

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

You're listening to The Journey On Podcast with Warwick Schiller. Warwick is a horseman, trainer, international clinician, and author who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. 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.warwickshiller.com

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

G'day everyone welcome back to the journey on podcast. I'm your host Warwick Schiller. And I have an amazing guest this week. Her name's Julie Ripley, and this is one of the coolest conversations with one of the coolest people I've had in a very, very long time. And if you're a regular listen to the podcast, you understand the types of conversations I have. And so for this one to stick out like that, for me, uh, tells you how amazing it actually is, but I'm going to read you, uh, a little bit about Julie from her website before I, we get into the conversation. And so Julie's website says my journey of cultivating self connection. I've always craved connection growing up on a small horse ranch in Montana, I developed a deep love for nature and horses. I was in awe of nature, the seasons of change and how life was always unfolding right before my eyes.

Warwick Schiller ([00:01:41](#)):

I felt her quite stillness in the vast openness yet. She was in a constant motion with the cycles of my life. The grace and power of horses have been a source of my understanding of connection. I learned to ride through the felt sense and an expanded sense of awareness. Always looking at how to bring things together and build trust. Instead of taking them apart. If I were an artist, horses were my medium at the 35, I burned out in a CFO position. I was lost. I had splinted myself into everything. Other people in society thought I should be. I had lost myself connection and got caught in the hamster wheel of self-improvement. I was exhausted resentful and disillusioned. I knew there had to be a different way. I began to study the healing, arts, yoga, and massage, and trying to uncover how I lost my way living no stone unturned.

Warwick Schiller ([00:02:28](#)):

The more I explored, the more I began to find those pieces. I had splinted off cultivating self connection, became a journey. Now I guide high achieving professionals in cultivating self connection. So they feel peaceful, alive, and balanced again. So, you know, in there it mentions the healing arts, yoga and massage, and I think they may have been Julie's entrance into this world of connection, but I certainly don't think that's all it's limited to because, um, yeah, Julie has got some stuff going on. That is just pretty amazing. So I hope you enjoy this conversation. Uh, absolutely. As much as I did Julie Ripley, welcome to the journey on podcast.

Julie Ripley ([00:03:17](#)):

Thank you. It's great to be here.

Warwick Schiller ([00:03:19](#)):

Oh, I'm excited to have you here. Um, you are one, you know, some of the guests I have on here, I know quite a bit about and things like that, but I don't know very much at all. Almost if anything about you. So

this is, this is gonna be fun. So why don't you tell me what you currently do and then we'll kind of unravel how you, how you got there.

Julie Ripley ([00:03:42](#)):

All right. Currently I'm a life coach. And how I got here is I burned out as a CFO at 35. And I had this moment in my life where I looked myself in the mirror and said, you're never gonna get here again. And you're gonna figure out why you got yourself to the point of burnout at 35.

Warwick Schiller ([00:04:06](#)):

You're just gonna jump right in here. Actually, I was, I had read that bit on your website. I'm like, I'm gonna bring you up at some point in time. You can tell me about the burnout and stuff. <laugh>, let's, let's just not jump so far back. Um, so tell me about the life coach. Um, what do you, what do you do? What sort of people do you work with?

Julie Ripley ([00:04:24](#)):

Well, I work with a lot of people who are on the verge of burnout. I work with a lot of people who are transitioning maybe in a career, maybe moving from like retire or from career to retirement. And really I work with a lot of people teaching them how to back off on the pushiness of what they do. And a lot of my messaging is all around self connection and having a relationship with yourself because

Warwick Schiller ([00:04:55](#)):

Yeah, that was, that was sorry. That was one of the things that attracted me to like your bio and stuff. Like you said, you're all about connection. So that's, you know, I'm really interested in that subject.

Julie Ripley ([00:05:04](#)):

Well, I think one of the reasons, well, I, I believe the relationship with ourself is the most important relationship we have because it's the foundation of every other relationship we have. And just because we have a relationship with ourself doesn't mean we have to choose not to have a relationship with somebody else, but we can be more powerful in how we show up and participate in our relationships because we know and understand ourselves. We know what we bring to this table. We know how to stay in our own lane. We know how to protect. What's important to us.

Warwick Schiller ([00:05:43](#)):

Yeah. That whole, that whole, um, relationship with yourself thing. It's such a so interesting because at least for me, for, for the longest time, I, you know, I was only who I thought they thought I was supposed to be. Mm-hmm <affirmative> and, and, and, and had no idea at all that that was going on. And I imagine that's probably quite true for, for a lot of people, like, who are we under? All that conditioned

Julie Ripley ([00:06:17](#)):

Mm-hmm <affirmative>

Warwick Schiller ([00:06:18](#)):

That, all that conditioned stuff, you know? Yeah. Um, you were saying a minute ago that, that you work with a lot of people who, um, have to learn not to push so much. Is that what you said? Mm-hmm <affirmative> yeah. And so I imagine these people are usually quite successful at what they do.

Julie Ripley ([00:06:35](#)):

Yeah. They're go-getters I, I often kindly remind them they're overachievers <laugh> I was one of them, but I heard recently this quote and it really speaks to what I do. It's our natural participation from who we are, should be enough for success. Where I see, I wanna be careful how I say this. A lot of success is driven by overachieving or overcompensating for who we don't think we are. And it doesn't mean we can't go out and achieve. I'm not anti achievement or anti accomplishment, but accomplishments are so much better, so much sweeter when they're from the truth of who we are instead of who we think we need to be.

Warwick Schiller ([00:07:34](#)):

Yeah. Would, would you, would you say that a lot of, um, you know, a lot of high achieving people's go get, you know, you said they'd go getter sort of thing. It's some sort of a, a trauma response to stuff that ha you know, I've I've, I don't know. Have you ever listened to my podcast?

Julie Ripley ([00:07:53](#)):

I have quite a bit, actually.

Warwick Schiller ([00:07:55](#)):

Yeah. Oh, haven't so you, you know, I've talked about this with some of the guests on here, you know, one was a trauma therapist from Canada, but she was talking about coping privilege. You ever heard the term coping privilege?

Julie Ripley ([00:08:07](#)):

I haven't, I don't think I have heard that podcast.

Warwick Schiller ([00:08:10](#)):

Uh, so she refers to coping privilege. As you know, you could have two brothers who have the same trauma as a child, and, you know, the more I get into the whole trauma thing, you think it's about, oh, if you were, you know, if you were beaten or something like that, but a lot of times that that's got nothing to do with anything, a lot of times it's something as simple as having your, your feelings invalidated or, you know,

Julie Ripley ([00:08:38](#)):

Right. I love G Bo's definition of oh yeah. G trauma. Isn't what happens to you? It's what happens inside you?

Warwick Schiller ([00:08:49](#)):

Oh, I took a screenshot of one of his quotes last night. Children don't get traumatized because they get, they get traumatized because they're alone with the hurt.

Julie Ripley ([00:08:58](#)):

Yes. Yeah.

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

Um, anyway, so on the, on the podcast with the trauma therapist, she was talking about, let's say you have two brothers. And they, they, they experience the same trauma. One of them might resort to drugs, but one of them might resort to achieving. And one ends up being a CEO and the other one ends up being a drug addict or possibly in jail. Mm-hmm <affirmative> and EV and society looks on the CEO as the good guy. And the other guy is the bad guy. Whereas the, the reason they are both where they are, is that was their form of coping. But this coping privilege is one guy's, you know, the way he's wired, the way he, he, and it's not a choice, you don't go, well, I could work really hard and create a business, or I could tie off my arm and shoot up with her. And it's not that sort of, it's not that sort of a choice. It's just what, however, you are wired to deal with things that happened to you. And, and one ends up being CEO and one ends up being in jail or something or other, but it's, they both have the same thing that led them there. It's it's a coping privilege. Have you ever read the masks of masculinity by Louis Harris?

Julie Ripley ([00:10:06](#)):

No. I have heard about that book from your podcast. And so it's on my list.

Warwick Schiller ([00:10:12](#)):

It, it, cuz it's, it's along a very similar line, like all these different masks that, and I don't think it's just the masks of masculinity cuz I think women have masks too, but that, that whole mask of masculinity is, is about the masks that men put on to hide their emotions. Yeah. And so, you know, women are not culturally not supposed to show their emotions, so I, they probably have left masks, I imagine. Um, but I think their masks might come from other things. Yeah.

Julie Ripley ([00:10:43](#)):

Yes. I was gonna say, I, I would say they have masks from different for different reasons.

Warwick Schiller ([00:10:49](#)):

Oh yes. Yeah. Not, not the same reasons as the, as the men, the men's is, is the things they do to hide their emotions. Mm-hmm <affirmative> yeah. Um, but yeah, so it sounds like it's a very, very similar thing. As far as like these people that you are helping you you've got their go getters, but um, to almost go get us for the wrong reason. And actually the, the trauma therapist from Canada had on the, on the podcast, she was talk. Cause I asked her, I said, did you have the, I think I was her. I asked, did you have a lot of therapy before you came a therapist? You know, did, did cuz I've talked to a number of therapists who had quite a bit of therapy and thought, I wanna share this with other people. This is mm-hmm <affirmative> mind boggling stuff. And she said one of her men and I think she said she did, but one of her mentors said to her, you can't stay in the business for the same reason you got in the business. And I imagine it's kind of the same for, for these people. They, they, they can't stay at the CEO level or whatever they're, you know, in the C-suite or whatever they're doing for the same reason they got in there, they they've got to understand why they got there and, and worked through that trauma. Mm

Julie Ripley ([00:12:02](#)):

Well, they start to bump up against their limitations and, and, and it starts to show up and express as teams falling apart, growing a business and having record turnover because when a CEO can't say no to customers or growing the business and they grow faster than their team, they create a toxic work environment, but they don't realize it because we're always looking at growth as a company. The, the bottom line are you, you know, the, the mindset is you're either growing or dying. And that is so not true. Nothing in nature grows all the time, nothing in nature flowers all the time. So we have these really disconnected measurements of success. And then we try and force people into that. And what they do is they get pulled further and further away from who they really are, how they really want to participate and, and their accomplishments become empty. I worked at a guest ranch that, um, I was visiting with a woman and she said to me, her husband's a billionaire, by the way, she says, you know how I know my husband isn't feeling good about himself. So I leaned in and I said, Ooh, do tell me, like, I felt like they were, she was pulling back the veil for a little bit. And what she said is he grows his business.

Julie Ripley ([00:13:48](#)):

So when we look at that and right, we, the mind wants to justify and defend and explain all the reasons for that and, and why it's okay. But when we step back and look at that, what is really driving the definition of success? Is this feeling of not feeling good about ourselves and that's an overcompensation.

Warwick Schiller ([00:14:15](#)):

Yeah.

Julie Ripley ([00:14:16](#)):

So when we start to look at patterns of overcompensation of perfection, of over delivering, they're, they're really not even meeting the needs of the people involved, whether that's an employee, a manager, somebody in the C-suite or even the customers, because there's, they're not connected to what is important or what is needed. And it's based on not having a relationship with ourselves.

Warwick Schiller ([00:14:55](#)):

Yeah. This is gonna be fun. Cause yeah. That's, you know, everything I've read has, has come. You know, I love the fact. You mentioned G Matt before. Cause I, I love his work. I think it's,

Julie Ripley ([00:15:07](#)):

It's

Warwick Schiller ([00:15:08](#)):

Very, very,

Julie Ripley ([00:15:08](#)):

He's been a huge contribution to the world.

Warwick Schiller ([00:15:13](#)):

Yeah. So a minute ago you said you're working at a, a guest ranch. So tell me about, tell me about the path to becoming a, a life coach you grew up in you're in Montana now and you grew up in Montana. So you grew up in a absolutely beautiful place.

Julie Ripley ([00:15:26](#)):

Yes, yes. I try not to tell people that because we have a lot of wide open space and it's being eaten up with yeah. <laugh> yeah. Yeah.

Warwick Schiller ([00:15:38](#)):

So I was, I just took a clinic in Montana recently and, and you know, uh, so I flew into Missoula and, and there was a lot of, it was almost like Austin, Texas, cuz Austin, Texas, you know, a lot of people from California with, you know, have moved to Austin, Texas to get outta California. Yeah. And you know, there's all the bumper stickers, like go back to California. <laugh> I got that. I got that vibe in Montana too. Like I, you know, I just showed you some stickers. We bought, we went in this one crazy store and my son was with me witness one crazy store in Missoula. And it has, it's the most eclectic store I've ever seen. Mm-hmm <affirmative>, it's got a bit of everything in it and had all these stickers, but a lot of the stickers did something like, you know, piss off back to California or whatever, you know, like you've seen it now get

Julie Ripley ([00:16:24](#)):

Lost. Yeah. Yeah. Well, one of the reasons I, I love Montana is the wide open space, right. And this connection to nature and to really, really see how life is sustained with or without the human being <laugh> right. Like it exists and we don't have to mess it up. And so anyway, I don't, I don't want to get off on that tangent. Um, so you

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

Grew up, I'd love to get off on that. I'd love to get off on that tangent cause that that's the stuff, I mean, you, you said before about businesses, you said nothing in nature continues to grow there's there's season <affirmative>, you know, and I think that's the, I think that's the, the, the crux of all that's, that's the wisdom, you know, a lot of times, um, you know, helping people with their horses, people

Julie Ripley ([00:17:18](#)):

Mm-hmm

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

<affirmative> um, have to change some things about themselves, which usually helps everybody horse and their family as well. But it's the same thing. You, you can't, you can't force nature and right. I think, I think the great thing about working with horses is they are nature and you have to learn to blend in with nature. You can't, there's a great saying. And I tried to remember it here on the podcast a little while ago, but someone like you can't oh, I forget what it it's got something to do. You, you, you cannot, um, basically you can't, this is a really bad version of it, but you can't force a tree to grow. Mm-hmm <affirmative>, you know, you, the, the saying actually is you can plan for this, but you can't plan for, or you can rush this, but you can't rush. And the thing you can't rush had something to do with had something to do with, with, with nature. But it's, you know, I'm really into like shamanism these days and indigenous wisdom and all that sort of stuff, and it just keeps circling back to right. You know, like, um, have you ever, did you ever watch a Netflix show called, um, one crazy rock, one rock with Chris? Uh, uh,

Julie Ripley ([00:18:28](#)):

Who's the, I do wanna circle you back to this nature thing. Yeah, because this shows the disconnection, we are nature, human beings are part of nature. And in order to like, we, we have separated ourselves from nature and we wonder why we have high levels of mental illness. Mm-hmm, <affirmative> why, you know, the, the world is kind of coming apart in on some levels. But in ways I see a lot of positive things happening in that because the structures, we have built this on our, our country on aren't gonna work for the next a hundred years. And so we have to return to nature. We have to remember, we are nature as human beings. So if we want to be powerful in what we create, we have to understand our nature, the nature of things. And if we studied the nature of things and built patterns for, of success off what exists in nature, I think we would be a lot more happy.

Julie Ripley ([00:19:40](#)):

I think we would have a lot more peace. I think we would get along with other people better. But when we get stuck in this competition of E even the way we're taught about nature in school, like one, one of the things I was taught is survival of the fittest. You have to be tougher than the other person to survive. And in my work, I, I kind of flip that on this head because working with horses, if you've got a horse herd, you can say they're in a herd for protection, but I really think that there's something else going on there. They're in a herd for belonging because when I'm in a herd and you're concerned about what I'm concerned about, and you're curious about what I'm curious about, I feel like I belong and my nervous system can back off and feel safe. And then I can relate to you on a completely different level. But what we have done is I call it the disease of dismissal. We have dismissed anything that is any kind of internal signal, like understanding our emotions, recognizing where our thoughts come from feeling the sensation of fear. We just say, oh, don't do that. Just take this action. And it all goes away and that's not how it works.

Julie Ripley ([00:21:09](#)):

We have to understand the nature of things. And, and there is nothing in our society that helps us develop an understanding of ourselves.

Warwick Schiller ([00:21:20](#)):

Yeah. It all, yeah. It's almost does the opposite.

Julie Ripley ([00:21:23](#)):

Mm-hmm <affirmative> yeah. And the wider, the gap from our who we are like our true nature and what we express in the world creates stress, anxiety, depression, but right. And, and sort of the journey back to ourselves, isn't the easiest, most smooth thing I've ever done or have led people through, but it's worth it.

Warwick Schiller ([00:21:56](#)):

Yeah. But it's, it's, I love the way you put it, the journey back to ourselves. And so, you know, if it's that harder journey that tells you how far we've come from ourselves.

Julie Ripley ([00:22:07](#)):

Yes. Yeah.

Warwick Schiller ([00:22:09](#)):

Wow. Helpful stuff. Okay. Let's back up. We're gonna back up to you you a minute ago, you were born in Montana and then you kinda,

Julie Ripley ([00:22:15](#)):

I was born in Montana.

Warwick Schiller ([00:22:16](#)):

Yeah. Montana's beautiful. Then we're gonna on the nature. Um, and so you've always lived there.

Julie Ripley ([00:22:22](#)):

Mm-hmm <affirmative> yeah. All at different places in the state. Yes.

Warwick Schiller ([00:22:27](#)):

Yeah. So did you grow up in town? You grew up on a, on a ranch,

Julie Ripley ([00:22:31](#)):

Uh, on a small horse ranch outside of billings. And, um, my dad had a string of mules, so I started going to the mountains at nine years old and, um, rode double behind my brother for three days on our first pack trip. And, and then have since,

Warwick Schiller ([00:22:49](#)):

Oh, so you guys, you guys would pack into the mountains,

Julie Ripley ([00:22:51](#)):

Right? Yep. We'd go in for 3, 4, 5 days. Yeah. Talk,

Warwick Schiller ([00:22:55](#)):

Talk about connecting with nature.

Julie Ripley ([00:22:57](#)):

Yeah. And then my dad took in a lot of outside horses, so I was exposed to a lot of different horse types and what they were doing. And, and one thing I really respect about my dad is he always took lessons. He was always going to clinics, always trying to learn. Um, and, and so that just kind of became like how I approach life and that's, hence my purpose might change <laugh> cause if I learn and grow and develop, what, what kind of connection? What can I get my horse to do? So I, I say if I was an artist, the horse was my medium and what kind of connection could I create? And I dabbled in barrel racing. I've roped a little bit, got, you know, did a lot of ranch work, sorting pairs, some brandings and chipping and things like that. And then I've also ridden English and done some jumping and some dressage.

Julie Ripley ([00:24:01](#)):

And, and so I was able to bring all of those techniques into something. I created myself to build a connection. And when I was running barrels, I had this amazing horse that not that he was amazing and that he was winning it all, but he really was honest. And he gave me everything he had. And I noticed like he didn't like the boots I put on him. And one day I was like, this horse will sort cows he'll jump

jumps, he'll run barrels. I would ride a hundred miles on him by myself. No questions asked like that horse just, he taught me the visceral sense of trust.

Julie Ripley ([00:24:48](#)):

And then I started looking at, I don't like making him do something I want to do that he doesn't enjoy doing. And so I chose to have a horse that was willing to do anything I wanted to do and was capable. And I chose not to, to make him a barrel horse. I just, I was like, I would rather have the relationship. I'd rather have the connection and I don't want to be that aggressive and that pushy and, and he, he was amazing in a lot of ways. He taught me a lot about life. He taught me a lot about connection. He taught me a lot about trust. And, um, so that's kind of my ex initial exposure to horses is this, they were a place <affirmative>, they were a place of safe connection and expression. Like I also say it was a place where it was safe enough to feel what I was feeling and toy with what I was feeling, because we ride through the felt sense. And yeah, I was very honored to have a horse. Like that

Warwick Schiller ([00:26:09](#)):

Sounds amazing. Um, so you mentioned earlier that you burned out as a, in the C-suite, what was mm-hmm <affirmative> what did you do and what was your, what was your, like, what did you go to college for? What was your path to the C-suite?

Julie Ripley ([00:26:25](#)):

Well, of course, when you use your head to make all of your decisions, you look at horses and you say, oh, I am going to need to make some good money. So I will choose a career that will help me afford horses, not what I liked, not what I enjoyed doing, but what, what it would afford me to do. And so I graduated in accounting from Montana state university and worked for the state, worked in public accounting. And I ended up at a, a multiple, uh, location, equipment dealership, selling farm and ranch equipment. And at 35, I burnt out. And when I say I burnt out, I left there and I slept for a month. Literally I would sleep 14 to 16 hours a day, and then I would get up and I would lay on the couch all day.

Julie Ripley ([00:27:19](#)):

And it was it was really a moment in my life of, okay, what are you gonna do? <laugh> you? Right? Like, it, it, it was, um, very hard to go from somebody who could accomplish what I accomplished, achieve, what I achieve achieved to hardly be able to function. And so I started looking around at like what I would like to do. And, and I bumped into a friend of mine and from college, and he was a physician's assistant. And he said to me, he says, you know, I left my physician's assistant physician and got into sales because I knew they would teach me about relationship.

Julie Ripley ([00:28:14](#)):

And I was like, oh, that's interesting. Because he looked at his career from a point of developing him himself and like that wasn't in my way of thinking at all. And so a few months later, I ended up in massage school and I became a massage therapist and a body worker. And I started seeing the integration of the brain, body connection of how we store trauma in our body of how, um, the importance of integrating our emotions and our thoughts. So they work together. We, we think logic is the opposite of emotional, and it's not <laugh>, we need to understand and feel our emotions so we can harness the power of our emotions and then use that to clean up our thinking based. Right. Because we can either look at the top down model or the bottom up model. But I, in my coaching, I talk a lot about if we have an unwanted experience and we can't shift it, it's either stuck in the story we're telling ourself,

or it's stuck in our bodies. And so, yeah, I've, I started out working through it on a physical level, understanding E even just like different modalities. I've read a lot of shamanism. I worked with a lot of healers psychics, um, went to a Bali by myself for three weeks and ended up meeting with this healer that he, he doesn't like the, the event I went to was canceled. And so he doesn't work with the general public and it just happened that it worked out. And

Warwick Schiller ([00:30:04](#)):

So what was the event you went to? Cause you were skipping a, you were skipping over all the really cool stuff right here. This is the stuff

Julie Ripley ([00:30:10](#)):

I'm trying to skip over. Right. Cause it's not always an easy journey.

Warwick Schiller ([00:30:15](#)):

Well, don't share anything you don't wanna share, but if you wanna share, what was the event you were going to in Bali?

Julie Ripley ([00:30:22](#)):

Well, I had taught yoga for eight years. And so I was,

Warwick Schiller ([00:30:26](#)):

Did you skip over the fact you taught yoga for eight years?

Julie Ripley ([00:30:28](#)):

I did skip over that. Yeah. I'm trying to, so

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

You taught yoga for eight years.

Julie Ripley ([00:30:32](#)):

Yes, I did. So it was just this

Julie Ripley ([00:30:38](#)):

In incubator of learning and understanding like E even with yoga. What I love about yoga is they look at your constitution, like what you're made of. So I'm sort of made of air and fire. And so I can change thoughts really quick. I can really work hard. Like I, I work like a flare, so I work really hard for a while, but then I need downtime and rest. And as soon as I started recognizing and honoring those patterns in me, my life started getting better. But when I tried to work like 50 hours a week steady, I burn out because it's not in my constitution. So I know the concept of constitution isn't really talked about in American society, but it's really, when we start to understand like how we work efficiently, I can come up with a lot of new ideas, but I'm not the person to bring them to fruition.

Julie Ripley ([00:31:44](#)):

So I have to build a team of people around me instead of trying to do everything. Those are the things I started learning from actually practicing yoga from getting regular body work. And, and even then I was still riding at the time. So I started playing with, how do you align yourself? Not only physically, but energetically and emotionally and mentally to another being. And, and so that, that was a whole different exploration of building connection. Not only with myself, because I really had to understand what I brought to the table with the horses and, and let's face it. Like I didn't always bring the things I wanted to bring. You know, there was a lot of perfectionism and, and I remember I, I ended up in EMDR therapy and, um, I, I, I never have anybody else's experience. So my sessions were four hour sessions twice a month for 10 months. So I was doing some very intense work. And, um, but what I started to see was like, when I was going through that process and just kind of working through, getting rid of my mechanisms, my coping skills, it, you know, it just leads you in this really raw place. Like, and I would go out to ride and I might be in just this storm, inside my head of just thoughts, emotions, past experiences.

Julie Ripley ([00:33:24](#)):

And I would walk up to catch my horse. And I'm like, I'm not riding today. I am not gonna beat you up with everything that's going on inside me. And so oftentimes I would just feed them. Sometimes I felt so toxic in my own experience that I would just kind of ground myself. And I was like, you are not gonna be people up with what's rattling around inside you. And, you know, we use horses a lot for therapy, but a, and I definitely have had the therapeutic presence of horses in my life, but I also think it's important to look at what we bring to the table when we show up with horses, humans, other mammals. Um, and so as I sorted through a lot of the things that we're rattling around inside me, like they've completely disappeared. Like people ask me how I got somewhere. And I'm like, oh, all I remember is like, the things I took away or the things I learned, but like that whole integration piece, it just kind of dusted everything off. And it's a new experience for me. So, um, yeah, that journey was really coming to terms with the things I didn't like about myself.

Warwick Schiller ([00:34:45](#)):

Mm-hmm <affirmative>

Julie Ripley ([00:34:47](#)):

And most of us are taught to not even acknowledge the things we like about ourselves or don't like about ourselves.

Warwick Schiller ([00:34:55](#)):

It was, I was gonna say, coming to terms with the things you don't like about yourself, I think the first step to that is actually being aware of the fact that there are things about yourself. You don't like, I think at least for me, all that stuff was, was below the level of consciousness.

Julie Ripley ([00:35:17](#)):

Oh, mine was too for a long time, the eye overcompensated. Yep.

Warwick Schiller ([00:35:22](#)):

You're not even aware of that stuff. And, and if you can't find it, um, try Ika, <laugh>, that'll make you stare in the face.

Julie Ripley ([00:35:33](#)):

It's interesting. I know a lot of people who have done iowaska and I always say, well, you, you hear different experiences, right? Like some people have like a really violent physical reaction of vomiting or, you know, that kind of thing. And

Warwick Schiller ([00:35:50](#)):

In my experience, almost everybody vomits.

Julie Ripley ([00:35:52](#)):

Yeah. And, and I'm like, I don't wanna puke. <laugh> that's, what's getting in my way. But yeah, it, it is really interesting to look at when you really want to heal. You start to pull out all the stops, the, it, it became my priority in life of no matter what I do, I am not gonna feel like this forever. And, and it's not that I'm gonna avoid it, but I am going to write the proverbial Eden elephant one bite at a time. And that really is what I did. You know, I felt when I burned out as a CFO, I, in, in horse terms, I look at that as, oh, I hit the end of my lead rope and I had to turn around and look at myself and, and, oh, I didn't really like everything I saw and because I was overcompensating for what I didn't want to be. But the flip side is I also, wasn't willing to see the things I loved about myself either. And so it's sort of this double whammy, and it is possible to create a different relationship with yourself and still be successful to still go accomplish things, to still be driven, but driven by things that matter to you.

Warwick Schiller ([00:37:21](#)):

Yeah. You, you can't stay in it for the same reason you get in it. Mm-hmm <affirmative> um, I love what you said a second ago to where you're talking about looking at the things you don't like about yourself. Mm-hmm <affirmative> and then also looking at the things you love about yourself. And I kinda reminded me of, you know, kind of the part of the start of my journey was a paragraph in a Brene brown book.

Julie Ripley ([00:37:49](#)):

Mm-hmm <affirmative>

Warwick Schiller ([00:37:51](#)):

Where she said you can't selectively suppress emotions. Yeah. If you suppress, uh, lower ones, you automatically suppress the higher ones. And it's kind of the same thing. You, you can't suppress. If it's like self knowledge, if you suppress the things about yourself, you don't like, you're also pressing suppressing the things about yourself that you do. Like, because you can't look at, you can't look at you, can't be aware of one without being aware of the other. And I think we just make 'em right. And I don't, I dunno if it's a decision we make or it's the way society, um, shapes us or conditioned us or whatever. But yeah, it sounds, it sounds very much the same, whereas you can't selectively suppress emotions. You suppress the lower ones that you express the high ones

Julie Ripley ([00:38:37](#)):

And what are we encouraged to work on our weaknesses. So we're very aware of our weaknesses. And then right. We gotta fix those. We have to change them. We have to make them better. So just in the language we use around looking at ourselves, we create this division. Oh, I'm weak here. That's bad. Oh, I'm strong here. That's good. But if you're strong, when you need to be soft or soft, when you need to be

strong, that doesn't work either. So we have to be able to choose when, to be strong, when to be soft. And we don't

Warwick Schiller ([00:39:24](#)):

Talk something, something like we don't talk about speeches.

Julie Ripley ([00:39:27](#)):

Yeah. Yeah.

Warwick Schiller ([00:39:29](#)):

You can't be the one person. You can't be the one person all the time. You have to have access to yeah. To all the parts of it. Okay. So let's go back to your three weeks in Bali, cuz this sounds pretty hear what was, what was, what sort of a, a thing were you going to Bali to do? The one that got cancer?

Julie Ripley ([00:39:49](#)):

I was going to Bali because I wanted to be somewhere where nobody knew me. I didn't know the language and I could feel who I was separate from any of my conditioning. And so I was going by myself. So I had planned this eight week yoga retreat just to kind of have a place to land in a foreign country. And I had been there before, but I had only gone solo for five days. And this was like, the whole trip was solo. And as I was flying across the ocean, I landed in Taiwan and it was like four in the morning. And so I waited until like seven o'clock to get a massage. And this, I walk out of my massage and my phone just starts blowing up. Mounted gun is gonna erupt eminent explosion, tsunamis, uh, earthquakes. And I was like, oh, and they're sending us to Bali <laugh>.

Julie Ripley ([00:40:49](#)):

So I called my friend who lives in New Zealand. And she was able to look up where it was and where I was going. There wasn't any threat, but the retreat was canceled. So I have like 40 minutes, maybe 45 minutes to sort of decide what I'm gonna do. And I'm the last one on the plane, like boarding, because I was trying to sort out my fear of I've never flown around the country by or flown around the world by myself and going into some places like, I don't know. And so basically they said, you can check into Taiwan or you can go to Bali. And I was like, well, I guess I'll go to Bali because I don't have any plan for Taiwan. And I got there and I talked to the executive director of the event place where the event was happening. And I talked to the director of the event, the person holding the event and I decided to keep my plants.

Julie Ripley ([00:41:51](#)):

So I basically had this intentional community all to myself. I got to pick my Villa. I got to be have like the black sand beach to myself for a week. And the executive director there was, um, I told her I wanted to see a healer and she says, okay, I'll take you to my healer, but it's a two hour car ride and you'll come as my guest. And so she says, but I need permission first. And so she took me to, um, this healer and I, at that time in my life, I was having some prophetic dreams. So there was some dreams coming true that, um, when we walked into the Villa for the heal, the healer, there was a little boy standing on the edge of the porch, just peeing in the yard. And I had had that train like of this little brown boy peeing off a porch.

Julie Ripley ([00:42:50](#)):

And right then I knew, and I, I knew like I was meant to be there. And so we went in and he was praying. And um, so we sat there for a little bit and then he invited us into where his altar was and we're sitting there and long story short, I had a horse fall with me when I was 22. So I've got some pelvis injury. So I, I can't do like the Yogi sit of Lotus pose <laugh> and um, so my interpreter tried to correct the way I was sitting and, and he was able to see, to say to her, she can't sit like that. And so he saw some things about me, like without even knowing me, without even being able to speak the same language, he told me things about myself that when he told me, I knew I knew, but before he told me, I didn't know.

Julie Ripley ([00:43:57](#)):

And he told me some things about myself that just, it made things fall into place. That righted my whole life of knowing that everything I've been through is contributing to me like E even the things that I hadn't come to terms with or the challenges I had experienced, all of a sudden, they just kind of, in ways I can hear the sound of like some gears or some, some bearings kind of falling into where they need to be, to make the engine work. And, um, and so when we were meditating, um, <laugh>, I don't share this story a lot, but it it's, it shows the, the power of somebody who has done the level of work to be an authentic healer. We were sitting there and he was meditating with us. And I literally started vibrating. Like I had to open my eyes to make sure I wasn't bouncing off the floor. And so we're meditating and I, I don't know how long it was, but I literally curled up in a ball. Like I brought my, I was sitting in, uh, crisscross apple sauce. They call it now. And I literally brought my knees up and I put my elbows on my knees and hands on my head. And I was just shaking. And I'm just meditating with this guy. And I shouldn't say this guy, I should have a little more respect for him. <laugh> um,

Warwick Schiller ([00:45:37](#)):

You know, this guy, I'm, I'm picturing the toothless guy from eat, pray love.

Julie Ripley ([00:45:42](#)):

Um, except for this guy doesn't work with the public. He only works with people in his village or people. Right. So he, he wasn't like, I didn't have to pay him. I, I donated, so it's a, a little different scenario, but yeah. Um, I'll finish this story. I do. I do have to describe him cuz he's really an interesting man. Um, he, so I'm sitting there curled up and literally shaking. And after we get done meditating, he is slapping his knee and laughing. And he says to my interpreter, oh, her body could not handle the power of the Himalayas. She went around the world and she didn't even know it <laugh> and, and right. I was like, wow, I have ne and it was life changing. Like there was, I don't know what happened there, but I walked out of there completely different, like integrated on a level. I have never experienced integration.

Julie Ripley ([00:46:59](#)):

And then I'll, I'll describe him. He's in traditional ballies dress. And he's got two packs of cigarettes. One was cigarettes in it and he smoked probably three or four cigarettes there. And the other one, he was hacking flam in <laugh> <laugh>, he, he, he has a cell phone. So his cell phone rings in the middle of our session and he's like, oh, hold on. He takes the call right in the middle of the, our session. And right. Like, so there's some, some conflicting worlds here, right? The modern phones and the, you know, I, I tend to think that, oh, the people who have really done all their work don't have any of these quote bad habits. We would call them like smoking. And, um, they do right. They're people too. And it was just, it's an experience to have somebody tell you things about yourself that don't know you, that don't even speak

your language. Right. Our culture's not even the same. And yet he was able to see me in a way. I had never been seen good. The healing power of being seen. It was amazing.

Warwick Schiller ([00:48:28](#)):

When you, one point in time, you said you were vibrating, but then you said you were shaking. Mm-hmm <affirmative> do you, do you think, do you think you were shaking or vibrating? Like shaking to me kind of gives me the idea of like, like shivering, whereas vibrating is like a transcend, uh, transcended type.

Julie Ripley ([00:48:50](#)):

I think it was both. I think I started out vibrating, right. Because I felt like I was bouncing off the floor and then right. I think the shaking probably came from not being able to handle. Right. Like not being able to let that level of energy wave through my system. I was still blocking, embracing. And, um, so probably both right there. There's probably like the, the spiritual experience of what was going on. Didn't completely match the ability of my body to process and what was going on

Warwick Schiller ([00:49:35](#)):

To allow.

Julie Ripley ([00:49:36](#)):

Yeah.

Warwick Schiller ([00:49:37](#)):

Mm.

Julie Ripley ([00:49:39](#)):

Because let's say, right, like with horses, we, sometimes we don't dismount, uh, by our own free will <laugh> and, and those patterns of compensating around them become patterns that block the energy flow in our body. So a physical injury can lock something in place, just as much as a thought process. And, and I have had some discounts that weren't always on my own terms, not many, but some good ones. <laugh>. And so there, there definitely were some things in my body that blocked that experience from fully going through my system, my entire system.

Warwick Schiller ([00:50:32](#)):

Could you sit in the low disposition after that?

Julie Ripley ([00:50:35](#)):

No,

Warwick Schiller ([00:50:35](#)):

No,

Julie Ripley ([00:50:36](#)):

No. It is. And ironically at the time, um, he, something about children was brought up and I don't have any kids. And he, and he basically told me that I would have a hard time having kids. And I'm sitting there on the floor in front of him. He says, you could not have kids. And I mean like the, the injury to my pelvis was when I was younger, but it's, it is interesting to be able to see like, oh, this person said something to me that now sort of makes sense. Um,

Warwick Schiller ([00:51:17](#)):

You know, before you said he, he told you stuff that you intuitively knew about yourself, but you didn't consciously know about yourself. Do you have a name for those experiences? I mean, I do. I just didn't know if you had a little name.

Julie Ripley ([00:51:40](#)):

Um, one's not coming to me at the moment, but

Warwick Schiller ([00:51:46](#)):

I, I call him six sense moments from the, the movie, the six of Bruce Willis. Like mm-hmm, <affirmative> when you realize he's dead. And then all of a sudden you're like, oh, hang on. He was dead before. Yeah, I kind of, and, and once you realize he's dead, then you're like, hang on. Mm-hmm <affirmative> I think on some level I realized he was dead back then, but I didn't actually know that I knew he was dead back then. Yeah, I, I just call him, I had a six sense moment, you know,

Julie Ripley ([00:52:11](#)):

Something like, it's interesting because now that you describe it in that way, what I hear and you're speaking, I call those soul points.

Warwick Schiller ([00:52:20](#)):

It's when we soul

Julie Ripley ([00:52:20](#)):

Points, right. We, we actually touch into our soul and we right. There's soul recognition with ourself

Warwick Schiller ([00:52:31](#)):

Soul

Julie Ripley ([00:52:31](#)):

Points. And that's just, I, I make up my, I make up my own language. So

Warwick Schiller ([00:52:35](#)):

<laugh>, yeah. That, yeah, that sounds better sense moment, but yeah,

Julie Ripley ([00:52:42](#)):

Yeah, it really are those times where, you know, you know, and you don't have to explain it. It's just, and it changes the direction of your life. It's a soul point.

Warwick Schiller ([00:52:54](#)):

Mm. You know, I sometimes have it, um, giving clinics. So it's not so much me stuff, but doing, doing things with the horse and when you, I'm doing a clinic, I'm explaining to everybody what I'm doing as I'm doing it, you know, mm-hmm <affirmative> and sometimes I'll explain something in a way I'm like, where I, where I get a deeper understanding of what's going on there. And I I'm like, at some point I knew that, but I didn't know. I knew that mm-hmm

Julie Ripley ([00:53:24](#)):

<affirmative> yeah. I can tell by the expression on your face of just that it's sort of like awestruck mm. In the clarity of the moment. Mm. And, and those little things alter the way you show up next time. Right. Like, to me, that's how our life unfolds one step at a time, because now that, you know, have this wisdom and you've integrated it, you're gonna show up differently with the next horse. Or maybe even change the way you show up with the horse in front of you in the moment.

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

Yes. Um, you were talking about your eight years of yoga before mm-hmm <affirmative>, but then you, you said about understanding your composition basically, like, in that a sense is what, what sort of yoga did you study?

Julie Ripley ([00:54:21](#)):

Just haha. Yoga mm-hmm <affirmative> and then like anything I do, um, I brought a lot of horse training techniques to my yoga <laugh> and, and I also bring a lot of horse training techniques to my coaching, but I also it's

Warwick Schiller ([00:54:37](#)):

Just nature. Isn't it?

Julie Ripley ([00:54:38](#)):

Right. One of the things that I've heard growing up and riding horses a lot is you can't teach feel. And I absolutely think you can, but as a trainer, you have to be willing to feel what you feel so you can teach people how to feel. And that is, I think, where, what we miss, we, we make writing mechanical, we take working out and moving our bodies and turn it into fitness and exercise. And when, when I was teaching yoga, it was all about here's how you find the alignment of a neutral pelvis. Here's how you understand the curves of your spine. So when you straighten your spine, you're not actually taking the curves out, you're supporting the musculature to keep the natural curves of your spine, which then allows the movement of the horse to wave through naturally the way you breathe affects the tension in, uh, of the muscles, around your spine, just like the tension and the muscles around your spine affect your breathing.

Julie Ripley ([00:55:41](#)):

So you can influence the fluidity of your spine through the way you breathe. And you can also stiffen your spine by the way you breathe. And it's just starting with the breath and then be willing to feel what you feel, be willing to what, one of the things that the end of a yoga practice you do, SVAA where you actually lay down and integrate. And that is the most important part of the practice is the integration. And so when, when I would bring people back, I would always talk about wait for your body to give you

the cue. Don't just start moving feel if it waves from the inside out, or if you know, and it turns into like this full body stretch and a deep breath notice if you curl up in a ball, right? Like you really want to be smaller and turn inward and, and start to honor this process that's being expressed in. You pay attention to how, like when you're in a stretch, if, if you just kind of don't feel comfortable in it, don't practice being uncomfortable because our society always teaches already teaches us, encourages us to be uncomfortable and then endure it. So, but, but it's really about taking people to a place where they can even experience themselves and then make a choice on what they feel from the inside out.

Julie Ripley ([00:57:19](#)):

And then, right. Like it just applies to writing. Like if you can feel your seat bones, when you're riding, if you know how to find a neutral pelvis, when you're riding, when you can feel the flexibility of your spine, you start to become a better rider because of the awareness you are creating.

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

I love what you said, a indigo, when you said, feel from the inside out mm-hmm, <affirmative>, there's a,

Julie Ripley ([00:57:46](#)):

We are driven from the inside out <laugh>

Warwick Schiller ([00:57:49](#)):

There's a book I've got called, um, radical wholeness. And it talks about a tribe, a west African tribe called the Anglo eWAY. And they, they don't think we have five senses. They think we have nine or 11 or something like that. Mm-hmm <affirmative> but one of the senses is called SMI, which is literally translates into English as feel, feel flesh from the inside out.

Julie Ripley ([00:58:18](#)):

Mm yeah. Yeah.

Warwick Schiller ([00:58:22](#)):

Um, it was interesting. You said, you know, people say you can't teach feel mm-hmm <affirmative> and that that's an, that's quite a bit of old dogma in, and especially in the, the quote unquote horsemanship, um, yes, the horsemanship, um, sphere fear. And I think, I think it comes from the same and, and, and, and you know, this isn't, I'm not, I'm not disregarding these people, but it comes from the same, um, horsemanship, so to speak as the same guys used to say, you're not working on the horse, you're working on yourself, but then offer no suggestions.

Julie Ripley ([00:59:12](#)):

Yes. <laugh> I

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

Know on how to work on yourself.

Julie Ripley ([00:59:15](#)):

Yeah.

Warwick Schiller ([00:59:16](#)):

You know, uh, it was, to me that is almost like just pointing the finger at, and you saying you are the problem. Yeah. You're an idiot. You know what I mean? Uh, like, and I, and I even think those guys didn't work on themselves.

Julie Ripley ([00:59:34](#)):

Yeah.

Warwick Schiller ([00:59:34](#)):

You know what I mean? Yes. And

Julie Ripley ([00:59:36](#)):

I would even say, right. Like one, one of the things that I talk about is we don't work on ourselves. The self-improvement mindset is a hamster wheel. It keeps

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

Ask

Julie Ripley ([00:59:51](#)):

You about that. You're not enough in place, but when you're willing to connect and to care for, and to get your needs met, you create a relationship. That's more dynamic that develops and fosters understanding and growth, and you can go, oh, this is new today. I haven't had this experience. Oh, you know what? I finally set that boundary and I felt really good about setting it. Oh, I asked for what I need. And I got exactly what I needed and that felt good. Or I went to ask for what I needed and it was really wonky. So this time, I think I'm gonna try to approach them this way. I'm gonna have more clarity around what I need, which is way different than the mindset of working on yourself or being caught up in the hamster wheel of self improvement. It's understanding the nature of things and managing the indicators of what you want to create

Warwick Schiller ([01:00:55](#)):

On your website. That's what I was gonna ask you about. So on your website, it says here at 35, I burned out in a CFO position. I was lost. I had splinted myself into everything. Other people in society thought I should be. I had lost myself connection and got caught in the hamster wheel of self-improvement. Now mm-hmm <affirmative>, can you unravel that a little bit? Because I think there's the, the, the time in your life where you are pretty self unaware

Julie Ripley ([01:01:30](#)):

Mm-hmm

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

<affirmative> and then you go, okay, I wanna make some changes. Can you talk about the hamster wheel of self-improvement? Like what, what things, what things do you think are quite common out there in the self-improvement space that is suggested a lot that you feel is actually just hamster wheeling?

Julie Ripley ([01:01:53](#)):

Mm huh. Well, I haven't ever described it like this, but you could look at my life in two different ways. Like there was a time period where I was very high functioning and very shut down and cut off with very little self connection. Very reactive. I could tell you exactly what I thought like that. Um, I even had some ad addictions to being imperfect, to being right when I was in accounting. I always proved everything out two different ways, because if I was ever questioned, I wanted to know I was right. But underneath that, what it was hiding is I didn't want to be wrong. I didn't want to make a mistake. If I screwed up. If I asked for help, I must be a failure. I must be unqualified for this position. So the self-improvement was having to prove it out two ways to even think I was right.

Julie Ripley ([01:03:01](#)):

Okay. Um, and I was always, I've always been curious about the human condition. So I've been reading self-help books and I thought if I learned to communicate the right way, I would wouldn't have any rubs with people in life and that's just not true. And so I was working on fixing the way I communicated, understanding how to set boundaries, understanding why people do what they do. Like even when I was working at the equipment dealership, one of the things I did is I, I was working primarily with men. So I was reading all these books on trying to understand men. And of course, none of them were reading books on how to understand a woman <laugh> <laugh> right. And so I was exerting all this effort to understand because right, like if, if it didn't go the way I wanted it to, or had intended it to either, I didn't work hard enough.

Julie Ripley ([01:04:08](#)):

I didn't try hard enough. I didn't put in enough effort or I was a failure, right? Like there, there was no degree of having grace of having compassion of really even acknowledging my accomplishments. And even when I was a CPA and a CFO, I used to say, oh, monkeys could do this. Absolutely no awareness of what I had accomplished, what it took to get there. And it, it was just, I just became consumed by growing of reading of, and there was no integration. There was really no way to look at a situation and say, oh, it doesn't matter how you participate here. It's not going to change based on how you participate. So now the choice becomes, do you want to participate here or not?

Julie Ripley ([01:05:08](#)):

But I was trying to fix it. I was trying to, oh, I just need to learn to say it this way. Oh, I just need to learn, read this book on, um, fierce conversations. How, how to have those direct, clear conversations. Um, yeah. It's, it's always fixing what's wrong. And what it's really covering up is I'm not enough. That was my experience. Right? Like other people might have their, their own experience and I believe they do, but so that was the hamster wheel of, oh, I just have to do something to make this right. It couldn't be in the environment. It couldn't be that somebody else was unwilling to hear or miss can year or misconstrued what I had to say. I took 100% of the responsibility for how things went in my life, even beyond what I could control in my life. And so in that gap, from what I could control and what I couldn't control, I tried to fix. And that's the hamster wheel. Mm.

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

I like that. Yeah. I like that. No integration thing that kind of resonates with me a little bit. Um, so you did the, you did the, the yoga for quite a while. The massage stuff. Was that before the yoga?

Julie Ripley ([01:06:36](#)):

No, it came before, so I was a massage therapist for 14 years and taught yoga for eight. And then, you know, COVID kind of threw a curve ball in everybody's life. So <laugh>, we'll just say COVID happened. <laugh>

Warwick Schiller ([01:06:51](#)):

Well, that's what I was gonna, I was gonna ask. So now you are basically life coach. How long have you been doing that?

Julie Ripley ([01:06:58](#)):

Three years. Okay. Well, uh, I've been doing it my whole life.

Warwick Schiller ([01:07:03](#)):

Right.

Julie Ripley ([01:07:05](#)):

But now I just realize, I, I don't give unsolicited coaching anymore. <laugh>

Warwick Schiller ([01:07:14](#)):

Uh, so before the, um, now a life coach mm-hmm <affirmative> what were you doing? What was the, the, what was the thing before you transitioned into that?

Julie Ripley ([01:07:24](#)):

I was teaching yoga and doing massage to make my living.

Warwick Schiller ([01:07:28](#)):

Yes. Okay. And did you, you know, because I think the life coach thing is, is more of a calling than a, than a it's my occupation. This is what I'm gonna do to make money so that I can live and have a roof over my head. What was the, um, the transition, you know, how was the transition from teaching yoga and doing the massage to this? Did you like just stop and go? I'm a life coach and I'm prepared to star while I built up my business. Or did you start doing the life coaching and the, and the other at the same time?

Julie Ripley ([01:08:08](#)):

Um, well, I think I was doing a lot of coaching in my sessions, in my massage sessions. Yeah. Yep. Because I was always trying to build the brain body connection. So I remember the, there there's a lot to unpack it in this example, but I remember this woman came in and I, I was in this quiet, calm space and she walked in and it felt like the room heated up. And I was like, whew. And, you know, she comes in and we're talking about why she's there. And you know, she's got some low back pain and oh, okay. And I just, like, I kept like looking around, like, is the heater on, like, what's all of this. Just, I can't even really explain what I was feeling. And finally, I looked at her and I said, are you mad about something? And she's like, no.

Julie Ripley ([01:09:08](#)):

And about 15 minutes later, she about sits up off the table. I'm mad. And you know what I'm mad about. <laugh> and she told me, but I was like, oh, phew. Like I have been feeling all this anxiety and tension.

And he, and I couldn't understand. Right? Like she was the only new thing that came into my environment. But I had the awareness of what was going on with me to actually feel how her presence changed my internal experience. And, and it was starting to see like, oh, if I could start tuning people into their emotions while they're working in their body, their body releases when their brain can accurately interpret what it's sensing in the body, it can rest.

Julie Ripley ([01:10:03](#)):

But if we never make that connection to the brain in the body, um, in one of the videos you, I watched of yours recently, you were talking about separation anxiety where the body's here and the brain is someplace else. We have that a lot in humans. So that's sort of where I started honing my skills and like reading books on yoga and acupuncture and chakras and different healing systems. And I just call 'em the sacred sciences about really, they are, it's how we create wholeness. And, and so it sort of developed in the teaching. And then, um, a friend of mine called and she was talking about something and I said, have you ever thought of hiring me to be your coach <laugh> and her response was, yes, God, yes. I've been waiting for you to ask <laugh> and literally that's how it started. And I've had paying clients ever since. Um, but it is really about teaching and guiding people to wholeness.

Warwick Schiller ([01:11:19](#)):

When, when you said that, when that lady came in the room, you, you know, the room felt hot, do you think that is something everybody has the ability to do? Or do you think you might be a bit of an empath?

Julie Ripley ([01:11:37](#)):

I'm definitely an empath. Okay. But, but as human beings, we have all human qualities. We have all human abilities and we forget that. So I think people can develop right. Maybe not to the, the same volume or degree. Right. Okay. But, but everybody has access to that and I think more people have access to it. We just don't have a language to talk about it in our society.

Warwick Schiller ([01:12:17](#)):

Whereas the west African Trobe has a word for it. <laugh> mm-hmm, <affirmative>, it's so lonely. Yeah. Um, yeah, that, that, and that, that book was so cool because it, it kind of goes along with everything else I've been reading is, is that's, that's our natural state. We all, you know, uh, I've had, uh, animal communicators on the podcast. Who've, mm-hmm, <affirmative>, you know, I ask them, I ask them, um, you know, when, when did you know, you could do that? And I think, oh, that was my first language. And, and they, now, they now teach people to do it. And they said, I'm not teaching them anything. I'm just helping them remember.

Julie Ripley ([01:12:54](#)):

Right. Yeah. Yeah. And so circling back to the hamster wheel a little bit of self-improvement when you think about, when I think about the hamster wheel of self-improvement, I'm thinking about, we're always trying to gain a skill it's skill building, but when we're talking about self connection, we're cultivating and developing our true gifts and talents. It's return. It's coming back home to ourselves. It's participating from our natural level of participation, which is good enough for success. But what we do is we point to the person who does something that's like, I'll even say supernatural, right? That like Michael Jordan had a supernatural talent, or maybe I should update it to 2022. Stephen Curry has a supernatural ability for the game of basketball.

Julie Ripley ([01:14:02](#)):

He, that is his natural talent. Now, if you put me through the same skills training as him, I'm only five foot. So I am not going to be able to play at his level. Not because you not because I don't have the same training or the ability to develop the skill, but I don't have the same talent as he does. And we forget to acknowledge that we don't all have the same talent. So we can't expect to be like these outlying, supernatural people we have to own and claim our own talents, our own gifts. And we all have something to contribute.

Warwick Schiller ([01:14:50](#)):

Yeah. That's the thing everybody's special. Aren't they

Julie Ripley ([01:14:53](#)):

Mm-hmm <affirmative>

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

And you know, the thing about like this podcast, having these conversations, like, I think I could do a podcast with anybody.

Julie Ripley ([01:15:02](#)):

I think you could

Warwick Schiller ([01:15:04](#)):

Not, not, I'm not saying I could do a podcast with anybody. Anybody could do a podcast with anybody cuz everybody has got, I still got a story. That's fascinating. E everybody and yeah,

Julie Ripley ([01:15:18](#)):

Yeah. It is really great to have like things like podcasts now. Right? When, when we, we were just talking with some friends last night and how, you know, growing up, there was two radio stations in town, three, you know, sometimes if you listen to FM am, Paul Harvey was always on the radio <laugh> and, and right. How it United us in ways. But then the offering of podcasts like expands our ability to get different ideas, to have a different way of thinking, to explore new thoughts, to see how really, how much we're all alike as human beings. And if, when we look for our similarities for our human capacity, the need to compete and be stuck in survival, sort of fades away, you can just have a natural conversation and take something away from it and you contribute to me and I contribute to you. And that's like a really great natural exchange of energy.

Warwick Schiller ([01:16:28](#)):

I was just <laugh> you, when you said some about, you know, you give something me, I give something to you. And I was just thinking, I, I was talking to, um, I sort of horse expo in LA a number of years ago. And do you know Jonathan field from Canada?

Julie Ripley ([01:16:45](#)):

I don't

Warwick Schiller ([01:16:45](#)):

Amazing horseman, amazing human being actually. But we were sitting there having a drink in the bar or in the restaurant of the, the hotel after the horse expo and mm-hmm <affirmative> and Jonathan was talking about energy and he just said, and like this, this is this, and is an exchange of energy. This conversation. He just, yes, it is moved his hand back and forth between us too. And when you were saying that thing, he was saying, indigo, I was thinking, this is like Jonathan's conversation. Yeah. It's an exchange of energy. And the next words out of your mouth were it's an <laugh> so cool.

Julie Ripley ([01:17:18](#)):

Right. It just shows the level of connection.

Warwick Schiller ([01:17:21](#)):

Yeah. Mm-hmm

Julie Ripley ([01:17:22](#)):

<affirmative>

Warwick Schiller ([01:17:23](#)):

Um, so yeah, you said, you know, then, then COVID happened and, and COVID was kind of what got you doing the, the, or allowed you to probably pursue this because you can do this virtually it's not a hands on, it's not a hands on thing. So how did, how did you, um, you started out with that, that one friend, but then how did you, you know, how did you start to grow the business from there? Because it's, it's an interesting feeling to be in, you know, your life experience qualifies you that it's not your CV that qualifies you,

Julie Ripley ([01:18:13](#)):

Right? Um, well, I laugh. I, I always say marketing is like a black hole to me. I can't figure it out because nobody has ever come to me through marketing. It's all been literally people like I'll share what they do and or share what I do. And they say like my, my most recent client just they're, they're a referred person. And I, I knew them previously from like 10, 12 years ago. So it's not the first point of contact, but literally they called me up and bought a coaching package. So they've just come very organically. Um, a lot of people rehire me. I've got a couple clients that have worked with me for a couple years now. And, and just the thing that I get out of it is when they acknowledge their own growth and feel good about their own growth, there is something that is contagious about that, you know, it's beyond, it's not even cheerleading them.

Julie Ripley ([01:19:34](#)):

It's like witnessing those soul points in their life that they're having with themselves. It is something that fuels me like nothing else. And, and so it's just grown very organically, very slowly. Um, and, and I always, one, one of the things I say initially too, is if you are truly on a trajectory of healing and self connection, I hope at some point you outgrow me, like, I, I want our relationship to change from coach to coach and coachee, to something beyond where you are not needing me for a coaching that you learn to start to eventually coach yourself. So I'm really clear in, I don't wanna create codependent relationships with my clients. And so I have clients that will work with me for like a 10 session package.

And then they'll take a couple months off and they're saying, oh, now I'm seeing this. Could you help me through that?

Julie Ripley ([01:20:47](#)):

And then they'll come back and say, oh, I'm growing in my career. And I'm bumping up against some patterns of relating that are getting in my way of meeting my goals. And then they'll rehire me. And so it's right now, it's just like this beautiful, organic, small collective of people. And, and then also, right, I'm ready to open my doors for more clients. Um, but I want them to be organic. I want them to be authentic and real and, and really to, to choose this because they're choosing it for themselves. Um, so I think with any coaching business, it swings, you know, you, especially initially, like you'll be really, really busy and then you might dribble down to a client or two, and then you'll get three in two weeks. And then they might all work together and complete at the same time. And then the next, next batch comes in and, and it's learning to be with the rhythm of the business and not judge it on a linear project or projected level. Right. Cause nothing in nature grows all the time. It cycles

Warwick Schiller ([01:22:10](#)):

Nothing in nature grows all the time. I love that. <laugh> um, I was in the grocery store yesterday and I was in the vegetable section and something came to me that I've heard before that we eat all wrong because mm-hmm, <affirmative>, we eat things that are available all year round and we didn't evolve to, you know, we, we eat certain things in the winter and certain things in the summer and you don't have fresh strawberries all the time, you know, you know what I mean? And we it's, it's kind of like what you're just saying, you know,

Julie Ripley ([01:22:41](#)):

Mm-hmm,

Warwick Schiller ([01:22:42](#)):

<affirmative> nature. Doesn't grow all the time.

Julie Ripley ([01:22:44](#)):

Yeah. Well, what, what, what does green grass do in the winter for H or in the spring for horses? It's a natural warming process.

Warwick Schiller ([01:22:56](#)):

Mm. I was wondering where you're going with that. Sorry. Yeah.

Julie Ripley ([01:22:59](#)):

Right. It it's recognizing that they cycle, like there is a natural process for us to thrive, not just survive, but there is a natural process inherent to thrive and it comes back to you paying attention to what you eat right now, I'm working with a natural path health coach to help me look at some of the things I'm eating. And, you know, I tend to like coffee in the morning and only eat a couple meals a day. And, and, and really like looking at is that the best for me? It might be. But only to the level I currently want to accomplish, right. If, if I want my life to stay the same, then I can continue eating the same. But if I'm right, just like in performance horses, if we want to take them up to the next level of performance, we need to be more conscientious about what we're feeding them. And also the way we rest them, the way

we connect with them, because the higher level of performance, ideally the better connection you would have, not the more compliance, but, but it's all, it's all integrated.

Warwick Schiller ([01:24:26](#)):

Yeah. That's, that's a, that's a whole nother podcast in itself. That one, but <laugh>, you know what I should do, I probably should get to your question seeing now you're drinking your coffee.

Julie Ripley ([01:24:37](#)):

I, I know <laugh>, I did have breakfast before I had coffee, though.

Warwick Schiller ([01:24:43](#)):

Okay.

Speaker 2 ([01:24:45](#)):

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Warwick Schiller ([01:25:03](#)):

Uh, so I'm gonna go through these questions that you selected. And the first one was, if you could spread a message throughout the world, what would it be? Or your favorite quote, or you can gimme an and, or I think I know what your favorite quote is already. <laugh>

Julie Ripley ([01:25:22](#)):

Well, the right like that, that one really is hot in the moment. And I think it's important to speak to what's here, instead of what's what we think we should say. So now that you ask me this question, I I'm really hearing two things to say is we underestimate the power of the connection with ourselves and the importance of downtime and integration that, that, as we understand ourselves, we actually gain an access to understanding other human beings after we clean up all of our projections <laugh>, but when we can start to see, oh, when I'm scared, I do this wonky thing and it's almost beyond my control. And so when we see somebody doing a wonky thing we could maybe look to, are they scared? Or are they just doing this wonky thing? It, it gives us an access, this relationship with our own humanity and our own spiritual growth in our own path can really be the place where we cultivate grace for another human being and there, or another living, being

Warwick Schiller ([01:26:52](#)):

Another sense of being. Yeah, that's the thing I have found is that, you know, looking into trauma, especially like say gay Marta stuff and things like that is you start to realize, you know, it's like the, like the coping privilege, just talking about, you know, mm-hmm, <affirmative>, you start to realize that most people's stuff is just a result of trauma and it's not a choice mm-hmm <affirmative> and you start to have a lot of grace around, around that, you know, I've become a lot less judgmental about people. Yeah. Um, because, because of that, yeah.

Julie Ripley ([01:27:31](#)):

Yeah. One of my mentors said, you know, you're getting somewhere when you start to say, oh, in this too, this is a part of myself. I haven't come to terms with yet. This is a part of myself I haven't learned to love yet. Oh, I can include this too. Oh, this time when I go on a rant and I energetically run over the top of somebody with my opinion <laugh> and oh, I have to yep. Include this too. Like that's who I am too. <laugh> this too is when we really start to own and create our wholeness and then we get to choose. But if we deny it and push it away, we can't see it clearly enough to do anything about it.

Warwick Schiller ([01:28:23](#)):

Well, that's, you know, that's kind of like emotions very early on in this conversation. She said something about that. And, you know, my wife suffers from anxiety and for a long time, the goal was to develop techniques, to damper the anxiety mm-hmm <affirmative>. But then the next level is to be able to sit with it

Julie Ripley ([01:28:45](#)):

Right.

Warwick Schiller ([01:28:46](#)):

And say, where is this emotion coming from, rather than trying to, to, to stop the emotion from happening

Julie Ripley ([01:28:54](#)):

Mm-hmm

Warwick Schiller ([01:28:55](#)):

<affirmative>, but to, to sit with the emotion and be, you know, be in the moment and let it wash over you and, and really consider where's it coming from. And yeah. That's yeah. That's kind of the mm-hmm <affirmative> progression of the whole thing. Um, okay. Next question. So what's the most worthwhile thing you've, and you've probably covered this, but what's the most worthwhile thing you've done? Something that has changed the course of your life?

Julie Ripley ([01:29:20](#)):

Well, really burning out was a gift to me. It launched me into this whole trajectory of something more aligned with who I am, like, what I deeply care about, what I'm committed to bringing to the people in my life. And it's really just understanding who we are and, and living from the truth of who we are without twisting ourselves or another person into some kind of an arrangement we would call a relationship, or right. Sometimes it shows up in our horses of right. I, I was had this experience of, I wanted to be a barrel racer and you're my horse. So you're gonna be a barrel racing horse, whether you like it or not. And right. Like when, when I look back at that, I was like, wow, I was really running over the top of this horse. That was an absolute gift to me. And I say, you know, I might have trained him, but he broke me. And that horse really was the impetus of helping me look at myself. So

Warwick Schiller ([01:30:34](#)):

It was a soul point.

Julie Ripley ([01:30:36](#)):

Yep. Be being willing, just even, even willing to look at what I don't want to look at has been, has made all the difference. Yeah.

Warwick Schiller ([01:30:51](#)):

Wow. Uh, next question. What quality do you admire in others?

Julie Ripley ([01:30:58](#)):

Well, this one I'm gonna take on a tangent because it circles back to as human beings, we have all human qualities. When we have admiration, we put somebody on a pedestal, whether they want to be there or not. So we create this power differential, so I tend to not admire people. I tend to look at them and say, oh, they're demonstrating this quality that I'm trying to cultivate in myself. How can I be inspired by them? How did they demonstrate it in a way that could work for me. I see it a lot in some of the people I have coached where they put somebody up on a place where they admire. And they're great and I'm bad. They're great. And I'm nothing. And so I try not to have that. I'll put it this way, if I'm admiring something about somebody it's pointing to something I haven't seen in me or I haven't cultivated in me. And so I turn admiration into inspiration.

Warwick Schiller ([01:32:34](#)):

Wow. I think that could be the single best answer to a question. I've asked anybody on the podcast.

Julie Ripley ([01:32:42](#)):

Wow. Thank you.

Warwick Schiller ([01:32:44](#)):

That, that was very cool. I was just writing it down. I was, <laugh> writing a note down here. My son, Tyler, Hey, you gotta get this bit, this isn't this bit. So

Julie Ripley ([01:32:52](#)):

<laugh>

Warwick Schiller ([01:32:52](#)):

Wow.

Julie Ripley ([01:32:54](#)):

Right. And, and, but it also gives me access to not having to compete with others that maybe there's a point of being inspired by somebody and them being a source of fuel or right. Of motivation of like, there could be a positive, energetic connection from something we admire. I just want don't wanna get too hung up on, on levels because I think we all have a gift to contribute.

Warwick Schiller ([01:33:34](#)):

Yeah. I, I, uh, you know, like doing clinics and stuff, I'll have people or maybe under horse expo and people come up to the booth and they, you know, they admire mm-hmm <affirmative> and you get talking to 'em and I'm thinking, I couldn't do what you do. You're amaz, you know, you're amazing. Whatever you do in life's like, oh my, I just do some stuff with horses, but you are, you are about us, you

know? It's. Yeah. It's just, yeah. Okay. So the next question, the number one question on the podcast, everybody asks, everybody chooses this question. What is your relationship like with fear?

Julie Ripley ([01:34:13](#)):

I love fear. <laugh> right. Cause fear is an energizing emotion, right? It, it is meant to inspire us into action. So there's like legit fear, like, um, you're way back in the mountains. And you've just had a horse wreck and you should really be scared in this instance because it's calling you to action. It's calling you to respond. But what happens is most of us are stuck in a place where we are just, I, I, I deal with default emotions a lot, lot. So we default to fear. And then we kind of keep this sense of aliveness alive from being scared of this and being scared of that. And it's not really a fear, it's an imagined fear. And so when we really look at the power of our emotions, when we refine fear, it transforms into a powerful intuition.

Julie Ripley ([01:35:26](#)):

So if I'm not willing to look at fear, embrace fear, and even sometimes merge with fear to take the action that's needed. I might just be reactive, but when I can harness the power of fear, it becomes what guides, my sense of intuition. So when I'm scared of something, I always look at like, is this, is this real or imagined? Am I the, the other way of looking at it is, is it safe and comfortable? Is it unsafe and uncomfortable? And this, this ties into horses, right? Horses really are, or can be dangerous animals. There can be a lot of reasons to feel unsafe and uncomfortable. But when we learn some things about horses, we can start to create a safe environment where we can do uncomfortable things, or we can create a sense of comfort. Like we, we know and understand ourselves of how we will react, what the actions we will take. We create this sense of comfort in doing something that's unsafe in a chosen moment.

Julie Ripley ([01:36:57](#)):

Like for example, if you've got a horse upside down in the trail, in the mountains, that's not a very good situation to be in, right. Or if they've tumbled down a rock slide and they're stuck in a rock pile, how are you gonna get this horse out? It's unsafe and it's uncomfortable, but you still have to take action cuz you can't lead the horse there. Um, there's fear and, and it's recognizing, okay, I've got some past experience. I know how this horse responds. I know how I respond and you're choosing to work with the fear. And so it really kind of becomes that whisper in your mind of, Hey, don't ask too hard because you don't want this horse to jump and break a leg, but you need to apply a little pressure so they can maybe pick a leg out of that rock puzzle <laugh> and, and get back on the trail.

Warwick Schiller ([01:37:58](#)):

I just love your example. Obviously, you, you live in Montana and you've been to crazy places because you just two times a day, you just threw out, you just threw out examples of horse things that like, I don't know anybody who's ever had that mate, but obviously you have

Julie Ripley ([01:38:15](#)):

<laugh> yeah. I've been close to some good ones. <laugh> right. And, and you all learn a lot from being in places that are unsafe and uncomfortable, but there's also the choosing wisely, you know? Um, one thing my dad used to say, and I laugh because I think a lot of horsemen are actually very intuitive, but they won't speak about intuition. But my dad would say, you know, if, if you reach down for that back cinch and you might think this horse could kick me, if I'm not careful and you don't listen to that and

they kick you, you learned that <laugh>. But if you listen to that wisdom, you might fish that back, cinch over with your lead rope.

Warwick Schiller ([01:39:07](#)):

Oh

Julie Ripley ([01:39:07](#)):

Your foot. And get it right. But it's that intuition that arises out of fear when we refine it, fear becomes intuition

Warwick Schiller ([01:39:25](#)):

Another. Wow. <laugh> that's that's very, very, very cool. And you've got, oh yes. One more question here. What does it mean to you to be a leader or a follower? What are your, what are your thoughts on leadership and followership?

Julie Ripley ([01:39:47](#)):

I think we're all leaders and we're all followers and really in healthy relationships. No. Let, let me say this differently. I was at an event and the speaker at the event said this. When we attach, we attach for three reasons either to connect, to control or to be controlled. So we could look at the leader as being the person who is willing to take control and the followers as being the people who are willing to follow that are willing to be controlled, but in healthy relationship, we're looking for true connection. So that means sometimes I'm the leader. And sometimes the horse is the leader or the other sentient being is the leader. And I think the true people that refine leadership actually give away power and actually are led by others. And then we are esteemed to a position of leader because people can count on us and trust what we bring and contribute to the table. It's not a position.

Warwick Schiller ([01:41:30](#)):

It's yeah, it's a, it's almost a dance. I at a horse expo recently had a lady come up to the booth who used to be a professional ballroom dancer.

Julie Ripley ([01:41:38](#)):

Mm.

Warwick Schiller ([01:41:39](#)):

And she, she said talking about leadership and fellowship. And she said, so in ballroom dancing, the, the leader leads, but they also have to be able to follow the follow

Julie Ripley ([01:41:58](#)):

Mm-hmm <affirmative>.

Warwick Schiller ([01:42:00](#)):

It was like, yeah. It's it's it's.

Julie Ripley ([01:42:01](#)):

That is brilliant.

Warwick Schiller ([01:42:03](#)):

It's all the parts. It's not it's, it's not one thing. Um, a number of years ago, I went to a, uh, one day whim Hoff seminar where we did it's where I started doing the ice baths. And one of the exercises they had us do, we broke off into pairs and they gave each pair a toothpick

Warwick Schiller ([01:42:19](#)):

And they had you stand facing each other and extend your index finger on your right hand and put the toothpick in between the fingers. And they said, now one of you is gonna be the leader and the other one's gonna be the follower. And the leader moves their hand around. And that the, they gotta, the idea is not to poke a hole in anybody and not get <laugh> drop. And so one, person's a leader, one, person's a follower. You do that for a bit. And then he said, now I want you to change. And the other person's lead and follow. And then once you do that, then what I want you to do is freestyle. And so someone might take over the leadership and the other one follows, but then the follower might take over. And then the, the, the follower turns into the leader.

Warwick Schiller ([01:43:02](#)):

And then the leader turns into a follower. And what was really interesting is we have, I mean, you guys listening, can't see now, but I've got my hand like held up with my finger spread. Mm-hmm <affirmative> flat. That's how we're doing it. So the toothpick was in between our index fingers, but towards the end of it, he said, I want you to do something right now, take your spare hand and stick it in between the two hands. And there was like an energy field in there. Like, as you put your, your hand in it, you can feel the energy in between those two hands because you know, energy goes where your focus goes. And, and because I think with the, when one person's leading the other, one's following, there's a certain kind of focus,

Julie Ripley ([01:43:44](#)):

Right?

Warwick Schiller ([01:43:44](#)):

And then you got one job to do. And when you're, but when it was the freestyle thing and you really, really present there and you're feeling for an opportunity maybe to take over where they, you feel, where they start to become passive and go I'm, I'm, I'm ready to be mm-hmm <affirmative> led right now. And the places you can take over that.

Julie Ripley ([01:44:04](#)):

Right.

Warwick Schiller ([01:44:06](#)):

You know, you're not looking for an opportunity to exert your will. You are looking for the place where they go. Okay. I, I want hand over the leadership role too. And it's almost like working with horses, you know, like horses, it's all give and take. It's like, you've gotta feel where they, they allow you to lead. And then you feel where they go. No, I need to, I need to be in control right now. And you can give that up. And it's that, it's that subtle. Yeah. Subtle dance, but it's a great exercise.

Julie Ripley ([01:44:36](#)):

I remember I was riding my horse and thi this horse, the first time I ever asked him to do a flying lead change, he did a flying lead change both ways. And I mean, this, this horse, I remember getting off him and going, if people had the same expectations of me that I do of you, I would be coming apart. Like I would be, <laugh> telling you where to go. Right. I just would not tolerate that level of expectation and you do it willingly. And so one day I'm out riding him. And I asked him for a left lead and he kicked up at my spur. And of course like that, that little reprimand don't put up with that bad behavior kicked in. And I got that little intuition that said, he's asking you to be a better human. And I was like, damn it <laugh>.

Julie Ripley ([01:45:33](#)):

So the next time, you know, I kinda rode around, cleared my mind and came back and tried again. And I asked softer and he just popped out in, did this beautiful lead departure. And right. Like we, we forget about, he was leading me in that moment, even though quote, I was the leader in a lot of the, how we speak about that. But it was him asking me, would you, would you ask a little nicer? Oh, when you ask a little nicer, I'll give this to you willingly. Oh, right. Like, those are the things of looking at yourself that we don't spend a lot of time looking at ourselves. Right. But horses, you know, we, we say that horses can read fear, you know, they can tell. And I'm like, no, I mean, yes, I don't wanna discount what other people interpret. But what I think is horses read energy. They, they read when we're not congruent inside. Oh my. So if you're right and it's, it's an energetic feel. And what's interesting is we do this with each other all the time, but we don't acknowledge it. Like you've sat down next to somebody and been like, kind of leaned away and went, whoa, I don't know that I wanna engage in a conversation with them. Maybe this isn't all conscious, but you know where you turned your back and it's because we're reading the energy between two things.

Warwick Schiller ([01:47:19](#)):

Yeah. That, um, Jonathan field I talked about before, he's got one of the coolest, coolest vibes of anybody I've been around. Like you can mm-hmm <affirmative> you can feel, feel that guy's energy. Um, yeah. Great answers to great questions. This has been such a fun conversation.

Julie Ripley ([01:47:36](#)):

<laugh>, you know, well, I'm so grateful. You took a chance, not knowing anything about me. When I, when I got the res your email and I responded and I was like, oh, he's not even gonna screen me to see if I'm qualified for the podcast. So I really appreciate this time with you.

Warwick Schiller ([01:47:55](#)):

Oh, thank you so much for joining me. Yeah. I, I dunno if we said it at the start, but I didn't know anything about Julie and, and Julie's friend, Alison messaged me and sent you an email and said, you really should have Julie on the podcast. And, and I had a little look at your little bio on your website, like sounds perfect to me. And of course it was perfect. So thank you so much. So where can people find out more about, um, Julie,

Julie Ripley ([01:48:23](#)):

You can go to my website, Julie ripley.com and just reach me through the contact form there. And, um, yeah. And there's a self assessment on, or there's a assessment on self connection there. If you wanna take that assessment, that'll get you on my email list as well.

This transcript was exported on Jul 08, 2022 - view latest version [here](#).

Warwick Schiller ([01:48:39](#)):

I did take the test two days

Julie Ripley ([01:48:41](#)):

Again. Oh, you did? All right. Good, good question. Any, any share on how you scored?

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

I was right in the middle.

Julie Ripley ([01:48:50](#)):

Yeah.

Warwick Schiller ([01:48:51](#)):

Yeah. So I've, I've done some work. I've got some work left to do

Julie Ripley ([01:48:55](#)):

We all do the, the journey of soul takes a lifetime?

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

Mm, yes. It sure does. Well, thank you so much for this amazing conversation. I, there was some of that stuff there that oops. Some of that stuff there just blew me away. So, um, it's, it's been fun. Thank you so much for joining me. Yeah.

Julie Ripley ([01:49:14](#)):

All right. Thank you, Warrick. Have a great day.

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

You too. And yeah, you guys at home listening. Thanks so much for joining us and we'll catch you on the next episode of the journey on podcast.

Speaker 2 ([01:49:26](#)):

Thanks for being a part of 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.