

Speaker0 ([00:12](#)):

You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author, whose mission is to help people achieve a deeper connection with their horses through his transformational training program.

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

G'day everybody it's Warwick Schiller and welcome back to another episode of the journey on podcast. You know, you might've heard at the start of this episode and the previous episodes, there's this catchy little song that plays that the lyrics started out journey on the magic laws within the trials we ride. And I want to tell you a little bit about that, uh, that song as a whole song, we'll play it for you here in a minute. But I was contacted a couple of years ago. Well, maybe a year or so ago by a fellow named Joe Ellis from South Africa. And he sent me an email and he said that he is a, uh, a music producer and he's also a subscriber to my online videos. And he had some epiphanies after to, after watching the online videos and going through the work with his own horses and, uh, that he used to be a musician and used to read a lot of songs and had not written or recorded for quite a while since he's been just doing that, the music producing.

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

And, uh, so he, he said he he'd written this song and he actually sent me a, um, an acoustic version of that song and I listened to it and I just absolutely loved it. And I messaged him back and I said, that's, I love that thing. That's absolutely amazing. And so then he did a full studio, um, version of it to where he recorded the whole thing in his studio. So he wrote it, he composed it, he sang it, he plays all the instruments in it and he sent it back to me and he said, so what do you think of that? And I'm like, I love it. What are you going to do with it? And he said, well, I'm not really going to do anything with it. And I said, could I use it for something? And he's like, sure, yeah, knock yourself out.

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

I'm I'm, you know, I'm happy that, uh, to be kind of part of the journey along with you. And so we haven't actually done anything with it for awhile. It's been sitting here. I was thinking about making a music video to it, getting a lot of really cool clips and make a music video to it, which I still might do at some point in time. But, um, we started thinking about doing this podcast and it was just going to be called the work. She'll have podcasts. And we had the same intern music free as I have for my YouTube videos and for my Facebook videos. And also for my videos on my online video library. And then for some reason that that thing came to me and I said to Todd and my son, Tyler, who does all the producing of this stuff, I said, the tow, how would it be if we used that as the intro music, and then we could call it the journey on podcasts, because you know, I'm always talking about journey on, you know, it's, we've got actually got a, had a bumper sticker.

Warwick ([03:09](#)):

It might up that says that the journey is the destination says, journey on the journey is the destination. So it's about that. There is no destination that, you know, being on the journey is, is what the destination is all about. And so we, um, yeah, decided we're going to use that music at the start of it and we're going to call it the genuine podcast. And so what I thought I'd do today is, is debut the song. So you get to listen to the, the F the full version of the song, and then we'll get, uh, get Joe Ellis from. So he's from South Africa. So we're going to get Joe Ellis on the line, and we're going to talk to him about how the whole song came about. So here here's the, the, the first, uh, this is the premiere of the Joe Ellis

song, Jenny on it. So there you have it. That's the, uh, that's the journey on song. So let's get Joe Ellis from South Africa on the line here and not ask Joe a bit about it. You there, Joe?

Joe ([07:43](#)):

Hey, Warwick how you doing?

Warwick ([07:47](#)):

Oh, I said, how are you doing this morning? But it's probably not morning there. Isn't it?

Joe ([07:52](#)):

It is often you and I just got back from feeding my horses and getting them sorted out for the evening.

Warwick ([07:58](#)):

So where are you in South Africa?

Joe ([08:01](#)):

Um, I am about 300 hundred kilometers away from Cape town in a small part of South Africa called the little Peru, which is a semi-desert kind of area. Um, and it's close to the garden route, which you might've heard of?

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

Uh, no, I haven't, but I've heard of the Klein Karoo is that any

Joe ([08:26](#)):

Yeah. Kline is, is Afrikaans for little.

Warwick ([08:32](#)):

Yes, yes. That's where my Afrikaans comes from. So the Smith books. Oh, uh, I think I've read every Wilbur Smith book and every Bryce Courtney book. And so they both, you know, I haven't, I have a bit of a fascination with South Africa actually, because as a, you know, when I was a boy growing up, I that's, when I really got into the wound Smith books, I'm not sure I found Bryce Courtney then, but, uh, yeah, so I, I have a fair bit of booklet knowledge about South Africa. It would be new ones, but I don't know a whole lot about it. So very cool. So before we get too much into South Africa, tell me about this, this, uh, this amazing song you wrote. How did, how did that come about,

Joe ([09:14](#)):

Um, this song for me to explain the song, I should really backtrack a couple of years. So what happened was, um, my wife and I decided about three years ago now, um, that I'm a record producer, that's my day job. So I was working crazy hours and my wife had, she'd been busy with kids and, and she had, she hadn't really done anything with horses in a couple of years. I I'd been riding on and off, but like I said, I've been, I've been working crazy hours and we just felt like we didn't see enough of each other. Uh, and, and so we decided we got this great idea that we're going to do like an hour long date every day, which was, which sounded amazing and was like, what would we do? Let's go ride our horses for an hour a day because we go there every day, but we don't write, we didn't write much and not together.

Joe ([10:16](#)):

And, um, the, the horses that we focused on when we started riding made us realize very, very fast that we were in over our heads. And because they were, they weren't nervous. And, and I think because both my wife and I had started suffering from anxiety and all sorts of little issues, and maybe it's, it was just that they were murdering us in a way, or it was just that it, we had energy of ours. Um, but nothing that we did with them seemed to work along with the old ways of training that we, we were taught when we were kids and we were growing up and we were working with horses. And so, um, we, we were, we, we kind of got stuck and we foolishly thought that maybe we just need to literally get a ride.

Joe ([11:17](#)):

And, and like, maybe if we keep going, it'll get better. And, and obviously it didn't. And then one morning, um, we, we went on a, on a little there in a large pasture as a herd. Um, but we did a bit of a ride through the pasture and the horses spooked and bolted, my wife managed to stay on, but I came off and was unconscious. I only remember coming off and I only remember the drive back home. So, yeah. Um, and what I do remember was in that moment of the horse bolting, not knowing what to communicate to the source or even how to do it. And that was extremely scary, but it also felt like I'd failed my, my mayor, uh, lipstick, cause she's got a little pink lip. Um, it felt like I'd failed her. And, and in the days after that, I thought like, you know, this is the time to take responsibility for this.

Joe ([12:23](#)):

And, and if we're going to keep doing this, we're going to do it right. And a little bit before that we'd been, when we realized that we were in over our heads, we, we we'd started, uh, checking out YouTube videos and the only ones that kind of made sense for where we were. And, uh, and some of that stuff was even some of your videos that were before you were on like this you journey, but it's still, it's still helped. And it still felt closer to what worked with our horses than what we saw from other guys. Um, and it sounds a little ridiculous trying to when you're that, when you're that far into it, trying to get, get answers of YouTube for, for, for nervous anxious officers, that, that, that could be dangerous. But anyway, that's where we were. And so, uh, in the days after my accident, I decided, okay, cool.

Joe ([13:20](#)):

If we're going to do this, we're going to do it right. And then, um, we subscribed and immediately the online video library. Yeah. And immediately it was like, Whoa, this is a whole new world. This is completely different to anything we'd experienced with offices before. And I think because we'd be we've been subscribers now for 20 months, I think it is 20, 21 months, something like that. And I think the first year of that was just necessary to readjust and, and kind of learn this new philosophy and way of doing. Um, and we didn't do much with horses other than do something and wait and do something and wait. And in the waiting, I think in the, in the first episode of the podcast, you talked about people waiting for a horse and then starting crying and just getting very emotional. And it was exactly the same for both of us stuff that, that we didn't even think had any influence on the state that we were, we were in.

Joe ([14:33](#)):

And it wasn't like we were sort of that we put this burden on our horses to fix us. It was just a natural thing that came out as we were waiting for them, that a lot of stuff just seemed to come loose. And, and it felt like stuff just dropped off our shoulders and this lightness that came along with it. And obviously it's a work in progress. I mean, our anxiety and things like that is a lot better, but, uh, and it's every,

almost every day that I work with, uh, with the horses, I think of that tattoo that you got, um, and I'm terrible with names of things. Um, it's a spiral and it's like, there are deeper and deeper and deeper levels of this and it's, and it's sort of every time that you think, okay, cool, I get this now. Then the next step is sort of not getting something and just getting deeper and deeper into it and feeling this, this sense of, well, firstly, this sense of wonder for this whole thing.

Joe ([15:43](#)):

Um, because as a kid, when you start up with, with horses, you, you have this idea of almost this, like this magical connection that you can have with horses. And then people sort of tell you that, no, that's not th that that's not right. That's what you see in the movies. And, uh, sort of, uh, you gotta be the leader and you gotta be the boss and you've got to show them sort of, you know what I mean? And anyway, and so, so yeah, about a year ago I started, I hadn't written anything in a, in a while now. And I thought maybe I should sit down and write some songs again. And for a few days, this is a little rough that [inaudible] kept coming up. And it was just like this little melody that I kept singing. Um, and then the little melody progressed and I, and I kept hearing you say in videos, like, and at the end of, um, of like Facebook posts and stuff like cheering you on, and it was like Donna journey on, and then one afternoon a storm blew out our power and I decided, okay, cool.

Joe ([16:58](#)):

Clearly I'm not going to get any work done today. So I might just, I might just sit down with a guitar and see what happens. And it was like that song just flowed out of me. It very rarely happens. You kind of have to work at songs often, but that just, I wish I could tell you that, that it was entirely planned and that are set with every lyric and that it was sort of everything was, but, but that kind of summed up my, my like the year you're in a bit before. And, and it felt like that w that song was as much about horses as it was about life in general. And I realized that sort of like the whole things that had been shut down, um, like coming alive again, I'd been feeling like in my, in my work and, um, and with a bunch of other stuff in life like that, I've been kind of shutting down and shutting stuff out.

Joe ([18:00](#)):

And, and it just felt like this connection, this world that I, that, that I stumbled into, that I can w where I can breathe. And I don't have to sort of keep chasing and be ahead of the curve all the time. Uh, cause cause this, the industry that I work in can kind of make you feel like that very often. And it just felt like, Oh, my word, this is a, this is a world where I can breathe and it just completely captivated me. And, um, yeah, I feel like I'm rambling on now, but, but, but that's basically where the song comes from. Um, so yeah, as much about horses as it is about my life around horses, I suppose.

Warwick ([18:42](#)):

Well, it's, you know, there's some really great lines in that, um, in that song, in up the, at that, that second verse where it goes and everything that's shut downs coming back to life, just because he knows that, you know, and the spark is creeping back into what was once closed eyes. That's, that's pretty cool. And have you, I mean, I've, you know, I've experienced that with, um, you know, like horses, like Sherlock here and horses at clinics that are really shut down. Were any of yours shut down like that as far as, or they were, they were still anxious. Cause the anxious ones don't have that th th their, their concerns on the outside, but those, those ones that go in, you know, the go inside and you have that, uh, you know,

Joe ([19:30](#)):

One of our horses was very much a shutdown horse. Um, he was very, very shut down. Um, it's really interesting. Uh, tonight, just before I just, before, uh, before I came back home, after feeding them, he came up to me and, uh, in a recent clinic, you told somebody like, if he wants to engage in it, if he wants to nibble, let him like let him nibble. And I just gave him my hand a couple of days back and I let him bite for lack of a better term. Uh, not obviously like hurt me, but I let him, but on my hand and he just started leaning down and letting out these huge yawns and it's, it's like, I let him do that until, until he'd had enough. Um, and he do not just before, just before I came here to do the podcast, he was like, he came, he came up to me because I kind of, um, I'm going to digress a little bit, but you know, a lot of, a lot of the stuff is like, I see small glimpses of things that I, that I only ever thought was like, not real.

Joe ([20:37](#)):

And it's like, you can show them a picture and they know what you can send them, that mental picture. And, and they kind of know what's what's happening and they know what's what's going on with you. And it was like, I showed them this mental picture. I was like, I'm going to go talk to the guy. That's started all this for all of us. And it was like, he going to say goodbye, and you add a little nibble and a huge your, and then he walked off. Um, so yeah.

Joe ([21:04](#)):

And so, yeah, that, uh, our one gelding is like that. And then my mirror, like my little heart, or was the one that set me on this path. Um, she is very, yeah. Lipstick. She is, she used to be, she's not that she's not really super anxious anymore. Um, but she got anxious. And then if she felt that that anxiety, it seemed like she felt like that anxiety couldn't go anywhere. You could see her eyes sort of doing that half, half shut thing and years going back and just sort of, it's like, okay, cool. I can't deal with this now. And I, and whatever is happening is too much for me. So that was kind of weird. She was anxious, anxious, anxious. And then the more you would sort of try and make her not anxious by obviously like extremely wrong means, uh, that, that he did before she would, she would sort of go into herself and that's kind of disappeared if anytime that I see that now I can take a step back and tell her, okay, I see what I see what's going on.

Joe ([22:18](#)):

Let's think through this. Let's um, I always feel like she, she's, uh, she's the kind of horse where sort of anytime that, that her ears aren't working her next, like not relaxed and her eyes aren't working. And then she is, she's cool in that she's got a little, not a little, one, like a pretty big vein on the side, like right under our eyes that goes down to, if that pain's not sort of popping out. Um, anytime, anytime that happens, like, okay, cool. We need to let her think. We need to let us sort this. So through this, and, uh, and it's sort of my job to just get her back to a place where all those things are working again, and then she's gonna, it's almost like she knows everything already that I want to ask of her. I just, she just needs the time to, to think. I dunno if that makes any sort of sense.

Warwick ([23:16](#)):

Yeah. That makes it makes a lot of sense. But I really think the, um, you know, when I was, uh, the first lot of therapy, I did the dialectic behavior therapy, one of the homeworks they had for us, we used to have different mindfulness homeworks, but one of the, one of the mindfulness practices, they said, cause you can choose any one of them, but one of them was closely observed an animal. Like I said, like, let's say your cat's laying in the window and the sun just sit there and close to the, observe the cat

without judgment. Like, I don't think it's a good cat or bad guy. Just look at every individual piece of wood that the sunlight blending of. And that's, you know, that's a mindfulness practice. And I think when you are aware of what things to look for with your horse telling you that, that I'm not okay right now, you know, like the eyes not blinking or the ears being fixed words, or even that like, like you just said, being a very observant about what of that vein on the side of their faces sticking out or not.

Warwick ([24:23](#)):

Um, you know, not only are you not only you communicating to the horse that I realized something's up and I'll give you some time, but it's, that's, that's actually a, you know, that's a practice that the therapist tell you to do to help us. So I think it's a, it's a thing it's a big circle. Like I think, um, you know, they give us a lot of info. You know, they give us some information that we need to slow down. And then when we slow down, that's when things happen and I, in the chorus here, I want to ask you about this, the chorus. And it says, and see the path we ride, it feels like we are flying. This was the destination all along. And this next line, I understand it now. And I did not long ago, keep on coming down and journey on that. Keep on coming down. What does that line refer to

Joe ([25:13](#)):

That line refers to all the anxiety and all the, okay. Yep, yep. Yeah. Um, w w w we, we often talk about horses that are up and people that are up and just like coming down and being grounded again and being, yeah. So yeah,

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

When I first heard it, I thought that line was keep on going down. And I was thinking like, it meant going down the rabbit hole.

Joe ([25:42](#)):

It could mean that too. It really good,

Warwick ([25:46](#)):

But the two lines before that understand it now, and I didn't long ago, it's funny, you know, you tend to see deeper truths and stuff. And even like what we see now here in a year's time we're going to go, and I know it's, it's, it's, there's more to it than, than that.

Joe ([26:03](#)):

It's been a year since I wrote that song. And, uh, and since I felt like, Oh my goodness, I had a BR a big breakthrough that sort of led maybe to that song. And it's, it's been a year and just a week or two ago I realized something and I was like, Oh, my word, how did I miss that? Like I was around my wasn't. I was, and it feels like she's the kind of voice that that's also sort of, she's okay with you being at this level now, but she will take you deeper. And I realized that I was still having way too much energy around her. And it's, it feels like that's, that's sort of the point that we keep coming back to, in, in different levels, but where it's sort of do having less and less energy around it. And I, and I realized like a week or two ago, it was like, Oh my goodness. Trying to not have an energy is still an energy. And you know what I'm saying? That's the kind of thing. Um, there you keep going deeper and deeper into this rabbit hole. Um, and it's, and it's fascinating.

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

Yeah. I think the whole, thing's fascinating. There's another, there's another really cool line in that. I think it's the last part focus shifts to the here and now pressure builds no more that, no, that's kind of almost paraphrasing that, that Lao-Tzu quote, I talk about, you know, where, you know, he wrote in 600 BC, you know, if you're depressed, you're living in the past. If you're anxious, you're living in the future. And if you are peaceful, you are obviously living in the present and that line focus shifts to the here and now pressure built no more. That's, that's a great line. I just love the whole song that I love the level of rear for that music voice. And what's interesting talking to you here, cause this is for you guys listening to the first time I've spoke to Joe, is that you don't sing with a South African accent.

Joe ([27:59](#)):

I think that's a, that's a learned thing because singing in a South African accent is a bit weird. It even sounds weird to me as a South African. Um, so, so, so rolling your R's and things like that.

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

Yeah. I've got a friend in Australia that's in the music business. She's, she's a country singer and, uh, people in Austria, you know, stray is a funny place. So during the second world war, a lot of, um, service men stopped off on the East coast of Australia, probably used most of the in Brisbane, um, on R and R. And so here's all these handsome young American sailors. And they came and, you know, got all the pretty girls sort of thing. So there's a whole generation of people, like say my father's age that were kind of anti-American because of that, like other bloody gangs, you know what I mean? And so it's, it's, so it's now it's a cultural thing. That's probably shifted since, you know, since I was a kid, but when I was a kid, anybody who like put on any sort of an American accent was trying to be someone they weren't, you know what I mean? And so this country, this country, singer friend of mine said, you know, she had got some flack about not sounding real Australian when she sings. And she said, you can't sing. There's a T

Joe ([29:19](#)):

Yeah.

Warwick ([29:24](#)):

Hank Williams song. Isn't the theory. My VSL. Yeah, I do. I do get that. It's it's disrupting when I first started talking to I'm like very Afrikaans and that was, I didn't, I wasn't sure if you are going to sound really applicants because in that, in the song you'd done. So tell me a little bit about what you do. You're a music producers, Eker.

Joe ([29:42](#)):

I am a record producer. Yes, I am. Yeah. Um, well OMI is birdie. So whichever way, um, what, what I do is I have, I'm an independent producer, so I'm not affiliated with any label or anything like that, which is sort of something I like more than the mainstream music industry. Um, so a lot of, a lot of the smaller sort of guys, they come to me with songs. And then, um, and is

Warwick ([30:12](#)):

There a particular genre that you specialize in?

Joe ([30:15](#)):

I, I work on a lot of a very wide range of, of stuff, but, but my forte I'd say is a folksy bluesy, rootsy, countryish kind of stuff. Yeah. So, uh, anything, anything sort of organic sounding for, for lack of a better term?

Warwick (30:37):

Yep. And, um, w how did you get into being a, a record producer? Were you a musician first like this? Cause I think this is probably a bit like being involved in the horse industry to where you, at whatever level you're at you, you tend to have that passion for the horses. Obviously you've got a passion for music.

Joe (31:00):

Yeah. Um, I so funny story, my parents say that the moment I could, I could talk that I could say sentences, I asked for two things and the one was a guitar and the other one was a horse and yeah,

Warwick (31:16):

Yeah. Yes.

Joe (31:18):

Um, and so two weeks after I finished school, I went on the road with my first w with the first band that I worked with. And I, and for the first 10 years after that, I was a touring musician. I'd either played in other people's bands or do some of my own staff, uh, cause I'm, I'm a guitarist primarily. Um, and I did a lot of, a lot of touring, um, which, which running just in South Africa, mostly in South Africa, a little bit in the UK, a little bit here and there. Um, but, but mostly South Africa, um,

Warwick (31:53):

And these were blue bluesy type folks you means?

Joe (31:56):

Yeah. Uh, sort of my, if it was my own stuff, sort of bluesy, folksy, um, slightly Rocky kind of stuff. And then whatever, if anybody else, if it, if I could add something artistically and it paid the bills and everything, and then that was great. So first 10 years was on the road and then my wife and I decided we wanted kids and we'd kind of gotten fed up of the road really. Um, like I know guys like you, like, you like to travel, I'm not big on traveling. Honestly. I think I've got a little bit of travel PTSD still because there were 10 years that I pretty much lived out of a suitcase. My wife and I, and we, and we just felt like worn out on that life for a long time, because

Warwick (32:46):

See, I still like traveling because I do like two weeks away, two weeks at home, two weeks away. If I, you know, two years ago I was having, I was rubbing, was organizing clinics and I would go to a country for a month and like be gone for a month. And at the end of that year, I said to Robin, I don't even want to talk to anybody. I said, I can't do the month things anymore. Just have me go for two weeks. And, uh, then I'm good. And so I remember at the end of that next year, I went to Australia in November. I went to Australia in December. I went to Australia in January, think, went to Australia for two weeks, four months in a row. And it was completely doable, but I, I dunno, I just, you know, I think like, as far as doing the clinics, when you're doing the clinic, you're on all day long and you just need that downtime



and, you know, I can do it for a couple of weeks, but then it's like, I don't want to talk to anybody. And so I've found just to keep me excited about the whole thing, that if I, if I do, you know, two weeks on and two weeks or 10 days off or whatever, that's good, but the whole month in a row thing that, that wears me, so I can see how I've been on the road for 10 years. We'd just, what do you call it? Travel PTSD.

Joe ([34:04](#)):

Yeah. I just like, um, now I, I take as few trips as I can manage. Um, and yeah, it's the cool thing about the end stretch of being on the road is that I put up, I got together a little bit of equipment because I didn't have money for studio time at that point. And I made a, I made it a demo or a little EAP kind of thing. And a couple of my friends who are also artists, uh, they heard that and they were like, could you help us to? And, um, and it, it just, all of a sudden my entire career just shifted to that point and it, and when we were ready to take the plunge and say, let's have kids, and let's, let's not go on the road anymore. I'd already, I'd already sort of gotten enough credibility as a producer that, that I could do this. Um, and, and produce records, which is, I have a real passion for making, for making records and making a drawing the best in terms of like the musicality out of an artist. Um, and, and to help them work their songs. And I really like that. It is really cool. And I get to stay home and work on music every day, which is not something a lot of people get to do.

Warwick ([35:29](#)):

So let's talk about homes. So I know that the client care little Caribbean is kind of a semi arid desert sort of area, isn't it? Yeah. Um, and you said before the horses are in a pasture, and so it's kind of a big pasture, what's a big pasture for, for you,

Joe ([35:45](#)):

Goodness. Um, they are, it's 200 meters by 500. Okay. And how much land do you have there? Um, that is pretty much every, that's what that is. It's about a kilometer down the road from us.

Warwick ([36:03](#)):

Okay. And so, um, because we have probably gonna have listeners from all around the world. Right. And couple of years ago went to, um, Kenya in South Africa doing some horse work. But when I was in Kenya, the lady we stayed with, um, you know, there was all sorts of wildlife and it was just amazing. So what, what sort of wildlife is around where you are?

Joe ([36:27](#)):

Um, we have, uh, um, antelope in the, yeah. And that's not a lot in terms of predators and stuff. A couple of leopards here in the mountains, but, but sort of antelope mostly, and then like the smaller, the smaller thing, some game birds and, and things like that, uh, which is just cool. Um, in our, like we don't, we don't have anything other than a couple of like Guinea fowl and pheasants and things in our, in our past year, but what's really cool is we, we go there every morning and we, at breakfast time with the horses, we just sit there and we just observe while they eat. Um, we just sit there until they they've had breakfast and they come to us and then we would take things further and it's amazing to see a little family of, of birds coming by. And some of them come picking up a couple of the little things that we give the horses, um, when we give them breakfast and picking it up and then going off again. And, um, lipstick does not like NFL's, she does not like it. She does not like them. Yeah. She chases them away.

Warwick (37:41):

Um, yeah, that's, that's pretty cool. You know, I think it's amazing what, not just what you see by sitting still in nature and observing it, but it's almost like someone's like who you become when you do that. We had a lady visit us here a while ago. Uh, she does some sort of, um, body work on horses and humans and she has a machine and it kind of basically reads your shockers and realign stuff and all sorts of weird stuff. And, um, uh, she worked on the horses one afternoon and was staying in the house with it that night. And she was, um, talking about other machine, I think, but she was saying how she can do it herself. She doesn't need the machine. I'm like, what do you use the machine? If you can do it, she goes, Oh, well, it's something we'll, wouldn't believe that wouldn't believe that it happens.

Warwick (38:39):

If, if, if I say, I can know if I say I've got this super computer machine that blah, blah, blah. But she was telling me that her, she grew up on a, um, think it was in the S in Southern Arizona, close to the Mexican border. And her grandfather was a native American. I can't remember what tribe he was from, but she said that her, maybe her mother died when she was younger, but she spent a lot of time with her, her grandfather and grandfather was like a maternal figure to where she was always with him, you know? And she said he would put her on the back of her obvious horse and they'd ride out into the desert and they're like, right over a Hill and he'd say, stand up. So she'd stand up on the rump of the horse, behind him, where they're hands on his shoulders, look over his shoulder. And he'd say, tell me when you see it. And she said, I might stand there for 45 minutes just looking over his shoulder, just looking at everything, to try to see the thing that he wants me to notice. And she'd say, you know, after a while, she'd say there's a pair of red tailed, Hawks mating over there on that Hill or something or other. And he'd say, do you see the mountain lion in the fork of the tree?

Warwick (39:59):

And she, Oh, yeah, I didn't say that. And so for her, her powers of observation like that were, were, were enhanced or promoted when she was very, very young. And so now she has these ability, so to speak that most people think they don't have, whereas we probably all have it. We just block it out. But yeah, just, just that, just, you know, just that the grounding of, um, of, uh, you know, being still an observant in nature, I think that's something that, uh, you know, w we don't have access to holiday to nature, but we do have access to our horses. I think this whole, what you talked about before, just that, that sitting with them and observing things does, I don't know, this does something for the inside of us that a lot of

Joe (40:49):

Absolutely. Um, because before, when they had breakfast, especially in winter, winter seems to be a little bit of a more tough time for the horses to try and do anything because they, their bellies are a little bit less full and they need a little bit bigger breakfast in the morning to just how cold is a winter there. Um, not as cold as I think you guys get, it gets about zero degrees Celsius. Okay. Maybe, maybe minus five on a really cold night, but it's not. But yeah. Um, and so, so before we were, we were doing things like w w w we'd stand there, uh, cause we put down these piles of hay and whatever. Um, and we would just be there matching steps with them. And, and that was cool, but when we sat down and when we, when we let them finish and then come to us and then we get all the scientists just take in the day and just cause that's the way that we saw it.

Joe (41:56):

That's, that's how we start our days. Um, and it's like something, something changed and it was like, cause you get to observe them, you get to see how they move as a herd around this food. And obviously it's a little different to how they move anywhere else, but, but you still get to see them interact with each other that you wouldn't get to see when you were standing right next to them. And the interesting thing is, and a couple of people have, have commented on this people who aren't Aussie people at all. Um, just this weekend, somebody said to me, whatever you've been doing for the last six months, which has been the time that we've been just sitting, like whatever you we've been, you've been doing for the last six months, you should bottle and sell.

Warwick ([42:43](#)):

Yeah. I know I was at a, um, I think I posted this video on YouTube and it's also on a subscription to, but was that a horse expo in New Zealand last year? And, um, there was an anxious stress, our chores on the ground and uh, in the lady who handed the horse to me and immediately kind of was acting completely different. And, and in that presentation, there was quite a crowd there. And I said, you know, I wish I wish I could give you this, whatever this is. I wish I could give it to you because that I can't give it to you. It's gotta come from within you. But it's, it's when you, when you get a hold of whatever that thing is, it's pretty amazing, you know?

Joe ([43:24](#)):

Yeah. That's why I said the first year and I mean, it's, it's ongoing. It's not just it's it wasn't just that. And then all of a sudden we were cool with working with horses and it is very much an ongoing thing, but that first year felt almost like we just needed to get this and understand what this is about and, and just have this shift first. And then all the other stuff comes. Um, it's, I don't know if maybe I'm just a slow learner, but, but it was very,

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

I think that's pretty much a slow learner too. Um, you know, the, the, the trouble with it is like, I think you, and I discovered it both the same way, whereas it, it found us. I think if you go, Oh, I won't want, Joe's got, I'm going to go out and sit out there until it happens. It won't happen. Right? You can't, you can't make it happen. I remember a lady telling me, cause you've been sitting out, you go out there, you feed them breakfast and just sit there and don't have any expectations. And I had, and what happens after a while is the horses do what

Joe ([44:37](#)):

They come up to you and they say hi, they came up

Warwick ([44:39](#)):

To you. And so everybody knows that now. And so I had a lady a while ago, she said, well, it's not working. She says, I go out in the past, you had no expectation. And I sit there and my horse won't come up to me. I said, but you have no expectation. You wouldn't be seeing when I always want to come up to me. Obviously you're sitting there with the expectation of I'm going to sit here. And that course is going to come up to me. They're not sitting there just sitting there and they're not actually in the moment they're there in the future. Like what I'm going to say, is it now, is he coming now? When is it coming? Why isn't he coming? You know, you go on and that whole spiral of blah, blah, blah, blah, blah, where he's really gotta be able to just sit there and not so it's, it's good.

Warwick ([45:21](#)):

It's good. When you discover it that you don't know that if I sit here with my horse gonna come up to me, but when you hear about it and you go out there, I come into cities. So it just, it just changes the whole, it's probably like songwriting, where you said that you sat down, that song just came to you. You know what I mean? It just, you, you, you didn't force it. It just, that it's almost like sitting still and having those horses come up to you, you sat down and that song just came to you and go, I'm going to write a song about this particular thing.

Joe ([45:56](#)):

Exactly. Yeah, absolutely. Um, I, I'm not sure who it was, but it was someone on the Facebook group who said one day that she was kind of discouraged about not getting anywhere with her horse or anything. And then she's, I think, um, mom said, look, you've got this horse. And, um, she was like, things should happen. Faster. Things should happen faster. And, and a mom was like, you sign up for this horse. And it's like a lifelong thing for both of you. Like, if you've got years to get this done, you might as well take it slow. Um, and that's yeah, th th that kind of whoever it is on the Facebook group, that that was amazing to hear,

Warwick ([46:40](#)):

You know, I remember hearing a story about, um, Tom dance during your clinic years ago. And this young guy was about 23 in the clinic and Tom was helping him with something and the guy was getting a bit frustrated and she's in, he said, how long is this going to take? And Tom said, what are you planning on dying anytime soon? Like, what what's, what's your rush? Like you you're gonna, you're gonna die sometime soon. And it, yeah, it's, uh, yeah, I think the, the less expectation have the more, you know, you get, you get past the, I want to train my horse and I want this to happen. Sort of thing. You just kind of get to where you're in the moment. I think that's when, when things start to change, but like the line in the, in the, like the line in the song says about, um, Oh, what the heck was it about?

Warwick ([47:36](#)):

I understand it now. I didn't long ago, you know, it's like that whole deeper meaning thing. It just, you know, I think you probably heard the story about a few years ago, the first clinic I did in Scotland, uh, the guy that organized a clinic, his name Brandon, and he was a, uh, he told me he was a black belt in karate when he was 12. And he thought, well, I get to be a black belt on, you know, and, and he, and then he got to be a black belt and he wanted to be a second day in black belt. And he said, I didn't in order to be a second name, black belt, I didn't learn anything new. I went over the same stuff I've been doing, but I can now see it with a black belt size and you can't learn it with a black belt size. First off, you've got to learn it. And you've got to go out and be crappy at it. But it's crappy enough to be able to go ahead until you get to the end, when you get to the end, you don't go further. You go back, but you got that different look on it. And I think that's what just keeps happening with the horses is you just, you know, you're not adding stuff to the end. You're just going back to the beginning and noticing small. And one of things,

Joe ([48:38](#)):

Absolutely. Um, in the beginning, right? When, when, uh, when we started this whole journey, it was like every time that you, you kind of get somewhere and, and, and that's the, that's a really cool thing about lipstick is that she's the kind of horse that I almost want to say in the best way possible. She won't let you off the hook. She won't let you not learn something and I'll make it certainly grateful for that

because she's an opinionated horse. And she is now that she has a voice, she will let you know what she thinks about any, about anything. And it's like, she'll sort of, she let you learn something. And then after that, she'll go, but wait, there's more. And then you go back and it, and it was sort of that whole, that whole thing in the beginning of that was that, that almost got frustrating. It's like, why do we start over again? Why do we have to start over again now? And then I read a quote where it's like, I think you, you said on the, again on, on like, on the Facebook group where you said, like, it's not like you're starting over, you're starting, you just going back with new knowledge or something along those lines. I can't remember the exact word now, but

Warwick ([49:59](#)):

You just come back to stay with a different set of eyes. But I think as you know, this song you wrote is called journey on. And I think you, uh, definitely quite a long way on the journey. Cause you just said something a minute ago that not many people say, and by the time it gets to the point where you say the thing you just said, you know, you're really on the journey. You said I'm eternally grateful. My horse is very opinionated in most people complain about the fact that horses opinion like this, the horse, she's just so opinionated. Whereas when you get to the point to where you look at that with a different set of eyes and like this, this also pin, now this is good because I'm learning something. And I don't think you can't just start out with horses and go, I'm so glad there's always as opinionated to want to get something done.

Warwick ([50:53](#)):

But I think, you know, you get to the, you, when you get to the point where you can say that, where you can go and I'm eternally grateful my horses, opinionated, then you know, you're well and truly, uh you're well, and truly on the journey. And, uh, you know, uh, I get to thank you so much for writing that song and allow me to use it. Cause it's just, it's just so, uh, it just summarizes the, the whole thing and, you know, it would have been disappointing for me if the, the, the, the lyrics were good, but I didn't like the tune or anything like that. I love the whole thing. Yeah. Thank you so much for that. Um, so I've finished up here unless you've got anything else to add. You would like to, you'd like the world to know about, uh, anything I need to know.

Joe ([51:41](#)):

I can't think of anything now to be perfectly honest. It's um, gosh, yeah. Um, a little bit, but, but no, um, I, I think it's, I think it's fine to realize how little, you know, and it's fine to, to sort of use that as a place to work from, because it's a place of like a sense of wonder almost. Um, and it's been that for me, it's been every, every single day, my wife and I we've said to each other, aren't we extremely lucky to, to have this, to, to sort of not just have these recreational vehicles that we are up on. Um, and, and sort of when we say go, they go on aren't we lucky that we can be on this journey where, where we learn something, where we were experienced life with a dimension that we've, that we never thought what we thought had existed, but we never, we were made to sort of believe that it didn't. And yeah, I think, I think in all of this, the, the whole, the sense of wonder of this whole thing is almost the most important thing. Because if you, if you have that, then all the other stuff, the empathy and the, and the learning and everything around that sort of it'll come it'll, it'll it'll happen. And yeah, I feel like I'm rambling now, but

Warwick ([53:28](#)):

Oh, no, I know exactly what you're coming from. And yeah, I, you know, I just think we're all very lucky too. I think the thing about I was talking to someone recently, actually, and she was, we were talking about the fact that she was talking about the fact that she's made all these massive changes in her, her outlook on life and stuff, uh, because of the horses. And, you know, we both agreed that we wouldn't do it for our partners and we wouldn't do it for our kids and we wouldn't do it for ourselves, but we'll do it for our, like, we were passionate about horses and we'd like to get along with them. And I think they, they, you know, you have the opinionated horse for a reason, you know what I mean, horses present us with problems for a reason for us to have to, to make some changes so that we can work through that problem. So, yeah. So if anybody has a,

Joe ([54:24](#)):

I feel like it spills over into the, into the rest of our lives as well. I am, I think I've told you in an email before I've, I've become, I feel like I've become a better parent. I feel like, I feel like I've become a better producer, a better musician, a better everything, just because I can be present because I can, I can observe something that I wouldn't otherwise have observed of, of another living thing. And I can make that mine and I can see, wow, okay. I, I never saw that. And now what you see it, you've got unsee it and it, you see it in everything around you, you see it in your kid, you see it in your clients, you see it in, in everything.

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

Yeah. Yeah. I really feel that's just connection. That's just that if you feel a connection with every sentence being there. Yes, absolutely. Yeah. It's very cool. So anyway, thanks for your wisdom right there. Thank you so much for joining me. And, uh, when, you know, in this Corona thing settles down at some point in time, I've got to get back to South Africa and coming, absolutely come and visit you.

Joe ([55:42](#)):

Absolutely come visit me. I have accommodation at my studio. So if you want to take a small holiday, you said you, you, uh, you're fascinated by the claim Peru. Um, you are more than welcome to come hang out here with me.

Warwick ([55:55](#)):

Awesome. Well, thanks so much, Joe. Thanks for joining us on the podcast. Thanks

Joe ([55:58](#)):

For having me. It is, it's been amazing.

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

Awesome. Okay. Well, that's a wrap up for our podcast, but I think you guys for joining us all and we'll catch you all next time on the journey on podcast and this music you're going to hear it once again, taken us out is, uh, Joseph go, Joe.

Joe ([56:16](#)):

Cheers guys. Thanks for listening to the journey on podcast with Schiller Warrick

Speaker 5 ([56:24](#)):

This transcript was exported on Dec 18, 2020 - view latest version [here](#).

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.

Joe ([56:43](#)):

[inaudible].