

Speaker 1 ([00:00:14](#)):

You're listening to the journey on podcast with work Schiller Warrick is a horseman trainer, international clinician and author, whose mission is to help

Speaker 2 ([00:00:23](#)):

People achieve a deeper connection with their horses,

Speaker 1 ([00:00:26](#)):

Through his transformational training program,

Speaker 2 ([00:00:37](#)):

The audience for it, show it here and welcome to my podcast. You know, it seems with the whole COVID thing going on right now that podcasts are the thing to do. And I've been going to do one for awhile. I've actually been a guest on a lot of other people's podcasts and some of them were, and most of them were horsey podcasts, but recently I've been on a couple, I've been in one with a trauma therapist. Uh, I've been on one with a, I forget what this other lady did, but the podcast was cold C as do as and believe is I think, uh, Oh, motivational sort of stuff. And then I was recently on a podcast. I was a guest of a lady named Denny Denovo, and she's a business coach life coach and our New York times bestselling author of a book called get in a good mood and stay there.

Speaker 2 ([00:01:24](#)):

And so we took, the reason I was on there is we, she had me, she has a horse and has been following my stuff and kind of realized that the life coaching that she does and the horse training that I talk about have very similar outlooks on life. And so I thought maybe in my first podcast here, I might, I might, uh, talk a bit about how I came to have that outlook on life because I'm most certainly I, I would have been voted. I would've voted myself most, most likely to not have this outlook on life earlier on. And, uh, so probably the, you know, I, I think in order to learn to train horses, you do have to change your perception on some things. And I met at what, why you choose to train horses. You have to, you have to learn a bit of a mindset.

Speaker 2 ([00:02:15](#)):

And I think as you go along the further along, you go, that mindset gets a bit deeper and deeper and deeper. But for me, I'd been training horses for 2020 years or so, and 25 years maybe. And, but five years ago, my wife bought a new reining horse and his name was Sherlock. And that horse was probably the catalyst for all the changes I've made in the last few years, which enabled me to have a, been a podcast with a New York times bestselling author. And we're talking the same language. So I think in this, this podcast, I'm going to tell you the story of Sherlock, where he came from, what issues had and how searching for ways to help with those issues helped me. And so this, this horse we, like I said, we bought in about five years ago. Uh, my wife was looking for new reining horse and a friend of ours from Australia who trains horses in Texas.

Speaker 2 ([00:03:14](#)):

Um, he's one of the best riding horse trainers on the planet. So very, very, very good at what he does. And I know how he trains. Um, I can, what they call him the business, follow him, meaning some people trying to hold us when you get it, you cannot, the way they train them the way you write or the way you

try and doesn't mesh in together. So you can't follow him, but some trainers can fault what we call, follow other trainers. And I could definitely follow this guy. So he had two horses for sale. One, his name was Sherlock, and I forget the other one's name. And the other one was a big handsome gelding. And he was kind of a steady Eddie. He was, he was pretty simple, not a superstar, but kind of a steady Eddie. And then the other one, his name was Sherlock was this little athletic, little catty little horse who could just do the writing stuff really, really dynamically, you know, really, really, really cool.

Speaker 2 ([00:04:10](#)):

And both of them were in our price range. And the only reason Sherlock was in the same price range is the steady Eddie horses because he, you know, he's a little bit weed. And so they have some trouble getting him what we call getting him shine and getting a horse shown in the raining would be going through there and getting the horse to be able to do everything to the ability, to which he can do it at home or whatever. You know what I mean? Sometimes, sometimes I was hostess. You can have a hard time getting them to perform exactly in the show ring like they at home. But anyways, you know, he used to speak at judges chairs and things like that. And so I thought, you know, I can probably, I can probably help with that. These friend of mine, he trains riding horses very, very, very well, but some of the other stuff, some of the behavioral issues, he kind of, you know, I'm not just like anybody at the highest level of competition.

Speaker 2 ([00:05:00](#)):

They're not necessarily well versed in solving weed, behavioral issues. You know, just like imagine that the gold medalist at the Olympics, um, in the dressage probably isn't the best person in the world to work on your problem horse. And so, uh, we looked at the videos. We didn't even go on rideshare. Look, we just looked at the videos. And like I said, I know how to follow these, trying to, so, um, we decided we're going to get him in. And what's interesting is we actually, for those of you outside the U S cause the U S doesn't really care about formula one, but those of you in Europe, New Zealand, or maybe Australia, we actually bought the host from Michael Schumacher. The formula one driver actually bought the horse from Michael's wife, Karina. So Karina and her daughter are both really into the raining and they've got a big place in Texas. And, uh, both of these horses were owned by Karena. And then we happened to choose, uh,

Speaker 3 ([00:06:01](#)):

Luck. So we got, uh,

Speaker 2 ([00:06:05](#)):

You know, at this point in time, I've got probably 10 million views on YouTube and I've got my, you know, one of my big businesses is, you know, the biggest part of my business is I have an online video subscription library that I have added videos to for the last eight years or so. And both of those were going really well. So, you know, I've got about 10 million views on YouTube, my subscription, things going well and presenting it, horse expos around the world. I'm doing clinics around the world and I'm helping people and I'm helping the horses and it's all working. And so I'm kind of starting to believe my own BS and I'm starting to believe, yeah, I can, I can fix anything, you know? And so we bought this horse and got him home and it was, he was weed enough to where I'm like, I'm going to go back to the beginning and the thing with solving any behavioral issue at all with a horse, for the most part, if you just go back to the beginning to be heard really shoe, by the time you get back to where you were, the behavioral issue is not there.

Speaker 2 ([00:07:05](#)):

And a good example was he had just a couple of years ago. I was, you know, I've, I've changed how I've done some things over the years. And when I first started my online video platform, I was training horses for the public. So I had a nonstop stream of content, these horses coming in and I would video the first day, the second day, the third day, the fourth day, you know, some of the early ones I videoed was a video of a whole series on a big 17 one and delusion dressage prospect that came to me with all the problems. He didn't have a problem. He had all the problems, you know, he wouldn't be, but then he'd run over you. He spooked, he bolted. He, you know, he just had all the issues. And so I just went back to the beginning with him in video the first day, the second day, the third day, I did that with a number of problem horses and all those videos or videos or on the subscription. But I thought I changed enough to where I, I needed to. I don't train horses for the public anymore. I haven't really trained horses for the public. Since I think Tuesday I was in 16 was when I was the first year. I didn't, I've just been doing the clinics and the videos and stuff. And so I am

Speaker 2 ([00:08:14](#)):

Here in the last couple of years, I decided that I probably should get a horse in with a problem to, to video it from, you know, video, the solving of the problem. And I found a eventing trainer and a venting trainer here in Northern California who had an imported, warm blood Mayer that she does the inventing on, but she chronically raise sheeps. She refuses fences, raise up, spins around, runs off bucks, does all sorts of things. And she had contacted me about, could I hope with the horse? And I said, you actually I'll take your horse for free and solve the problem. If I can video it. She said, yeah, on my mind. And I said, do you happen to have footage of her raring that I could use on my video subscription?

Speaker 2 ([00:09:04](#)):

And she said, well, I've got some, but, uh, use it all. I'm not sure about that. And I said, well, just, just give it some time to think about it. I'll be there. Won't be on, um, you know, it won't be in the public or it'll be on my pay to watch subscription thing. Anyway, she thought about it for a couple of days and she got back to me and she said, you know, what? If I wanted to sell this horse, every horse trainer in California, that I would try to sell it to has seen her get disqualified. She has been disqualified at every cross country course in California. So it's not a big deal. You can use the footage. And the reason I wanted the footage is because when you have a horse like that, and you go back to the very beginning and you work on everything, like it's never been worked on before, you don't assume they know anything. And you start from the very beginning. Usually those problems don't arise. You don't have them at all. And that was the case with her. I had to here for six weeks and filmed everything I did with her. And at no point in time, was there any raring? And

Speaker 2 ([00:10:07](#)):

If someone who has a chronically raring, inventing horse, watched that series, watch the video series that I did of her, they would say, but heap, but that almost doesn't rare. I've got one that res that I can't, that PR that video doesn't help me because that almost doesn't re well, this was, does Ray, except I just went about it in such a way that, that didn't come out because that's a cry for help by the time they get to that. But you know, every episode, so every training session, you want to offer a video, edit it and put it on the subscription, right at the start of every one, I have footage of that mayor kicking out and rare and up and spinning around and refusing jumps and doing all that stuff. Just to remind people, watching the videos that that's the same host they're watching, because if you watched it without knowing, she was like, that, you'd think, Oh, that's a really nice horse.

Speaker 2 ([00:10:57](#)):

I mean, she's a little bit tense in places, but she's she's, she doesn't have any problems at all. And so usually when you go back to the beginning, you unravel problems. And so as Sherlock, I went, I went back to the very beginning, at least the beginning that I knew of. And, and this is five years ago, uh, at the beginning that I knew of, and that, that didn't help. He was very, very shut down. He was very, very internal and inside his own head and anything you did with him, he might do it like on the ground doing the groundwork. He might do it, but he was mentally running away inside if you, if you get my drift there. And so, and I was, I was stumped because I couldn't really make a difference with this horse. Like I had with other horses in the past.

Speaker 2 ([00:11:45](#)):

You know, I mean, the spooking, wasn't a big deal spit in the judges chase. That was, that was really quite simple to solve that. But that really the issue, uh, what Robin found when she started showing him was he can do with the maneuvers, like a superstar. So in the writing you've got, you've used, the running pattern has like seven or eight maneuvers, and those will include four spins to the left, four spins to the right three circles to the left. Two of them, large, fast, one small slow, uh, three circles to the right. Two of them, large FOS, one of them small slow, depending on what order that the pattern is a flying lead change in each direction. And three stops, three sliding stops. So you run in the side, stop, roll back, running the other side, stop, roll back, running on the side, stop and back up.

Speaker 2 ([00:12:31](#)):

And he could do all of that. But what would happen with Hermes in the shirt ring when you ran fast, he'd get a little bit at ease, the tension that he carries inside all the time, he'd just get a little bit more tense. And so he would, um, do little things to prevent him from getting a great score while doing all the hard work enough to get a great score. So in the rounding, you start out with a score of 70 and used to be there with score you somewhere between 60 and 80 with star, you started out with 70. And the reason that came about was because writing kind of followed along behind cutting and cutting developed maybe in the forties and fifties, I think, and the first cutting competitions were at rodeos. And at the time an average rodeo school was about 70 and height.

Speaker 2 ([00:13:19](#)):

And 80 was pretty high and 60 was pretty low. And so that's how they did that there. But the writing is more these days, each maneuver gets a separate score and they will get ended up at the end. Whereas in the past you used to just kind of have a guest and go, yeah, that was a 72, or that was a 74 or whatever it was. But so each maneuver gets a score, but there's also penalties you can incur. And so you can have a really good score and in curse and penalties and the penalties just come off. And one of the things Sherlock would do, he's running circles, he's kind of short stride in any way. And that's to do with the level of tension he carries, but running circles fast, he might just bounce his hind feet together once or twice, you know?

Speaker 2 ([00:14:01](#)):

So he's in lead. So if you think about a horse on a correct lead behind, it's like he's skipping and he's inside the hind legs going further forward than he's in outside hind leg. He might just bounce those feet together within in the writing that is conceded out of lead. So it's not, he's on the wrong lead. He's not on the correctly. It doesn't matter what he's doing if it's not the correct lead. And so bouncing your feet together, it's not the correct lead. And so every time you do that, every time you're at a lead for up to a

quarter of a circle, one stride to up to a quarter of a circle is a one point penalty. And so, you know, rubbing was showing in the non-pro classes. And if you scored, say a 73, you could, you could win a non-pro class with that.

Speaker 2 ([00:14:43](#)):

And she might go in there and run around. He might bounce his feet together, three separate times in those circles and incur three penalty points and still Mark a 70, he was going to be a 73, but those three little split, second times he bounced his feet together, caused him to lose three penalty points. And so he w you know, he could do it, the hot stuff just couldn't do the easy stuff. And like I said, I'd started back at the beginning during the groundwork. And that, that I didn't, I didn't know where to start, because there was no starting point. I, you know, and it wasn't that he was, I would rather, he was rare and up and running around. That's a good starting point, but he was just kind of half frozen. And, you know, even like putting the bride line, you get to open his mouth and you almost had to prize that open to get the bidding.

Speaker 2 ([00:15:28](#)):

You had to prize it open and get it out. And he didn't lick and chew. And we'll talk about Lincoln and June here in a bit. So I, um, I stepped away from trying to do anything with him. So Robin was still competing on him, but I stepped away from trying to make him any different than, than what he was, because, you know, I'm not a, got a wean at all costs. I'm gonna fix this horse. Like, can you show me, I wasn't sure how to help him with these problems. So I stopped trying to help him. And what that did was I didn't, I just step away and go, well, I'm not going to fix him. I'm not going to help him. I stepped away and thought, well, I need to look at other ways of doing things where I could help him. And I was at a, um, a horse expo in Pomona, which is in basing the Los Angeles.

Speaker 2 ([00:16:15](#)):

It's a Western state towards expo and Pomona. And sometimes it host expos. You have to do a lot of times, you're working with a horse in an arena, but sometimes you have to do a stand up lecture. And I had to do a lecture this day. And so I went down to where the, the lecture hall thing was, and the person who was on before me was kind of going over time a little bit. So I had to sit and wait for her to finish. And she was talking about click a training. And up to that point in time, I'd always thought click a trend is with people that just didn't have the talent to train a horse properly. So they had to resort to bribing the horse with treats. That was the mentality. I had a bit at the time. So this girl who was talking and I was married, Kitzmiller some of you would be familiar with Mary.

Speaker 2 ([00:16:57](#)):

She was talking about clicker training, but I know she can train a horse the right way at the time I considered it the right way. I don't know. I know she knows how to train a horse the right way. And I sat there and listened to her the last 10 or 15 minutes of her talk and the way she was talking about structuring things in like that. Oh, that makes sense. I know, I know exactly where she's going next. I don't know anything about clicker training, but the process is exactly the same as what I already do. And when she finished and handed me the mic, I said, Hey, that was fascinating. Can I come find you somewhere? I want to, I want to talk a bit about this. And she said, no, I'll come to your booth lightest. So I got done with that, that talk.

Speaker 2 ([00:17:37](#)):

I did, and went back to the booth and later on, Mary came over and said, so Mary and a friend of mine named Katie, and a grantee said, Katie sitting in the booth with me. And so Mary came over and chatted it two of us for couple of hours and, and told us all about how that worked. And I'm like, yeah, I want it. I'm going to try this. And so we came home and I started messing with the click at the beginnings of the clicker training with not only Charlotte, but all the horses. Cause I figured the more horses I can do with the better I can learn about it. And I kind of really need to tell you what shellac was like with this at the start, because it's so interesting. So in clicker training, usually the first thing you'll do for the most part is, is your, what they call load the clicker.

Speaker 2 ([00:18:23](#)):

That means you have a horse in a pan and you go over to them up to the fence and they come over to you and you have a bag full of treats hanging around your waist, whatever sort of treats, whether it's some little pellets, horse pellets, or some horse cookies, whatever you got, little wisps of hay, it could be depending on the horse. Then you have it a little clicker in your hand and you click the clicker, shove food in your mouth, click the clicker, shoved food in the mouth. So you click the click. I put your hand in your parents, pull the cookie out, stick in your mouth and you click treat, click, treat, click treat until after a while, the horse knows that the treat comes right after the click. And then what you start doing is you start shaping the horse's behavior, using what you've already taught them.

Speaker 2 ([00:19:05](#)):

Plus you are also using what the have naturally and you know, lately my I've been putting quite a few YouTube videos out lately where I talk about only asking yes questions when you're training horses, you should only ask. Yes. Questions just means you should only ask a question that the horse can either figure out the answer to knows the answer to or knows the answer to and is in a mental frame of mind where they could find that answer in this situation. So basically you, you earn a lot of trust from your horse by only asking yes questions, asking them to do things that you know, they can. Yeah, sure. I can do that. Instead of asking me to do something they can't do like in the jumping world asking a horse to jump a jump. That's too high for them. It's called Oh, the facing.

Speaker 2 ([00:19:53](#)):

Okay. And what happens when you ever face horses is after a while they stop trying to jump because it doesn't matter what your point I'm at. I think I can't do it. Then they lose a lot of trust in you because usually what happens is the horse doesn't want to jump and then you're away wait, but whatever. And it becomes a bit of a mess right there. But so other facing is not just in the jumping world and it's, it's in everything to do with horses. I'm really trying to not over face horses. And that does not mean I don't expect more and move the goalposts all the time or when they're ready to move the goalposts. But you don't, you didn't ask them to do something that they, they flatly cannot do. It's gotta be within the realm of them, been able to do it.

Speaker 2 ([00:20:34](#)):

And you get a lot of you get a lot of, um, you brought up a lot of trust with your horse doing that. And so with this clicker training, we've loaded the clicker. So they know the treat comes after the clique and then you just take what they call a target. And it, and I actually had a target that I bought from Mary. Mary has a maid and it's like a red plastic. It's like a water trough. Float is what it looks like. Red plastic water trough float on the end of a handle. And the handle is about two and a half feet long, I suppose. So about what's that 750 mils long if you're a metric person. And what you do is you just stand outside

the pen. So you start out in what's called protective contact because that way the horse cannot run over you.

Speaker 2 ([00:21:20](#)):

They cannot Maggie for treats and you just take your target and you put it through the bars of the thing. And you're not far from the nose and most horses. When you put that little target through the bars at about, you know, nose, horse, nose, height, or like, you know, between waist and chest height for a person, you put it through there and just let it sit still for a minute. And their sources will tend to look at it and go, Hmm, what's that? And they'll come over and they'll sniff it. And jazz, they nose touches that you click and then you trade and then you do it again and they touch it. And you Clayton tray. And after a while they realize when they touch the target, there's going to be a noise boom, as they touch the target. And then they get a treat.

Speaker 2 ([00:22:00](#)):

So after a while, they start to realize that if I touch the target, I get a trade. And so Ola to click does it, it marks the behavior that you're going to get the treat for. Does that make sense? Pretty simple. Once they'll touch that target when then when they just stand in there and you put the target in the same place every time, then what you might do is you might start moving the target maybe up a little bit or down a little bit, and they put the nose on it and you click and, you know, then you get it to move the head maybe from left to right. And then from right to left with that target. And then once they, you know, once that's good and they kind of will follow it with their nose, then what you can do is you can move along the fence a bit and put the target through the fence to where an audit and not very far, but in order for them to touch it within nodes that have to move their feet, can I say, you might put it just at a nose reach and they take a step forward to touch it.

Speaker 2 ([00:22:49](#)):

And then you click and then you can get them to where they will follow it around so you can teach them how to move their feet. And what was, you know, I did it with all my horses here. It was really quite simple. And Robin was actually doing it with Sherlock. And what she found was fascinating was that he, he had curiosity like other horses, he would touch the target and click and get the trait in eight to trade it. He enjoyed the trait. You could say he liked that and Robin would repeat it and repeat it. But when she went to move the target,

Speaker 4 ([00:23:19](#)):

Maybe

Speaker 2 ([00:23:19](#)):

Little bit further, maybe it was when it was time. Maybe he moved his head and followed it. But I think it might've been when she wanted to move his feet. So she moved the target, just kind of out of reach. And he looked at the target and reach these knives at, towards it and couldn't reach it. And so Robin's kind of standing in front of him and she's got her arm out, stretched out to one side. So the Target's not anywhere near her. It's off to one side of it and he looks the target and then he looks at her and he looks at the target and he looks at her and then he turns and walks off. So he knows if he takes his nose and touches that target, he's going to get a treat. But I think up to this point in time, he thought it was a random occurrence of events.

Speaker 2 ([00:24:05](#)):

And in that moment he went, Oh, the human being is asking me to do something for the treat. Uh, no thanks. I'm not interested. And he just turned and walked off. And if anybody on here is a click, a trainer or whatever, you're probably saying, Oh, you, you stepped it up too soon. You didn't do small enough slices or whatever, but that wasn't, it we'd done all the small slices. The thing was, he didn't realize he was getting asked to do things. And the instant, he realized that the human was asking him to do it. He turned and walked off. And so what we realized then was, you know, even though clicker training is, is, um, you know, no one's forced to do anything. It's free choice. We just, we realized how aversive to being asked to do things he was. And, you know, I think there's a certain personality type that horses have that, that lend them to acting like this.

Speaker 2 ([00:25:02](#)):

And I think they're very, very, very sensitive horses. And I think they're the sensitive type of horses that their first instinct is to go inside. Their first instinct is to not run away. Their first instinct is to shut down. And I don't know if that has to do with, um, their mother, uh, weather, the winter weather. Cause I know in humans that shut down, there's a lot of what the therapist called misattunement and attunement is. There's a, um, some sort of therapist, guy named Daniel Siegel has written some books and he talks about, um, being seen, being seen, being heard, feeling felt, and getting, gotten on a unit again, being seen, being heard, feeling felt, and getting gotten. And, and I'll get into this stuff in later episodes. But I, I think I know humans that have misattunements, so they don't get that stuff when they're younger, uh, tend to, to go inside themselves quite a bit.

Speaker 2 ([00:26:08](#)):

And it might be the same for horses, but the horses have different personalities anyway. So Sherlock he's the he's the going side one. So he turned and walked off. And so I'm like, okay, that's and we pursued with the clicker training after that, but you know, some horses just like, can I have the food got by? But he, you know, the food wasn't interesting to him if it was related to being asked to do things. And so we didn't continue with that for I'll actually stepped away from trying to do anything different with sheer luck for quite a while. But then I started looking into things that are outside the realm of, of training. I started reading some books about, um, horse, horse, body language and things like that. And there's, there's one book out there that's quite well known. I think that I read and it, it made a lot of sense about little things horses do to tell you when they, they concern and they had a different name for it, I call them stress indicators and the book had a different name for it.

Speaker 2 ([00:27:14](#)):

And I'm not going to mention the name, the bulkhead for it, because that will give you where the title of the book. And then everybody would rush out and read it. And I, I have mentioned that book before and then everybody rushes out and reads it and takes what they say in that book at face value. And I'm not prepared to do that because if you got, if you picked us in the book and if you look at the way, the author of the book handled two horses, because I think whoever wrote this book is probably very observant and spent a lot of time observing horses, but they're not, I don't think they're what I would call a handy horse person and the way they handle the horses in the pictures in the book would

Speaker 2 ([00:28:02](#)):

Show horse how to be anxious. Okay. These, this there's ways of being around horses that haven't feel confident in you. And there's why is it being ran hosts that haven't feel Lynch, make them feel anxious

and the way the pictures in this book, the way they handle the horses would it would make any horse anxious. Okay. It's but there's a lot of good information in the book. And I don't even think the book tells you what to do. It just tells you what to be aware of. But like I said, I'm not, I don't want to mention the book because I really can endorse some of the practices, put it that way. Um, but this book really, it really made me aware and there were some articles that I read too. And same thing with the articles. I read some articles by different people that really helped me think about this stuff. But once again, I'm looking to mention that it goes because I have since researched into the people that read the article and the article was good, but I wouldn't want people

Speaker 2 ([00:29:05](#)):

Practicing what that person preaches in a practical sense, their articles, their articles are great, but the practical application, I'm probably not that impressed with. So no further do. I'm not going any further with that. But the horses tell you these, these little things. And I started to, I started to really be aware of these little things on, I hadn't, hadn't done a lot with it yet, but I'd read, I've read some books and I did. I've done some, you know, belly button gazing have done some pondering of our stuff. And so in the start of 2017, February, 2017, I am, I get a clinic in Texas and it was a three day clinic, normally my, my two day clinics, but this was a three day clinic. And there was a lady at the clinic, had a horse. He's a Mustang. His name was Cody. The lady's name was Hannah.

Speaker 2 ([00:29:56](#)):

She's lovely. And so is Cody. And he's a nine year old Mustang. He's been out of the wild for six years. He's been on the settle for about that long and well, he's generally pretty well trained. He has a random bolting issue. So randomly for no reason at all, he will bolt. And the trainer that Hannah gets helped from it's so henna, smock. And so, and so, so try not, and the trynna, her name's Kristen, she was there and she's, Kristen's pretty handy with horses. And so I said to her, so what's the trigger I keep saying, have you seen the boat? She goes, yeah. And I said, what's the tricky, she's this? I can't figure out why. Like usually if a horse bolts, this, something that causes the bolting and when you figure out what that is, you can undo it. You can go back to the very beginning, but you've got to figure out what that is.

Speaker 2 ([00:30:50](#)):

And Hannah said, Oh, both Henry and Kristen said, this was a boat from something that yesterday didn't bother him. Or there doesn't seem to be anything, bother him. And it doesn't happen all the time, but it's just random. And I thought, Oh, that's that's weed. It's hard to, it's hard to fix a problem that you can't get to the bottom of, you know, like the, the, um, venting may that I had, you know, she was, she spooked it, a lot of things. And so on the ground, you could see that easily. And so if they spoke in it stuff you're doing in the ground goes to going to speak and stuff on a saddle. And of course, they're going to speak at a brush fence on a cross country course. And, but anyway, say this horse, he there's no trigger for it that we know of.

Speaker 2 ([00:31:30](#)):

And so the first day of the clinic, so my, my clinics, I have 12 horses in clinics and I used to have 12 horses all day. And then for number of years, I had six horses and riders for half a day. And now I have three horse and riders for two hours. I found that it's much easier. And I'll get into that later. And one of the podcasts as to why I do that. But so this clinic was a morning and afternoon group. So Hannah was in the morning group. And I, I don't even remember the horse the first day. So we're doing some groundwork of some sort, and he was relatively uncomplicated by the sounds of it. I don't remember

any inventing, but the second day Hannah was working on disengaging him. So disengaging is where you will walk down one side of the horse, and then you will usually you'll use some sort of body language or whatever energy intention towards their loin.

Speaker 2 ([00:32:21](#)):

And if they don't move over, you might take your flag and wave at him. You might swing your broke out and whatever, and they they'll they'll step their inside hind foot. So the hind foot, that's closest to you. They'll step at, across in front of that other foot, that other hind foot, if they stepped together, they're really quite tense. If they step behind where that inside foot, instead of being across in front of the outside, on for, they stepped behind their outside foot. Then they really tense. And so a lot of exercises involved getting those horses that crossed and uncrossed that haunt leg, and she'd been doing a little bit. And then she said, Hey, starting to block me out. Do you see something? I was hoping somebody else. She said, Hey, can you help me? He's starting to block me out. And somebody was doing, was she, you start from in front of the host and you want to walk from the front around to the side right into this shoulder.

Speaker 2 ([00:33:09](#)):

And then from there you ask him to disengage. And I said, well, let me try it. And so I took it out of the lead rope and I was standing directly in front of me, Cody's facing me. And I went to walk around that side. And as I did, he didn't pivot and keep me in front of him, like some horses will, he just turned his head and kept in my, in his right arm. So I was trying to get in his left side from, in front of him. And he just kept me in his right. Oh. And normally what I would do on a hosted that is I would just reach my hand underneath their jaw. I'd stop, reach my hand or their jaw, just move the Jor ever really softly. So now I'm in the left eye and I just walked down that side, you know, there's, there's, I've never had like a repercussion for it.

Speaker 2 ([00:33:47](#)):

Like there's no punishment, there's no hidden that stuff. Doesn't interest me. Um, I would normally just move the hit out of the way, but from the stuff I'd been reading and always pondering, I'd been doing, instead of doing that, when he blocked me out with his head, he was telling me that concerns me a little bit. So I just stepped directly back towards to the front of his body, wear a headband and whited and he's head state turned for a bit. And then his head kind of turned to the front and then he showed me some sign of starting to relax. And I'm not sure, I'm not sure what it was. You know, ma you know, when horses get tense, they write a blinking slows down. So maybe, or they'll get the stairs where the eyes don't blink at all, uh, or their ears be fixated.

Speaker 2 ([00:34:34](#)):

What you would call fixated inward, which means that ease back, not pinned a bit kind of, you know, they kind of in their own head a little bit, one of those sorts of things, uh, I don't know which I can't remember which one it was, but I stood there and waited for him to show me some sign of relaxing. Like he's East that and to move resides, starting a blank, one of those things. And then I tried it again and he blocked me out and this went and I saw, I stepped back to the front and waited. And this went on for, I don't know, 10 or 15 minutes. Then after about 10 to 15 minutes, when I went to walk in that side of him, he would let me walk down that side of him. He just, he stood there perfectly fine. And I thought, well, that's interesting.

Speaker 2 ([00:35:09](#)):

I was thinking he didn't like being disengaged. So you're saying, no, I don't want you to get in there and disengage me. So when he does let me down the side of him, I'm thinking, well, I don't want to disengage him right away. And there has been written for six years. So I'm sure, you know, he's had a sad lump at six years. I'm sure I can touch him. So I took my hand and I went to sit it on his width. So I'm standing beside his shoulder and his left shoulder. I went to put my hand on his widows. And as I did, he raised his head up very slightly. And he said, and he stopped blinking. His eyes started staring. And so I stepped, took my hand down, step backwards, a wife man, to say, I saw that I see your consent. That's what I was doing.

Speaker 2 ([00:35:46](#)):

When I was in front of him. When he bent his head and said, Hey, I don't want you to do that. I stepped back and basically said, yeah, I see your brother. Gotcha. And I did the same thing with this, putting my hand up when he's with us. And you know, so the first time he wrote, he set up and his eyes got all stereo. I stepped back and I waited until he blinked and lowered his hitting. And I tried it again. And after about five or 10 minutes, I can now walk from the front of him around the side of me. It doesn't block me out. And I can put my hand on his widow, which doesn't sound like a big feat, but he doesn't stiffen up. He doesn't go in, you know, he doesn't glaze over. He's very aware of me touching when he's fine with me touching him.

Speaker 2 ([00:36:23](#)):

And then I thought, okay, now I'll try the disengaging and see what happens. And so I asked him to disengage, which he does find he's been taught to do that perfectly well. And then I thought, now, if I go back to the front, if I walk back to the front, I bet since I've disengaged him, he won't let me walk down the side. So I walked back to the front, I got to walk down that side and he's perfectly fine. He lets me walk down there. Let's me disengage him. So I walked back to the front. I tried to get back and he lets me go down and disengage him. And so I said to Hannah, okay, well, it's fixed. I don't know what I did cause I've never really done that before. But, um, yeah, he issue your horse. And I handed her the lead rope and she said, where do you want me to do now?

Speaker 2 ([00:36:59](#)):

And I said, Oh, we just stand there and let him think about that for a bit. And so I went and helped somebody else. And about 15 minutes later, I hear this collective gasp from everybody at the clinic. And I turn and I look, and this horse has buckled at the knees and just dropped to his belly. And he's snoring dust clouds in the dirt. Like his head straight up and down, like he's buckled. The Navy is on his belly sitting up when he's barely, you know, when these front legs culinary, man, he's noses his head straight up and down. He's not lying on his side. And he snowing little dust clouds in the dirt. And then he has a bit of a roll rolled on both sides, gets up, shakes off and then was at the knees. And Danny goes and goes back to sleep again.

Speaker 2 ([00:37:40](#)):

And I said to Hannah is that normal? And she said, I've had him for six years. And I've seen him lay down once. And she said, the one time he was lying down, he was out in the pasture and I showed up on the horizon and he saw me, he jumped up right away, but now I've never seen him lie down. And it was about 10 30 in the morning of the morning group. And we were going to switch over at about 12 o'clock, I think, 1230, some of that. So he slept for an hour or two hours from, from that moment on until we

had him leave the arena for the other horses to come in, he slept just unconscious with the loud speaker going on and the, the other horses riding around and he was just unconscious. So she put him away. And the next day she brought him back in.

Speaker 2 ([00:38:20](#)):

So the third day of the clinic, you know, it's eight 30 in the morning or whatever time it is. And she said, what do you want me to do with him this morning? And I said, I would just hang on. I'm just hang with him a bit and see what he does. And so she stood there with him for a bit. And then, you know, 15, 20 minutes later, he buckled at the knees down and goes and he sleeps and he sleeps for four hours to lunchtime. He's unconscious, there's other horses riding around and they wanted to get a group photo. And so when the afternoon group came in, cause I don't stop for lunch. So when the, I just swapped groups, so on the afternoon group came in all the horses from the morning group. Plus the horses from the afternoon group, all got in a bit of a semicircle around him laying on the ground.

Speaker 2 ([00:38:57](#)):

And we took a group photo with him, lying there, having a snooze. And I came home from that clinic and I was just like, I knew something had happened. I knew something I'd never seen before happened, happened then. And I wasn't sure what it was, but I knew it was, it was a big something. And I didn't realize how big of something it was, but I knew something had changed. But I was wondering about the sleeping thing. So I started looking up sleeping habits of horses or sleeping needs of horses. And I didn't do the research. The research has already on a unit, but you know, we all know horses can sleep standing up. They can sleep standing up or laying down. But when they're standing up, they're only napping. They're not having that deep restorative REM sleeping. And they've got in order to, in order to have REM sleep, they've got to lay down and that's the one that resets everything.

Speaker 2 ([00:39:50](#)):

And we can't actually ask horses how they feel if they don't have enough REM sleep. But we do know in humans, if you don't get enough REM sleep, you can be irritable or anxious. And so this horse, I think, had not had any REM sleep for the last six years because there a possibility he was alone in a pasture and his own. I'm not sure, but hadn't felt safe enough to not to have to lay down and have a big old snooze and have REM sleep. So I got to thinking about, well, what, what was it? You know, why, why did he choose to and delight in? And I think it's that whole being seen, being heard, feeling felt, and getting gotten thing. He, and which is what, that's, what I heard provides other horses with his awareness. And yeah, he, um, he just, it was, yeah, it was just, it was pretty mind boggling for me to make that big a change.

Speaker 2 ([00:40:44](#)):

But the biggest change has happened since then, because it's now July, 2020. So it's now pretty much everyone. My June, July, it's now two years and five months, three years and five months later. And Cody has not bolted once since the bolting has gone away. So if you think about that, I think about bolting, not only is it scary, it's downright dangerous and I solved a scary, dangerous issue with a horse, not by applying any pressure to him or any particular tool or piece of tech or training regime or whatever. I didn't ask him to do anything. The only thing I did was tell him, I see you, I see your level of concern. So once again, it's that being, being heard, feeling felt and getting gotten thing. And that was, that was the very first time I realized how, how much of a difference that, that attunement that can make.

Speaker 2 ([00:41:47](#)):

And, you know, that's the first time I'd helped a horse that didn't involve training the horse. It involves listening to the horse. And I didn't think listening was going to be that helpful. You know, I just, I all, it was, I think it was, you know, I think the universe gave me all the tools at the time. I'd, I'd had a horse Sherlock that stumped me, I'd stepped away from Sherlock, had read some stuff hadn't really put into practice shit, but just read things, different things about horses. And then, then the universe presented me with this horse at this clinic. And it was, yeah, it was a bit of, a bit of a watershed. And so I spent the rest of the year doing clinics, looking at things totally differently than I'd looked at before, completely differently. And so it was a pretty humbling year because all my clinics, people were coming to their clinics to have me help them with their horse and show them how to fix this thing.

Speaker 2 ([00:42:45](#)):

And they come to this clinic and I'm like, you know what? I have no idea what I'm doing. I know what I used to do. I'm not doing that right now. I don't know what I'm doing right now, but I know I've got an idea. And if you just bear with me and it's probably the most humbling experience of my life, because I had to admit to these people that, that had paid me money and come to see the guy that they saw on YouTube, do the same things he did on YouTube. And I'm not doing the same things I'm doing on YouTube. I'm doing things a lot differently. And so what I noticed that year was if you could get a host as attention, like if a horse was uptight and worried or distracted or whatever, if you could get their attention and get their attention, which means their thoughts come towards you, that doesn't necessarily mean they face you.

Speaker 2 ([00:43:33](#)):

It means their thoughts come towards you because in the past I'd been very good at getting horses to stand facing me, but their thoughts might be somewhere else, either firearm in the distance or inside their head one or the other. And so, as I was now working more on the mental state than the, what the physical body was doing, and, you know, in 600 BC, a Chinese philosopher named Lauer, zoos said, if you're depressed, you're living in the past. And if you're anxious, you're living in the future. And if you are living in the present, then you are peaceful. And you know, if, if, if you, um, if you've ever tried to meditate or mindful breathing stuff, you know, if you're anxious and you start thinking on your breathing, your breathing is in the present it's happening right now. It's coming in. It's going out now.

Speaker 2 ([00:44:24](#)):

It's not tomorrow. It's not yesterday. It's it's right now. So, you know, they help people a lot with anxiety by having them focus on their breathing. What I'd realized was if I can get these horses attention on me, it helps them relax. And it's not about getting your attention on me, but getting their attention in the same place they body is basically getting their mind and their body in the same place. And what I had noticed with these horses is when you get their attention, if you're observant, you will notice that. So there's a nerve that runs down the side of the head called the trigeminal nerve. And it's basically the highway from there, all the muscle and all that stuff up to their brain. And what I noticed with that, so above the corners of their mouth is where I noticed it is if you can get their attention, just sit there and white and just be present with them.

Speaker 2 ([00:45:09](#)):

That nerve starts twitching. And it's, it jumps like it's like it's having a Twitch sort of a thing. And then the lower lip will start twitching. And then the upper lip will start twitching. If you wait long enough, while

that twitching is going on, at some point in time, they will have a saw and a big old lick and a chew. So the lick and chew is, and I don't want to get too much into the, the nervous system of mammals yet, but I'm going to grab a little bit. So you've got the parasympathetic nervous system, which is your rest and relaxation state. And you've got your sympathetic nervous system, which is your fight or flight state. So your sympathetic nervous system is your accelerator or your gas pedal. And the parasitic nervous system is the brake. It slows things down. Um, and the sympathetic nervous system speeds things up.

Speaker 2 ([00:45:56](#)):

It puts them on high alert, fight or flight, get ready to save yourself sort of thing. And when a horse goes from being in the parasympathetic nervous system, up to the sympathetic nervous system of some sort, it doesn't matter if it's a lot or a little, when they returned back to the parasympathetic nervous system, they will lick and chew. And what that is is, is what happens to the muzzle when they go into the sympathetic nervous system, is that the parts of their body that don't need to go offline. The blood drains away from the muscle, no hot, and the heart pulls it into to spread it out to the extremities that all the, um, the legs, the thing that are going to keep them going to keep me alive, get them to run. They don't need to eat right then. So the muzzle clamps shut and horses are actually nose breathers.

Speaker 2 ([00:46:40](#)):

So they don't breathe through the mouth. They breathe through the nose. And if their mouth is open at all, when the bread and through their nose, they're not as a robotically, as efficient as they are with their lips clamped shut. So there's like a lot of research these days into, or some research. I might say these days into race horses and bits and race horses, and if a bit cracks the lip seal of a horse during the race, he cannot be as aerobically, as efficient as if he can clamp his lips shut and someone horses going to some sort of sympathetic nervous system level when they come back to the parasympathetics. So they come back to the restaurant like session they'll have a lick and a chew. So what I discovered with these horses is I think a lot of horses spend a lot of time around humans in low level sympathetic nervous system. So they kind of they're concerned, but they're holding it all in and they're not licking and chew and kind of relaxed. And what I've, what I found these clinics was if I could get a horse as attention, and then just white,

Speaker 2 ([00:47:48](#)):

You would see that twitching going on and that went Twitch and Twitch and Twitch. And if you wait long enough, they will lick and chew. And I've had horses at clinics to where I've had to stand there for 35 minutes watching that twitching until the lick and chew. So I might be sitting in front of the owner, who's paid for the clinic, but I might be sitting in front of a hundred spectators. And I've just got to sit, stand there and wait for this horse, even though it's the most boring thing on earth for these people to watch. It's what I felt was needed at the time. And so I learned a lot that year, uh, with that stuff. But talking about that whole licking and chewing thing, there's a video that's been around social media for a while. Now you say pop up every once in a while, and it's five or six, four or five or six horses in a, in a big, sort of a yard pan thing, kind of like half the size of a normal arena. And it's really dusty and windy.

Speaker 2 ([00:48:43](#)):

And there's a horse in there that has a plastic bag in his mouth. And he's chasing his friends around with a plastic bag. And he's having a fun old time. He's just chasing his friends here and there with his plastic bag in his mouth. And they're like, Oh my belly bag. And they run away from him and it's really, really cute. And some of you have seen it and thought that maybe nodding Martin now as I'm talking, but

actually what's happened is, and this happens quite often is it's a windy day. And that plastic bags obviously blown through there and horses, if they're not fearful of something, the first thing they do is, is get curious about the significance, just like what the target would, the clicker training I was talking about. And he's obviously gone over and sniffed it and then he's nibbled on it with his teeth and then the winds blown it and it's flattened scared him.

Speaker 2 ([00:49:26](#)):

And he's gone into sympathetic nervous system. So he's jaws, clamps shot on this bag and he's taken off, running away from the bag over towards his friends. And when he gets over there and makes a bit of a turn, the wind changes, and now it's blowing in the bag. Um, the other way, and the bags between him and his friends, he runs away from the bag around the pen. Now the bags now on the other side of his face, and he runs back towards his friends and he's actually petrified. He's actually in a great deal of terror. But if you look at that video, you would tend to think, Oh my goodness, look at that n***a, that penny he's having such a fun time. We're going as he's not having a fun time. And so you just have to be aware of that, about that, that nervous system.

Speaker 2 ([00:50:09](#)):

That's one part of the parasitic nervous. I'm like Sherlock, you know, he showed up never leaked and shoot didn't Lincoln Jew at all. And like I said, it was really hard to get the, the Brittany's mouth and take it out because he's his mouth didn't work. He was basically stuck in low sympathetic nervous system all the time. And so a lot of horses do that. Um, and something else I noticed that year, you know, like I said, I, I might spend 30 minutes waiting around for this horse to lick and chew. And so once I realized how and what happens with the one that takes 30 minutes, the next time you do it, it takes 25 minutes. The next time you do it takes 20 minutes. Then it takes 15. Then it takes 10. And by the next day you ask them to do something, maybe go up around you in half a circle, then you draw him in and you stop him by looking at you right away. It just kind of resets their nervous system. That's where really what you're trying to do. I'm trying to do with a lot of that stuff. And that's what I kind of had to try to do with Sherlock,

Speaker 2 ([00:51:08](#)):

But something I noticed, you know, once I realized that it might take half an hour for me to stand around with these horses, they can chew. What I'd do is I'd get it all set up to where the horse is twitching. And then I just hand it over to the hand, the horse, over to the owner and said, just stand here with him and just wait from Devin lick and chew. And this was later on in the year because I had, um, realized how long it can take. And there's no use me standing there where it could be helping somebody else. So I'll just have that. I understand that. And some of them would start crying. I've left them alone for 15 minutes and they're staying there and then would just start crying and I care. I'm like, you okay? And I'm like, Oh yeah, I was just thinking about something.

Speaker 2 ([00:51:46](#)):

My mum said to me, when I was a kid, I was just thinking of something my dad did when I was a kid. And I had no idea what that was about the time. And since then, I've learned that a lot of us have a hard time being present in the moment. We've always got to stay busy in our mind is doing some rather, because if you can quit and you mind and be present, listen, feelings that come up, that a lot of us have been avoiding by being busy. And, um, you know, I'm sure these people would have, rather that I had them just moved their horse around and do and have something to do, but they just had to stand there and

observe the horses, muscle twitching and just wait. And, uh, yeah, I didn't, I didn't learn it to light of what actually the crying was a bad at the time.

Speaker 2 ([00:52:31](#)):

I thought it was really weird. I just thought I'd, I didn't know why they were crying, but later on, I found out what was actually going on there. So I think it was that year in April of that year. I think I did a, um, I presented a horse expo in Madison, Wisconsin as the Midwest horse fair. It's called really, really good horse, six pair, a lot of people that, and when we set up our booth, um, in the tried hole, you know, the expo hall, good friend of mine from Australia, Dan James, a lot of you guys had know Dean James as one half of the double Dane horsemanship guys, if you haven't listened to their podcast, you have to listen to that. That is funny. Those guys are some funny human beings. Dan James and Dan Steaz. And so Dean, uh, James, his booth was on the end of the row.

Speaker 2 ([00:53:23](#)):

I was in, uh, next to him, uh, Sandy Kalia and Barbara Shulty. So Sandy Kalia is the only woman to win the, the, the rein cow horse for charity here in America. And she's also in the Calgo hall of fame. And Bob was Schulty was a big time cutting horse trainer. And I think she's in the cutting horse and NCI the national cutting horse association hall of fame, but she's also a very, very good mental coach. And so she was a big time cutter back in the eighties, nineties, and she had a bit of a life change to where she went to Florida to a place called the human potential Institute where they, they train Olympic coaches. And she went through all that stuff and we learned the science of motivating people. And now she helps people with their horses and uses that stuff. And I'd heard about it for many years.

Speaker 2 ([00:54:14](#)):

So this was 2017. I remember in 2000 and maybe 1999, I remember I had a, I had a cassette tape that sounded good. It was a cassette tape of Barbara. Shelties called mentally tough showing or something around that. And I talked about the mindset of a competing. And so this is 17 years later. I finally get to meet her. And so, cause I know Sandy. And so she's in the booth with Sandy. So I met her and we would chat. And when we're sitting at booths up and then the first morning, that was the day before and the first morning of the horse expo, I had to go and do a demo, not a demo. One of those things I talked about before, where you are in a lecture hall, and it's just a spoken thing, it's not a demonstration with a horse. And when you do this horse expo, it's about six months before the hell sex, but they want to know all your titles.

Speaker 2 ([00:55:00](#)):

You don't even know what the horse is going to look like that you're going to work with, but they want to know what you're going to be working on. So it's, I've usually make some broad categories that this one for the standup talk, I've done this one a number of times, and it's called everything I learned in life. I learned from horses and I usually go on for an hour, an hour and a half, whatever it is about different life lessons. I've learned from horses that also carry over to other aspects of my life. And so I was heading up to go and do that, or we'll pass the boots, say, good morning, Barbara, how do I? And she said, good. And I told him, she said, what are you doing now? And I told her and she said, Oh, good luck. So I went up and I did the talk and there was, the room was full.

Speaker 2 ([00:55:42](#)):

It was probably a couple hundred people in the room. And I, for some reason I maybe it's all this stuff had been going on that year and looking at things differently. But I kind of, I opened up about some things that I probably hadn't opened up about to anybody before they were private thoughts about things. And I basically told a room full of strangers, this stuff, and it just exhausted me. Like when it was over, I felt like I'd run a marathon or something. And so I walked back to the booth and as I walked past Barbara's booth, she said, how'd it go? And I said, Oh God, I'm just exhausted. And she said, why? And I said, Oh, because I just, you know, I, I said some stuff that I probably hadn't ever told any, I probably may not even have admitted to myself before.

Speaker 2 ([00:56:25](#)):

I didn't know. And it's just exhausted, exhausted me. And she said, Oh, well, you know, so-and-so says that vulnerability is, is a superpower being vulnerable. Like that is, is the ultimate and bravery or something like that. Oh, that's interesting. You know, I went back down to my booth and I sat there and people come up to the booth and I start out, you know, they ask questions and say, good I, whatever. And this one young lady, you know, probably in her late twenties came up to the booth and she introduced to herself and she's a subscriber. So she subscribes to my online video platform and really lovely lady. And, uh, she was asking me a question about something and I, and because she's a subscriber, I assumed she was at my lecture that morning. And she asked me a question about something. And I said, uh, I remember I talked about this this morning, the lecture.

Speaker 2 ([00:57:12](#)):

And she said, Oh no, I wasn't there. I just, I just got here. I'm like, Oh, you missed it. She said, yeah. And I said, Oh, bloody hell. It just exhausted me. And she said, well, and I told her why. And she said, Oh, well, Brunei brand says, shame is the scourge of society. And vulnerability is the antidote to shame. And I'm like, wow, that's profound. You're not Barbara Shultz. And she said, no. I said, well, come over here and meet Barbara Shultz. So I drug her up there to meet Barbara Shultz. And I said, Hey, tell her what you just told me. And the lady's name is Megan. And Megan said, she said, Oh, Brian brand says, shame is the scourge of society in vulnerabilities. The antidote to shame Barbara Shultz. He looks at me. She goes, yeah, that's who, I just told you a bit, half an hour for any brand.

Speaker 2 ([00:58:00](#)):

When she said, so-and-so says that vulnerability is the ultimate and bravery or something rather than like that she's actually said Brunei brand, but I'd never heard of Rene Brown before. So here it is. I'm 50, 50 years old and I have never heard of Bernai Brown. And I get her name mentioned to me by two complete strangers in half an hour. So it's one of those serendipitous things that happened that happened. And I'm going to do a whole podcast on, um, later on, on, um, serendipitous occasions and manifesting and that sort of stuff. Cause I mean all that, but this, this whole weekend, that was the first of many, many, many, um, very, very crazy, uh, serendipitous things that happened to them who was the expo. And so when I came home from that horse six, I, um, I looked up Bernie Brown. And I think if you haven't heard of her, you should too.

Speaker 2 ([00:58:55](#)):

And I looked the first place. You should go as a first place I went, which was YouTube. And there's a Ted talk on that she did on YouTube and it's called the power of vulnerability. So her name is Brenda B R E N E or of your stride and B R E N a. Um, sometimes as an Australian in America, you get pronounced of putting on an American accent. But, uh, if I say R as in for rabbit Americans, think I'm saying, uh, ah, I

mean, I've Apple nut off a rabbit. And so sometimes I'll say are just so they get the spelling, right? Um, and so I looked up that and so they're not downloaded some audio books have Renee Browns. And so that's 20 minutes long, all Ted talks at 20 minutes long. I guarantee you, if you listen to that, your life will never be the same again, that's your gateway drug.

Speaker 2 ([00:59:45](#)):

You can thank me later. And so I, um, I got some books of audio books of Renee Browns. And when I was outside, you know, on the tractor or whatever on the mouth or whatever I was doing, I'd have my noise canceling headphones on, and I'd be listen to these Bernay Brown books. And remember on the tractor one day I was listening and I'm like, wow, this lady's been inside my head. And then half an hour later, I'd be thinking, wow, this lady has been inside my wife's head. And those are two different heads. Okay. Completely two different heads. And I guess this lady gets the human condition really. And one of the things she said really got me thinking, she said, you cannot selectively suppress emotions. If you suppress the lower emotions, you automatically suppress the higher emotion. So have you suppressed the lower emotions? Like, um, the, uh, uh, grief, things like that. You automatically suppress the high once you can't selectively suppress once. If you suppress the bigger ones of any emotion, the good in the bed, you are suppressing all the other big ones too. And I've never really thought of that. And I thought, Hmm, I know, I know, you know, a male of my generation that you, you get, you know, you have to have the whole boys don't cry and don't show fear and all that sort of stuff.

Speaker 2 ([01:01:03](#)):

So I know some of the things are suppressed and, you know, in my family, we didn't, you know, you don't share a grief. Um, you know, you get a funeral and like, Oh, well, he died such as life and off you get, but I'd never thought about, could I experience more joy and more happiness? So that sort of thing. And so I've kind of pondered this for a while. And then I actually contacted the lady that came to the boot, Megan, because she's a therapist. And so I told her, I said, if I want to work on this, like if I thought that some of my emotions, the full range of my emotions were suppressed, you know, where would I go to

Speaker 4 ([01:01:42](#)):

You too?

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

You know, find out about it, you know, to, to work on it, you know, is there a counselor I could go and see, or is there a class you take? Is there a book to read and make it said, you know what? I would go and see a therapist who specializes in something called dialectical behavior therapy. And for me that was, it was kind of weird because, you know, I grew up in rural Australia. I'd never heard of anybody seeing a therapist. You know, I remember the town having, you know, builders and plumbers and dentists and doctors and hardware stores and whatever. But I don't remember there being a therapist in town, maybe they was, but it's not, you know, I was of the impression that people that have to go and see a therapist are having some pretty serious issues. And, uh, you know, I wasn't having, I wasn't having issues.

Speaker 2 ([01:02:32](#)):

I just wanted to work on this particular thing. But so I went to, um, I went and found a therapist and they said, Oh, well, not this area. It's an hour's drive away. But up in, so we live in the bottom end of

Silicon Valley. And so I went to a therapist up in Silicon Valley, uh, it's actually called the dialectical behavior therapy center of Silicon Valley. So dialectical behavior therapy was actually started for highly suicidal adults, but they found it's good for anybody with any, uh, emotional regulation issues. And so I went up there, talked to, you know, had an interview with the therapist and I told her what I wanted to do. And she goes, Oh yeah, this will be used to be quite simple. You know, we also offer nighttime classes. So they are a group therapy session, but you wanted to do that.

Speaker 2 ([01:03:20](#)):

And so I started going once a once a week and maybe 20, once every two weeks, I can't remember up to this, uh, therapist. And after about three months, I wasn't getting any way. And the therapist and you were, wasn't getting anywhere. And she said, you know what? You could probably come to the group classes at nighttime too. I'm like, okay. So then I started going to the group classes at nighttime. And it was interesting because there was, you know, there was people with all sorts of emotional regulation issues there, but the group classes, what they would do, they would have you, you know, you do the stuff in class, but then they give you homework. You have these big homework book and the homework. A lot of it, it was very much like horse training because, so I've done a, I've done a TV show that appears on horse and country TV in the UK and Europe and Australia, New Zealand, I think.

Speaker 2 ([01:04:11](#)):

And it's also on the same show is on, um, farm and ranch TV here in America. And it's called the principles of training. And one of the principles of training is create a tool before you use a tool. So correct the tool you're going to need when the problem shows up before the problem shows up. Cause you can't without a tool in the middle of, you know, if you have no tools trying to fix something in the middle of a problem with no tools, it's not the way to go about it. And this, this was no different what they wanted to do. They want you to practice these emotional regulation techniques for when you have some sort of emotional crisis and then you use them. So during the week earlier on the week, you're supposed to practice these things. And then when you have a problem during the week, you're supposed to use those skills that you've developed now, very big on you're doing your homework.

Speaker 2 ([01:05:01](#)):

And you know, if someone didn't do the homework, they got questioned quite a bit as to why didn't you do your homework, trying to get people to be a bit more disciplined. And for the most part, I never did the homework because, okay, I'd read the thing. Okay. So if I have an emotional crisis, I'm supposed to practice this, I sit there and practice it, but I didn't have any emotional crisis. Did I? And so when it come to homework time ago, do you do your homework? I said, I'm only did half of it. Well, why didn't you do a little bit? Well, they didn't have an emotional crisis. And so I did, I did this whole therapy for a year and I didn't get anywhere with it because apparently in order for this therapy to work, you actually have to have some emotions I had at the time had absolutely none pretty much. And so, um, it didn't work that way, but I learned a lot of really cool stuff. Some really profound things I learned, especially in the group, there is parts of the homework and stuff that, that apply to a lot of things, but one of the, and the, you know, so they they're really big on, on, uh, mindfulness and meditation. And I'd been meditating before that. Cause I don't, I don't know when I started, but I know.

Speaker 4 ([01:06:13](#)):

Yeah,

Speaker 2 ([01:06:13](#)):

Yeah. For our homework and stuff, we'd have to do some meditation. And that was fine with me cause I was already doing that. But uh, one of the, one of the homeworks we did, it was really cool. I said, this week, we're going to talk about judgmental thoughts and your homework for this week is to count your judgmental thoughts. And I said, however, you want to keep track of them. If you put some stones or pebbles in one pocket, and when you have a judgmental thought you move it to the other pocket. And at the end of the day, you add up how many judgmental thoughts you had or you could, um, you know, have a little click a thing like the UFC bus conductors have, or sometimes you see the, the bouncer at a nightclub with a dominant nightclub. Hasn't know how many people are going in and out.

Speaker 2 ([01:06:52](#)):

And we want you to do is count your judgmental thoughts, see how many you have. So I thought, well, I'm going to have about three every day. So I'll probably just get three stones and stick in my pocket. And then what I'll do is as I have a judgmental thought, I'll move it from one pocket to the other. And then at the end of the day, the number will be three. So the day I started it must've been a Tuesday, I think, cause I think the group things on Monday nights, uh, the day I started, I had 21 before breakfast. And the thing about counting judgmental, thoughts. These, once you start counting your judgemental thoughts, you really become aware of how many of them you have. And

Speaker 2 ([01:07:40](#)):

Then what happens is not only do you become aware of how many of them you have, you become aware of how many of them you have about yourself. And we are our own worst enemy. And, and all that judgment we have about ourselves is somewhere in your subconscious. You don't even know you're doing it, but it adds up a lot to a lot of, of, of who you are and how you view the world. And so Renee Brown ended up being a shame researcher. She was a researcher, which means she would interview hundreds and hundreds of people and ask them hundreds and hundreds of questions and collate all that stuff into basically what makes them the, the human brain tick and things like that. But all the research led her to the, like I said before, the scourge of society is shame. Like everybody, the reason people are addicted to things and this and that, something, this is all because of, of shame and, and where you can get.

Speaker 2 ([01:08:37](#)):

And so she quantifies the difference between guilt and shame. Guilt is a focus on behavior and shame is a focus on self. And so if you do something that's a bit questionable, shame would be, ah, you're so stupid. That's the, that's your self drug? Oh, you're so stupid. Whereas guilt would be, well, I did something stupid, but, um, that doesn't necessarily mean I'm stupid. I just made a choice that was stupid. And so next time I could do that differently. So you get to reframe it. And so when you were going to get that, doing that, when you start being aware of your thoughts and when ones pop up where you are less than nice to yourself, you get to actually reframe that. And so it goes in your subconscious, as I did something stupid, I can do it better next time, rather than you a stupid, I want you to just, until you start counting those judgmental thoughts, you just don't realize how much of that stuff you do.

Speaker 2 ([01:09:36](#)):

And that makes a huge difference when it comes to working with your horse. Because if you get a practice of, of being nonjudgmental, like, so the first night at therapy, when we talked about this judgment thing, they said, okay, we're going to go around the room. And one at a time, I'm going to

have each of you describe three things in the room, like pointed out, pick up, describe three objects in a room like night. So not described, sorry, nine, three objects in the room. When it came to me, I said, well, that's a couch and that's a silly looking lamp. And that's a, and the therapist is like, no, we'll stop. Hang on. That was a judgment. That is a lamp. But you judged it as being a silly looking lamp. I might like it. You think it's silly looking, but you, you judged it. It's, it's a lamp. And I'm like, huh, I didn't even realize I did that. And so once you, once you become aware of, of those thoughts, like I said, you get to reframe them and, and, and a lot of them are about yourself. And that, I think that does a huge thing to your inner energy when you, when you stop being so nasty to yourself.

Speaker 4 ([01:10:48](#)):

And

Speaker 2 ([01:10:50](#)):

Another part of it is, is about judgment with horses. You get, it gets to where you, a horse does something and you can name what he does, but without having a judgment, whether it's good or bad, you know, I think, um, William Shakespeare said nothing is good or bad, only thinking makes it so, so they judge that judging of stuff makes it. So, and if your intake, quantum physics you're know about the observer effect that, um, you know, cause a lot of times with a horse does something. If you judge it a certain way, your energy changes, you become more hostile, you become more combative, you become negative about the horse's behavior. And a lot of times it has nothing to do with what the horse just did. It's your interpretation of what the horse just did. And probably the best example of this. I was doing a clinic in Western Australia in Perth few years ago. And you know, my, my clinics are for subscribers only. So that's for people who, uh, subscribers to the video library that I have, and that's not a money grab or anything like that. That is, you know, this right now there's about 650 hours of real time training footage on that thing of me doing stuff and talking my way through it and turning exactly what I'm doing and why I'm doing it when I'm doing it and I'm doing it.

Speaker 4 ([01:12:08](#)):

And

Speaker 2 ([01:12:12](#)):

If you've never heard all that stuff before you, you just way behind the eight ball. And so I used to have clinics too, where some people were subscribers and some weren't and you spend all your time trying to get the non-subscribers even grasp what I'm on about. And so the people who have supported me all this time had come to the clinic and then I get as much attention because I spent it with all the non-subscribers. So, so we have a subscriber and in clinics, and this was a few years ago. And in, I think it might've been the first year of doing subscriber, only clinics. And when I, when I first decided to do that, I was really a bit self conscious about, I wonder what people will think. I wonder if I think, Oh, he said, he thinks, he said, good. He doesn't want me to come to the clinic unless I pay money to watch his video, which is just, you know, that's my problem.

Speaker 2 ([01:12:56](#)):

That's not we, what other people were thinking, but that's, you know, that's what I tend to think, but I just, you know, I still had to do it because it was wasn't fair to the subscribers to have to spend all the time trying to help the other people catch up. So I'm known this clinic in Perth, it's the morning of the clinic and a lady that's supposed to be in the afternoon groups. This is back when I was still doing a

morning group and afternoon group. She says, Hey, I had my horse caddies league last night and I can't be in the clinic. And can I just give my spot to my friend? She's not a subscriber, but I'm like, nah, no not. She gets out please. No, please not. And fondly I'm like against my better judgment. Okay. But, okay. So she's in the afternoon group.

Speaker 2 ([01:13:38](#)):

She's going to be the LA. She needs to know she's going to be the last person I help. Okay. I'm going to start helping the other five before I get to her. She's going to be the last person I hope. But if she watches all morning and sees what cause some of the ones in the afternoon group is going to be writing. But most of the ones in the morning, you gonna be doing grandma. So if she watches all morning and sees what they do, and she comes in this afternoon, if she starts there and works through that, by the time I get to her, I could maybe start to add some more to it. And so she came in in the afternoon group and she was on the ground. And I think most of the others were under saddling. She went over to the corner, knowing full well that I'm going to get to it, but not first.

Speaker 2 ([01:14:15](#)):

And I think she was just asking a host to yield off and go around her. And at some point in time, there's quite a few. I used to get quite a few spectators at the clinics. At one point in time that a lady, a spectator lady stands up, that's waving around and yelling at me in the rain. Are you going to stop that? Why don't you stop that? Aren't you going to do anything about that? And I'm like, what? What's wrong? She points out of it to the corner where that lady's working with a horse over in the corner. She goes, yeah, that other there, aren't you going to put it, stop to that? And I'm thinking maybe the ladies abusing a host of their, I haven't watched it. You know, maybe she's over there abusing your horse. And I said, Oh, well, what's going on?

Speaker 2 ([01:14:51](#)):

And the lady in the stand, the spectator says, okay, the horse it's wearing up. I said, Oh, is that all she goes, he he's wearing up. And so I said to the lady over in the corner, so when is he rearing up? And she said, when I asked him to go off around me, he doesn't go up front and he just raise up. I'm like, okay. And so the speculation, you kind of fix that. And she's in a bit of a state. And I said, okay, so what do you say concerned? Yeah. She goes, well, he's wearing out. I said, yeah, I know, but I still can't figure out what are you so concerned about? She goes, because he's wearing up, Waring's dangerous. And I'm like, well, she's just asking, hosted basically lunge off around her. And he, he won't, he's just basically like, well, think about this.

Speaker 2 ([01:15:36](#)):

I said, would you be Nick? Would you be that concern? Would you have that much judgment over what was going on? If that lady asked a horse to move and he wouldn't move, he just stood still. And the, his whole face and posture softened. And she said, now I would be really going to be worried about that. And I said, well, that's what he's doing. He's just doing it on two legs. He's standing perfectly still. He's not moving. He's hind feet have not moved an inch. They're not going anywhere. He's just standing still on two legs. And this lady looked at me like I had three heads like that. He's raring. And she goes, but Ron's dangerous. What if it comes down on top of you? I said, well, the best way, when you, if a horse raise up like this one. So he stands perfectly still and raise up.

Speaker 2 ([01:16:21](#)):

The best thing to do is not walk forward and lay on the ground where his front feet were. And then you'll have no chance of getting landed on. And she's like, but, but, but, but what if he, what if he comes at you? And I said, but he's not, he's standing perfectly still. I said, what you're doing here is you're having an extreme reaction to him standing still because you're thinking, well, what if he came forward in his hand, his foot crashed. And in my head, he's not coming forward. And I bet you're also thinking, but what if I was riding him on the trail and a kangaroo jumped out and that happened, and we're a long way from cannon, would it be a helicopter or an Amos? It would come, you are creating all these stories. You having all these judgments about what's happening and really what's happening is nothing.

Speaker 2 ([01:17:02](#)):

The horse is just standing still. And he just, hadn't been standing still on two legs. And then you were creating this huge, big story about it. And you're feeling the need to interrupt the clinic and yell at me cause I'm not fixing the problem. But if the problem was exactly the same problem, but slightly different meaning if that horse's front fate, didn't come off the grant, you wouldn't be near as concerned about it. And so that's having a judgment about that. The horse, you know, what I saw when I actually, when I went to help the light, he did the same thing. What I saw was a host standing perfectly still on two legs. What this lady saw was

Speaker 5 ([01:17:33](#)):

All sorts of stories that, yeah,

Speaker 2 ([01:17:34](#)):

We just heard judgment of the situation, not the real situation. And, um, you know, I've had people over the years at clinic say, uh, my horse raise up and comes at me. And uh, when I've watched it, what happens is the horse raise up. And then the person goes, and my Goldman was running up and starts walking back, was away from the horse, with the lead rep attached to the horse. And so they lead the horse towards them. And now they convince themselves that my horse raise up and comes at me. Whereas if you didn't move the horse, wouldn't step forward. Now I'm not saying there aren't a horse that they were up and come at you. And usually if there are, there's been a lot of mistakes made to get it to that bed, but that's just a story about judgment. And, and you know, this one was, wasn't doing anything

Speaker 5 ([01:18:18](#)):

Dangerous, but yeah,

Speaker 2 ([01:18:20](#)):

This lady was projecting all these this stuff, you know? So you just have to be really aware that and something I noticed. So that was 2000. And I don't know when that raring thing was, but the whole therapy thing was 2019 and I'd taken the year off. I'd taken the year off from clinics. I didn't do any clinics in 2019. So all the standing around and watching the twitching, the, you know, the, the Mustang and all that stuff, that was all 2017, 2019, my wife and I did the world equestrian games, my wife, Robin and I. And so I took a year off for a number of reasons.

Speaker 5 ([01:19:00](#)):

One was two,

Speaker 2 ([01:19:03](#)):

Well, the qualifying for the water question games going to do that thing. Another was to I'd had so many changes with what I did with horses in the last 12 months that I to like regroup that. And the funny thing was that the changes in the horse has really made some changes in me. And that basically led to me having a whole year of therapy. And so I hadn't been traveling at all, you know, I wasn't flying anyway. It was basically at home and we'll drive into horse shows. And when I went back to traveling at the end of the year or the beginning of the next year doing clinics, I noticed something in airports. I noticed that when I walked through an airport, I'm a people watcher. And I'm sure most of you are listening to this. If you've ever sat in an airport or a bus stop or whatever, you sit there and you watch people.

Speaker 2 ([01:19:43](#)):

And so I walked through these April from one end to the other, and I noticed I was people-watching as they were going by. And I realized I've always been a people watcher. But what I realized was that I was judging them. I wasn't looking at the best thing about them. I was looking at the worst thing about him. You know, the I'm walking through the airport. And my, the stream of thoughts in my head would be like, you left the house, looking like that. You need a haircut. You just step away the potato chips you're wearing not enough clothes for this weather, or you're wearing too many clothes for this weather or whatever. You know, it's just all these judgments. And once I realized I was doing it, I thought, hang on. I want to replace that with something else. And so I started walking along and sometime during 2018 Robin and I went to a, like a mindfulness meditation retreat thing for a weekend.

Speaker 2 ([01:20:31](#)):

And we did one of the yoga teachers there said something at the end of that at the end of the yoga session, you know, a lot of times I'll say numbness day, but she said, numbness day, may you be happy? And it was just a little simple thing. And so, while I was walking along, I started looking, everybody in the eye was walking past me the way I'd look them in the eye. And instead of allowing my mind to judge them, I would make my mind, look them in the eye. And I would think to myself, am I going to be happy? And I give them a little eyes, smile. And most people won't look at you. Some of them look at you. And when they see you're looking at them, they look at the ground. But some people, they look at you and you give them a smile and they give you that little ice smile back in this, this little exchange of energy.

Speaker 2 ([01:21:12](#)):

And it's really kind of cool, but I walked, you know, so once I realized I was judging people, I started doing them. I'd be happy thing. And I started, I started walking. I was walking through this airport and I'm thinking maybe happy, maybe happy, maybe happy, maybe happy. And when I got to the other end of the airport, I had this light, airy feeling about me that I don't normally have. It's the total opposite of what I normally have, which is this dark heavy energy when we had not have, cause it's not there anymore, but there was this dark, heavy energy that I had that didn't even realize I had, because it was my, it was my normal. Okay. You don't even know you, it's kind of like not realizing that I had the full range of emotions because that was my normal. So I didn't know what joy and happiness felt like.

Speaker 2 ([01:21:58](#)):

Um, and so if you think about the, and I'll talk about this in another episode, if you think about that energy inside you being different horses can feel that. So if you can, if you can have a, uh, a more connective sort of energy, when you look at things, instead of looking at them in a bad way, looking at it in a positive way, um, and then think good things about him instead of looking for the worst thing, but

looking for the best thing, it really changes your energy. And I found that that stuff really made a difference for the horses. Like, uh, you know, once I started doing that, I noticed that clinic's, someone's got a host that's kind of anxious. And I say, hand him here. And I'll, I'll, I'll do something rather than in the past. I would take a whole horse and do something with it to make it less anxious.

Speaker 2 ([01:22:41](#)):

But what I've noticed here for a while now, since I've been going through these changes, if someone will hand me a horse and the instant, I take the lead, rip that horse kind of softened and comes over towards me and almost put their nose in my belly button. Like, Hey, how are you going? And it, it hadn't happened before. So that's not something I'm doing at the time. That's not something I am consciously doing, like thinking, think good thoughts for this horse. Think good thoughts, spend the spoon, you know, none of that stuff. It's just, I, um,

Speaker 2 ([01:23:12](#)):

It's just, I must have just this different energy in me. And so that, that made the horses kind of different. And, um, and I think it's, it's me being different that, that has made that happen. So anyway, I'm thinking we're going to draw to a close here with this podcast, but that's, that's kind of how, you know, cause a lot of people have commented on how you've changed a lot of things. I've seen your journey and you've changed a lot of things in the last few years. And that's, that's kind of the beginning of the whole story is it's, you know, I got a horse that was shut down. He led me to somehow looking into how shut down I was and that's still a process I'm working on to this day. But, um, yeah, that, that whole, that whole being aware of that attunement stuff that, that being seen, you know, letting those horses know that they're being seen, being felt getting gotten and what isn't being seen, being heard, being felt and getting gotten.

Speaker 2 ([01:24:13](#)):

And I'm going to talk about that quite a bit. Um, but, uh, yeah, so that's the start of the whole thing. Thanks for, thanks for sitting through this much of this podcast. And, uh, I think, I think in the next podcast, I might start to talk a bit about, um, some of the things I'm having people do with their horse or how I'm going about things definitely with horses that, that helps with that stuff, both with the observation of things, my inner energy, my thoughts, and also how I'm asking horses to do things. And it's, it's funny, it's all tied in together. It's just, it's all down the same rabbit hole. I mean, down this rabbit hole and the more I get in this rabbit hole, the more stuff I find down there. So anyway, thank you so much for joining us and, uh, stay tuned for podcast. Number two

Speaker 1 ([01:24:56](#)):

More about some of this stuff. Thanks for listening to the journey on podcast with work Schiller Warrick has over 650 full length training videos on his online video library at videos dot [inaudible] dot com. Be sure to follow Warrick on YouTube, Facebook, and Instagram, to see his latest training advice and insights.