

Warwick Schiller ([02:14:52](#)):

That. It's just so good. You know, because you know, Jay, she is. Yeah, yeah, yeah. You know, so he, he kind of a bit like you, he, so he was of east Indian descent grew up in London and you were either a doctor, a lawyer or a failure in his family.

Dr. Sam Fielding ([02:15:08](#)):

Yes. Basically.

Warwick Schiller ([02:15:10](#)):

<Laugh> and then he decided he was gonna become a monk and went to an Ashra in India. And so he was a huge failure. And now he's no longer monk, you know, but his DMA basically, you know, his purpose is sharing the experiences that he learnt there in a way that's relatable to your average.

Dr. Sam Fielding ([02:15:30](#)):

Yes.

Warwick Schiller ([02:15:31](#)):

Person and, and it's, oh, it's such a great book, but it's, you know, so it's, there's a lot of you know, Eastern philosophy in it, but it's, yeah. It's just such

Dr. Sam Fielding ([02:15:43](#)):

A great, I have to read that.

Warwick Schiller ([02:15:44](#)):

A lot of, a lot of the things you've said today, like reminds me a lot of that. Okay. The number one question, everybody, nobody has failed to choose this question, which really tells me about the, the quality of the people I'm dealing with. What is your relationship like with fear?

Dr. Sam Fielding ([02:15:59](#)):

Ah, I people like to think I'm fearless because of the stuff that I've done. Like I was a wildland firefighter, you know, ski, patrolling, holding lit bombs, avalanches, the, the whole like competing riding horses, climbing. There's a lot of fear, inducing things. I was super scared growing up. I, I was like clung to my mom. I was not what I would consider to be brave. But I, I think in some ways I was forced into fearful situations because of my upbringing. I kind of lived in an environment of fear and I realized, you know, when you're a kid living in a stressful home, that's really full of anxiety and tension and anger, violence. At times you can't get out of it, you're in it. Where else are you gonna go? Like when you're two, when you're five, you can't go anywhere. You can like pray that you fall asleep and don't hear anymore yelling, but you stay.

Dr. Sam Fielding ([02:17:05](#)):

And so I think from that, I learned that you don't run away from it. And that if you are willing to explore it, because there's good fear and there's bad fear, there's good fear. That's like, Hey, get your hell. You know, get outta here. This is bad for you. Like you must survive. But there's the, the other fear that it's like, what am I not willing to explore here? And so that fear I love now. And I kind of intentionally make myself go through the experiences of having those moments. Because when I think back every single thing in my life, that's culminated in a lot of the stuff that I help my clients understand now has come from realizing that you cannot, you know, we were talking about Praxis and embodying these things. When you walk through those feel fearful experiences, that is when it will click and you'll go, I got it.

Dr. Sam Fielding ([02:18:08](#)):

I get what I'm capable of. I get why I'm here. I get what I am supposed to do next. And realize that sometimes the fear is what shows you, that you can stay. You can be focused in your mind in a way that you never thought was possible. And it's fun. Like people don't get that. So when I did this triathlon, my

biggest fear was the swim. I thought I don't, I don't wanna swim in open water with people around me. Like this sounds terrible. So in my brain, the worst possible experience of it was just open water, swim with people. I did not imagine white caps <laugh> so we get in for this swim and it is legitimate white caps. Like you can't breathe because every time you try to breathe, you're getting puled by a wave. So very quickly my brain turned on and it was no longer you're in a race.

Dr. Sam Fielding ([02:19:01](#)):

You're in a triathlon. It's get your ass out of the water alive, do not drown you're in survival. And so I, at one point I look around very, very early on like 10 seconds in. And I realize like, oh, I get it. Nobody is trying to like, you know, the average people, other than the superhuman swimmers, we were just like, get through the water <laugh>. And in that experience, like you would think that it would be, I was super calm. I was like, I got it. Here comes a wave. I'm doing my thing. I was just doing my thing until I got out on the beach and went, none of that was scary. And so I, I love going through those experiences and being like, you know what the scariest thing was coming up to the triathlon,

Warwick Schiller ([02:19:45](#)):

Right? The scar scariest thing was that the, the anxiety you felt about it beforehand, not the actual experience.

Dr. Sam Fielding ([02:19:51](#)):

Right? So then I go, wait that's mind to control. So if I can control that prior to what is available to me then, and it's just, it expands your world. It's it shows you the level of focus. I've never, not never, but I would say I've rarely accessed that level of focus without the added environment and energy. Like that's, I'm the kind of person that will go to a horse show and I'll do better. I, I can use that energy for myself. And now my like fascination with meditation is, oh my God, that's what they're trying to teach you. <Laugh> how can you actively engage that state without having to put yourself in these environments? But I never would've known that that was a possibility or capability of the human mind had I not gone through fear.

Warwick Schiller ([02:20:48](#)):

Yeah. So, so the short version of your fear thing is one of my podcast, guests was 10, a kindly from Scotland. And she said, well, there's two types of fear. The fears you should listen to. And the fear you shouldn't listen to.

Dr. Sam Fielding ([02:21:01](#)):

Yeah. Basically <laugh> yeah. And knowing the difference. Right.

Warwick Schiller ([02:21:05](#)):

And knowing the difference. Yeah. That's, that's the thing like with horses. I see, I see quite a few people not listening to the fear they should be listening to yes. And paying way too much attention to the fear they shouldn't be listening

Dr. Sam Fielding ([02:21:17](#)):

To. Yeah. But that happens again when like, okay, if you' your ability to fear or to feel the fear that you should listen to is so turned off because you're energetically, just not there. You're, you're missing the

memo and you're putting all your stock in the fake fear. Like I gotta get this thing to work, which is why people are like, I gotta get over two, six. You're like, no, you gotta go and see when your horse is saying not today. <Laugh>

Warwick Schiller ([02:21:46](#)):

Yes, definitely. Okay. Last question here. What is your perception of a leader and a follower?

Dr. Sam Fielding ([02:22:01](#)):

I picked that and now I'm like, Ooh, why did I pick that? That's a hard one.

Warwick Schiller ([02:22:05](#)):

You can skip it if you want.

Dr. Sam Fielding ([02:22:06](#)):

No, you know, I think there

Warwick Schiller ([02:22:08](#)):

This already, this is going to be the longest podcast I've ever recorded. So,

Dr. Sam Fielding ([02:22:11](#)):

Well, I think that honestly, they're, they're one and the same. You have to take both sides. I feel like when you think about the horses and everything we do, there's a little bit of exploration on both sides. And it's, I think that when we get stuck on one side or the other, that there's a problem,

Warwick Schiller ([02:22:30](#)):

You know, I was presented at equine affair in Columbus, Ohio recently, and a lady came up to the booth who follows what I'd do with the horses. And she used to be a professional ballroom. And she said the leader has to lead, but also has to be able to follow the follow. And that's what you're talking about. Right there. It goes both ways. It's yeah.

Dr. Sam Fielding ([02:22:55](#)):

Yeah. I mean, and everything that we were talking about with energy, it's, it's subtle. It's, it's all, it's dynamic. Everything is dynamic and the game is can I feel where that goes? So at sometimes you will lead, but sometimes you'll very quickly follow and it's, it's getting yourself into the world where you're like, okay, I wanna play in this subtle. So you can discern the difference. I mean, that's the only way you're gonna tell what's real fear or not fake fear. <Laugh>

Warwick Schiller ([02:23:25](#)):

I, I love how you say the game. Cuz have you ever heard of Peter CRO? No,

Warwick Schiller ([02:23:30](#)):

No fascinating guy. His last name's C R O N E. But he says the game of life is, oh, I forget. He's how he puts it. I can't even get the context of it, but it's, it's about to find the places where you are stuck and become unstuck. That's that's, that's all, that's all we are here for. But he says it much more eloquently

than that. I was trying to look it up, but I, I love the way he, he calls it the that's the game, that's the game we're playing. That's what we, that's the only reason we are here. Yeah.

Dr. Sam Fielding ([02:23:59](#)):

I feel like, you know, and that's what, but I'm determined, right? I'm someone that wants to get things done, but I've also feel like I've unlocked, unlocked a new level of life realizing like, Hey, if there's no joy in this thing, if I'm looking at it too seriously, then I'm dampening the energy. And when I think of things as a game, it allows me to stay in that lighter dynamic place. I remember someone, one of my, I have a really amazing mentor who's from Hawaii. And she like, as you were saying, all of the great spiritual traditions, it's the same thing. And so I talked to her a lot and she, one of the things she said to me, once that I thought was hilarious, she was like, yeah, it's like a you're out there in the universe. And before you come here, whatever this is, they're like, the ones are like, are you ready to go play the game?

Dr. Sam Fielding ([02:24:55](#)):

And you're like, yeah, yeah, I'm ready. I'm ready. And they're like, okay, well here's the game. The game is, we're gonna send you down there. But as soon as you go down there, you're not gonna know anything. You're gonna forget everything. And the game is to get back here. And when I think about that, I'm like, oh, that feels pretty accurate. <Laugh> the game is to get back to whatever the unified thing is. And you come in here like blind and at times of your life, like you, like, we both have been like, I got it. This is the thing. And then you get the spiritual two by four experience that says, no, try again. That's

Warwick Schiller ([02:25:32](#)):

Not the thing. Yeah,

Dr. Sam Fielding ([02:25:33](#)):

<Laugh>

Warwick Schiller ([02:25:35](#)):

It sure does. Okay. Well it's we officially, I think have the longest podcast that I've recorded. So congratulations. You're the winner of that, that game. So if people wanna find out more about Dr. Sam fielding, where can they find out more about you?

Dr. Sam Fielding ([02:25:48](#)):

Yes. So I am on Instagram, Dr. Sam fielding. There's also that talks a bit about me, but the specific work I do with riders is at ride through the mind all together. But if they're interested in finding out we're actually doing a challenge coming up in the next couple weeks called fearless at the block. So if they want more information, they can head over to fearless@theblock.com and sign up to join in. I'm gonna be doing some live talks to kind of introduce folks to the work I do and how it can help them with their writing, but also their live <laugh>

Warwick Schiller ([02:26:34](#)):

Of course. And there's also Dr. Sam fielding.com.

Dr. Sam Fielding ([02:26:37](#)):

This transcript was exported on Jul 01, 2022 - view latest version [here](#).

Oh, yep. There's that too.

Warwick Schiller ([02:26:39](#)):

And then there's your little Facebook page that had the wrong picture on it there for a

Dr. Sam Fielding ([02:26:43](#)):

While. Yep. Dr. Sam fielding.com.

Warwick Schiller ([02:26:45](#)):

<Laugh> okay. What's the, what's the Facebook page, Dr. Sam fielding. Yep. Yep.

Dr. Sam Fielding ([02:26:50](#)):

I feel like I should put that picture up to be like, this is the picture <laugh>,

Warwick Schiller ([02:26:54](#)):

That's the picture that worked. Didn't like, yeah. Well, thank you so much for joining me. It's been such a fun conversation. Thank much you, we could go on forever.

Dr. Sam Fielding ([02:27:04](#)):

I know. I'm sure we could.

Warwick Schiller ([02:27:05](#)):

Yeah. And a few you guys at home, thanks for joining us and we'll catch you next time on the next episode of the journey on podcast.

Speaker 3 ([02:27:12](#)):

Thanks for listening to the Journey On Podcast with Warwick Schiller. Warwick has over 850 full-length training videos on his online video library at videos.warwickschiller.com Be sure to follow Warwick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.