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Speaker 1 ([00:00:12](#)):

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

Welcome back to the genuine podcast. I'm your host Warwick, Schiller. And today I get to interview you guys. One of my favorite human beings I've ever met in my entire life. He's a horseman from Canada named Jonathan field. And if you've ever, if you've ever met one of those people that just being around them makes you feel like a being a better human being. Jonathan's one of them and he's also, he just, he just has this amazing energy I've, you know, I've read about and seen like documentaries on like some of those Indian, Holy men that people want to be in their presence just to feel the presence of them, the energy of them. I know what they're talking about. Cause when I hang with Jonathan field, I kind of get that. So I'm I'm if you don't know who Jonathan field is, I'm so excited to introduce you to the whole world of Jonathan field, because he's, like I said, he's one of my favorite human beings and I'm sure after listening to him in this podcast, he'll be one of your friends, Jonathan field, welcome to the journey on podcast.

Jonathan ([00:01:51](#)):

Great to be here, my friend. Thank you. Hey, thanks for you to hear your voice. Yeah,

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

You too. Thanks for joining me. It's been a while since we've seen Each other

Jonathan ([00:01:59](#)):

Too long, it's this thing. COVID thing. The Canadian border being shut down.

Warwick ([00:02:05](#)):

I think the, I think the last time I saw you was at the Western States horse expo in kimono, right?

Jonathan ([00:02:12](#)):

I think so. Yeah, either that or the one in Sacramento, but it wasn't very much before that, that you were up at, at my place in Bradner, you know, we went to the grouse mountain. Yeah. That was, I'll tell you what that was like

Warwick ([00:02:23](#)):

17, I think was when that was it. How long ago that was because I heard poor Jonathan Fields. So I rock up to Jonathan's place. And few guys who've listened to the podcast. You would have heard in the first two episodes about the changes in the way I've looked at things in the past few years. And I had just had that amazing experience with this Mustang that laid down at this clinic in Texas. And so my mind is just racing crazy. And so I'm up in Canada and I get to spend the day with Jonathan and we go and take the chairlift to the top of gross mountain. Is it gross? Mountain? Is it?

Jonathan ([00:02:58](#)):

Yeah, gross

Warwick ([00:03:01](#)):

Grass mountain. And I sit up there on the top of these beautiful mountains. Snow-Covered mountain looking out over the Valley and I just warm it up my guts to Jonathan about Whoa, everything looks different these days. And yeah, it was great to great to talk to you about that. Cause you've you knew exactly what I was talking about.

Jonathan ([00:03:20](#)):

Yeah, no, that was an awesome time to connect. Now I've sold that place and we don't live there anymore. That was a big change in our lives. We we moved up into the interior of BC a little further.

Warwick ([00:03:32](#)):

Yeah. I think you had just maybe bought the ranch. You have further up there now, but you still have that other house I think. Yeah, that's right. Yeah. So so handsome this whole last year of COVID stuff's been a bit crazy for most people. How has it been for a Jonathan field?

Jonathan ([00:03:53](#)):

Yeah, it's been, I mean there's so I think like so many people, we all have so many emotions about this and you know, I really feel for like, I really feel sincerely for the people that don't have, what we have and you know, in America, in Canada, you know, so I, any inconvenience that I've had has been really relatively insignificant you know, in terms of the business and things like that, our family's healthy you know, the, the perspectives that you get to have, you know, get the kids home. One of the things that we always, we always kind of want, we fantasize with homeschooling our voice less than, than Mason. Andrew is my wife and and Western is 14. Mason's 12. Yeah, 12 now. And we fantasize about homeschooling animals. You're kind of talking or wouldn't it be great to have the boys with us when we used to tour in the motor home, you know, Western Houston is 70 school days a year.

Jonathan ([00:04:51](#)):

The principal reminded me one time. She said, Jonathan, you know, laughing doesn't mean it's more school days than all the other kids with together. You guys are doing a great job at Angie staying on top of it. But I, you know, I wanted to write a letter just so, so that no one thought you were negligent to your son, that he's still being educated. So I just want you to know that we're looking at you and say, thank you. And when he joined into hockey, that was it for that. He, you know, he started to focus at home, so not to go off track, but, you know, putting the, bringing the kids home when school was shut down was like a dream come true for me on the business side, it was scary of course, because I was in California in just having a little more, I was actually here in Brentwood and I was in the middle of a clinic.

Jonathan ([00:05:34](#)):

And that morning they declared a state of national emergency in, in the country, in the us. And I, I was adjust started the clinic, had a wonderful group. And it was just smooth or, you know, those clinics that you just go, we are going to have an amazing time. And it was still at that point where they were saying, you know, you can still get together with groups of 50. And you know, we really didn't know how big a deal. I didn't really know how big a deal this was. And I was outdoors completely outdoor facility. So we thought we wait inside. And then when they said, there's only going to be possibly four core points of

entry in Canada, and there is declared a state of national emergency. I thought when nine 11 happened, they shut that border down and it was pretty serious.

Jonathan ([00:06:16](#)):

So I called everybody over and I said, it was after lunch break. And I said, Hey guys, get together. You know, I got to talk to you for a minute. And they said, should we bring our notepads? Probably don't need you to note that come on over. And I just said to them, you know, the situation and Angie had just had a knee surgery. So she was at home and I thought, you know, the boys they're going to be at home and she could use extra help and I don't want to be stuck across the border. So I got in the car and I had a heck of a time getting a rental car to go one way, all the way to Bellingham from the Bay area. I finally got one and I drove 920 miles straight from you know, one o'clock in the afternoon.

Jonathan ([00:06:56](#)):

And I got into Bellingham at the airport, grabbed the taxi, took my bags across, over to the border, to a taxi to the border, walked across the border. And Angie had her ice pack on her knee. She drove the four hours down from the ranch and at the border. It's just such a surreal thing. You know, walking across the border like that. Anyways, we all isolated. When I got home, it was a request that we isolated. Like three days later, it was like mandatory, but it was a request that they said, listen, we're asking you to stay at home as soon as you either be by yourself, as soon as you touch your family 14 days. And we did. And I remember we had it on a little chalkboard in the kitchen, said, you know, 10 days left or whatever. And it, and at first, like, you know, you'd go to town for coffee.

Jonathan ([00:07:39](#)):

You go here, go there. You're always busy. You know, all of us were busy all going in different directions. And by the time it got to day six on the countdown, we stopped marketing. The dates didn't matter anymore. It wasn't like, Oh, until we can get to day one and go to town or it just, it was weird how all of a sudden it went two days, sick took that many days to get to where we're just like, we're happy at home. This is cooler. This is excellent. And it was amazing on that level, you know, but I, I really feel for the people that are in the countries that, you know, I think as a third world countries and things like where they just don't have the support that we do the controls that we do, the infrastructure that we do I'm sure there's some suffering going on

Warwick ([00:08:20](#)):

Or, you know, even, even in Canada, in the U S in with, with like people that, that live in an apartment, you know what I mean? How did you like being a part and stuck with three kids in an apartment sort of thing, you know, at least we've, we can go outside and work with our horses and, you know, you can get outside and be with your kids and, you know, so you can't go to town, but, you know, I, I, I haven't been to down much at all. I've realized that, you know what, I'm a bit of a hermit since, since I, I have no, I can't go anywhere. I'm quite, I'm quite happy staying right here. Yeah. Well, that's a huge drive driving up there. So walking across the border, that must've been an odd, odd sensation.

Jonathan ([00:09:04](#)):

It was, it was, it was the first time I really felt the international border and I haven't traveled like worldwide at all. So it's just me in the us. Right. Like, and I've never felt that being bored. Like, I don't feel, you know, American or like, I mean, I'm, I feel like when I'm in America, like, I just feel like I'm at home when I'm down there teaching. And like, I don't have a big feeling about that border. So I've

lived beside the border, my whole life. We used to go across every day to get my mom would go across and get cheese and milk and cheaper gas, like, you know, years ago as a kid was great ice cream in Bellingham, you know, so we were back and forth. I never felt that border before. Of course there was always issues bringing horses across with health certificates and so on, but it was so crazy to think, you know, you got to get across the border to get to your family. And that was the first time I kind of felt that,

Warwick ([00:09:55](#)):

Well, it kind of made me feel, have you ever seen a movie called bridge of spies?

Jonathan ([00:10:01](#)):

Oh, I've heard it, but I've never seen, it

Warwick ([00:10:02](#)):

Was a really good movie, but there's like a, you know, like a spy prisoner exchange at the end. And they've got to walk across this bridge from motivate from East Germany to West Germany or one of those sorts of things. But when you said that walking across the border, I kind of had a, a, a mental picture that, yeah. Wow. And so you know, I, I really think the whole COVID thing. I mean, it's, it's not been good by any means, but if there has been some elements of, of positives in it, you know, like people are starting to like the like cities are starting to maybe decentralized just a little bit. And I don't mean fall to pieces, but I mean, people don't have to live stuck in an apartment because I don't have to be close to their work. They don't have to commute, like can move further out.

Warwick ([00:10:47](#)):

I was talking to a guy from New York city a while ago, and he was telling me that housing prices in, or the, you know, the apartment prices and condo prices and stuff in New York are going down because people are actually being able to move out and you know, get a little bit of space around them, have a house with maybe half an acre or something or other, you know, and get out and get outside and be in nature a little bit more rather than being cooped up in there. And, and you know, I think people are spending more time with their kids. Aren't, you know, I think there's been like everything that everything has positives and negatives. And I do think there's been quite a few positives about the whole thing.

Jonathan ([00:11:24](#)):

Yeah. It's, you know, in BC we, you know, we've been really lucky on the level of our cases that another other cases declining now, but the cases are haven't been like they have in other places and we haven't had the, what they call. We've never had a lockdown, you know, we've had like a guest restrictions, but not like, you know, where they have the shelter in place. Like they have down, down in the States in different places. And I think in Ontario, they're doing some now different places in the world. I was talking to a guy in Bulgaria a couple of days, and he had a curfew. Like you can't go out after a period of time. So we haven't had that. Like I was in downtown Vancouver yesterday, last night or night before last. And and in Vancouver yesterday, and the streets are full, everybody's got a mouse gone, the buses are full that I couldn't believe the amount of people.

Jonathan ([00:12:11](#)):

So there wasn't really a feeling of, you know, of course the bars and nightclubs and that kind of thing. They're all shut down, but I think we've had it pretty lucky in British Columbia. I can speak to that anyway on the level of freedom. But I, I was doing some zoom calls with some of the students early on, and it was like April, middle of may. And I could sense already one of the things that was the, you know, just the, you know, not having the social thing of being able to get good or advanced and the mental strain of that. I was talking to a young lady that I was in Vancouver the other day, and she had two friends of hers actually commit suicide that she's known one in the last year that are kind of like close acquaintances. And and they were just, no, mentally obviously had some really tough times going on and this was, you know, maybe the, the catalyst or something, but it's pretty scary stuff when that's going on. And they feel like they can't reach out or they can't connect or whatever the causes are.

Warwick ([00:13:16](#)):

Yeah. I do think this whole, the whole thing has caused a bit of a, more of a mental health crisis. And I think if you were head you know, if you were a little troubled before this could, you know, financially or whatever it could, it could certainly affect you. I see. So I think we're just so lucky to be able to do what we do and, and keep you know, I was, I was lucky I had an online business before COVID came along. So I, you know, I've been at home. I haven't, I haven't been traveling doing clinics, but it hasn't really affected me that much, but I think we're just so fortunate to be able to stay at home and be with their horses. Have you got, you've got all your horses there, have you,

Jonathan ([00:14:04](#)):

They are all here. Yeah. They're all around me right now. I'm, I'm at the James Creek ranch, which is where we teach Kansas if my dad and I own this ranch together. And and that's where all of my horses are now, the new ranch that we bought in Kamloops is just getting, we're building it right now. So the horses will move over there in a couple of months. You don't work when, when this, one of the things that kind of, I kept saying at the beginning of this COVID thing, and I don't want to lessen it all the tragedy of this huge loss in financial life and illness and things like that. But one of the things that hit me early on was it at one time in human history, has the entire world stopped for now a long time. And at that time it was, you know, I thought, I didn't know how long it was going to go.

Jonathan ([00:14:53](#)):

And we've all reflected on what's important. And with, without like an asteroid coming at us, we've never had an asteroid to manifest out in our life, but without a world war without, you know, this thing, you know, if you, if you do what they say do, or if you like it's, it's hard to get in your house. If you don't leave, if you don't bring it in, you've ever, the steps are, you know, it's not, not radiation is coming through. It's not, you know, in everybody's faucet. So it's been one of those things where I'm hesitant to say it, but, you know, I just thought, man, imagine if we went to nuclear war, like there's time where there's a, there's a problem here. And this is something that I, so I, the reason I say that is cause I, I thought to myself, there is going to be light here.

Jonathan ([00:15:38](#)):

There's other, these are other issues, technology, right? People with communication day, who's going to be light after this and how much not knowing how long it would be. I really didn't, but I just thought I'm going to use this time. I want to be better at things. I want to know more. I want to connect with my boys, you know, even more teach them things, you know, how much time do I have before we're going to be right back in the swing because I know we will get back in this way. It's going to happen.

Warwick ([00:16:08](#)):

Yeah. I think it's been, I think it's really made people take a step back and slow down and look at what's what's really important. You know, one of the, one of the people that I really got into reading about the same time that I came up and saw you with someone named Bernay Brown, I don't know if you ever listened to Bernay Brown or I've heard of Brittany Brown, but she, you know, one of the big things that I got out of herb books was the whole culture of having to go, go, go, go, go, go, go, go. And how, how you know, how damaging it is and how it's not cool. And, and so I'd started to work on being still, you know, like I started to meditate and, and just take time to be still. Cause I, I really, couldn't not be doing something. If I wasn't doing something, I'd find something that had to do.

Warwick ([00:17:01](#)):

And it doesn't necessarily mean I was being terribly productive, but, and she said, it's all just, you know, it's, it's all just numbing behavior. It's just, just avoiding being with yourself. And I really think that like one of those books she talks about, she spent a day in an elevator, in a building in Washington DC or New York city, one of the other, it was a law firm and she spent the day riding up and down the elevator, just listening to the conversations. And one guy would say like, maybe two guys in the elevator, one inside. So what time did you go home last night? And he said, well, I was here until three. How about you? And the other guy says I haven't left yet. Like it was a badge of honor. You know what I mean? And you think about these people have families and when you get stuck into that hole, go to go, go, go, go, go, go, go. There's a real reason for it. Now I think of a lot of us that reason is we just can't sit still and be with ourselves. And I really think this whole thing has really almost forced people to take a step back and do that. So, yeah, I think it's a, that part of it is, is a good thing. Oh, sorry. I asked you about your horses a minute ago and I was going to ask you, how's my friend, how

Jonathan ([00:18:23](#)):

I just gave him an Apple 10 minutes ago and I told him, we'd be talking

Warwick ([00:18:31](#)):

You guys listening. So how is one of, one of Jonathan's horses and how it's pretty famous? How is a Briar model horse? When did, when did they, when would bro make him a model horse a couple of years ago? Wasn't it?

Jonathan ([00:18:46](#)):

That was last, not, not this job, but last July at the Briar festival Kentucky. Oh, it was, you know, the crazy part work was, it was, I had, I mean, obviously I've seen Briar horses, you know, in the, in the tack doors and stuff. And I didn't have the level of awareness of just how big that is and where we get all get how all the way to Kentucky you know, mid twenties. And he's read these theaters Kyrie for a few years now. And the ladies that, the lovely person, that the names on my mind right now, but she works with Pryor horses and, and she said she was a road to the horse and she watched a demo with Hal and she just said that partnership, that horse, someone stuck out to her and it was a few years later, she called me.

Jonathan ([00:19:30](#)):

She said, I haven't, you know, I can't get this horse and you out of my mind, I want it. You know, like I think how it would be amazing if you're interested in, when you're being held to be kind of honored or mortar immortalized as a Briar horse. I said, wow. Yeah, of course. And then, you know, I go down there

and the lineups and the little kids, you know, I'll X people of all ages, but that's majority, you know little girls that just love showing these, like they show them when they, they dress them up and they inspect them. And, and, you know, the thing that stuck out for me was was these, all of these girls, every one of the world's people there would own a horse if they could, like you were, I get lucky enough to have him in her backyard, but this is their horse.

Jonathan ([00:20:17](#)):

And when they got to touch how himself and see how that works, I just imagine they take that horse back and they set that on their table. And that's that feeling that we get to have. And it, what it did for me was I've Al I'm always grateful to be around horses, but it just, it pushed it another level. I was just like, I look at them all and I often in the clinic get on a horse and I go more, what an honor, to be able to sit on the back of a horse or to play with that horse or to be around always to talk about horses. And I, I, it was just like when I seen that, that visceral excitement to see him and touch him and all the other Briar horses there, it was just, it was such a, it made so that I could never get jaded in the horse industry. You know, like I'm not, I'm not even close to it, but I have seen that happen before. And I'm sure you have too, where, you know, people get around horses and they're showing, or they're doing something with a horse and they become, you know, jaded about it and disrespectful, bothered that light.

Warwick ([00:21:17](#)):

I have not seen it. I've been at, I've been there. And I think we knew when I think when you're there, you don't even know you're there. And, you know, luckily I've had some, you know, I had some things happen that kind of made me look at the world a bit of a different way. And, and yeah, I'll tell you what it all happened all at the same time, but that time I came and visited you. And I, I, I had some things happen at clinics that were just, there were beyond there'll be on training or beyond the horse responded to this Q whatever, you know, that was, it was. And, and then I came up and, and, you know, I want to, so for you guys listening, I was, I was in Canada doing some stuff. And I had a day off in roughly the same vicinity is where Jonathan lived and I said, Hey, I've got a day off.

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

And he says, Oh, come and come and hang out. So I wanted to go and hang out with Jonathan for the day. And I didn't think we would get to do anything with the horses. I was just going to hang with Jonathan. So I'd get to his house. And he's like, Hey, you want to go out and play with the horses? I'm like, yeah. Okay. Yeah. So we give it an a, he, Oh, how you hadn't done much with him for quite a while. And Tyler bang, just hanging out. And so Jonathan got him in uranium and started doing some Liberty work with him. And then he had, Jonathan had me try some stuff and I had hell kind of going around me. And this is, this was when I kind of learnt how what a Neanderthal level I was at at the time how it's going around me, you know, Liberty in a circle.

Warwick ([00:22:56](#)):

And Jonathan said, just move them out a little bit. So I kind of lean forward and take half a step towards Helen, Whoa, he's 40 feet away. And he's like, Oh, that's a bit too much bringing back in. So I kinda lean back and take half a step back. And Howard's on top of me. And it was like, there's like the accelerator in a, in a formula, one car or something versus your prayer. So it was like, Whoa, I, I go to move forward. And it moves way away from me. And I go to move back with Denny he's on top of me. And I'm like, Whoa, I was all over the place. And it really, really made me think, Holy cow, you're doing way too

much. And then I got to see you do something with him that I think I have talked about at every clinic I've ever done since.

Warwick ([00:23:49](#)):

So if you guys at home, how was side onto us about, I dunno, probably 30 feet away. And he was probably 20 or 30 feet off the fence. So let's say he's pointing to our left. Like where, where did he swerve side onto him? And he's, he's heads pointing to the left and he's bombs pointing to the right of us. And you would probably remember that you would re we probably don't even remember this Jonathan cause it's so normal for you. But Jonathan said, now I'm going to look at his loin. Let me put some energy intention to this and much what hell does and how moved over away from Jonathan, like a leg yield. So held, bent in a C shape. And the, the middle of the belly of the C shape is away from us. And I'm thinking, you know, and we're probably 30 feet away and how does this beautiful little leg yield?

Warwick ([00:24:36](#)):

And I'm thinking here, if I wanted my horse to do that, I could, I can figure out how to do that. That's not that big a deal. And then Jonathan says, but if I look, if I take my, my, my intention and I look past, how's headed that post over there and I do the same thing. Let's see what happens. Then you do that and how moves over again. But this time it's a half pass, which means he's, body's bent the complete opposite direction than it was before. He's now bent in the direction of travel instead of bent away from the direction of travel. And right then as I am now, I was speechless. I was like, what the hell did I do see? And that night I, I posted something on my Facebook group about what I saw that day. And I said, you know, what I do with horses is basic math. And what this guy does is quantum physics. And that's actually, before I knew it, quantum physics was, I don't even know if you remember when you did that. Cause you probably do it all the time. But for me, that was something I'd never seen before.

Warwick ([00:25:52](#)):

Yeah. Just, just floored me like, Whoa, this, there is, you know, it's kind of the, that's kind of the, the epiphany you have when all of a sudden you realize you don't know anything.

Jonathan ([00:26:04](#)):

What a great day we had. That was so cool. Thank goodness for how

Warwick ([00:26:10](#)):

Yeah, it was, it was, it was fun. Oh, so how hasn't been worked for two years. So Jonathan does a bit of Liberty with him and then he he's all, hang on, let me show you this. So he gets, was it one or two barrels?

Jonathan ([00:26:25](#)):

Can't remember I, yeah, I probably too. If he hasn't been held there for a while,

Warwick ([00:26:29](#)):

Jonathan gets to plus the blue plastic barrels and rolls Mount Milligan stands them up exactly side by side. And then he hops on how bare back. And he just goes down the other bareback and broad. There's nothing on this horse just goes down, hops on and Qantas towards those things and jumps. I think it might've even been one bear. I've got it on my, an old phone somewhere, but, and then, Oh, then, then

the bareback bridal this half pass, you need it. The trot, I videoed that in my phone. I think that is what I posted on my Facebook group that night. But here is how hasn't been written for two years. And you hop on in bareback and borderless and do this half pass at the trot across the arena. And the first time you did it, it was pretty good. And you said, no, now he doesn't have enough for you kind of got a little bit more energy to him and you went back around, did it again. And the second one was like, Oh, that's an eight. That was, it was so cool to see. And it was, for me, it was a, not a turning point in my journey. Well, I suppose it was a turning point in my journey because it wasn't like I learned what to do that day.

Warwick ([00:27:40](#)):

Good. It gave me an appreciation for what's possible. So thank you for that.

Jonathan ([00:27:49](#)):

Oh, cool. Wow. Thank you for sharing it back. I, I was amazed listening to you now, so cool. And it, it, I can relate to you, you get these light posts along the way. It's something that's like, here's the next piece down the way, a little further. And I love how you describe it so clearly because you're, I remember when you came when we were playing around with those horses, I remember just so excited to be with you because I could feel through our conversation up on grouse mountain and the drive and everything else, I could just feel like here is one of my time. Here's a person that is successful, that is doing the thing, but still wants to improve still. You know, there's that concept of prove you're either in a state of proving or improving. And you know, sometimes you're with someone and they're in a constant state of they're trying to prove themselves or prove themselves to the world or the person that you meet and they're improving and they're, they're learning.

Jonathan ([00:28:57](#)):

And they're curious, and after our visit and then getting to the horses, I, man, this we're going to have some fun here and that it's so neat to hear you say it back because now knowing you more and over the years, every time I get to see you and Robin and stuff, you know, I just can see you're always improving and what I love about what you're doing as well, because you're also, you're also coming out the other end for other people to hear about this. And I think that's so important that we share these stories with humility. Like you do honestly, open this, like you do, because you know it, I think it's a time where now it's okay. Like it should have been all of this, but now it's becoming more. Okay. For those of us who are supposedly supposed to be the person that's got to figure it out, say, no, I'm still figuring it out. I'm still learning that I'm still getting better and I'm still getting inspired all the time. Loved hearing that story. Thanks buddy.

Warwick ([00:29:56](#)):

Yeah. Well, I got to thank you. Cause you know, it was, it was the, it was a Pat of the next part of my journey and you know, it's funny you did that at that time because it was about that time that I had started. I think it was bad then I'd started seeing a, and I've talked about this before in the podcast. I'm not sure, you know, this I'd started seeing a therapist because I had, you know, Barbara Shulty rings a bell, she's in the cowgirl hall of fame. She's a, she's a cutter. She's one that, she's one of the materials. She, but she's now she's a mentor. Anyway, I she was the one that told me about Brenae Brown at a host expo in Madison, Wisconsin. You've probably done that one. Have you the Midwest hospital I've been there.

Warwick ([00:30:48](#)):

Yeah. And so she told me about this Brunei brand. So I started listening to this, Brian, listen to these Brunei brand books. And in one of these books, she said, you cannot selectively suppress emotions when you suppress the lower emotions, you automatically suppress the higher ones. And so, and I thought, Hmm, never really thought about that. And knowing, growing up in my generation, you know, boys, don't cry, boys, don't show fear, boys, don't share this, you know, in my family, we didn't show grief. And so I thought, huh, I've never, I knew I suppressed the lower emotions, but I never thought that would affect the higher ones. I wonder, could I have more joy or more happiness or because I feel fine. And so I started seeing a therapist about that and that took me to her. They go rabbit hole, but it turned out. I, I figured out that I had been very shut down internally for a long time. And you cannot do

Speaker 4 ([00:31:43](#)):

What you did with how that day,

Warwick ([00:31:48](#)):

Unless you have you know, internal awareness, unless you have not only the full range of emotions I imagine, but the full energy in your body. And so my head had been, so you know, like cut off from my body for such a long time that, you know, I was only, only in my head sort of thing. And so doing a lot of that stuff now, I'm now I'm incorporating a lot of, a lot of what you inspired me to do with the horses. And it's amazing when you can, when you can, you know, just have a horse move off your internal energy in your intention. And, you know, cause up to that point in time, I'd been a, like a queue trying to like, I give this, you do this. But the queue was the start of the ask. What I realized with working with how that day was the physical movement.

Warwick ([00:32:47](#)):

That's the last part of the ask. There's a whole lot of other stuff, energy and intention stuff that comes before that. And I think that, and it's almost like an equine assisted therapy thing because it makes you get out of your head and into your body. And it like, you know, for a while there, I was seeing a therapist it's called a somatic experiencing therapist. And what they try to do is get you out of your head into your body. And now the way I'm doing stuff with the horses, it's like in order to do it, you have to be out of your head and your body. So it's a, it's a somatic practice just working with the horses. So yeah, so I would say all of that was inspired by you and how that day.

Jonathan ([00:33:34](#)):

Wow. You know, and I, I think the the one time I heard it said, and I continue, it comes back to me and it was written by Tom Dorrance. And he said, it's a feeling that comes from within inside of you first. And I, you know, I'm sure many people can relate, like the feeling that you have that day, if it's just something that you pack with you and you can't change it, you're not aware of it. You'll notice like you're, you're at you're at victim to whatever it is you're happy or you're upset or angry or short or whatever it is. And then you show up with that to the horse. We can all, I'm sure we can all relate that wash our horse respond differently based on that. And I think if we're unconscious of that, then you know, it's either going to be a good day.

Jonathan ([00:34:20](#)):

We roll the dice. It's not going to be a great day. They'll obey. We resort to cues, you know, like mechanical or obedience type training, which is fine, you know, get to work to go to a, to B. But there is that other side that you're talking about. And when you can become aware of what that feeling is, and

then get control of it and realize, Hey, I, I can you know, change my relationship with this horse. I can change the feeling that the horse has based on what, like Tom was saying, that feeling that comes from within inside. And I think that is when you talk about what learning as a counselor, your, your your best instant biofeedback mechanism or trainers are out in your backyard as I'm sure you're well aware of.

Warwick ([00:35:07](#)):

Oh yeah. Most certainly, you know, the, I think the thing that held me in good stead training horses for other people for so many years was the fact I had no emotions. So like horses didn't pick up on good days or bad days or whatever, because you know, the batteries were flat. There wasn't any energy coming out. And so, and so I don't get, I didn't get the highs and the lows, the horses didn't get the highs and the low energy energies from me, which means I, and I think for a long of time that what, for what I was doing and how I was going about things with horses, I think that was a very beneficial thing. But then at some point in time, it has its, and I wasn't like, I set out, like, I'm going to do this. That's just the way it was.

Warwick ([00:35:51](#)):

And for me, I think it'd been that wife will, I had been that way for that long. I didn't even know there was another way to be, you know, I remember one of the, I'm only one of the therapist first suggested I might have depression. I'm like, but don't you have, you know, I think a lot of people, when they get diagnosed with depression, they feel different than they used to. So they go see somebody about it and they're diagnosed with depression. I think I'd been that way for so long. It wasn't like I felt any different, you know? So it wasn't like, like, Hey, something's going on? I need to fix this. The, the only reason I started going to a therapist, because I read this Bernay Brown book and she said, you know, you cannot selectively suppress emotions. And all I wanted to do was, Oh, I wonder if I could have more of the upper ones and it's not that easy, but, but that was the, that was the start of the whole thing.

Warwick ([00:36:45](#)):

But yeah, so it was, yeah. So you and you, and how we're, we're being part of that. But, you know, I think I, you know, for me, I was 50 before I had to be a bit, bit of an epiphany. And I know you've talked about this ad nauseum every time someone talks to, they probably bring it up. But in case people don't know, you were, let's say lucky enough. And I know it was a terrible accident, but you were, you kind of had the blessing of having like a knee fatal accident, literally wrong to where you really kind of got to take stock of yourself probably before most people get to do that. Do you want to talk a little bit about that?

Jonathan ([00:37:33](#)):

Of course, of course. Yeah, I was 19, you know, that I was on a drilling rig in the woods and we were in the woods at a place called a hundred mile house, a little town in British Columbia. And but we were way past, we were another half an hour into the Bush and a big piece of steel fell down on a drill anyway, on a water, well drilling rig. And I had just put my hand in and it was 500 pounds and it crushed my hand and, and work adjustments. My head, my boat was eight foot by 500 pounds. And if it came down the top of my head, we wouldn't even be having this conversation and trapped me to the rig. And now we had, you know, we were a long ways from town and Tom was a band-aid hospital, really a hundred miles where they could turn the blood off.

Jonathan ([00:38:17](#)):

He couldn't do anything could fix me and they could put, pack me on ice, but I cut my left hand off at the wrist. And the thing that the thing that hits, you know, like when you're the vivid feeling of being trapped to that rig, we didn't just go being, and then I'm free of it. I was trapped for that rig to my cousin, George P ghetto. Like it's still, still so visceral work even right now in that amount of time, I've been talking to the blood is left and that's something we're still a physical thing there. But so I was trapped on that rig and then we got to change, lift it off and being stuck there, grabbing my hand, pushing it up against my chest, watching myself bleed out in a Jeep. I remember the blood sloshing back and forth on the floor that Jeep, and we didn't, we didn't turn it in my arms.

Jonathan ([00:39:09](#)):

And then no, I got myself into the hospital. There was no doctor. They couldn't give me any pain meds or anything. And the nurses just turned my arm off and stopped the blood. They said he had very little, very little time to make it blood loss in shock. And we're going to get me 10 minutes or so they said, and that's what they told Carlos that drove me in. And it, it was very lucky, I guess, if you will, that he actually showed up. He pulled up in a pickup and he had a lots of legs on a drilling rig before, and he knew what to do and traumatic situation would at least get, get our butts, move into town with Walden could do, but one old boy just showed up fainted and fell over. There was enough blood around there, drama that he just got down.

Jonathan ([00:39:54](#)):

Carlos was like, right behind me, took his jacket off, wrap my hand with his jacket, raise me to town and run it through stoplights. And people actually followed us into the hospital to your current dose, you know, trouble for running like a crazy man through town. And they called the cops and so on. And they see me come out of the truck and I don't know how I mustered the energy to step onto that vehicle. And I remember just kicking the doors, you know, like pushing the doors with my leg. I had a Carlos was he wasn't able to keep up with me through the emergency room doors and I fell on the bed. I just went straight into fell down. And and then in that time, when you wake up between what exactly for general and all the experiences in that hospital, and I was in the plastics and burns unit.

Jonathan ([00:40:39](#)):

And, you know, I was in a situation where, you know, before this like cowboy I had left school early. I could run a million dollar drilling rig. I was 19 years old, you know, I left school, you know, the world was my oyster. I rode horses all my life. I was successful. I got ribbons. You know, I was, I was like, basically, you know, when I left the ranch ranching experience, which is just down half a million acre ranch, just down the road from where I'm at right now called the coal shadow cattle company, you know, like working at Cal camp and do whatever needed to be done on a ranch rope, rope bowls, if you need to or whatever. So I, I had, I had a lot of accomplishment in terms of confidence and yeah, I can bend the world around them.

Jonathan ([00:41:25](#)):

I wanted to buy real estate. I want to be smart about money. And I just wanted to learn horsemanship and become a kero and all this stuff. And when I woke up in that hospital that was altogether different and all of a sudden now look in that period of time on, at, and all the posttraumatic stress of seeing myself lead out in that Jeep. And then looking for health and finding a clinical counselor who I went to for two years, three days, and an angel named met capsule Hora. And and she had dealt with other people that had a Vietnam vet and so forth and other people that had post traumatic stress. And she

had dealt with that and brought awareness to me. And it sent me back where I'd be driving my truck. I can remember one day in particular where I knew I needed help.

Jonathan ([00:42:18](#)):

My physical part was, you know, I was on way to physio actually, but I wasn't, no stitches were out and I'd lost, you know, a good percentage, like over, over half of my hand in feelings. So they put my hand back on, put my thumb back on, put the nerves in and go to my leg and nerves out of my other leg and hooked it all up. And you know, so you only have half. I only have half, like my thumb and index and middle finger really don't have any feeling. Thank you, finger hubs, feeling thank goodness, because that's where the rains go when I ride. But I found myself driving to physio one day, you know, for stretching and massaging. And my body was taken over by that event, by my mind, taken over, I had to pull my truck over and I curled up on that bench seat, this little Ford ranger.

Jonathan ([00:43:04](#)):

And, you know, I was shaking. I was scared. I was, I didn't know what the hell was going on. And I couldn't go, I don't know how long I was there. And I finally, I remember exactly where I was sitting. I remember how cold I was. And I said, I went back and told my girlfriend at the time, who's Angie, my wife now and my mom and that I said, I, I need some help here. And luckily we were able to find a map and then, you know, have that time with her. And then that put me on that path of all the hundreds of books that I read after I would horsemanship would change for me. Cause I could, I could broke a bowl on and I could start a cold. I could not like a good now, but I could get one written and you know, a little 30 foot round pen rode my horse every morning to go to work.

Jonathan ([00:43:54](#)):

And I had, I could, I had a background under Sarge. My mum was a dressage rider. So I had equitation and all this stuff that, you know, I thought I was pretty good. And I thought I could do all this stuff. Then I started to decide, I don't care about the job anymore. I don't hear about winning a ribbon. I don't, for me, it's not that anymore. When I came out of that hospital, all I wanted to do was get out of it while I was in the hospital. Then I get home and I wasn't allowed to go outside because I hadn't been 150 200, 300 stitches in my hand. And external fixator, a piece of steel that went into the bones and they drilled it into the bowl. It held my hand apart because all the tendons and nerves and everything were cut. So when they put it back together and they help those tendons back up, it'll crush all the bones that were supposed to be helped.

Jonathan ([00:44:40](#)):

So they had to put this, it's like a cast, but you can't have a cast because there's too many cuts. My hand was literally the size of football. So my arm wasn't in my wrist and hand. And so I couldn't go out to the horses because it's external fixator things into my bones. And that was a direct way of infection in case I'm outside stupid stuff with a horse, you know, whatever. I just, I, they told me I couldn't go. So I'd look at the most a window. And I couldn't go anyways, because if I got my heart rate up to move by speed and my hand went down, you know, even level of my heart, I couldn't walk anyway. So when I wasn't going up there, but all I wanted to be do was I wanted to be with horses. I wanted to be warm.

Jonathan ([00:45:21](#)):

And I remember when I got to go out and there's a little mirror I had there and her name was Blondie. And I got to just rush her and smell her. And I have never forgot that. And I had learned the power of

visualization. It was one of the only ways I could stop the flashbacks at nighttime. And it was, it was a weird thing in your head where it's not just always a flashback of watching yourself lead out of a Jeep. It was, it was just like, would start rolling around in your head. And there was no stopping it. And it was not even something you could take down as a, you know, this is like, I'm looking at a drilling rig, crush me, or I'm looking at a scary thing happened to me. It was just like stealing you, turn the lights on.

Jonathan ([00:46:08](#)):

So wouldn't even go away. So I learned through with the neck and, you know, Dr. Bernie Siegel, reading his books and Dr. Wayne Dyer and, you know, especially Dr. Bernie Siegel, when he talked about like how people could use the power of their mind to grow nerves and to get circulation and, and you know, create insulin in their body and, you know, whatever, all these things. And I, I just went into that meditative style of meditation that is not to clear your mind and make your mind feel. But one of the Western style of meditation where you're going to focus on something. So I would focus on circulation. I would focus on growing years, I'd focus on riding horses and, and seeing, you know, and I had seen a pep rally tell you what the horse had Liberty on a video. I've never seen that.

Jonathan ([00:46:56](#)):

I imagined that my horses were coming to me and I didn't have to rope them like a ride than a Gallop them on the Hills and with nothing on them. Like I had this connection. I remember one of the big ones I used to visualize all the time was water skiing, you know, and I thought I'll never be able to water ski, cause I'll never be able to have that pole on my wrist. And so I would visualize water-skiing and, you know, I visualize water skiing for hundreds of hours, you know, reports to that two years, at least, you know and horses and everything else, whatever I was going to do. And whenever I'd get into that meditative state, and they say that nerves, like your, your brain communicates through your nervous system through vibration, and there's different vibrations is alpha, is beta. There's different vibrational frequencies inside your body.

Jonathan ([00:47:39](#)):

And when you're in that alpha state, which is not awake, not in deep sleep, but right on that cuffs will point where you're not quite awake like in the morning or just before you sleep, but you're not quite asleep, not going to wake. You're not quite asleep. You're in this alpha state. And they say that that state is the highest vibrational freeze alpha state, which is the highest vibrational frequency for healing recovery. And I couldn't get into that state and hold it very long because I needed to just fall asleep or I'd just be up in my head and awake and just to awake. But if I could get into there for a couple of minutes, I felt zero pain, zero. Like I was going from men, you know, Tylenols and Tylenol three with Kogan, like every two hours 24 hours a day to when I could hope when I went from that to like nothing when I can hold that also and longer. So I would start my whole night. I had my hand and lay down in the bed. My hand was above my heart on pillows. And we actually had this little speaker and we put this middle speaker beside my hand. It was a five inch speaker. And it would just go up, up, up, up, up, up, up, up, up, up, it was a tape cassette in that, in there. And the paper set, they said it was the alpha vibrational sound. And it wasn't a sound. It was the vibration of the speaker.

Jonathan ([00:48:58](#)):

It was more like pop, pop, pop, pop, pop, pop, pop, pop like that. So I would put my hand beside that speaker. I would, I would bring myself down into the alpha state that meditative state. And I would focus on water, smooth riding arts or my nerves growing, or I, I learned what nerves looked like. I read

the books. I, you know, we, my mom and Angie got me all kinds of stuff, what tendons look like and you know, that kind of thing. And so I spent hours and hours and hours, and the net said to me, you know, I think I can remember it was exactly her, but you know, if you can do this 15 minutes, three times a day, it will help. It'll help your state of mind that will help with healing. All this won't work. I ended up doing it for, you know, two hours, three, four times a day in the middle of the night, all of a sudden an Angie, she was, we had to get into, like, she lived together there.

Jonathan ([00:49:49](#)):

She lived on the property and she would stay with me. She would have to sit there and listen to this up, up, up, up, up, up, up, up, you know, in the bedroom. And but I would sit there for hours like that. And whenever I was, it felt like my hand was normal. I had no pain, zero, no medication, nothing. And I I, my nerves from what they said, my nerves should've grown from way back in kind of one-third of my arm when, all the way to the end of my fingers, which I can feel. They said that they said there was no way they were going to go that far, especially in 96, when they took 1996, when they took nerds on the back of my leg and put them in there without microsurgery. And I believe that I helped grow them.

Jonathan ([00:50:28](#)):

You know, whether I did or didn't, it was a, it was a way of neat starting to take control of my life. And it wasn't gone for the amazing doctors and the nurses and, Oh my gosh, like all the physio and people that were involved, but this was a way of me also being a part of my healing. And it was a, it was a change in my life. I remember a net, her, her late husband, he's an amazing anything. His whole song, that's a horror. And he was into [inaudible] and Osam I was with him one night and I love, I wanted to do martial arts all my life. I love martial arts, and I particularly loved by Quito, but the way they talked about the energy and you know, how it's like a defensive or offensive thing where you're not actually authentic, but in your defense, you're taking the person's energy and days.

Jonathan ([00:51:19](#)):

They're going to pay the price for this, you know, they're offensive. So that, so there's this way of accepting energy, but redirecting it and not, you know, not locking horns with it. And Akido really appealed to me, right? So I wanted to study Akido and, and that said, you know, som is a black belt in judo, and he's a, he's a, he's a trainer. But if you want to go at night after the judo classes are over in the judo club will song, we'll hang out with you and do a keto and teach you our key to him and stretch your hands and stuff. I said, Oh my gosh, I'd love to. So I would go down there three nights a week with him, we'd hang out. It was late at night. And there was one other gentleman there that had some real physical issues of swelling against joints and stuff is nice, nice guy.

Jonathan ([00:52:01](#)):

It was three of us would hang out, we'd visit at the end of the sessions. I keep those sessions. And by now, of course, you know, no swelling and no external fixator, you know, I'm, I'm, I'm two years out, right. But still not. I'm about a year out and I'm still not mentally really where I'd like to be, or anyways. So I'm sitting there with a Psalm one night and he could tell, I was just, I was just withdrawn. I was really down on, on things and, you know, nothing was really going for me. And, you know, I had been used to remember, I was, you know, I could run a drilling rig at 19. I left school at 15. I could, I started cowboy at 14 of this ranch. I was riding with those Cowboys and cowgirls and trotting out with eight, eight, eight of them and 10 dogs and living in a cow camp and, you know, like lots happening in life.

Jonathan ([00:52:48](#)):

And here I am, and I can't hardly get started to, you know, button my shirt up or get my right arm sleeve buttoned up without Angie helping me. So you know, I was down there and he said, Jonathan is, did something that changed my life. And and I've used this every single time with edit setback. I use this with COVID. I use it with my boys all the time. And he said to me, you know, that you can choose suffer, or you can choose to heal. And that's your choice now. But what hit me about that work is that when you're, when I was like I was, and it was up to Carlos to get me to town and the pilots and the doctors to get me to Vancouver and the nurses and the doctors to help me when I was in Vancouver and the physio people to help me and the met help fix me.

Jonathan ([00:53:38](#)):

And it was all of this stuff was in their hands. And that's where I thought the power was. And I didn't, I didn't look at it like, do you mean I can have a part of this? Do you mean the, I can have a part of my healing and my, like, it's neat. It's going to choose to suffer. So which one do you want to choose? And, and even though it was a pretty dark place and I still was suffering with a lot of post-traumatic stress, I, I said, I want to choose to heal and whatever that means, but I want to do that. Like I want, I want to heal myself. And that's where that sent me on the journey. And that's where the lessons from a Nat, Bernie Siegel and all those authors you know, started to like, so I took it real serious and it put me on another level.

Jonathan ([00:54:27](#)):

And then when I started studying, you know, more on horses and horsemanship, and my desire was to have horses, want to be with me and I could see them scared. I could see them in anxiety. I could see them, you know, in these States, you know, particularly my gray horse Quincy, which was years later, I could relate to that horse. I could look at him and say, brother, I feel you, man. And and I don't have to break this out. And matter of fact, you don't even have to change right now. We can wait a minute. You know, we can wait a year, we can just work at this slowly. We could, you know, and to figure out how to help him help other horses. And, and, you know, it's, it's, it really came into my program. Like what I think about when I think about horses and training or developing your relationship with horses is, are they always moving away from the pressure of the yield, or are they ever moving towards the comfort?

Jonathan ([00:55:23](#)):

And to me, it made me, it was interesting what you said earlier about, you know, when you were looking at those things, like what if I'm suppressing these emotions, but it's the consequences of that are these other ones that I want to go towards, which is joy and happiness. So if I am spreading need and I recognize I am, am I undergoing towards the comfort of those, which is a different motivation than doing away from the pressure of trying to make a payment away from the pressure of the spur away from the pressure of the bit away from the pressure of society away from the pressure of the rate or whatever it is you do versus going towards the comfort of what I desire towards. And it was, those are crux changes and they, they put a point on those lessons in a visceral way that I never would have given the attention to. Because like we, like you mentioned with Bernay Brown was so bloody busy keeping up with just keeping up with my own busy-ness I never would have had the time to reflect or the requirement to reflect on bath more than that was quite a long windy goal there. But it's just that, that was what happened.

Warwick ([00:56:34](#)):

No, that was, that was perfect. I've talked to people about you before, too, where I tell them, I say, hang in with Jonathan field is as a bit, like if it's a cold day outside and you've been outside all day and you're kind of chilled to the bone and you come inside and you've got like a pot belly stove, and you walk up to the thing and you feel the, feel, the heat feel that heat coming off, that Potbelly stove. And I've always said to people that being around you is a bit like that you have that sort of energy that comes off of you. I, I feel it. And I think that story, and, and like, I knew a little bit of that, but not a lot of that, that kind of that kind of explains, I think, where a lot of that comes from, you know, I've been reading quite a few books on shamanism lately.

Warwick ([00:57:44](#)):

And I don't mean like the dark arts, you know, casting, sped, spells and stuff, shamanism, but like the tribal medicine man, a Holy guy sort of thing. And for the most part, you cannot get to be a Sharman unless you've had some sort of a need death experience or really bad sickness, or, you know, bad things have to happen for you to be able to have the insights to get to that, that next level, that other level of what of that is, and that, you know, that story of yours right there, kind of, I think you know, puts a point to that. You know, I think you had, you had told me about the, the pulling over on the front seat of the Jeep and stuff. I think that time when we're up there on the mountain, but I, so you had it, you did a a Ted talk here a little while ago, and I, and I learned more about that in your Ted talk as well. Tell us about how, what was your experience with that Ted talk? How was that?

Jonathan ([00:58:54](#)):

Yeah, thank you. Yeah. it was so you know, the idea of a Ted talk. I just, I just loved that. You know what, because of course one of the most popular is Renee Brown. And when, when you take people and, and the idea of the Ted had conferences, it was, it's like an idea worth sharing. Just one idea, take an idea. We're sharing that, that, no, like I would love to hear your Ted talk. Like what idea

Speaker 5 ([00:59:22](#)):

Would you want to share? And the great thing about the Ted talk is the, the idea that it's going to be less than 18 minutes. So I'm a little windy. So mine was like 1845, you know, but the idea that it's less than 18 minutes, it takes the all the concepts that people would want to maybe drag on with it. It just cuts them right down, which is so, so cool because you get the juice of somebody's talk, right. And with mine, you know, mine was about finding your sweet spot in life. And, you know, the idea was that what I, the way I trained horses the way, or I will go about horses the way that I you know, try to operate in my life now is that I want to be inside that sweet spot. I want to try to find where that is in the given day and the idea that I'm never going to get to an end where now I've arrived at, in fact, it's inside the journey.

Speaker 5 ([01:00:25](#)):

And I think that, you know, other ways you'll hear it written about, talked about is, is, you know, when you're in flow, you're in flow with the pounds you know, and I can be in flow with the task or in flow when I'm trimming a horse I can be in the moment there and appreciate where I'm at inside of that place when I'm driving truck, or I can be so far ahead or so far behind that. I can't ever find that place where I can be in side the comfort and the place I see with horses in a herd of horses when, during an exact location, you're not ahead of the, you know, they're, they're in the middle of a herd. They're not running head. And the horse in front of them is kicking, or they're not dragging back. And the horse behind is biting.

Speaker 5 ([01:01:07](#)):

You know, you take the adult horse and somebody says, Oh, you so doll, or he's such a runaway, will you put them in the herd of horses? And after they sort of live in her, they're not the whole, they go exactly the same page as the rest. They're not ahead. They go exactly the same pace and they all find this location. So there's pressure all around us. And we learn by this pressure, but can we find relief inside that? Or do we just keep the pressure on? And I, you know, one of the examples I used in the Ted talk was, you know, a very recent example was I finished three weeks of camps right here at the ranch. I had all these people come up and we had a wonderful experience with a big close, and we just bought this new property. And, you know, we were renovating and construction construction guys where they're working and, you know, they were working quite late night all the time.

Speaker 5 ([01:01:52](#)):

So I finished the camp, I closed it off with everybody. We all, you know, we all had a nice visit and hugged goodbye and all that. And I, I jumped in the truck and I was just like, max, you know, and I was driving and I'm coming over to the ranch. I'm getting ready for big morning, pour concrete, we're doing this, we're doing that. And you know, I stopped myself on the side road. I said, wait a minute, hold on. We gotta celebrate that. What just happened here? Enough with the absolute max thing that's going to happen and just put the pressure on yourself right away. And I stopped. I pulled over to show myself, I could, I didn't have to run home in the next five minutes. I'm going to stop. I'm going to prove myself. I can stop. And then when I stopped, I'm going to go over the rest of this drive, enjoying this beautiful drive to the mountains, and I'm not going to let the rat race of me and my mind runs to the next thing.

Speaker 5 ([01:02:41](#)):

Just, just raise me over their land, that my kids and wife and blah, blah, blah, blah, blah, you know, and then find out what's not working around the ranch and find out that the, put the wall in the wrong spot. And no, I'm not. I'm going to let some space between the notes here. I'm going to give myself that spot and recognize that I am in fact right now, living in my house. Fleet-Wide just what a wonderful camp I'm in that spot. I'm heading over to my new ranch. We're renovating, going to see my wonderful family. You know, otherwise I could turn all those great things into a pressure that's going to reflect right back to me, got me when I got home or pressure, that's going to reflect right back on me when I get with my horses that's going to reflect right back into when I meet my contractor in the morning when I'm racing to pour coffee and run out the house or whatever it was.

Speaker 5 ([01:03:30](#)):

So the Ted talk was my kind of evolution since my accident and kind of how I try to go about my life, is finding it while you're in life. It's not a destination. And this has been written about, you know, the road is better than the in, you know, kind of thing, or the journey over top of the destination. But it's to recognize that you are, we all can recognize when we're not in flow when we're off path. Sure. I've got to find, and it's not, yeah. A place of bliss all the time for work. That's part. I tried to make the point of in the talk. It's not like, like, it's not like I'm on the beach and I'm just I'm mean peace. You know, like sometimes I'm in my sweet spot when I'm in the middle of, you know, I'm in the middle of getting ready for a big event and I've got 62,000 things going on and in a minute I could let that overwhelm me and I go, no, I'm in the middle of it right now. I'm in the prime of my life. I'm in shape right now. I've got, you know, people calling and the phone is going and the horses are common. And that horse, you know, I don't know if I can show him today or, you know, the trailer just broke down and we're going down.

Speaker 5 ([01:04:52](#)):

These are the memories. These are the things that we're doing, that we are in the middle of it. F-ing a, you know be able to hold back on that and go, yeah, this is the sweet spot right now. Your vast for this, this is what you wanted. And it's, it's the turmoil. It's the energy, it's the relationships, all those things that are happening. Yes. Put the pedal on. Let's go. That's I hope I got that across in my talk. I loved your TEDx. So where, where was that? That was, Oh my gosh. It was, it was in the San Juan islands. It was so beautiful Washington state in Washington state. You know, you take a little ferry over there. Anybody want to go visit that country? Oh, wow. It's gorgeous. Yeah. It really nice over there. And yeah, it was just little theater.

Speaker 5 ([01:05:41](#)):

I brought my son with me Weston and that was so cool because you know, I'm not used to, I'm used to talking like the crowds of people are in this way in a candid way, but I'm not used to going up. And they're like, like they said, okay, can you send us your script? I'm like my, your I don't do it like that. Like, do you want, I can barely read it. I can tell you lots of stories about how bad I am with scripts. Like, so I really had some, I don't know if this was my sweet spot or not. I don't know if this is where I want to go or not. When this old script situation came about. And so while, and I said, can I give like more of a five bullet point outline? Cause that's how I normally I've talked to like, you know, professors in Calgary university about horsemanship and taught that, talk to them, you know what I do?

Speaker 5 ([01:06:36](#)):

And five bullet points on my, on the inside of my hand and done, okay. And I can do it in 18 minutes and they're like, no, well, we kind of need a little more than that. You're going to have to do the rehearsal and then see if you can do the same thing the next day. And we're going to video both and whichever one is better or whichever one works better, we're going to keep. And so I had to do this rehearsal and I had to get this to a script to a level of, but then, and then be able to own it enough that I could. So I wrote the script and I rewrote it and rewrote it. We wrote, luckily I had lots of time. And then finally the, the wonderful those helped me, Amy. I said to her, I said, Amy, I'm done with this script. And I took a picture of it in the fireplace.

Speaker 5 ([01:07:18](#)):

I said, you're going to have, I literally have the picture. So I took a picture of it burning in the fireplace. I just asked if I can't do the script thing. So I had to memorize and I obviously have to memorize it anyways, but I hadn't like, get it out of my head. I'm reading it from papers. Cause I would be like, hi, I'm Jonathan Fields. I'm going to, you're welcome. You too. Is the sweet spot where you like, Oh my God. So I burned it. And then two days before I went down to down to the little theater at San Juan Island, I I came up to the ranch and I left the other place. Cause we were in mannose and I'm teaching, I'm traveling excavators, old buildings that I've took Weston with me over to this cabin. I'm sitting in now.

Speaker 5 ([01:08:06](#)):

And we're here. There's nobody here. And I did the Ted talk to Weston and here's this, you know, 13 year old boy at the time, all of your way, whatever he has to sit the couch and I'm standing up in front of him and I'm giving him the thought. And and he's looking, he's seeing the pain that I'm going through and doing this and trying to get all the way through the end. And I would just grind it out or it's like, you know, like, and I would go now I'm in it. I want it. Like, I want it to be in it. You know, like I wasn't

dreading it. It wasn't. And that's what I mean, like I knew I was immersed in, I gave myself a place and the space to immerse it. Right. So I would go, I'd go upstairs, have a nap.

Speaker 5 ([01:08:42](#)):

And I knew that alpha state was powerful for your brain to process. So I'd go upstairs, I'd have an app. I get into that kind of state. And I let myself just dwell there for like an hour. And once we'd be down there playing video games or whatever he was doing, there's no video games up here, but he's doing some watching TV or something. So I come down and go, okay, right. I'm like, you know, get on the couch, get ready. I'm on the red dot Weston. So anyway, so the kid went down with me to the theater and he watched me do the rehearsal. And by the time I get there, he's like that. How are you? I'm like on great. And by now I'm the most relaxed. I'm more wondering how the sound is going. You know, some of the other people who don't speak or don't, maybe don't know how to prepare for that.

Speaker 5 ([01:09:23](#)):

They are to re-ask folks. They were stressed like they're, you know, in the organizes, not all of them, but some of them were highly stressed. And by now I'm at my very most relaxed. I own the content. I own the information. I feel so happy to be here. I see the theater, you know, I'm wondering about the lights and the sound and where I stand and what, when do I go out? And, and then Western got to see that kind of circle around. And, and I felt like I was just with the information and yeah, it was a fun experience, but I work, I want to hear yours, but I highly encourage anybody. And from a communication point of view there's a book, the he's the owner of Ted Chris. I don't want to miscanthus wrong name? First name is Chris and it's a Ted Ted talk book. I highly recommend it. Anybody that wants to just be better at communicating period, anybody that's getting ready for any kind of presentation, he just boils it down. It's like the thesis of it. I mean, it's just so well, it's the Ted talk on how to do Ted talks, but it's a whole book. It's wonderful.

Warwick ([01:10:32](#)):

Yeah. W you know, one of the reasons I asked you about that is because I was wondering if you had, I mean, you've, you've answered all my questions. Cause I was going to ask you if you practice that or that sort of stuff, because I, you know, like Brenae Brown does not write scripts. She just it's off the cuff sort of a thing. You know, she has some bullet points and I'm kind of the same way. And if we're videoing here and I'm working with a horse, it's so easy, but if we're videoing and Tyler says, you know, Tyler will be V my son will be video. And he would say, okay, you've got to tell him your name. And you got to tell them, you know what, your head for breakfast, and you got to tell him what color your shirt is. I'll start out.

Warwick ([01:11:08](#)):

I'm like, yeah, get out, chilling for breakfast. I had oatmeal and Oh, what color is my tray? Okay. So good. I'm wearing Sheeler and what's the next thing. And this goes on for a while and then I'll go get, I had to bloody hell Emma. You know, I cannot, I have a hard time with when I have to say certain things, but if you just allow me to vomit my thoughts up, it comes out quite well. And I thought you had Ted talk was, was awesome. How many views is that thing had, you know,

Speaker 5 ([01:11:39](#)):

I don't know, cause there's two, there's a YouTube one. And then there's the one that they have that doesn't show the view that's actually on their site. So I'm not sure, but I, I, you know, just the other day I

had somebody with COVID thing, they listened to that talk and they were in New York city. She wrote a nice thing to us and she just said, this is exactly what I needed today. Thank you so much. And so we still get quite a bit of con communication back from it. But you know, the one thing that I learned from it, and I think it's such a valuable thing it was like, you know, when we talked about Tyler writing a speech you know, and never using the speeches, you know, learning to get it to the point where, you know, you've scripted it out and you practiced it.

Speaker 5 ([01:12:23](#)):

And you like, when I do a talk on horsemanship, Sam, you know, I'm the same as you. It's just, it comes off the cuff because it's, it's, it's in the moment with Carson, it's based on thousands of hours of talking to on that topic. But I don't talk typically on these topics, I don't do a self help or, or my life story talk at clinics. I talk horsemanship and how I can help people with their horse and what they're doing, or what position they're in or what thoughts they can have that would help or things that you're doing that would help. So it's so out of my, to talk about myself in that way and do it under 18 minutes is, and do it twice exactly the same, or as close to the same as you can. You know, it's not exactly the same. The second talk was better than the first one, because I had kind of even known even more. It was so interesting doing that. It was such a good experience because it made me think about my words. It was such a great exercise to become more concise and more clear about what is the juice of what you're saying and not let myself kind of like I can, you know, kind of follow the rabbit hole. So

Warwick ([01:13:30](#)):

So first people want to watch that it's on Ted talk as Jonathan field. Is it called finding the sweet spot?

Speaker 5 ([01:13:36](#)):

Yeah, I think it's, yeah, I find it. Yeah, that's right.

Warwick ([01:13:40](#)):

Okay. So you know, all of my guests, I, as you, if anybody's listened to the podcast before, you know that I emailed them 20 questions ahead of time and they get to choose four or five or six, and then I weave them into the conversation. And with Jonathan, he said, Hey, ask me any of them. And so Jonathan hasn't told me what he'd like me to ask him, but one of the ones that there's only been one person who has not volunteered into this next question, and I'm going to answer it for, cause I've got a great story about this. One of the questions is what is your relationship like with fear? And so far, there's been one person who didn't know, he didn't want to answer it. He didn't say that was one of the questions that he wanted me to ask him. And on the podcast I hit him up. It was Patrick King actually. And I said, so why didn't, why did you skip that one? He goes, Oh, well, I'll answer that one too, if you want. I just, there were other ones that I wanted to talk about, but so almost everybody has commented on fear and I'll get it to everybody listening. I'm going to answer Jonathan's you can answer it to Jonathan, but I'm going to tell you the story that I know we were at a horse expo.

Speaker 5 ([01:14:52](#)):

I forget

Warwick ([01:14:53](#)):

Where it was, but Jonathan and my wife and I went out to dinner and what was that wine you had Jonathan? Cause my wife said that was beautiful. Was it?

Speaker 5 ([01:15:03](#)):

Oh, I think it was Z coin. Yeah.

Warwick ([01:15:05](#)):

Decoy. I knew it had something to do with decoy. That's what it was.

Speaker 5 ([01:15:10](#)):

Yeah. Good. One

Warwick ([01:15:14](#)):

Dinner and Jonathan looks across the table and he says, you know what? A few years ago I realized I'm scared of being punched in the face. So I go to boxing three nights a week and he says, you get punched in the face enough. It doesn't bother you anymore. He says, in fact, if you'd like, and maybe this was the one talking Jonathan, but he went in the restaurant. He goes, matter of fact, if you want to punch me in the face right now, I don't care. You can, you can do it if you like. And so that, to me to answer the question, what's your relationship like with fear, I would say that you would go towards it. You would, you would investigate it cause that that's not everybody's, that's not everybody. And my I'm sure almost everybody on the planet would say, yeah, I'm scared to get punched in the face, but they don't necessarily just go to boxing three nights a week and get punched in the face so much that now they're good with it. What do you think?

Speaker 5 ([01:16:07](#)):

Yeah, yeah. You know, I remember that conversation and I remember that feeling in me for, you know, all your life and all my life. I was afraid to get punched in the face. I had been punched in the face a few times as a kid, just school, you know school things. And you know, I, I didn't, I kind of thought like martial arts, you know, it's kind of tactile and you're kind of in their clothes and, but that, that away from you, and then that punch in the belly or in the face, it worried me that thought. And I kind of always avoided that. I didn't like fighting. I wasn't a fighter by any means. So, but I don't know why it was just something in there that had that. And I just, when I, when I had the opportunity, I could, my closest friend from kindergarten who I was raised with, who I still see or talk to every week were, you know, he very, very driven guy things grant.

Speaker 5 ([01:17:00](#)):

And he he just wanted to go box it or I, I think I brought it up. I remember how it came up anyways. He found a boxing club that we could go to, or he could go to, but it was not an exercise boxing club. This was a, this was a training club. It was just like, there was no 40 year olds in here. There's like 14, 20, 25 year olds and all the other trainers. And because he was such a worker and so cool and such an inspiration to other people in the club I was able to give in there as well. And then we started going three days a week. And I think for a couple of years, you know, it was the best shape I'd ever been in. And and then you learn how well I learned boxing is so much about balance, timing, rhythm, the practice, the breathing, the center of gravity position.

Speaker 5 ([01:17:49](#)):

And I love, I had like a great guy who was a 24 year old guy. That was a coach. I mean, he might as well been Muhammad Ali as far as I'm concerned. I mean, he was an amazing mentor and coach gray box or I'm sure, but just as far as like, I thought he was a rock star as a coach, he allowed me when I was feeling so frustrated, like so nervous in the ring when we would spar with somebody, the first guy I was barred with name is Oh my gosh, it's slipped up in my mind here. But anyway, this guy, you know, fighter, I mean, that's what he's doing. I was, I, he, I could hit him anywhere that he, that I could hit him. And he was going to like hit me anywhere, except the hip that this was my first time in.

Speaker 5 ([01:18:37](#)):

And obviously this guy's can not hit me that hard because when you can get a shot in your liver, knock you out, you know, our body and lock y'all, especially the guy like him. So, and I was so new, so I sell, so he would give me little tags in the head, very, very light, but then he would tap my body and suck me back a little bit. And I never, I couldn't hit his hand. I couldn't hit him. I wouldn't, I, I kept going, like my hand would slide off the side or I'd pull the punch or I was not letting go. I couldn't Cal my coach. He's like, Jonathan, you got to, you got to do this. And I really had this, like, hold back to hit this guy in the head. I just was not, I didn't want to do it. And finally, he goes, dude, you're wasting my time.

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

You better do it now. And I kind of chuckled, all right, man, aren't you like a? And so I did it and he turned his head down and I didn't hit his nose or his eyes or anything. And I hit the top of his head and he let me hit the top of his head a couple of times like that. And then I was like, okay, I can do this. And then he started the block and I could see that he's not going to, I couldn't hit him again if I tried, but it was doing him no good for me to try to knock it in. I then I was trying to hit him as hard as I could or any time I could, any time I could get a shot, but I couldn't hit him. He was too good. And I realized, well, there's the art.

Speaker 5 ([01:19:51](#)):

He slipped in these things, he's back. It's just out of range. It just touched him. And and I, you know, I would open myself up and then he would give me a little tag and teach me and I thought, what an interaction of flow we're in here, I would get so excited between, you know, after I got in shape, first between rounds, you're dying. You want to go into a fetal position. You're going to borrow the wind, you know, so much adrenaline anxiety of being in this, you know, in this situation when you finally get into the ring it just the light spar. I mean, this is like, I'm not, I'm a novice extreme, novice. And but being with these guys and, and their their talents and it was cool work, it was just amazing. And yeah, you get over getting hit in the face and grant grant got good enough where I could hit him anywhere as hard as I wanted or could, but he couldn't hit me in the head, you know, cause neither one of us could pick a concussion at this age, especially with nor did we want to.

Speaker 5 ([01:20:48](#)):

And, but, but, but I could hit him anywhere because he was getting good enough where he could block it. So if, and I wouldn't have that hard just cause I couldn't hit that hard compared to him and these other guys. So but I was getting pretty and he's just doing defense and I'm like opening myself up and, and he just stepped to the side and cracked me in the ribs and a rim looked like, I don't know if I'm like riding the horses every day and I'm at boxing at night and I got a cracked rib, but my best friend, grass, I

don't know if I keep doing this. Like where am I going with this? So I stayed with it for another six months or so, but then, you know, I just liked that so busy and we moved and it was a fun experience,

Warwick ([01:21:27](#)):

But now you're not a bit, not worried about being punched in the face anymore.

Speaker 5 ([01:21:33](#)):

Not that I want to clarify that for anybody,

Warwick ([01:21:38](#)):

Unless you've had half a bottle of D coy and then you might say, yeah, let's just do it.

Speaker 5 ([01:21:42](#)):

Yeah. That part I don't remember. But I think, I believe you, I believe you,

Warwick ([01:21:47](#)):

You did tell me that. We had a girl stay with us, an intern a few years, quite a few years ago now. And she was into dancing in assaulted. Dancing's what she's into. And when she went to college, he chose to go to college in Mexico city. So she could fully immerse herself in the salsa dancing scene. And she told me a dance saying that I think applies to everything. And she said that beginning dances tend to take intermediate lessons and intermediate dancers tend to take advanced lessons, but advanced dancers take beginning lessons. And I was doing a clinic in New Zealand a few years ago and there was a lady in the clinic. She's a female boxer at the time. She was an amateur she's since turned pro, but she was an amateur and she'd had 20 fights, 11 wins and non losses.

Warwick ([01:22:34](#)):

She'd raise it represented New Zealand seven times I think as a female boxer. Anyway, she had just got a new coach because she wanted to go pro and she just got a new coach. And I, she S after I told her that saying at the, at the clinic about advance in the beginning, dance has taken, you made lessons, intimidated dancers take advanced lessons and advanced dancers take beginning lessons. She said, Oh, you have to sign with the boxing. She says, there's a boxing saying that BASIX wins fights. And she said, when I started with my new coach, I've been with him for the last three months. I haven't done anything except work on the jab for three months. No speed bag, no heavy bag, no, you know, upper cuts, no crosses the Jeb. He says, the Jeb is your, that where you start. And he says, we ha, if you're going to be a professional, we have to perfect your jab. It's not, that's where you start. And that bit, that foundation is not good enough to build on. And so she's, anyway, I don't forget how many months later, maybe six months after that, she had her first professional fight, which he won against a more experienced opponent. And I messaged her on Facebook and I said, Hey, congratulations. I saw you on, how did it go? And she said, well, she was much better than me, but I wore her down with the jab.

Speaker 5 ([01:23:51](#)):

Wow. That's when I, I love that because it's, I see that with people, with clinics all the time, my most advanced students come back to my first clinic. They get the most out of the first course I teach. And when I went to that club and that's why I liked that coach, that young guy, he, he had an old English boxing coach. That was a similar philosophy on the foundation. And so I went there and I got to skip for

the first three weeks. I got to skip, I got to run up and down the stairs and I got to go as slow as you could possibly go, looking at myself, awkwardly in a mirror doing the job. I remember one time, I was like, I don't know, a year. And I thought, I'm going to switch stances, go southpaw. Right. I tried it. And he sees me. He goes, you're not good enough. Get back to normal. I wanted to learn how to slip. And he's like, you don't have the balances that yet quit with that. I want to learn how to slip a punch. And you know, it just, it was, I was just like, man, this is so refreshing. And it's so great to be at the fundamentals.

Warwick ([01:24:57](#)):

Yeah. You know, I did some clinics, I've done some clinics in Scotland. And the first clinic I did in Scotland was organized by a guy. And he was telling me that he was a black belt in karate when he was 12. And he said, you know what? I was, as I was going up the ranks, he says, I thought, when I get to be a black belt, I'll know everything, you know, know everything. And he said, when I got to be a black belt, he said, then I wanted to be a secondary black belt. And so he thought I'm going to new, learn new stuff. And he said, what I found out to be a secondary black belt, you don't go further. You go back to the very beginning and you learn everything you've already learned with a black belt eyes. And you cannot learn the first time around with the black belt size. You've got to learn it at the level. You can learn it at, but it doesn't mean you've learned everything about it. You can only learn as much as you can about it at the level of consciousness that you're at. And once you get to the black belt level, he said, then you go back and you relearn the same stuff all over again with a different perception. And that sounds like that's what these people are doing.

Speaker 5 ([01:25:57](#)):

Yeah, that's right. Yeah. That's a great, it's a great philosophy. Great way to look at it. You know, ultimately even with horsemanship, we're doing circle or a straight line, it's either one of the two, you know, so it's the combinations they're out and how do we adjust and balance that horse and help that horse do those things better and better from all of it for positions, different angles, different disciplines. And looking at looking at that each time we teach someone each time we play with our horse, you know, go out and do things. It's right back to that jab right back to the balance. Like the thing that really, you know, I love now I love, you know, surfers or, you know, like, like Tyler is a surfer and you think about surfers in the balance. They have the boxes and the balance they have and, and dancing.

Speaker 5 ([01:26:47](#)):

But we have this great thing that we got to do is we actually have to get us balanced and balance the horse. And the more I study out here, you know, masters like Charleston comfy, who I got to be around a lot of classical dressage rider as a kid and you know, reading his books and, you know, continuously going back through his information. I mean, he's just like, everything begins and ends with balance, balancing the horse, the impulsive horse, the horse that wants to run how many times that I've seen now, where you put that horse into balance and they're not dropping their shoulder fall into the inside and trying to catch their legs and their legs, or their body is out running a leg. You put them into balance and they don't run away. They're not impulsive. They don't need a bigger bid or whatever someone might prescribe to that. Don't put them in balance. Now he'll just walk, look local longer. Kandra long.

Warwick ([01:27:36](#)):

Yes. Patrick King sent me an audio of Charles to country a number of years ago while I was driving around somewhere. And I remember listening to that, listening to it. I'm thinking this has got nothing to

do with horse training at all. I mean, it was about horse training, but there's, it's just so much about, you know, controlling yourself and being self-aware and just your perspective on life. And it was, yeah, it was, it was very, very, very cool stuff.

Speaker 5 ([01:28:03](#)):

He, he has booked so sorry. I mentioned that he has a book that he released. He gave me a copy last time I seen him. And and it was a book and it was about, it was one of his only life story books. And it was about his escape from tyranny, essentially in his history. It's an easy read. It's worth a read just to know his history, but to know what was happening at that time. And it was very fascinating book. I [inaudible] title escapes me, but it's, it's, I think it's something to do. It's his life story, but it's like an escape of tiering. Hmm.

Warwick ([01:28:36](#)):

Well, speaking of books, one of the questions that a lot of people have me ask them is what book do you recommend to people most? And it's not necessarily your favorite book, but one that you book or books that you think people should read or books that have influenced the way you look at the world. Do you have any suggestions for those?

Speaker 5 ([01:29:03](#)):

Yeah, for sure. I think books is always such a personal thing for the mood that you're in or where you're at and learning. And I think in just a general book that I recommend, or given away a lot just as like, you're try this, but take a look at this because it just outlines so many different perspectives in a really great way. It's called the success principles by Jack Canfield and it's a number 50 principles or something like that. And first, first little chapter, it goes through a quote, the content of the, of the chapter one, the first chapter is take responsibility. Another one, you know, might be there's just a whole bunch of great concepts in there, and there's a quote, there's a content, there's a story. And there's a close and each chapter you could just pick up.

Speaker 5 ([01:29:49](#)):

And for years, I would just pick that book up and just read a chapter. That meant something to me, it was almost like having 20 books or 50 books in packed into one book. And it's a fantastic book for that, but personally for myself now and for years, if you see my library now, a lot of my libraries in my phone, but you know, just, even on the books that I have I have, I love people's biographies. I love it when they write it or someone else write an autobiography. You know, from Christopher Reeve to Michael J. Fox Wayne Gretzky to Muhammad Ali I read a great book. You know, it was just about all the people that had fought Muhammad Ali and they told a story about fighting him you know, listening to Christopher Reeves. Who'd been in a wheelchair, quadriplegic wrote the book is nothing is impossible.

Speaker 5 ([01:30:41](#)):

And he did that and he can't, you know, he can hardly speak. I'm not sure if he can speak, but he got this book written and it's the most amazing book talks about his story, his life now. And I read that book probably eight years ago, but there's so many things that stuck with me, Michael J. Fox Parkinson's and his struggle there and how his life has changed. I love books that are firsthand from people that have you know, and then I get into books like gang called them the making of the modern world and old horse history books and stuff like that. So I kind of go through these different, like, I'm sure like you do Wayne, Dr. Wayne Dyer been a big one with Dr. Bernie Siegel. Then another one when I was in the

healing phase, you know, when I was really looking for that. And as far as the horse book goes, one of my favorites, the \$80 champion. And that's the book of the the horse. Have you heard of that book?

Speaker 5 ([01:31:41](#)):

Oh yeah, it's a, it's a great book. It's about a jumping horse that was bought. And it was on on to be put down as on a, on you know, been to the auction, I guess. And was there anything in the truck that the horses were headed to the slaughterhouse and this, this, this guy got him off the truck in any ways they had the most, it's a true story. This horse standing ovations in Madison square garden. And I mean, he, it just, it's an amazing story. The \$80 champion Elizabeth Letts is the author. She's wonderful when I actually got to meet her. And after I read the book, I got to meet her. And I mean, the thing with what amazed me about how disrespecting to somebody who is such a talented author, how she could just put that story into words and weave that together. Keep me interested in about this horse. And I typically don't read a lot of horse storybooks. I typically don't but it, she had me in that book

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

Really? Yeah. That's I don't really let a whole story books either, but one of my guests on the podcast recently is a lady I know from Scotland and she's an author, she's a Sunday times bestselling author, and she has this, she lives in Scotland, but she's British. And she has this beautiful accent, but she has this way of the wa she, she talks like she writes and she could write what she had for breakfast. And it would sound just amazing. And she was, she has this, this off the track, thoroughbred Mayer is red mare that she calls her the red mayor. I think she has a Facebook page for the red mayor and writes a better all the time, but she talks about how she goes out in the pasture with the red Mayer and they just stay in there. And she said, and I think about how we are both made of the remnants of ancient stars.

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

And

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

What's the next line. Something about we're both, we're both made out of the remnants of ancient stars. And then she says something else. And then she said, and then we, we, I, we creep up and just peer across the species barrier at each other. It was like, it was just poetry. And, and you know, she writes, she writes the same way, but if you have a board and want to listen to that podcast, my name's Tanya Kindersley, but just an amazing human being. Some of the stuff that she said was, yeah, it was, it was very amazing. I'm going to ask you some of these other questions here. If you don't mind this one, I'm interested, what's an unusual habit you have, or something out of the ordinary that you really love doing.

Speaker 5 ([01:34:19](#)):

You know what I love, or I love a fresh pair of socks, buddy. I go through socks in the day. Like probably no one I can rejuvenate and go ahead with anything I need to do with a nice fresh pair of socks. Yes. They're like, yeah, man, I have a soccer. Like no one else's

Warwick ([01:34:43](#)):

That's that's perfectly good. Here's one that I don't know. I'm sure you'll have some great advice for this. The question was, what advice would you give to people who are about to enter your occupation? And

this one's always got a caveat. It says this one may be difficult. As many of us have occupations that are far from normal. What, right. Cause you're not really a horse trainer, are you

Speaker 5 ([01:35:10](#)):

Not really? No, no. My heart is work like that and I don't train other people's horses for them very often. I mean, problem horses. I take off that. I bring the people, the people have to be there. Right?

Warwick ([01:35:20](#)):

Yeah. You're more of a people trying a bit uncertain up. That's that's an easy question to answer and not because how many people are doing what you do, you know, it's not pretty, it's not normal.

Speaker 5 ([01:35:34](#)):

Yeah. You know, like I, so what I do is if I do take courses for training and I obviously have over the years launch, but I, I insist that like I haven't jumped before, come up from California and I insisted the owner come and I wanted her there. She has a string of jumper horses and is all rural. And I'm like, well, I want you to be there for part of it. She was like, well, send the trainers. They want the trainer too, but it, but I want you to know what's happening here. So then the reason I did that work, because I don't want to come and help that horse who is an extremely difficult stallion that had huge potential and do really well. Well, the jumping, but it was really going downhill badly. I mean, very, very dangerous. And I took them and I said, I don't want to get this horse walk, trot, canter going back over jumps again.

Speaker 5 ([01:36:24](#)):

And then you put it back in the same program that caused it to get like this. And then you say, you know, what? We even sent to that horse works for up in Canada or whatever that Jonathan Fields guy, and he's still a basket case. So now we have the right to cut his head off, you know? And so I said, you guys have to be there, so you're vested into it. And so then when I do horse training like that lots of times, because it's very costly endeavor for them. Then I'll take those horses and I'll help them out, but I want them invested in it. I don't want to just like sending them off to get fixed. I don't, I don't, I don't really do that. So, but what, what advice would I give? The one, the one advice that I would give was given to me, and it still stands to this day, as you look out for your horsemanship, so your horsemanship can look after you, and that has saved my life and built my career and helped me in situations that I could've never prepared for.

Speaker 5 ([01:37:18](#)):

It's just continuously be passionate as a student of the horse too. Before I put myself out there as a professional and took anybody's money, was to do lots of practice. And I mean, years, as much as I could took on all and I still to this day will take horses and don't charge anything. Cause I think I can learn as much as value as I can bring to the horse. And because I want that opportunity, I don't want to be limited by person's money to hire me for, I suppose, not to get the benefit of helping that horse. So I'll say, Hey, like, this is a, let's do this. You know, I'm gonna learn some stuff. This is part of my ongoing education and you know, you couldn't afford it anyways. And the horse is not going to get help if I don't jump in and you know, let's do it.

Speaker 5 ([01:38:01](#)):

And that to me is something that you you're giving back, but you're also learning. And that has saved me. You know, I've been in situations as, you know, as we get thrown into where someone hands us a horse or some expo somewhere or some clinic somewhere. I try, I know, I know a colleague that's been killed by a horse in a clinic. The gravity of the situation is serious. And if we don't continue to look after our horsemanship or all the variety of horses that we get are, the price can be very, very high. And in terms of our safety, our life, the student safety horse's safety and whatever situation we're dealing with. So most people start to stick their stake in the ground and they get a website and they've got a \$1,500 website. Now they got a business card.

Speaker 5 ([01:38:48](#)):

Now they they're going to be horse trainer, or they're going to be a cold starter and they're going to take their time and only take the good ones and you know, really just slowly go about it in a local way. And you know, that's, that's I, I don't think the training for so many of them is enough, the apprenticeship period. You know, when you look back through history of what it took to be a horse trainer, like at the Spanish school or riding, you do 10 years, and now you're called apprentice after 10 years.

Warwick ([01:39:19](#)):

Right? Right. No, you don't, you don't, you spend two years taking lessons on the lunch line. You can't, you don't even have any strips or rains.

Speaker 5 ([01:39:26](#)):

Yeah. Like that, that's the kind of, you know, and when I was a kid, that's the kind of training I got, like just learn balance, you know, learn how to, you know, that's how I taught my kids. I mean, they rode bareback, grabbing a hold of the main and I was on the lunch line on the end. And, and, but when you start wanting to take somebody's horse and that horse is going to, because it's got some issue or there's a challenge and you have to really be able to weigh up help. What part of the challenge is the person? What part of the challenge is the horse? What part of the challenge is the history of the horse and how much of that is learned, ingrained behavior? What part of this is just clean, fresh, normal horse stuff, right? That is just in culture, in Mustangs or in, in you know, sensitive, scared horses, or what part is now, learn the vision where they're going to kick you in the head because they meant to, they've done it before they can do it and they can come out of nowhere with it.

Speaker 5 ([01:40:18](#)):

They don't even build up to it. They just go, you know what? This is about the time when you step here, I'm going to go how there, and that's a learning agent. That's, that's something that they started out as legitimate self preservation, but then ended up being something where they go, yeah, I know how to get around this. I know how to get myself out of this. And that's not to blame the horse because that's how they they've had to survive. And those are, those are things that a lot of mentorship, a lot of education, investment, you know, a lot of study, a lot of practice. People don't look after the horsemanship enough, they start, we're going to both my, an English rider and my Western rider. You I'm jumping, you know, meter 10. Now I'm going to go meet your 20 meter 30 now me 40 mil or whatever it is, you know, in the reigning world, I'm sure it's the same. And there's this, you know, the horsemanship, regardless of the outfit I wear very droppers are cowboy hot. That's, that's a five minute point. The horsemanship is the horsemanship.

Warwick ([01:41:13](#)):

Yeah. You know, I was watching the running for charity online last year. And, you know, I haven't been going that much for the last number of years. And I was just amazed at how, how much better they get at getting horses to do. Like, there was some stuff that people were doing there that five years ago, how not what they doing, because patterns is kind of the same, but how they were doing things five years ago would have been impossible. And now there's half a dozen or 10 of them that can do it like that. And I was sitting on the couch with rubbing, jumped up and down and, you know, the ratings like, like any other high level discipline that I think and I don't, I don't, I try not to be negative and podcasts, but you know, the, the horses have a, have a hard job to do.

Warwick ([01:42:14](#)):

But the thing that I was looking at was, Oh, my goodness, the guys are, those guys are so good at it. Figuring out how to get a horse to, you know, usually they're not having behavioral issues. You know, I think they understand that well enough, it's not like they rare or run off or whatever, but just hat. Oh, I was just amazed watching. I'm like, Oh my goodness. That just because just the ability to problem solve and break things down into steps and in the smaller steps and then put it all together and make these amazing things. I mean, I, I was, I was fascinated watching it last year. I was like, wow, these guys are just yeah, just unbelievable. Now I, maybe they probably can't fix someone's every problem horse, but the, the level of the, the liberal, I can get a horse who has the physical and mental makeup to do it. And what they're going to do is just, it was just mind boggling. I was, I was, I was very impressed with it. Another question for you, he might be, what accomplishment are you most proud of? If you have one?

Speaker 5 ([01:43:31](#)):

Wow. You know, it just, I don't know. It seems like a bit of a Pat answer, but my kids, you know, I, I that's what life is all about for me right now, it's become, you know, less than a Mason and Angie and I both feel the same way. Mason, you know, we moved these kids from where they were one spot for 41 years. We went to the same kindergarten. So I went to my best friend, I went to kindergarten with, they went to kit, they went to school with those kids of our closest friends. We were in a very, very tight community and we just moved and they just had to make this major adjustment to all new friends, a whole new community four hours away you know, just watching them go through that and being able to handle that. And that will be thriving. You know, Western is at the highest level hockey that he can play out in Bantam level, his 14 year olds triple a major Bantam team. And he's just made the captain of the team through a whole series of trials.

Warwick ([01:44:27](#)):

Hey, hang on a second there, Jonathan, I'm going to ask you, so this Western, the Western. Okay. Is, was he born before may?

Speaker 5 ([01:44:39](#)):

Oh yeah. The outlier concept.

Speaker 5 ([01:44:44](#)):

You know, no, he wasn't even born in June. I'll tell you something else. Very interesting because I thought a lot about that. Cause my boy got in there now, can you read that book a few times? You know, obviously there's something to it because the numbers don't lie. Like nothing Gladwell said, just,

there's no question that the numbers of January, February, or March, even our, our main, our high in hockey, wasn't born in June. And and now he's gotten to the highest level hockey you can get in his age group in his, on his team, he had worked very hard to get there and he started hockey late, very late, like not early, like these other kids had been on the ice for several years ahead. He's only been playing for four years. This is his fourth year. And before that he did just pond hockey and we didn't do any hockey when he grew up earlier than that. Like not like he wasn't even on the ice.

Warwick ([01:45:36](#)):

Can you can you like give us a definition of something? Cause you know, there's probably gonna be a lot of Australians listening to this. We don't get much ice what's pond hockey,

Speaker 5 ([01:45:47](#)):

Pawn doggy. Well, I mean, we do both kinds of pond hockey. When I say monarchy, what it was was it was just play hockey on ice in an arena. But we also do pond hockey where we're on like a little, we have a, we do pond hockey at our house. So right now the kids have cleared the snow off of one of the, the little ponds or the little lakes we have on the ranch. And they go up there and they flooded, they pumped the water out and they flooded in Western Mason are up there all the time working on their eyes and they play pond hockey up there. Yeah. It's pretty cool. Yeah. So that no weapon is for, and then, but he he's, he's grown a reputation for being one of the hardest working kids in the community. And he just, somehow he's, he's such a hard worker and he's so diligent to the sport and he gets it as every proud as every proud dad would say. Right.

Warwick ([01:46:45](#)):

So the question was, what accomplishment are you most proud of? And then you went to talking about it's all about the boys right now. And I remember when I, you and I were up on top of a grass mountain that time, I think. And I was token about how I was, I dunno if I was lucky enough or I planned it enough, but I kind of with my son, the really formative years, I was around all the time for them. And by the time he got into high school to where he's had his own car and, you know, hung out with his friends a lot, I was traveling a lot more then, but I, I felt like I was lucky. I was around for those, those formative years. And we, we, you know, we have a really, really good relationship now. And, and I, I think it's really, really cool that you you know, making sure they're a priority at this time. Cause it's, it's stuff you can't get back and it's, if you get it done, it's like putting a good foundation on a horse. If you get it done, right. You don't have to undo it. It doesn't fall to pieces, you know?

Speaker 5 ([01:47:49](#)):

Yeah. You know, I was really inspired by Garth Brooks for this period of time, these last few years. Cause I've really, you know, compared to what I was touring through years ago, I've really cut it back the last four years. I'm still doing a lot, obviously, so gone a lot, but I still try to bring them and so forth. But when Garth Brooks had his little kids and he was at the top of his game and I remember when he, if you remember when he shut it down and went off and he raised his three little daughters and, you know, made that a priority. And there's a great documentary, which I just watched the other day. He reminded me of all that, about his life and why he did it as a father and the things that he was doing. And I remember hearing that and I had only very, very young kids and I was still in heavy, heavy travel, like on a hundred, no less than 180 days, but mostly even more than that.

Speaker 5 ([01:48:43](#)):

And just completely immersed with six horses. And you know, that I was showing around and doing these big demonstrations with and so forth. And there was no time, day or night. And I just said, you know, when this certain time I was kind of like tokenizing this time when it would be the most important these formative years. And I, I'm really grateful that these years I've been able to be there just a tremendous amount. I still travel and pop in and out. But you know, my schedule is a lot better these days where I can kind of be home a whole bunch for the important times. And then I leave and I'm right back and, and more, a little more in and out rather than just out. I think, I think it's completely the most important investment we make right now in those kids and, and watching like the other day, I was so proud to watch Mason, you know, a friend of mine came up and they were riding in the car together and I got there and I wanted to show my buddy you know, this is where we're going to put the arena.

Speaker 5 ([01:49:35](#)):

And this is what we did with the boiler. And this is what we did with the driveway. And this is where we cleared the land and this is the trenching we did underground. And he goes, well, just stop right there. He goes, Mason told it all to me. He goes, Oh yeah. And he told this where he goes to school and this is what we did with the fence and why we went for rail and sit for three rail. We went 10 foot 12. And while we went, I'm like, well, do I get even tell you about my big boy? And he goes, no, I know all about it, about the palette. Like I was like, wow, good on your buddies.

Warwick ([01:50:02](#)):

But see, I think that's, you know, when you were traveling and taking them with you before I remember we we homeschooled my son when he was in kindergarten. Cause I was, we actually would traveling from one side of the U S to the other side of the U S showing horses. And he was, you know, so any night of the week, he might be at dinner, in a restaurant where the table full of adults. And he was five years old and could sit there. And he was like a little old man. Like he could have a very adult conversation with you and, and, and when you've met him. So you kind of, you know what he's like I think what you, what you had done with the kids is a big part of that too. Like he's you know, just broadened their horizons a bit, you know?

Speaker 5 ([01:50:45](#)):

Absolutely. And it, and it shows, you know, like in Tyler, I just, I remember meeting him and I remember thinking, man, this is a cool guy I could visit with him. I wish I had more time to visit with him. And I hope I do get that chance, but you know, that exposure is sitting at the tables, like both of our kids about, you know I think that's so important to involve them. I remember I was sitting and I was really admiring. It was, became like a second dad to me. His name was Mike Rose and he was a manager of the Quill Shanta cattle company. And he, I was living with him when I would cook, hobbling up in that country. And he'd be kind of like a second dad because he would look after me. And when I was quite young there and take me out and give me my first horses up on the ranch and, you know, line me out, he was that he was a son of the owner.

Speaker 5 ([01:51:28](#)):

And and was, he lived there and he had a little boy named Matt. Who's a grown man now with two kids. But I remember sitting there watching Mike in the early morning before Maddie would go to school and they would talk about like carburetors or talking about like actors or they're talking about whatever they're on the ranch cows or the yearlings or something. And and Mike was talking to him shots like Maddie was like, Mike was talking to him, like he was talking to the Calabesas you know, exactly like an

adult, like they were having this conversation. And Maddie was five years old. And Mike, Matt who go off and then Mike, I was 14 or 13, probably 12 X. The first time I showed up there and he would talk to me exactly the same, we'd be driving in the truck and he'd be telling me, he'd be asking me.

Speaker 5 ([01:52:11](#)):

And he just had this way. And I remember keeping that in me, like, as an example, like communicate with them, like, like, like they're like they're fully understand it. Like they're fully ready for that level of conversation. Not don't talk to them like babies or kids, or, you know, engage with them, talk to them about the sale price or whatever it is. I remember Mike doing that all the time and it was, it was a really great, so when you meet, when you come across somebody like power, now he was a young man when I met him. So obviously he's well versed in communicating. We were, I think we were at a pub. Some are, we do and great. And Chris Cox, but you know, we were all having dinner or something, but I just remember meeting him and it was like, Oh, this there's so much to say, like, he's got so much to say so many ideas. Very, very cool person.

Warwick ([01:52:58](#)):

Yeah. We actually had toddler do. So the 20 questions that I sent you one of the podcasts. So I usually have people answer four to six ask. I asked four to six of them, but one of the podcasts was just me answering all 20 of those questions and I was away somewhere and I came back and I said, I'll have recorded a podcast for this week. And my wife said, no, I've actually recorded one. And I like really, she said the, I answered the, all the 20 questions. Robin gave her version of all the 20 questions. And so then I said, the Tyler will, you might as well do it too. You know, people know who you are, you know, we refer to you all the time and stuff. So Tyler has actually done his own podcast on here and he answered all the 20 questions. And, you know, he's, he's 23, I'll be 24 tomorrow, actually it's his birthday tomorrow. But when I was 23, I was an idiot. Like he's, he's just to the podcast. I'm like, that's like, you know, this is not his first trip around the sun. I don't think. Yeah.

Speaker 5 ([01:53:58](#)):

Is it off already? Cause I'm going to, I was listening to Robbins and I loved it. I was listening to it. Before you called today. I was checking in with her and I, I mean, she's such a nice speaker and just, you can just feel her heart when she's speaking there, but it's Tyler up on the, Oh, I'll check it out. Cool.

Warwick ([01:54:17](#)):

Yeah, you'll have to, you'll have to check it out. Okay. Well, we've been going for close to two hours here, so we probably should wrap this up. I can talk to you for a whole lot longer if, so, if people want to find out more about Jonathan Fields, where do they, where do they find Jonathan Fields?

Speaker 5 ([01:54:35](#)):

Probably my websites that, you know, Jonathan Fields horsemanship and that kinda gets everybody on I'm on Facebook, Jonathan Fields, horsemanship to post some on there. I have spells where I'm on there. Lots of spells where I'm not on there at all. So

Warwick ([01:54:49](#)):

Is that.ca.com?

Speaker 5 ([01:54:52](#)):

I think it's dot net or .com. Yeah. If they punch it in, they'll find a Jonathan field horsemanship. It it'll come up.

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

So the website Facebook. Yeah. You bet. Okay. Well Jonathan, thank you so much for joining us on here. I was, there was, there was times during that where I was just speechless. I've I've had so many guests on here where I'll just be, my mouth will be hanging open, just listening. And there was a large part of that where my mouth was hanging open listening. So thank you so much for joining us and all your wisdom and what, you know, what, just what you bring to the world. I think you are a very special individual. And I think I think you're doing great things in the world.

Speaker 5 ([01:55:38](#)):

Well, thank you, my friend. It was a total honor and I'm, you know, I'm so glad you're doing, or I also think you're a very special individual in the world and it's just a real pleasure to visit with you. I will have to do it again sometime. Cause there's always, like you say, it's been a couple of hours, but there's lots more to talk about, but I I wish you guys the best.

Warwick ([01:55:58](#)):

Yeah, well, same to you. And yeah. As soon as all this COVID stuff clears up, I'll be up there and have to come up to Canada and come visit. I'd love to see this place for yours. It sounds like it's absolutely stunning.

Speaker 5 ([01:56:09](#)):

Please do. It's we would love to have you how we'll beat here at the ready. I'll even get them a little bit in shape before you come. So we can take them for a ride around the mountain slope. There's a freak that comes right past the house and yeah, we're going to have it. We've done a miles miles of fencing and building lean tos and water lines and we're putting it all together. So I can't wait to have you guys

Warwick ([01:56:31](#)):

Make sure you get some apples today so I can give to him as well.

Speaker 5 ([01:56:34](#)):

Yeah. I bought a bag on the way up today so that he's getting some Ambrosia apples here and get another one in a few minutes here.

Warwick ([01:56:41](#)):

Excellent. And give him one for me. Okay. Thanks Jonathan. Okay, well, thank you everybody for joining us here on the Johnny on podcast, and I hope you enjoy Jonathan as much.

Jonathan ([01:56:56](#)):

We will catch you guys on the next episode. 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 Warrick,

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